

# MENTAL AND SOCIAL HEALTH TECHNICIAN 51.1500.00

## ANALYZE THE DELIVERY SYSTEM FOR MENTAL AND SOCIAL HEALTH SERVICES BHT 1.0

- 1.1** Describe mental and social health care delivery systems in public, private, government, and nonprofit sectors BHT 1.1

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- 1.2** Define an integrated care program for mental and social health BHT 1.2

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- 1.3** Explain the impact of emerging issues on delivery systems (e.g., technology, social media, drug abuse, and socioeconomics) BHT 1.3

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- 1.4** Explain the scope and practice of the mental and social health professionals (e.g., case manager, social worker, behavioral health technician, counselor, psychiatrist, psychologist, and psychiatric nurse) BHT 1.4

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- 1.5** Identify roles and responsibilities of community emergency response teams (CERTs) and community mental health teams (CMHTS) BHT 1.5

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- 1.6** Describe ethical behaviors among professionals providing mental and social health services BHT 1.6

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- 1.7** Identify conferences, workshops, and retreats that support mental and social health issues BHT 1.7

## ANALYZE MENTAL AND COGNITIVE DEVELOPMENT BHT 2.0

- 2.1** Identify the four lobes of the brain and their functions BHT 2.1

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- 2.2** Identify other areas of the brain that impact cognition and behavior (e.g., hypothalamus, amygdala, and cerebellum) BHT 2.2

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- 2.3** Identify factors that can affect brain development (e.g., relationships, experiences, environment, and health) BHT 2.3

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- 2.4** Describe psychosocial development according to the major theorists (e.g., Maslow, Erikson, Freud, and Piaget) BHT 2.4

## ANALYZE MENTAL AND SOCIAL HEALTH ILLNESSES, DISORDERS, AND CONDITIONS BHT 3.0

- 3.1** Examine the interrelationship of physical, mental, emotional, social, and spiritual health BHT 3.1

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- 3.2** Describe characteristics of a mentally and socially healthy person BHT 3.2

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- 3.3** Describe how mental and social health affects wellness BHT 3.3

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- 3.4 Summarize the stages of loss and grief (e.g., Kubler-Ross)** BHT 3.4
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- 3.5 Examine causes, symptoms, and effects of mood disorders (e.g., depression and bipolar disorder)** BHT 3.5
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- 3.6 Examine causes and symptoms of self-harm** BHT 3.6
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- 3.7 Examine causes and symptoms of suicide** BHT 3.7
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- 3.8 Examine causes, symptoms, and effects of anxiety (e.g., GAD, OCD, and PTSD)** BHT 3.8
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- 3.9 Examine causes, symptoms, and effects of psychotic disorders (e.g., schizophrenia and delirium)** BHT 3.9
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- 3.10 Examine causes, symptoms, and effects of childhood mental disorders (e.g., ADHD and autism spectrum)** BHT 3.10
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- 3.11 Examine substance abuse disorders (e.g., alcohol, illegal drugs, and steroids)** BHT 3.11
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- 3.12 Examine causes, symptoms, and effects of behavioral addictions (e.g., shopping, gambling, and sexual)** BHT 3.12
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- 3.13 Describe unhealthy relationships** BHT 3.13
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- 3.14 Identify stressors at home, school, and work and physical and psychological effects on the body** BHT 3.14
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- 3.15 Examine eating disorders and their effect on healthy growth and development** BHT 3.15
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- 3.16 Examine how intolerance can affect others** BHT 3.16
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- 3.17 Examine characteristics of someone who has self-respect** BHT 3.17
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- 3.18 Examine why pro-social behaviors, (i.e., helping others, being respectful to others, cooperation, consideration, etc.) can help prevent violence and promote good mental and social health** BHT 3.18
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- 3.19 Use medical terminology and concepts related to mental and social health** BHT 3.19
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**ANALYZE FACTORS THAT INFLUENCE DECISIONS ABOUT MENTAL AND SOCIAL HEALTH SERVICES** BHT 4.0

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- 4.1 Examine how mental and social health is influenced by peers, family, cultural values, and life cycle** BHT 4.1
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- 4.2 Examine how ethnic and cultural diversity enriches and challenges society** BHT 4.2
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**4.3** Examine how media conveys accurate and inaccurate messages that affect mental and social health **BHT 4.3**

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**4.4** Explain socioeconomic disparities in healthcare **BHT 4.4**

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**4.5** Summarize how personal values and experiences influence mental and social health **BHT 4.5**

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**4.6** 6 Examine the impact on society when there is minimal access to mental and social health services **BHT 4.6**

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**4.7** Identify groups and organizations that ensure services and resources [e.g., National Alliance on Mental Illness (NAMI), Centers for Disease Control (CDC), American Public Health Association (APHA), and American Sociological Association (ASA)] **BHT 4.7**

