

B.A. in Mental Health and Human Services

Designed in response to a national and state-wide need, JMVU's B.A. Program in Mental Health and Human Services prepares students for employment in a variety of community-based human services. Graduates of the Bachelor's degree program can pursue successful professional careers involving crisis stabilization, case management, psychosocial and vocational rehabilitation, job coaching, community support work, crisis shelter management, and other services in a variety of agencies and institutions.

The coursework for the Bachelor's degree in Mental Health and Human Services is blend of psychology, mental health, human services and liberal arts, while an internship provides students with the opportunity to work in a human service, mental health, or substance abuse rehabilitation agency.

Students completing the B.A. Program will gain valuable skills in handling crises, managing case loads, and representing others through advocacy. They will be able to conduct intake interviews, prepare and write reports, develop individual service plans (ISPs), administer job assistance programs, and provide coaching for life changes.

Program Objectives

As shown by the following objectives, the Mental Health and Human Services program is designed to be both academic and career-oriented in focus. While the students will learn the history and theoretical components of the field, they will also be engaged in applying their understanding through the development of skills used in human services and counseling in several mental health fields. An internship in a mental health/human services facility is a requirement for graduation.

1. Understand the history, current state and nature of mental health and human services professions.
2. Become proficient in interviewing techniques and mental health and human services record-keeping.
3. Understand personality theory and counseling theory and the techniques that evolve from the application of these theories.
4. Understand the techniques of counseling diverse populations and the issues of diversity as they apply to working in the mental health and human services field.
5. Understand the diagnostic classification system of mental disorders and demonstrate basic capability of using the DSM-IV-TR.
6. Develop skills and capabilities for providing effective crisis intervention, de-escalation of conflict, and conflict resolution in crisis situations.
7. Apply ethical principles while dealing with clients within the mental health and human services profession.
8. Evaluate and describe the mission, programs and services of various human service providers as well as to demonstrate the ability to make appropriate individual referrals to human service agencies.
9. Find employment in the mental health/human services field, and to be able to work as a paraprofessional or as a Social and Human Services Assistant at a level appropriate to the four-year Bachelor's degree in the wide variety of available mental health/human services settings.

Minor or Area of Specialization

After completing the General Education requirements, students begin their professional education requirements. At that time, they have the option of selecting an area of specialization, or minor. Students pursuing a major in Mental Health and Human Services may choose one of three minor areas preapproved by the department:

- Addiction and Chemical Dependency Counseling
- Children and Family Services
- Mental Health Counseling

Earning a minor within the Mental Health and Human Services program does not require earning additional credits. A minor area of specialization requires that students earn 12 credits within the same approved areas of study. Students can obtain a Bachelor's degree in Mental Health and Human Services without taking a minor. Students who do not choose to concentrate in one of the three areas above can choose any combination of 5 elective courses from the areas below.

All students must choose a total of 5 elective courses, or 15 credits, from the list of electives. In order to receive a minor, students must take 12 credits in the *same* specialization area.

Approved Minors:

Minor in Addiction and Chemical Behavior Services

SOP 393 - Psychology of Drugs and Drug Abuse
 PCO 311 - Theory and Treatment of Addictive Behavior
 PCO 431 - Intervention in Addictions
 PCO 435 - Current Issues in Alcoholism, Drug Abuse and Addictive Behaviors

Minor in Children and Family Services

SOW 365 - Child Welfare: Policy and Practice
 CLP 413 - Childhood Psychopathology
 PCO 353 - Theory and Techniques in Family Therapy
 PCO 475 - Current Issues in Family Counseling

Minor in Mental Health Services

MHS 340 - Foundations of Mental Health
 PCO 420 - Introduction to Individual and Group Counseling
 SDS 438 - Trauma and Disaster Response
 CLP 418 - Current Issues in Mental Health

For students interested in pursuing a minor in Addiction and Chemical Dependency Counseling, the JMVU curriculum for the B.A. in Mental Health and Human Services is designed to allow students to fulfill the training requirements of the Certified Addiction Professional, the Certified Addiction Counselor, and the Certified Addiction Specialist. These Certificates are awarded by the Florida Certification Board. Written exams administered by the Florida Certification Board are required for each certificate level. In addition, each level requires a minimum number of hours of direct experience in the addiction field.

For students interested in pursuing a minor in Mental Health Counseling, the JMVU curriculum for the B.A. in Mental Health and Human Services is designed to allow students to fulfill the training requirements of the Behavioral Health Technician Certificates awarded by the Florida Certification Board. Written exams administered by the Florida Certification Board are required certification. In addition, 1,000 hours of direct experience in the behavioral health field are required.

Students who are interested in pursuing certification through the Florida Certification Board should consult their website at www.flcertificationboard.org.

