Texas CTE

Counseling and Mental Health

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Introduction. CMH.B

1 Career and technical education instruction provides content aligned with challenging academic standards and relevant technical knowledge and skills for students to further their education and succeed in current or emerging professions. CMH.B.1

2 The Human Services Career Cluster focuses on preparing individuals for employment in career pathways that relate to families and human needs such as counseling and mental health services, family and community services, personal care services, and consumer services. CMH.B.2

3. In Counseling and Mental Health, students model the knowledge and skills necessary to pursue a counseling and mental health career through simulated environments. Students are expected to apply knowledge of ethical and legal responsibilities, limitations, and the implications of their actions. Professional integrity in counseling and mental health care is dependent on acceptance of ethical and legal responsibilities. CMH.B.3

4. Students are encouraged to participate in extended learning experiences such as career and technical student organizations and other leadership or extracurricular organizations. CMH.B.4

5 Statements that contain the word "including" reference content that must be mastered, while those containing the phrase "such as" are intended as possible illustrative examples. CMH.B.5

Knowledge and ski

1 The student demonstrates professional standards or employability skills as equired by business and industry. The student is expected to: CMH.C.1

Skip to main content

a apply interpersonal communication skills in business and industry settings; CMH.C.1.A

b explain and recognize the value of collaboration within the workplace; CMH.C.1.B

c examine the importance of time management to succeed in the workforce; CMH.C.1.C

d identify work ethics and professionalism in a job setting; CMH.C.1.

e develop problem-solving and critical-thinking skills. CMH.C.1.E

2 **The student applies mathematics, science, English language arts, and social studies in human services. The student is expected to:** CMH.C.2

a evaluate the use of verbal and nonverbal language in a variety of mental health situations; CMH.C.2.A

b explain the nervous system of the human body; CMH.C.2.B

c identify societal perspectives related to mental health; CMH.C.2.

d explain the physiological effects of stress and aging; CMH.C.2.D

e distinguish the psychological aspects of health and wellness across the life span; CMH.C.2.E

f identify socioeconomic factors that influence mental health and care; CMH.C.2.F

g compare social services such as drug dependency rehabilitation centers; CMH.C.2.G

h differentiate maladaptive conditions such as paranoia, schizophrenia, and aggression. CMH.C.2.H

3 **The student demonstrates verbal and nonverbal communication skills. The student is expected to:** CMH.C.3

a interpret verbal and nonverbal messages and adapt communication to the needs of the individual; CMH.C.3.A

b demonstrate listening skills and techniques to minimize communication barriers; CMH.C.3.B

c implement communication skills that are responsive rather than reactive CMH.C.3.C

4 **The student researches career options and the preparation necessary for employment in mental health. The student is expected to:** CMH.C.4

a identify career opportunities related to mental health; CMH.C.4.

b research the role of the multidisciplinary team; CMH.C.4.B

c justify the consequences of decisions; CMH.C.4.C

d demonstrate techniques of peer mediation, problem solving, and negotiation; CMH.C.4.D

interpret, transcribe, and communicate mental health vocabulary; CMH.C.4.E

investigate treatment options. CMH.C.4.F

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5 **The student models the ethical behavior standards and legal responsibilities related to mental health. The student is expected to:** CMH.C.5

- a display ethical practices and the principles of confidentiality; CMH.C.5.A
- b research and describe legal aspects and issues of malpractice, negligence, and liability; CMH.C.5.B
- c examine a designated scope of practice of professionals; CMH.C.5.C
- d recognize client rights and choices and circumstances that alter client rights; CMH.C.5.D
- e dramatize case studies related to client rights and choices; CMH.C.5.E
- f review legislation that affects standards of client care; CMH.C.5.F
- g describe regulatory agencies such as the Department of State Health Services and Department of Aging and Disability Services. CMH.C.5.G

6 **The student maintains a safe environment to prevent hazardous situations. The student is expected to:** CMH.C.6

- a recognize abusive situations; CMH.C.6.A
- b anticipate and adapt to changing situations; CMH.C.6.B
- c demonstrate appropriate actions in emergency situations; CMH.C.6.C
- d practice personal and client safety. CMH.C.6.D

7 **The student analyzes the technology related to information services. The student is expected to:** CMH.C.7

- a review the processes for collection and dissemination of health care data; CMH.C.7.A
- b classify equipment used in the delivery of mental health services; CMH.C.7.B
- c employ technology consistent with the student's level of training. CMH.C.7.C