

bhsi

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**SCHOOL-BASED
BEHAVIORAL HEALTH
PROFESSIONAL**

Prepared for:
The Department of Health & Human Services

&

The Department of Education

Prepared by:
Behavioral Health Sciences Institute

A COLLABORATION OF SPURWINK SERVICES AND UNIVERSITY OF MAINE AT AUGUSTA

School-Based Behavioral Health Professional: Curriculum Blueprint

1. Introduction to Behavioral Health Professional
2. Working in the School Setting
3. Typical Child Development and Child Pathology
4. Trauma
5. Individual Education Plan
6. Communication Skills
7. Principles of Behavior and Instruction

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:

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

1. Introduction to Behavioral Health Professional (3 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.
(Level 1) ¼ hour
- B The participant will demonstrate an 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 community attitudes towards children with disabilities and their families.
(Level 1) 1 hour
- D The participant will demonstrate the ability to solve problems related to the delivery of school-based mental health services.
(Level 2) 1 hour
- E The participant will demonstrate an understanding of teamwork.
(Level 2) ¼ hour

2. Working in the School Setting (4 Hours)

This module addresses the basic competencies necessary for working respectfully and effectively with a child in a school setting. Topics included in this module are setting and maintaining personal and professional boundaries, respecting privacy, sensitivity to cultural differences, dynamics of 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 involved in working with children of families who face multiple challenges.)
(Level 1) ½ hour

- D The participant will demonstrate an understanding of relaxation techniques.
(Level 2) ¼ hour
- E The participant will demonstrate the ability to mediate and resolve conflict.
(Level 2) ½ hour
- F The participant will demonstrate the ability to use and accept supervision.
(Level 2) ¼ hour

3. Typical Child Development and Child Pathology (3.5 Hours)

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

Competencies

- A The participant will demonstrate knowledge of mental health disorders of childhood, including diagnoses commonly encountered in working with children in school settings.
(Level 1) 2 hours
- B The participant will demonstrate understanding of the role of medications in the treatment of mental health disorders.
(Level 1) 1 hour
- C The participant will demonstrate the ability to formulate a case summary.
(Level 1) ½ hour

4. Trauma (3 Hours)

The Behavioral Health Professional needs to have an understanding of the effects of trauma. This module provides 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 ½ 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 resilience and strategies for promoting resiliency.
(Level 1) ½ hour

5. Individual Education Plan (2 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 education plan (IEP). 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 the ability to read and interpret Individual education plans and Crisis Plans. S/he will have an understanding of other types of plans the child may have.
(Level 2) 1 hour
- B The participant will demonstrate the ability to objectively observe and accurately record the child's progress.
(Level 2) 1 hour

6. Communication Skills (4 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 school environment.

Competencies

- A The participant will demonstrate knowledge of basic human relation skills.
(Level 1) ¾ 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) ¾ hour
- D The participant will demonstrate the ability to communicate within a group setting.
(Level 2) ¾ hour
- E The participant will demonstrate knowledge of nontraditional modes of communication.
(Level 1) ¾ hour

7. Principles of Behavior and Instruction (8.5 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.
(Level 2) 2 hours

- B The participant will demonstrate the ability to manage challenging behaviors and teach appropriate behavioral skills.
(Level 2) 3 ½ hours

- C The participant will demonstrate the use of reinforcement, modeling, redirecting and other learning strategies in teaching behavioral skills.
(Level 2) 2 hours

- D The participant will demonstrate knowledge of strategies for assisting the child in networking with peers.
(Level 1) 1 hour

TOTAL = 28 Hours (without inclusion of First Aid/CPR/Bloodborne Pathogen Training)