Arizona CTE

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
	1.2 Define an integrated care program for mental and social health BHT 1.2
	1.3 Explain the impact of emerging issues on delivery systems (e.g., technology, social media, drug abuse, and socioeconomics) BHT 1.3
	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
	1.5 Identify roles and responsibilities of community emergency response teams (CERTs) and community mental health teams (CMHTS) BHT 1.5
	1.6 Describe ethical behaviors among professionals providing mental and social health services BHT 1.6
	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
	2.2 Identify other areas of the brain that impact cognition and behavior (e.g., hypothalamus, amygdala, and cerebellum) BHT 2.2
	2.3 Identify factors that can affect brain development (e.g., relationships, experiences, environment, and health) BHT 2.3
	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
	3.2 Describe characteristics of a mentally and socially healthy person BHT 3.2
	Describe how mental and social health affects wellness BHT 3.3

Skip to main content

	3.4 Summarize the stages of loss and grief (e.g., Kubler-Ross) BHT 3.4
	3.5 Examine causes, symptoms, and effects of mood disorders (e.g., depression and bipolar disorder) BHT 3.5
	3.6 Examine causes and symptoms of self-harm BHT 3.6
	3.7 Examine causes and symptoms of suicide BHT 3.7
	3.8 Examine causes, symptoms, and effects of anxiety (e.g., GAD, OCD, and PTSD) BHT 3.8
	3.9 Examine causes, symptoms, and effects of psychotic disorders (e.g., schizophrenia and delirium) BHT 3.9
	3.10 Examine causes, symptoms, and effects of childhood mental disorders (e.g., ADHD and autism spectrum) BHT 3.10
	3.11 Examine substance abuse disorders (e.g., alcohol, illegal drugs, and steroids) BHT 3.11
	3.12 Examine causes, symptoms, and effects of behavioral addictions (e.g., shopping, gambling, and sexual) BHT 3.12
	3.13 Describe unhealthy relationships BHT 3.13
	3.14 Identify stressors at home, school, and work and physical and psychological effects on the body BHT 3.14
	3.15 Examine eating disorders and their effect on healthy growth and development BHT 3.15
	3.16 Examine how intolerance can affect others BHT 3.16
	3.17 Examine characteristics of someone who has self-respect BHT 3.17
	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
	3.19 Use medical terminology and concepts related to mental and social health BHT 3.19
ANALYZE FACTORS THAT INFLUENCE DECISIONS ABOUT MENTAL AND SOCIAL HEALTH	**4.1** Examine how mental and social health is influenced by peers, family, cultural values, and life cycle BHT 4.1
SE	**4.2** Examine how ethnic and cultural diversity enriches and challenges society BHT 4.2

Skip to main content

	4.3 Examine how media conveys accurate and inaccurate messages that affect mental and social health BHT 4.3
	4.4 Explain socioeconomic disparities in healthcare BHT 4.4
	4.5 Summarize how personal values and experiences influence mental and social health BHT 4.5
	4.6 6 Examine the impact on society when there is minimal access to mental and social health services BHT 4.6
	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
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
	5.2 Summarize strategies for coping with loss and grief BHT 5.2
	5.3 Examine strategies for managing impulsive behaviors and addictions BHT 5.3
	5.4 Examine strategies for managing and reducing conflic BHT 5.4
	5.5 Examine strategies for dealing with difficult and/or co-dependent relationships (e.g., family members, friends, and co-workers) BHT 5.5
	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
	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
	5.8 Engage in case studies, role play, shadowing, and other practicum experiences BHT 5.8
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
	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
	6.3 Explain “outreach” as a community tool to expand access to services, practices, and products BHT 6.3

Skip to main content

	6.4 Identify community resources, services, and professionals that support mental and social health BHT 6.4
	6.5 Describe psychoeducation interventions to help individuals and families learn about managing mental and social health BHT 6.5
	6.6 Access, critically review, and evaluate the appropriateness and accuracy of information sources (e.g., literature, research, and electronic information) BHT 6.6
	6.7 Explain the use of professional networking and social networking to enhance mental and social health BHT 6.7
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
	7.2 Explain the importance of maintaining healthy boundaries and the appropriate use of self-disclosure with workers and patients BHT 7.2
	7.3 Describe the basic elements of therapeutic communication (e.g., active listening, paraphrasing, open-ended questions, validation, and redirection) BHT 7.3
	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
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
	8.2 Identify barriers that can hinder healthy decision making BHT 8.2
	8.3 Explain the purpose of collaborative goal setting (i.e., SMART Goals, etc.) BHT 8.3
	8.4 Describe techniques used to monitor the progress of goals BHT 8.4
	8.5 Describe barriers to goals and ways to address those barriers BHT 8.5
	8.6 .6 Explain the importance of evaluating the outcomes of mental and social health services and interventions BHT 8.6
ANALYZE LEGAL, SAFETY, AND PROFESSIONAL REQUIREMENTS FOR MENTAL AND SOCIAL HEALTH PR 9.0	**9.1** Demonstrate first aid BHT 9.1
	9.2 Demonstrate CPR BHT 9.2
	9.3 Demonstrate Universal Precautions BHT 9.3
	Describe the Patient Bill of Rights BHT 9.4

Skip to main content

9.5 **Describe informed consent** BHT 9.5

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

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

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

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