

# BEHAVIORAL HEALTH (BH)

## **BH 101 Introduction to Behavioral Health and Human Services (4 Credits)**

**Recommended preparation:** WR 121Z.

Introduces the behavioral health and human services professions. Helps students evaluate their fit within the human services field. Highlights self-understanding and individual compatibility with behavioral health occupations. Emphasizes prevention, early intervention concepts and programs, significance of social justice and multicultural equity.

## **BH 161 Ethics for Helping Professionals (4 Credits)**

**Recommended preparation:** BH 101 and WR 121Z.

Examines the legal and ethical issues facing helping professionals. Explores how to set and maintain professional boundaries. Evaluates the roles, functions, and legal/ethical responsibilities of helping professionals, including the process of ethical decision making and awareness of the moral and legal complexities in the field of human services.

## **BH 162 Effective Helping Skills I (4 Credits)**

**Recommended preparation:** BH 101 and WR 121Z.

Focus is on skills of interacting with people both verbally and non-verbally, as well as the ethical and cultural underpinnings to helping and interviewing. Emphasis placed on understanding and application of the principles of reflective listening. Significant concentration on practicing skills with peers.

## **BH 181 Infectious Disease and Addictions (1 Credit)**

Reviews the theory and technique for effectively addressing issues of substance use and addictive behaviors for the at-risk person. Considers issues of risk of exposure for the substance abusing or other at risk individual. Physiology, epidemiology, risk assessment, legal/ethical issues and societal implications of infectious diseases will be presented.

## **BH 199 Selected Topics: Behavioral Health (1-4 Credits)**

This course is in development.

## **BH 200 Introduction to Addictions (4 Credits)**

**Recommended preparation:** WR 121Z.

Provides a broad overview of the field of addictions. Describes the etiology of addiction, the signs and symptoms of addiction, the continuum of addictive behaviors, treatment, prevention, recovery and relapse. Will examine similarities and differences between chemical/substance addictions and behavioral/process addictions.

## **BH 203 Introduction to Behavioral Health and Early Learning (4 Credits)**

**Recommended preparation:** WR 121Z.

Provides an interdisciplinary exploration of the interaction between behavioral health and early learning. Explores foundational theories of family dynamics and their impact on individual development and educational outcomes. Focuses on practical skills for applying a trauma informed approach with families and children in early learning contexts.

## **BH 204 Youth, Family, & Addiction (4 Credits)**

**Recommended preparation:** WR 121Z.

Introduces adolescent biopsychosocial development and evaluates the effects of addiction on that development. Examines how substance use disorders impact family systems. Includes topics such as, etiology of substance use disorders within the family, impact upon members of the system and its dynamics, intervention and treatment approaches, and long-term recovery issues. Presents strategies and behaviors that family members, couples, and significant others must adopt in order to assist in sustaining recovery and healthy relationships will be outlined.

## **BH 206 Group Counseling Skills for Helping Professionals (4 Credits)**

**Recommended preparation:** WR 121Z.

Provides an introduction to social and interpersonal influences on behavior, group dynamics, developmental stages of a group, and an overview of theoretical approaches to group counseling. Emphasis is on developing group leadership skills.

## **BH 208 Multicultural Issues for Helpers (4 Credits)**

**Recommended preparation:** BH 101 and WR 121Z.

Presents the foundations for developing the skills, sensitivities and humility needed to practice as culturally aware counselors. Explores issues and trends related to diversity which influence counseling relationships, process, and treatment outcomes. Encourages students to engage in self-exploration around their own cultural identities and their responses to issues of diversity including bias, oppression, discrimination and the role of privilege.

## **BH 209 Introduction to Psychological Trauma: Theory and Practice (4 Credits)**

**Recommended preparation:** WR 121Z.

Introduction to types, history, and impact of trauma on individuals, family, and community. Explores the impact on those working with trauma survivors and inadvertent re-traumatization of individuals that occurs by the social service system. It provides a framework for understanding crisis response and intervention for people experiencing trauma symptoms. Utilizes trauma informed and wellness informed approaches.