Graduation Requirements

The B.A. degree in Mental Health and Human Services requires a minimum of 120 credit hours to graduate, distributed as follows:

I. General Education Requirements (Lower Level Courses) (Semesters I – IV)

- Successful completion of the University orientation program on first semester enrolled.

Area of Communications: (requirement of all 4 courses for 12 CR)

- ENC 1000 Oral & Written Communications (English I) 3 Credits
- ENC 1101 Composition I (English II) 3 Credits
- ENC 1102 Composition II (English III) 3 Credits
- SPC 1053 Oral Expression (English IV) 3 Credits

Area of Mathematics: (requirement of 2 courses for 6 CR)

- MAC 1105 College Mathematics I -Algebra and Geometry 3 Credits
- MAC 1114 College Mathematics II - Geometry and Trigonometry 3 Credits

Area of Social Sciences:(requirement of any 2 courses for 6 CR)

- WOH 1001 World History 3 Credits
- ECO 2000 Economics 3 Credits
- SYD 3021 U.S. Populations 3 Credits
- PCB 304 People and the Environment 3 Credits
- GEA 223 Geography of America and Eurasia 3 Credits

Area of the Natural Sciences:(requirement of any 2 courses for 6 CR)

- BSC 1005 Biology 3 Credits
- CHM 1025 General Chemistry 3 Credits
- PHY 248 General Physics 3 Credits
- MCB 2240 Etiology of Diseases 3 Credits



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Area of Humanities and Art:(requirement of 2 courses for 6 CR)

- ARH 2000 Art Appreciation 3 Credits
- ARH 2010 Art History 3 Credits

Area of Behavioral Sciences:(requirement of 2 courses for 6 CR)

- PSY 2012 General Psychology 3 Credits
- SYG 2001 General Sociology 3 Credits

Area of Philosophy:(requirement of all 3 courses for 9 CR)

- PHI 2030 Contemporary Philosophical Issues 3 Credits
- PHI 2103 Critical Thinking 3 Credits
- PHI 2600 Ethics 3 Credits

II. Professional Education Requirements (Upper Level Courses)

Semester V: (requirement of 15 CR) Required:

- CLP 305 Foundations of Clinical and Counseling Psychology 3 Credits
- DEP 200 Human Developmental Psychology 3 Credits
- PSB 200 Biological Basis of Human Behavior 3 Credits
- STA 201 Introduction to Statistics for Health and Social Sciences 3 Credits
- Elective (choice of 1) 3 Credits

Semester VI: (requirement of 15 CR) Required:

- PSY 260 History and Foundations of Psychology 3 Credits
- PPE 300 Theories of Personality 3 Credits
- PSY 321 Research Methods and Statistics in Psychology 3 Credits
- HUS 320 Introduction to Crisis Intervention 3 Credits
- Elective (choice of 1) 3 Credits

Semester VII: (requirement of 18 CR) Required:

- CLP 314 Abnormal Psychology 3 Credits
- MHS 470 Legal and Ethical Issues in Counseling 3 Credits
- EXP 340 Memory and Learning 3 Credits

- PSY 430 Introduction to Psychological Assessment 3 Credits
- SOP 374 Psychology of Women 3 Credits
- Elective (choice of 1) 3 Credits

Semester VIII: (requirement of 18 CR) Required:

- HUS 141 Case Management in Human Services 3 Credits
- HUS 100 Principles of Human Services and Helping Skills 3 Credits
- SYG 223 Stereotyping, Prejudice, Stigma and Marginality in Counseling 3 Credits
- HUS 482 Human Services Practicum 6 Credits
- Elective (choice of 2) 6 Credits
- Successful completion of the university career services requirements.

Electives

- CLP 413 Childhood Psychopathology 3 Credits
- CLP 418 Current Issues in Mental Health 3 Credits
- CLP 437 Psychotherapy 3 Credits
- HUS 231 Strategies of Behavior Modification 3 Credits
- MHS 340 Foundations of Mental Health 3 Credits
- PCO 311 Theory and Treatment of Addictive Behavior 3 Credits
- PCO 353 Theory and Techniques in Family Therapy 3 Credits
- PCO 420 Introduction to Individual and Group Counseling 3 Credits
- PCO 431 Intervention in Addictions 3 Credits
- PCO 435 Current Issues in Alcoholism, Drug Abuse and Addictive Behaviors 3 Credits
- PCO 475 Current Issues in Family Counseling 3 Credits
- SOW 365 Child Welfare: Policy and Practice 3 Credits
- SOP 393 Psychology of Drugs and Drug Abuse 3 Credits
- SDS 438 Trauma and Disaster Response 3 Credits