



# COMMUNITY MENTAL HEALTH

# CERTIFICATE

Curriculum Requirements: 28 credits

START HERE

1

First Year, Fall Term I	Credits	Milestone	Completed
HUS 101 Introduction to Human Services*	3	★	<input type="checkbox"/>
PSY 101 Introduction to Psychology	3	★	<input type="checkbox"/>
SOC 101 Introduction to Sociology	3	★	<input type="checkbox"/>
SWO 102 Wellness for Professionals	1	★	<input type="checkbox"/>
<b>Total Credits</b>	<b>10</b>		

2

First Year, Fall Term II	Credits	Milestone	Completed
PSY 210 Psychology Across the Lifespan*	3		<input type="checkbox"/>
PSY 230 Abnormal Psychology*	3	★	<input type="checkbox"/>
<b>Total Credits</b>	<b>6</b>		

3

First Year, Spring Term I	Credits	Milestone	Completed
PSY 232 Introduction to Counseling *	3	★	<input type="checkbox"/>
SOC 210 Social Problems*	3		<input type="checkbox"/>
<b>Total Credits</b>	<b>6</b>		

4

First Year, Spring Term II	Credits	Milestone	Completed
PSY 234 Trauma and Recovery*	3		<input type="checkbox"/>
PSY 244 Psychosocial Rehabilitation*	3		<input type="checkbox"/>
<b>Total Credits</b>	<b>6</b>		

**YOU'VE FINISHED!**



**Make Your Summers Matter**  
Get a head start by taking summer courses!

Introduction to Human Services  
Introduction to Psychology  
Introduction to Sociology



**Program Milestones**

Program milestone courses should be taken in the term and order noted.

### General Advising Notes

Upon completion of the YCCC certificate apply for the MHRT/C certification through the state by downloading the application through this link: <https://cfl-muskie.org/wp-content/uploads/2022/06/Appendix-D-1.pdf> and forwarding an official copy of your transcript as well.

Consider returning to YCCC to complete either the Behavioral Health Studies or Forensic Social Work degree, you're already part way there!

This certificate is designed to be completed in one year.

## **Program Description**

The Community Mental Health Certificate Program is designed to prepare students with the necessary knowledge and skills to pursue a position in the mental health field or provide an opportunity for advancement through credentialing for those already working in the field. Areas of study include trauma, vocational rehabilitation, substance abuse, listening/communication techniques, and cultural awareness. Upon completion of the certificate requirements students are eligible to apply for the Mental Health Rehabilitation Technician Community (MHRT/C) certificate through the State of Maine. This certificate represents the minimum licensing qualifications necessary for working in the mental health field in Maine and is required for all positions funded by the Maine Department of Health and Human Services. The courses in this program are transferable to the Behavioral Health Studies program.

## **Program Learning Outcomes**

Students who successfully complete the Community Mental Health Certificate will be able to:

- Demonstrate cultural awareness and sensitivity to working with diverse populations.
- Utilize listening and communication techniques which demonstrate an empathic and non-judgmental approach to helping clients.
- Articulate awareness of the importance of self-care and what that means for them as an individual.
- Collaborate with clients to optimize access to services.
- Recognize the importance of adhering to ethical guidelines relating to issues such as confidentiality and providing services in the least restrictive setting.

## **Career Opportunities**

Qualified graduates of the Community Mental Health certificate will be eligible for entry level employment at community health centers, hospitals, schools, social service and mental health programs, and child care settings. Specific jobs may include, but are not limited to, Community Support Worker, Residential Service Worker, Rehabilitation Technician, Youth and Family Counselor, Case Manager, Direct Support Professional, Life Skills Coach, and in-home Support Worker.

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*Articulation agreements exist between York County Community College and various colleges and universities. Please work with your advisor for information regarding these agreements.*

### **DISCLAIMER**

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To learn more, call us at 207-216-4409 or  
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