## **BH 210 Co-Occurring Disorders (4 Credits)**

**Recommended preparation:** WR 121Z.

Recognize and differentiate symptoms and treatment of addictive disorders and mental health issues. Develop knowledge, skills, and theoretical frameworks applicable to co-occurring disorders. Understand best practice models and integrated treatment for co-occurring disorders.

## **BH 224 Psychopharmacology (4 Credits)**

Introduction to the ways drugs are used, controlled and valued culturally; how the human body functions normally, including knowledge of cells, nerve cells, brain chemistry, neurotransmitters, and basic bodily systems (i.e., respiratory, circulatory, endocrine and digestive; how drugs are absorbed, distributed, metabolized and excreted and how drugs affect these systems). Tolerance and withdrawal symptoms as well as medical complications.

## **BH 260 Counseling Theories (4 Credits)**

**Recommended preparation:** WR 121Z.

Provides an overview of theoretical approaches to counseling and psychotherapy, including fundamental concepts, assessment, client and counselor roles, cultural relevance, and intervention strategies/techniques.

## **BH 262 Motivational Interviewing: Helping Skills II (4 Credits)**

**Prerequisites:** BH 162.

**Recommended preparation:** WR 121Z.

Provides central theoretical and empirical tenets of Motivational Interviewing (MI), as well as practice of skills to deliver the intervention to a wide range of clients in diverse settings. Students will learn and practice both the spirit and techniques of motivational interviewing.

**BH 266 ASAM Foundations and Addiction Treatment (4 Credits)****Recommended preparation:** WR 121Z.

Explores ASAM Criteria (ASAM: Treatment Criteria for Addictive, Substance-Related, and Co-Occurring Conditions). Develops skills associated with effective case management in addictions treatment and behavioral health settings. Practices professional writing and case documentation skills.

**BH 280 Co-op Work Experience Behavioral Health (1-4 Credits)****Prerequisites:** Instructor approval.

Provides experience in which students apply previous classroom learning in an occupational setting. Credits depend on the number of hours worked. Repeatable for credit. P/NP grading.

**BH 291 Practicum in Human Services I (4 Credits)****Prerequisites:** BH 161; BH 162; BH 206; and BH 266.

Practicum is closely supervised opportunity to implement professional skills, knowledge and attitudes presented in prior Behavioral Health coursework. Supports experience working on-site in a behavioral health agency to integrate field and classroom experience. Students also attend a weekly seminar and meet individually with both the practicum instructor and the site supervisor throughout the quarter. Students are required to have a placement confirmed prior to the term they decide to begin. Addiction Counseling students please note: 1,000 hours supervised experience are required before taking the Oregon Certified Alcohol and Drug Counselor I exam.

**BH 292 Practicum in Human Services II (4 Credits)****Prerequisites:** BH 291.

This second-term practicum is more focused and provides an opportunity to develop more advanced skills. Students also attend a weekly seminar and meet individually with both the practicum instructor and the site supervisor throughout the quarter. Students are required to have a placement confirmed prior to the term they decide to begin. With instructor approval only students may co-enroll in BH 293. Addiction Counseling students please note: 1,000 hours supervised experience are required before taking the Oregon Certified Alcohol and Drug Counselor I exam.

**BH 293 Practicum in Human Service III (4 Credits)****Prerequisites:** BH 291 and BH 292.

This third-term practicum is more comprehensive and provides an opportunity to develop more advanced skills. Focus on implementation of motivational interviewing skills. Students also attend a weekly seminar and meet individually with both the practicum instructor and the site supervisor throughout the quarter. Students are required to have a placement confirmed prior to the term they decide to begin. With instructor approval only students may co-enroll in BH 292. Addiction Counseling students please note: 1,000 hours supervised experience are required before taking the Oregon Certified Alcohol and Drug Counselor I exam. Repeatable for credit.

**BH 298 Independent Study: Behavioral Health (1-6 Credits)****Prerequisites:** instructor approval.**Recommended preparation:** prior coursework in the discipline.

Individualized, advanced study to focus on outcomes not addressed in existing courses or of special interest to a student. P/NP grading.

**BH 299 Selected Topics: Behavioral Health (1-4 Credits)**

This course is in development.