



# Direct Support Professional (DSP)

## Behavioral and Mental Health Certificate

### Purpose and Goals

This course is a web-blended class. Students will work online independently while attending four in-person or face to face classes held at the DMACC Urban Campus. During the class, all students will complete a 5-hour Community Learning Experience in a behavioral health unit. The purpose of this certificate program is to provide education for individuals who may be new or currently working in the Behavioral Health/Mental arena. This program is designed to help both employers and students together. Employers using this training program will help future and current employees by offering an educational experience that will help standardize the approach to training and allow more individuals to enter this career pathway through the information and knowledge gained. It also allows students/employees the opportunity for increasing knowledge and training to become more proficient in the field they are working towards. This program helps to give students enough information, support and background as they begin their career in the human services profession. Upon successful completion each student will earn a DSP Behavioral and Mental Health Certificate.

### DSP-Behavioral/Mental Health Certificate Course Program Layout

Course Topic	Delivery Method	Hours to Complete
<b>Class 1 DMACC Urban Campus Building ___ Room ___ Thursday, January 11, 2024 6-8pm</b>	Face to Face	2.0
<b>Introduction to Mental Health Recovery and Wellness</b> Learn the background through history, language and basic concepts of services for persons with mental health issues. Review and understand the major influences that helped lead to the ongoing transformation of the mental system . You will also become familiar with the guiding pathways from SAMSHA (Substance Abuse and Mental Health Services Recovery Support Strategic Initiatives. And how each person must be empowered in their own mental health recovery. The concept of wellness is also a key component to the holistic focus in recovery.	Online	5.0
<b>Professionalism and the Community Mental Health Practitioner</b> This course was designed to help you understand your role in supporting individuals as a mental health professional and conducting your work in a professional manner. Maintaining professional standards is a way to communicate your respect to program participants, contribute to the effective operation of your agency, and enhance your own career. You will learn about the importance of behaving ethically, the types of ethical challenges you may face in your job, and a process for resolving ethical questions as they emerge in your work.	Online	4.0
<b>Class 2 DMACC Urban Campus Building ___ Room ___ Thursday, January 25, 2024 6-8pm</b>	Face to Face	2.0
<b>Cultural Competence in Mental Health Service Settings</b> This lesson reviews the importance of cultural competence in the delivery of community mental health care, and its impact on the relationship that develops between the community mental health practitioner and the service recipient. Key terms will be discussed regarding the variety of cultural variations and individual cultural styles. Areas of differences in communication, family roots, bias, discrimination, and recognizing that diversity in any community mental health setting will also be examined. You will also see that each service delivery agency has a "culture" of its own and this reflects mainstream values and even world views.	Online	8.0

<p><b>Mental Health Treatments, Services, and Supports</b></p> <p>You will examine in this lesson, the highlights of many important events that brought about the development of the community mental health system as we know it today. An introduction to treatment interventions with medications, hospitalization and psychiatric emergency services will be discussed as well as rehabilitation planning that helps support the development of community inclusion and their recovery goals. A final look in this lesson will show five different intervention models to support peoples living, learning working and socialization goals.</p>	Online	5.0
<p><b>Class 3 DMACC Urban Campus Building ___ Room ___ Thursday, February 25, 2024 6-8pm</b></p>		
<p><b>Seeing the Person First: Understanding Mental Health Conditions</b></p> <p>This course is designed to help you as the DSP to remember that people living with mental health conditions are first and foremost people who want to live full lives. It is founded on recovery and community inclusion principles that view mental health conditions as only one part of an individual's life. New models of health and wellness have much to offer to our understanding of how mental health conditions impact people's functioning in a number of important areas in their lives. You will examine symptoms and diagnoses that you might most likely come in contact with in your role as a DSP in the mental health settings and then see how you can implement interventions that can support individuals in their pursuit of recovery and community inclusion.</p>	Online	4.0
<p><b>Trauma Matters</b></p> <p>It is important for you as a DSP to develop and apply skills in understanding, respecting, and supporting those who have had a trauma. The difficult and often traumatic events of a person's past and sometimes current life situation can have a tremendous impact on their overall health and wellbeing. This includes how they see themselves, engage with others, function in society and present in treatment and support services. Recovery and healing from trauma is possible and it is critical for human services workers to understand the scope and impact of trauma. In this course, you will begin to explore the definition of trauma and the many types of events that one might experience as traumatic plus discuss the seven domains of the National Council for Behavioral Health's model of trauma informed care.</p>	Online	9.0
<p><b>Community Learning Experience Week 5 hours Onsite at Facility (TBA) Week of Feb 22, 2024</b></p>		
<p><b>Understanding Community Inclusion</b></p> <p>You will start this lesson by discussing and defining the terms, community integration, community participation and community inclusion and see how they are connected and important to understand as you support each person's individual journey of recovery and their increased participation in valued social roles in their communities. As with inclusion we also have community exclusion see and discuss how this impacts individuals living with mental health conditions and what they experience in their communities.</p>	Online	3.0
<p><b>Understanding Health Insurance Portability and Accountability (HIPAA)</b></p> <p>HIPAA plays an important role that you as a DSP in mental health play in protecting the privacy and the protected health information (PHI) of those individuals you are working with. This lesson introduces four rules essential to HIPAA. They are: The Privacy Rule, Security Rule, The Breach Notification Rule and The Enforcement Rule.</p>	Online	1.0
<p><b>Universal Precautions and Infection Control</b></p> <p>In this course you will learn your roles and responsibilities in applying universal precautions in your workplace. We will start with understanding the aspects of infectious diseases and how the infectious disease cycle works then move into bloodborne pathogens, infection control, Personal Protective Equipment (PPE), hand washing, environmental controls.</p>	Online	2.0
<p><b>FINAL CLASS! Class 4 DMACC Urban Campus Building ___ Room ___ March 7<sup>th</sup>, 2024 6-8pm</b></p>		
<p><b>TOTAL HOURS</b>  <b>Online 41 hours</b>  <b>Face to Face 8 hours</b>  <b>Community Learning Experience 5 hours</b></p>		<p><b>54 Hours</b></p>

**Course Cost: \$950, Course is completed through a Web-Blended Format. (Online and Face to Face Classes)** This Online course is completed at your pace and at a time that works for you! Each weeks Online Course Work should be completed by the next face to Face Class. In order to earn the DSP Behavioral and Mental Health Certificate all online modules and face to face classes must be completed successfully by March 7, 2024. Summer 2024 Registration to be announced. **\$\$ Potential Funding If You Qualify!** For more information or to see if you qualify for funding contact: Tammy Steinwandt, DMACC CE Health Care Coordinator, E-Mail: [tjsteinwandt@dmacc.edu](mailto:tjsteinwandt@dmacc.edu)