

bhsi

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# Behavioral Health Professional

## Curriculum Blueprint

Child and Family    Community-Based    Home-Based

Prepared for:

**The Department of Health and Human Services**

Prepared by:

**Behavioral Health Sciences Institute**

# Behavioral Health Professional: Curriculum Blueprint

1. **Introduction to Behavioral Health Professional**
  2. **Working in the Home Setting**
  3. **Typical Child and Family Development and Child Pathology**
  4. **Trauma**
  5. **Individual Treatment Plan**
  6. **Communication Skills**
  7. **Principles of Behavior**
  8. **Principles of Family Functioning**
  9. **Principles of Instruction**
  10. **Using Community Resources**
- First Aid/CPR/Bloodborne Pathogen Training**

**In the time allotted for this required introductory training, and based upon the feedback of the focus groups, the following levels of proficiency have been assigned to each competency:**

- |                |   |
|----------------|---|
| <b>Level 1</b> | Able to demonstrate awareness of basic information related to the topic and the ability to access additional information as needed. |
| <b>Level 2</b> | Able to demonstrate the skill at an introductory level.   |
| <b>Level 3</b> | Able to perform the skill competently and safely.   |

## **1. Introduction to Behavioral Health Professional (4 Hours)**

This module sets the tone for the modules that follow by addressing why children and families need the services of a Behavioral Health Professional (BHP). This module includes information about the inherent value placed on children, families, and people with disabilities; the roles and responsibilities of the BHP; the legal and regulatory requirements governing the delivery of these services; professional boundaries; and problem solving.

### **Competencies**

- A The participant will demonstrate an understanding of values related to working with children who are recipients of mental health services, and their families.  
(Level 1) ¼ hour
  
- B The participant will demonstrate understanding of BHP roles, responsibilities and legal and regulatory requirements including mandatory reporting of abuse and neglect.  
(Level 1) ½ hour
  
- C The participant will demonstrate an understanding of disabilities, including the effects of the disabilities on the child and the family, and community attitudes towards children with disabilities and their families.  
(Level 1) 1 hour
  
- D The participant will demonstrate an understanding of professional boundaries.  
(Level 2) 1 hour
  
- E The participant will demonstrate the ability to solve problems related to the delivery of home-based mental health services.  
(Level 2) 1 hour
  
- F The participant will demonstrate an understanding of teamwork.  
(Level 2) ¼ hour

## **2. Working in the Home Setting (4 – 5 Hours)**

This module addresses the basic competencies necessary for working respectfully and effectively with a child and family in their home. Topics included in this module are setting and maintaining personal and professional boundaries, respecting privacy, sensitivity to cultural differences, dynamics of working with families who face multiple challenges, relaxation techniques, stress management and reduction, conflict resolution, and supervision.

### **Competencies**

- A The participant will demonstrate an understanding of appropriate personal and professional boundaries.  
(Level 1) 2 hours
  
- B The participant will demonstrate an understanding of and sensitivity to differences in cultures, beliefs, and values.  
(Level 1) ½ hour

- C The participant will demonstrate an understanding of the dynamics of working with families who face multiple challenges.  
(Level 1) ¾ hour
- D The participant will demonstrate an understanding of relaxation techniques.  
(Level 2) ½ hour
- E The participant will demonstrate the ability to mediate and resolve conflict.  
(Level 2) ¾ hour
- F The participant will demonstrate the ability to use and accept supervision.  
(Level 2) ½ hour

### **3. Typical Child and Family Development and Child Pathology (6 Hours)**

This module serves as an introduction to the typical developmental milestones of children and families. It also introduces mental health diagnoses of children that are commonly encountered by the BHP. It includes strategies likely to be found in individual treatment plans and the role of medications. This module also gives a strategy for formulating a case summary.

#### **Competencies**

- A The participant will demonstrate the ability to formulate a case summary.  
(Level 1) ½ hour
- B The participant will demonstrate knowledge of typical child and family development.  
(Level 1) 2 hours
- C The participant will demonstrate knowledge of mental health disorders of childhood, including diagnoses commonly encountered in working with children in home settings.  
(Level 1) 2 hours
- D The participant will demonstrate understanding of the role of medications in the treatment plan.  
(Level 1) 1 hour
- E The participant will demonstrate understanding of the challenges facing children/youth without permanency.  
(Level 1) ½ hour

### **4. Trauma (4 – 5 Hours)**

The Behavioral Health Professional needs to have an understanding of the effects of trauma. This module is intended to provide the Behavioral Health Professional with an introduction to the identification of trauma and strategies for working with children who have been traumatized.

