

# **Behavioral Health Technician Course Descriptors**

## **NAADAC Ethics**

**6 Contact Hours**

The foundation of this course is NAADAC Code of Ethics. Trainees are provided with foundational\* philosophy and practice\*\* information about the need for professional ethics. They are also introduced to the code of ethics developed for behavioral health providers, with discussion on how to use this code as a guide to providing client services. Applied exercises will help trainees practice identifying potential ethical issues. \*\*\*

\* Foundational refers to broad, general information/concepts needed for level of practice.

\*\* Practice refers to application in practice level.

## **Confidentiality**

**6 Contact Hours**

Trainees are provided with foundational and practice information about federal requirements of 42CFR and HIPAA regarding client confidentiality and protection of client confidential information in general behavioral health counseling, as well as specific implications of working with individuals experiencing behavioral health issues. Reporting requirements (child abuse, threats of violence, etc.) that apply will be introduced and discussed. Trainees will be instructed in how to present clients with release of information forms and how the use of this form is documented. \*\*\*

\*\*\* These trainings may also be used for required ethics and confidentiality refresher training for recertifying.

## **Introduction to Addictive Behavior**

**8 Contact Hours**

Trainees are provided with foundational information about this wide range of addiction issues experienced by individuals, families and communities in Alaska. They will be shown how a comprehensive continuum of care can help resolve many if not most addiction issues. Topic area will feature: psychoactive substances (stimulants, depressants, and compulsive behaviors), and risk factors.

## **Introduction to Counseling (client-centered)**

**12 Contact Hours**

Trainees are provided with foundational information about personal characteristics of an effective counselor (use strengths based counseling and reflection of personal counseling and values/philosophy), establishing a counseling relationship, defining counselor-client roles, and client's responsibility in discovering/learning more appropriate and healthy behaviors. Through applied exercises, trainees will be introduced to the practice of a client-centered approach (using such communication skills as listening, attending, reflection) on intake, assessment/evaluation, planning and case management.

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## **Documentation**

**12 Contact Hours**

Trainees are provided with foundational information on establishing and maintaining a quality clinical/counseling record. They will be given DAP/SOAP and other appropriate formats for case narrative recording, as well as an orientation to the general content on a clinical/counseling record. The Alaska Automated Information Management System (AKAIMS) and the Alaska Screening Tool (AST) will be introduced. Use and documentation of DSM-IV-TR and ASAM PPC-2R will be introduced in relation to treatment/services planning (problem list, goals, objectives, and interventions). Applied exercises will help trainees practice documentation skills.

## **Community Resources Use and Case Management**

**8 Contact Hours**

Trainees are provided with foundation and practice information on identification and use of current available community resources (local, regional, statewide) for coordinating services and case management. They will be provided with general guidance on making referrals to other treatment and community-based services. Through applied exercises they will learn to identify and evaluate the appropriateness of potential resources, as well as how to help clients access them. Emphasis will be placed on creative use of various community resources and provision of case management. Procedures for appropriate exchange of information will be reviewed.

## **Working with Diverse Populations**

**12 Contact Hours**

Trainees are provided with foundational historical and practice information on working with clients of differing ethnic or racial heritage, age, gender, lifestyle, or socioeconomic status. Trainees will be introduced to beliefs, attitudes, knowledge, and skills maintained by a multicultural effective counselor. Applied exercises will help trainees practice their developing skills associated with respectfully gathering client background information. Special emphasis will be placed on working with Alaska Natives along with other prominent minority/cultural groups in Alaska. *(As needed, further refinement will be done within individual regional, sub regional and village services areas to accommodate specific cultural and spiritual features by consulting with elders or other recognized culture-bearers from the service area.)*

## **Introduction to Group Counseling**

**8 Contact Hours**

Trainees are provided with foundation and practice information on group counseling. The primary focus will be on how and why to conduct educational/informational groups, and how and why to conduct “talking circle” groups as a therapeutic group process. Trainees will also be provided with foundation information on establishment and use of the group process. Applied exercises will help trainees practice their developing skills associated with group leadership and group facilitation.

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### **Introduction to Co-Occurring Disorders**

**8 Contact Hours**

Trainees are provided with (foundational information on the following mental health disorders; anxiety disorders, mood disorders, personality disorders, phobic disorders, post-traumatic stress disorders, and thought disorders. They will develop a basic understanding of how mental health disorders, substance use and addiction disorders, and other related conditions can exist in combination and how they affect treatment services. They will also receive information about potential causes and origins will help trainees practice their developing skills associated with identifying and describing these disorders.

### **Crisis Intervention**

**8 Contact Hours**

Trainees are introduced to foundational and practice information on general crisis events (suicide, violence, relapse, job loss/financial problems, death, serious personal illness, and loss of relationship, and other trauma). They will develop a basic understanding of the civil commitment process, as well as suicide myths, age-related suicidal ideation, common buffers, evaluation, intervention, next steps, and survivor (family, friends, and community) care. Discussion will include how community-based suicide prevention may be started and supported.

### **Infectious Diseases, HIV/AIDS**

**8 Contact Hours**

Trainees are provided with health status and risk information regarding hepatitis, sexually transmitted diseases, TB, HIV/AIDS, Blood borne Pathogens, and other infectious diseases that might impact clients receiving services. Trainees will receive a basic understanding of viral/bacterial characteristics and actions on the human body. They will also receive practice information on how to approach lifestyle or risk issues, along with guidance in providing client pre- and post/test counseling support for HIV testing.

### **Prevention and Community Development**

**8 Contact Hours**

Trainees are provided with foundation philosophy and practice information on prevention and community development/readiness. Key features of prevention strategies as promoted by SAMHSA will be presented in relation to community application. Trainees will be given an understanding of advocacy, as well as environmental strategies. Applied exercises will help trainees practice their developing skills associated with developing various prevention efforts and making brief public presentations.

### **Recovery, Health, and Wellness**

**8 Contact Hours**

Trainees are provided with foundational and practice information regarding health, wellness, and balance. Focus on supporting personal recovery, wellness, and balanced health using stress management approaches. Applied exercises will help trainees develop skills to maintain their own health and wellness.

## **Behavioral Health Technician Course Descriptors**

### **Introduction into Family Systems**

**15 Contact Hours**

Trainees are provided with foundation and practice information on performing family systems work with client families, as well as importance of relationships and life stages. Emphasis will be placed on cultural differences in urban and rural family systems. Focus is placed on supporting healthy families by identifying strengths and assets, to develop strategies that promote health and healing. Applied exercises will help trainees recognize the dynamics of a healthy family.