

# **Counseling and Mental Health**

Counseling and Mental Health is a one-credit course taught in grades 9-12. This course is designed to orientate students who are interested in working in counseling and mental health services. Careers in the field provide assistance to people with personal, family, educational, and mental health problems and need guidance in making career decisions. The content in the course includes the history of counseling, career investigation, stress management, mental illness, communication skills, client legal rights, ethical procedures and legal responsibilities, and personal and client safety. This course will also include the counseling process for types of crisis, skills and resources for handling crisis, healthy mental functioning, coping with stress and depression, warning signs of depression, types of domestic violence, handling violence, and technology. Counseling and mental health care services may be provided in hospitals, clinics, schools, or private settings.

Family, Career and Community Leaders of America (FCCLA), an integral part of the curriculum, provides opportunities to apply instructional competencies and workplace readiness skills, enhances leadership development skills, and provides opportunities for community service.

## **Foundations**

Students will:

1. Trace the history of the field of mental health and counseling.
2. Analyze the nervous system of the human body and how it effects the mental health of individuals.
3. Determine how society views mental health.
4. Evaluate socioeconomic factors that influence mental health and counseling.
5. Describe how mental health care data is collected and disseminated.
6. Develop and interpret tables, charts and figures to support written and oral communications of counseling with clients.
7. Compare various social services provided to address mental health disorders.
8. Assess the importance of the psychological aspects of health and wellness across the life span.

## **Communication Skills**

9. Evaluate and interpret verbal and nonverbal communication in different mental health situations and adapt communication to the needs of the individual in these situations.
10. Demonstrate listening skills and techniques to minimize communication barriers that are more responsive rather than reactive communication.
11. Interpret and transcribe data and communicate with clients using counseling and mental health vocabulary.

## **Types of Crisis**

12. Identify crises that may occur across the life span.
13. Analyze the psychological and physiological effects of stress on individuals and families during a crisis.
14. Determine appropriate responses, management strategies, resources, and technology available to meet individual and family needs in a crisis.

## **Mental Health Function**

15. Identify symptoms of depression.
16. Describe the impact of depression on individuals and families.
17. Identify strategies used to cope with stress and depression.
18. Investigate the hypotheses, data, analysis, and conclusions for such conditions as paranoia, schizophrenia, and aggression to develop some possible solutions for the mental health problems.
19. Research treatment options for various counseling and mental health conditions.
20. Demonstrate various counseling techniques used in counseling of mental health issues.
21. Research the role of the multidisciplinary team in the counseling and mental health career field.

## **Hazardous Situations**

22. Evaluate the types of violence and abusive situations such as verbal, physical, emotional, and domestic violence.
23. Practice anticipating and adapting to various changing situations in a counseling and mental health environment.
24. Investigate causes, prevention, and treatment of violence and abusive situations.
25. Demonstrate appropriate actions in emergency situations that may occur in the counseling and mental health profession.
26. Evaluate guidelines for personal and client safety in various situations.
27. Practice conflict resolution techniques such as peer mediation, problem solving, and negotiation skills with clients to assist them in resolving personal conflicts.

## **Ethical and Legal Responsibilities**

28. Explain client rights, choices, and circumstances that alter a client's rights.

29. Analyze legal aspects and issues of malpractice, negligence, and liability associated with providing counseling services.
30. Analyze the ethical practices of the counseling and mental health field.
31. Practice the principles of confidentiality with counseling and mental health patients.
32. Investigate legislation that affects standards of client care.
33. Determine the role regulatory agencies serve in the counseling and mental health profession including, but not limited to, the Department of Health Services and Department of Aging and Disability Services.
34. Analyze the consequences of making decisions in the counseling and mental health profession.

## **Technology and Careers**

35. Investigate career opportunities and entrepreneurship endeavors related to counseling and mental health.
36. Determine training, education, and certification requirements for careers in counseling and mental health.
37. Determine the impact of technology on the field of counseling and mental health.