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**ANALYZE STRATEGIES TO IMPROVE MENTAL AND SOCIAL HEALTH** **BHT 5.0**

**5.1** Summarize healthy ways to express emotions (e.g., affection, love, friendship, acceptance, anger, and concern) **BHT 5.1**

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**5.2** Summarize strategies for coping with loss and grief **BHT 5.2**

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**5.3** Examine strategies for managing impulsive behaviors and addictions **BHT 5.3**

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**5.4** Examine strategies for managing and reducing conflict **BHT 5.4**

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**5.5** Examine strategies for dealing with difficult and/or co-dependent relationships (e.g., family members, friends, and co-workers) **BHT 5.5**

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**5.6** Describe theories and interventions used in mental and social health [e.g., cognitive behavioral therapy (CBT), emotionally focused therapy (EFT), solution-focused brief therapy (SFBT), and medication] **BHT 5.6**

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**5.7** Describe alternative and nontraditional approaches to mental and social health conditions (e.g., self-help, diet and nutrition, relaxation and stress reduction techniques, art therapy, play therapy, and expressive arts therapy) **BHT 5.7**

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**5.8** Engage in case studies, role play, shadowing, and other practicum experiences **BHT 5.8**

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**ANALYZE INFORMATION, PRODUCTS, AND SERVICES THAT PROMOTE SOCIAL AND MENTAL WELL-BEING** **BHT 6.0**

**6.1** Identify advocacy groups related to mental and social health (i.e., DBSA Advocacy Center, Advocacy Action Center, self-help and peer support groups, etc.) **BHT 6.1**

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**6.2** Examine ways to advocate for friends and family members who need support and treatment for mental and social health issues **BHT 6.2**

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**6.3** Explain “outreach” as a community tool to expand access to services, practices, and products **BHT 6.3**

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- 6.4 Identify community resources, services, and professionals that support mental and social health** BHT 6.4

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  - 6.5 Describe psychoeducation interventions to help individuals and families learn about managing mental and social health** BHT 6.5

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  - 6.6 Access, critically review, and evaluate the appropriateness and accuracy of information sources (e.g., literature, research, and electronic information)** BHT 6.6

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  - 6.7 Explain the use of professional networking and social networking to enhance mental and social health** BHT 6.7
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**EMPLOY COMMUNICATION SKILLS TO ENGAGE OTHERS AND BUILD TRUST** BHT 7.0

- 7.1 Explain the importance of empathy, courtesy and respect in the healthcare environment** BHT 7.1

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  - 7.2 Explain the importance of maintaining healthy boundaries and the appropriate use of self-disclosure with workers and patients** BHT 7.2

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  - 7.3 Describe the basic elements of therapeutic communication (e.g., active listening, paraphrasing, open-ended questions, validation, and redirection)** BHT 7.3

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  - 7.4 Adapt communication skills to different levels of understanding and cultural orientation (i.e., diverse age, cultural, economic, sexual orientation, ethnic and religious groups, etc.)** BHT 7.4
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**USE PROBLEM-SOLVING AND GOAL SETTING SKILLS TO IMPROVE MENTAL AND SOCIAL HEALTH** BHT 8.0

- 8.1 Identify the steps in the problem-solving process** BHT 8.1

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  - 8.2 Identify barriers that can hinder healthy decision making** BHT 8.2

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  - 8.3 Explain the purpose of collaborative goal setting (i.e., SMART Goals, etc.)** BHT 8.3

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  - 8.4 Describe techniques used to monitor the progress of goals** BHT 8.4

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  - 8.5 Describe barriers to goals and ways to address those barriers** BHT 8.5

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  - 8.6 Explain the importance of evaluating the outcomes of mental and social health services and interventions** BHT 8.6
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**ANALYZE LEGAL, SAFETY, AND PROFESSIONAL REQUIREMENTS FOR MENTAL AND SOCIAL HEALTH PROFESSIONALS** BHT 9.0

- 9.1 Demonstrate first aid** BHT 9.1

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- 9.2 Demonstrate CPR** BHT 9.2

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- 9.3 Demonstrate Universal Precautions** BHT 9.3

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- 9.4 Describe the Patient Bill of Rights** BHT 9.4

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**9.5 Describe informed consent** BHT 9.5

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**9.6 Distinguish among malpractice, liability, and negligence** BHT 9.6

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**9.7 Demonstrate procedures for documentation, record keeping, and case reports with emphasis on accuracy, legal issues, privacy, and confidentiality** BHT 9.7

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**9.8 Identify privacy, protection, and mandatory reporting rules for health professionals** BHT 9.8

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**9.9 Describe typical methods used for screening, assessment, and care/service plans** BHT 9.9