


**Southwest Texas
College**

Memo

To: Board of Trustees
From: Dr. Hector Gonzales 
Date: 11/21/2024
Re: Mental Health A A S New Program

I recommend adding the Mental Health A A S new program to our Technical Programs.

Mental Health

Purpose

The Mental Health program will equip students with essential skills and knowledge to effectively support individuals with mental health and substance use challenges across various settings. This comprehensive training prepares students to engage in client-centered care, enhancing their ability to respond to crises, understand the complexities of mental health and addiction, and advocate for clients' rights. Through developing effective communication, ethical decision-making, cultural competency, and teamwork skills, students will become competent professionals who can work collaboratively within healthcare teams to ensure individuals receive respectful, appropriate, and supportive care.

Program Outcomes

Upon completion of the program, students will demonstrate mastery in the following areas:

1. **Mental Health Support Skills:** Students will be able to assist in providing mental health services in various settings, offering direct support to individuals with mental health challenges.
2. **Understanding of Substance Use Disorders:** Students will understand the causes and effects of substance use disorders and be prepared to provide basic support for individuals struggling with addiction.
3. **Effective Communication:** Students will demonstrate effective interviewing and communication skills, essential for interacting with clients and healthcare teams.
4. **Crisis Intervention:** Students will be able to respond to mental health crises, providing immediate assistance and stabilizing individuals in distress.
5. **Applied Psychology Skills:** Students will be able to apply psychological theories and techniques to understand and manage patient behavior in real-world scenarios.
6. **Client Advocacy:** Students will be equipped to advocate for patients' rights, ensuring they receive appropriate care and services.
7. **Cultural Competency:** Students will develop an understanding of diverse populations and will be able to deliver care that is respectful of cultural differences.
8. **Ethical Decision-Making:** Students will be able to apply ethical principles in all areas of their professional practice, particularly in relation to confidentiality and patient care.
9. **Professionalism and Team Collaboration:** Students will demonstrate professionalism in the workplace and will be able to collaborate effectively as part of a multidisciplinary healthcare team.

Awards

The Mental Health program offers the following awards:

Mental Health – Basic Level One Certificate

Mental Health – Advanced Level One Certificate
Mental Health Associate of Applied Science
Mental Health Assistant Occupational Skill Award (OSA)
Mental Health Technician Occupational Skill Award (OSA)

Admission Requirements

Students are admitted to the Mental Health program through regular college admission procedures (*see Admission Regulations section*) and program-specific requirements. Students will receive Level One Certificates and the AAS degree upon satisfaction with completing the program of study and upon making a formal application for graduation (*see Curricula section*).

Advanced Placement Policy

To receive advanced placement credit for DAAC 1019 and PSYT 1029, the applicant must hold a current Mental Health Technician Certification (CMHT) issued by the National Career Certification Board (NCCB).

1. Provide appropriate documentation to the Dean of Applied Sciences;
2. Apply and be admitted into the Mental Health program;
3. Have completed at least 6 semester hours at SWTX.

Students who meet these criteria and hold a CMHT will receive a (grade of "P") for the following courses:

DAAC 1319 Introduction to Substance Use Disorders.....3 hrs.
PSYT 1329 Interviewing and Communications Skills.....3 hrs.

Mental Health Basic Level One Certification
1st Year

1st Semester/FALL

Prefix	Number	Course Name	Course Type	Weekly Lec Hrs	Weekly Lab Hrs	Ext Hrs	Cont Hrs	Cred Hrs
PSYT	1329	<u>Interviewing and Communication Skills</u>	WECM (SCH)	3	0	0	48	3
DAAC	1319	<u>Introduction to Substance Use Disorders</u>	WECM (SCH)	3	0	0	48	3
DAAC	1304	<u>Pharmacology of Substance Use Disorders</u>	WECM (SCH)	3	0	0	48	3
PSYT	1313	<u>Psychology of Personal Adjustment</u>	WECM (SCH)	3	0	0	48	3
1st Semester Totals				12	0	0	192	12

2nd Semester/SPRING

Prefix	Number	Course Name	Course Type	Weekly Lec Hrs	Weekly Lab Hrs	Ext Hrs	Cont Hrs	Cred Hrs
PSYT	1309	<u>Health Psychology</u>	WECM (SCH)	3	0	0	48	3
PSYT	2321	<u>Crisis Intervention</u>	WECM (SCH)	3	0	0	48	3
CMSW	1309	<u>Problems of Children and Adolescents</u>	WECM (SCH)	3	0	0	48	3
SCWK	2301	<u>Assessment and Case Management</u>	WECM (SCH)	3	0	0	48	3
CMSW	1327	<u>Treatment Modalities with Special Populations</u>	WECM (SCH)	3	0	0	48	3
CMSW	1166	<u>Practicum (or Field Experience) - Clinical/Medical Social Work</u>	WECM (SCH)	0	0	7	112	1
2nd Semester Totals				15	0	7	352	16
Program Totals				27	0	7	544	28

Mental Health Advanced Level One Certification
2nd Year

1st Semester/FALL								
Prefix	Number	Course Name	Course Type	Weekly Lec Hrs	Weekly Lab Hrs	Ext Hrs	Cont Hrs	Cred Hrs
DAAC	2307	<u>Family Intervention with Substance Use Disorders</u>	WECM (SCH)	3	0	0	48	3
DAAC	1311	<u>Counseling Theories</u>	WECM (SCH)	3	0	0	48	3
DAAC	2454	<u>Dynamics of Group Counseling</u>	WECM (SCH)	4	0	0	64	4
PSYT	2345	<u>Principles of Behavior Management and Modification</u>	WECM (SCH)	3	0	0	48	3
CMSW	1167	<u>Practicum (or Field Experience) - Clinical/Medical Social Work</u>	WECM (SCH)	0	0	7	112	1
1st Semester Totals				13	0	7	320	14
Program Totals				13	0	7	320	14