## **Competencies**

- A The participant will demonstrate an understanding of trauma and responses to it. This includes child abuse and neglect as well as other types of trauma that a child or family might have experienced (e.g. medical trauma, witnessing domestic abuse or violence, accidents, war, natural disaster, etc.).  
(Level 1) 1 hour
- B The participant will demonstrate an understanding of the importance of promoting and maintaining safety for individuals.  
(Level 1) 1 hour
- C The participant will demonstrate an understanding of Vicarious Trauma and strategies for Self-Care.  
(Level 1) ½ hour
- D The participant will demonstrate the ability to observe and document symptoms.  
(Level 1) ½ hour
- E The participant will demonstrate an understanding of resilience and strategies for promoting resiliency.  
(Level 1) 1 hour

## **5. Individual Treatment Plan (2 - 3 Hours)**

This module addresses the basic competencies necessary for the Behavioral Health Professional to function as a member of the team that develops and implements the Individual Treatment Plan (ITP). The treatment planning model, reading and interpreting treatment plans, recording, reporting, and observation and identification of strengths and needs are all topics included in this module.

## **Competencies**

- A The participant will demonstrate an understanding of the treatment planning process and the responsibilities of the treatment team.  
(Level 1) ¾ hour
- B The participant will demonstrate the ability to read and interpret Individual Treatment Plans and Crisis Plans. S/he will have an understanding of other types of plans the child may have.  
(Level 2) ¾ hour
- C The participant will demonstrate the ability to objectively observe and accurately record the child's progress.  
(Level 2) ¾ hour
- D The participant will demonstrate the ability to identify strengths and needs of the child and family.  
(Level 2) ¾ hour

## **6. Communication Skills (4 – 5 Hours)**

The Behavioral Health Professional needs to be skilled in listening to others and in clearly and accurately communicating their ideas verbally as well as in writing. This module addresses the particular issues of using these skills within a home environment.

### **Competencies**

- A The participant will demonstrate knowledge of basic human relation skills.  
(Level 1) 1 hour
  
- B The participant will demonstrate the ability to listen empathetically and sensitively.  
(Level 2) 1 hour
  
- C The participant will demonstrate the ability to communicate clearly using oral and written modes of communication.  
(Level 2) 1 hour
  
- D The participant will demonstrate the ability to communicate within a group setting.  
(Level 2) 1 hour
  
- E The participant will demonstrate knowledge of nontraditional modes of communication.  
(Level 1) 1 hour

## **7. Principles of Behavior (6 – 7 Hours)**

Each Behavioral Health Professional (BHP) needs to have a basic foundation in understanding, predicting, and managing behavior safely. This module is intended to prepare the BHP to objectively observe behavior, teach appropriate behavioral skills and manage challenging behaviors safely.

### **Competencies:**

- A The participant will demonstrate the ability to objectively observe, record, and interpret the child's behavior within the culture of the child's family.  
(Level 2) 2 hours
  
- B The participant will demonstrate the ability to manage challenging behaviors and teach appropriate behavioral skills.  
(Level 2) 4-5 hours
  
- C The participant will demonstrate the ability to manage resistance and provocative behavior safely.  
(Level 2) 1-2 hours

## **8. Principles of Family Functioning (8 Hours)**

The Behavioral Health Professional needs to have a basic understanding of the underlying dynamic of family functioning. This module is intended to prepare the BHP to objectively observe the family's functioning, teach effective parenting and behavioral management skills.

**Competencies:**

- A The participant will demonstrate understanding of the essential components of healthy family functioning.  
(Level 1) 1 ½ hour
- B The participant will demonstrate the understanding of family therapy treatment models.  
(Level 1) 1 ½ hours
- C The participant will demonstrate the ability to collaborate with the family to support and strengthen healthy family functioning.  
(Level 1) 2 hour

**9. Principles of Instruction (3 – 4 Hours)**

The Behavioral Health Professional (BHP) teaches children and families and youth without permanency a variety of skills, from the most basic activities of daily living to more sophisticated behavioral and adult skills. This module addresses the basic competencies necessary to succeed in teaching the skills a child or youth needs to achieve the goals identified in the ITP.

**Competencies**

- A The participant will demonstrate strategies for maintaining a working alliance and engaging a child in a skill building activity.  
(Level 2) 1 hour
- B The participant will demonstrate the use of learning strategies in teaching behavioral skills.  
(Level 2) 1½ hours
- C The participant will demonstrate an understanding of basic adult skills and strategies for teaching them to youth.  
(Level 1) 1½ hours

**10. Using Community Resources (2 – 3 Hours)**

The Behavioral Health Professional needs to be active in facilitating integration into the community. This module introduces the concept of community as well as strategies for using community resources and integrating the child into the community.

**Competencies**

- A The participant will demonstrate knowledge of strategies for integrating the child into his/her community.  
(Level 1) 1 hour
- B The participant will demonstrate knowledge of strategies for assisting the child in networking with peers.  
(Level 1) 1 hour
- C The participant will demonstrate knowledge of how to locate and use community resources for fun and learning.  
(Level 2) 1 hour

**First Aid/CPR/Bloodborne Pathogen Training (7 Hours)**

The Behavioral Health Professional needs to demonstrate basic competencies in emergency procedures, including infant/child CPR.

(Level 3)

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**TOTAL = 50 Hours (without inclusion of First Aid/CPR/Bloodborne Pathogen Training)**

**TOTAL = 57 Hours (including First Aid/CPR/Bloodborne Pathogen Training)**