

# (MH) MENTAL HEALTH

---

## Courses

### **MH 200. Community Integration and Inclusion. 3 Hours.**

In this course students use psychosocial assessment to inform their interactions with consumers of mental health services. The course emphasizes developing a collaborative, person-centered, and outcome-focused plan of care. Students also learn about systemic and natural supports used to help facilitate consumers' progress towards their goals. This course is one of eight courses required for eligibility for MHRT/C certification. It is strongly recommended that students complete PY 113 prior to enrolling in this course.

### **MH 201. Policy Knowledge. 3 Hours.**

The course focuses on policies that affect mental health care particularly with regard to consumers in the state of Maine. Students develop an awareness of relevant regulations and how to support consumers of mental health services in effective self-advocacy within existing health and human services systems. This course is one of eight courses required for eligibility for MHRT/C certification. It is strongly recommended that students complete PY 113 prior to enrolling in this course.

### **MH 202. Mind-Body Connection. 3 Hours.**

Topics of this course emphasize assisting consumers of mental health services in accessing whole health, integrated care. Students learn how developing an understanding of the mind-body connection can help those with chronic health conditions, mental health and substance use disorders, medication needs, stress, and other factors affecting wellness. This course is one of eight courses required for eligibility for MHRT/C certification. It is strongly recommended that students complete PY 113 prior to enrolling in this course.

### **MH 203. Vocational Support. 3 Hours.**

In this course students learn how to assist consumers of mental health services engage in goal-directed employment activity. Particular emphasis is on developing an understanding of the relationship between meaningful work and overall well-being, and utilization of appropriate community resources. This course is one of eight courses required for eligibility for MHRT/C certification. It is strongly recommended that students complete PY 113 prior to enrolling in this course.