Mental Health Associate of Applied Science

1st Year

1st Semester/FALL

Prefix	Number	Course Name	Course Type	Weekly Lec Hrs	Weekly Lab Hrs	Ext Hrs	Cont Hrs	Cred Hrs
EDUC	1300	<u>Learning Framework (3 SCH version)</u>	ACGM	3	0	0	48	3
PSYT	1329	<u>Interviewing and Communication Skills</u>	WECM (SCH)	3	0	0	48	3
DAAC	1319	<u>Introduction to Substance Use Disorders</u>	WECM (SCH)	3	0	0	48	3
DAAC	1304	<u>Pharmacology of Substance Use Disorders</u>	WECM (SCH)	3	0	0	48	3
PSYT	1313	<u>Psychology of Personal Adjustment</u>	WECM (SCH)	3	0	0	48	3
1st Semester Totals				15	0	0	240	15

2nd Semester/SPRING

Prefix	Number	Course Name	Course Type	Weekly Lec Hrs	Weekly Lab Hrs	Ext Hrs	Cont Hrs	Cred Hrs
PSYT	1309	<u>Health Psychology</u>	WECM (SCH)	3	0	0	48	3
PSYT	2321	<u>Crisis Intervention</u>	WECM (SCH)	3	0	0	48	3
CMSW	1309	<u>Problems of Children and Adolescents</u>	WECM (SCH)	3	0	0	48	3
SCWK	2301	<u>Assessment and Case Management</u>	WECM (SCH)	3	0	0	48	3
CMSW	1327	<u>Treatment Modalities with Special Populations</u>	WECM (SCH)	3	0	0	48	3
CMSW	1166	<u>Practicum (or Field Experience) - Clinical/Medical Social Work</u>	WECM (SCH)	0	0	7	112	1

2nd Semester Totals				15	0	7	352	16
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2nd Year								
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1st Semester/FALL								
Prefix	Number	Course Name	Course Type	Weekly Lec Hrs	Weekly Lab Hrs	Ext Hrs	Cont Hrs	Cred Hrs
DAAC	2307	<u>Family Intervention with Substance Use Disorders</u>	WECM (SCH)	3	0	0	48	3
DAAC	1311	<u>Counseling Theories</u>	WECM (SCH)	3	0	0	48	3
DAAC	2454	<u>Dynamics of Group Counseling</u>	WECM (SCH)	4	0	0	64	4
PSYT	2345	<u>Principles of Behavior Management and Modification</u>	WECM (SCH)	3	0	0	48	3
CMSW	1167	<u>Practicum (or Field Experience) - Clinical/Medical Social Work</u>	WECM (CEU)	0	0	7	112	1
1st Semester Totals				13	0	7	320	14
2nd Semester/SPRING								
Prefix	Number	Course Name	Course Type	Weekly Lec Hrs	Weekly Lab Hrs	Ext Hrs	Cont Hrs	Cred Hrs
MATH	1314	<u>College Algebra (3 SCH version)</u>	ACGM	3	0	0	48	3
GOVT	2305	<u>Federal Government (Federal constitution & topics)</u>	ACGM	3	0	0	48	3
PSYC	2301	<u>General Psychology</u>	ACGM	3	0	0	48	3
PHIL	2306	<u>Introduction to Ethics</u>	ACGM	3	0	0	48	3
PSYC	2320	<u>Abnormal Psychology</u>	ACGM	3	0	0	48	3
2nd Semester Totals				15	0	0	240	15
Program Totals				58	0	14	1152	60

Mental Health Assistant: OSA
Embedded into Certificate 1/FALL Term

1st Year								
1st Semester								
Prefix	Number	Course Name	Course Type	Weekly Lec Hrs	Weekly Lab Hrs	Ext Hrs	Cont Hrs	Cred Hrs
PSYT	1329	<u>Interviewing and Communication Skills</u>	WECM (SCH)	3	0	0	48	3
DAAC	1319	<u>Introduction to Substance Use Disorders</u>	WECM (SCH)	3	0	0	48	3
DAAC	1304	<u>Pharmacology of Substance Use Disorders</u>	WECM (SCH)	3	0	0	48	3
PSYT	1313	<u>Psychology of Personal Adjustment</u>	WECM (SCH)	3	0	0	48	3
1st Semester Totals				12	0	0	192	12
Program Totals				12	0	0	192	12

Mental Health Technician: OSA
Non-Credit/14-16 weeks

1st Year								
1st Semester								
Prefix	Number	Course Name	Course Type	Weekly Lec Hrs	Weekly Lab Hrs	Ext Hrs	Cont Hrs	Cred Hrs
PMHS	1005	<u>Mental Health Services Technician</u>	WECM (CEU)	0	0	0	48	0
DAAC	1019	<u>Introduction to Substance Use Disorders</u>	WECM (CEU)	0	0	0	48	0
PSYT	1029	<u>Interviewing and Communication Skills</u>	WECM (CEU)	0	0	0	48	0
EMSP	1019	<u>CPR for Healthcare Providers</u>	WECM (CEU)	0	0	0	7	0
1st Semester Totals				0	0	0	151	0
Program Totals				0	0	0	151	0