



PART-TIME DIRECT PRACTICE MENTAL HEALTH CERTIFICATE COHORT COURSE SEQUENCE

Year 1:

Fall:

SWBEH 2063 Human Behavior in Social Environment (*Generalist Course*)

SWGEM 2034 SW Practice Diverse Populations (*Generalist Course*)

Spring:

SWRES 2021 Generalist SW Research (*Generalist Course*)

SWWEL 2081 Social Welfare (*Generalist Course*)

Summer:

SWGEM 2098 Generalist SW Practice (*Generalist Course*)

SWGEM 2099 Generalist Practicum/ Internship 1st term (*Generalist Course*) (Practicum Work)

Year 2

Fall:

SWINT 2020 Direct Practice with Individuals (*Required 1st Skill Course, Prereq.*)

SWGEM 2099 Generalist Practicum/ Internship 2nd term (*Generalist Course*) (Practicum Work)

Spring:

SWINT 2031 ADP: Cognitive Behavioral Therapy [(SWINT 2082) *Skill Elective*]

SWINT 2021 Direct Practice with Families and Groups (*Required Skill Course*)

Summer:

SWBEH 2065 Human Behavior: MH [(SWBEH 2063) *Required 2nd Level HBSE*] /M H Certificate]

SWINT 2072 SW Practice & Traumatic Stress [(SWINT 2082) *Skill Elective/ MH Certificate*]

Year 3:

Fall:

SWINT 2042 SW w/ Substance Use & Other Addictive [(SWINT 2082) *Skill Elective/ M.H. Certificate*]

SWINT 2099 **Specialized** Practicum/ Internship 1st term (Practicum Work)

Spring:

SWRES 2040 Direct Practice Advanced Applied Research [(SWRES 2021) *Required 2nd Level Research w/practicum preferred*]

SWINT 2099 **Specialized** Practicum/ Internship 2nd term (Practicum Work)

Summer:

SWINT 2018 Clinical Skills for Mental Health Recovery[(SWBEH 2065)*Skill Elective/ M. H Certificate*]

SWINT 2099 **Specialized** Practicum/ Internship 3rd term (Practicum Work)

Year 3 1/2

Fall:

[Graduation

SWWEL 2057 MH & Public Policy [(SWWEL 2081) *Required 2nd Level Welfare/ M H Certificate*]

SWINT 2099 **Specialized** Practicum / Internship 4th term (Practicum Work)

¹ All courses are scheduled on Tuesday, Wednesday or Thursday evenings 5:30pm – 8:20pm with the exception of practicum experiences which vary by placement (Generalist:360 hours/ Specialized DP: 720 hours). All are 3-credit courses.

The MSW degree requires completion of a minimum of 60 credits—42 class and 18 practicum.

Course Descriptions:***SWBEH 2063 Human Behavior in Social Environment (Generalist Course)***

This course analyzes theories of human behavior in the social environment from a life span developmental approach. The content of this course is designed to increase students' potential for effective generalist social work assessment and interventions with individuals, families, groups, social systems, and communities. The course also strives to build students' appreciation for and understanding of the ramifications of the "person-in-environment" principle which primarily takes into consideration the social, biological, and psychological influences of the environment. Students will examine the effects of social structures, social policies, and cultural patterns on individuals at all stages of life.

SWGEM 2034 SW Practice Diverse Populations (Generalist Course)

This course focuses on social work practice with particular attention to issues of power, oppression, and privilege. It explores these issues within the context of developing students' knowledge of and skills in using social work problem-solving methods with individuals, families, groups, organizations, and communities. Its purpose is to prepare students to be responsive social work professionals able to work respectfully and competently with diverse population groups. We consider diversity from an intersectional framework, understanding that race, ethnicity, age, class, disability, gender, sex, sexuality, nationality, immigration status, religion/spirituality (and more) are all relevant dimensions of people's identities and social locations.

SWRES 2021 Generalist SW Research (Generalist Course)

This course is designed to equip you with a basic understanding of the research process. The major emphasis will be on the steps and procedures to investigate various problem and interventions that are central to contemporary social work practice. The major areas covered in the course include: the role of theory in research, issues in formulating researchable questions, quantitative and qualitative research designs, sampling, measurement, data collection, and data analysis. The course also includes an overview of ethical issues and diversity in social work research. By the end of this course, you should be prepared to be effective consumers of research and have beginning skills to evaluate your own practice

SWWEL 2081 Social Welfare (Generalist Course)

This course focuses on the historical development of the contemporary social welfare system in the United States, including the professional social work response to the needs of people in our society. Attention is paid to: the concepts used to discuss and explain social welfare institutions' policies and programs, the mechanisms and structures used to deliver social services, existing mandated public welfare policies, proposed reforms and the implications of current policies for program implementation and reciprocity, and the factors that have tended to constrain or facilitate the attainment of social and economic justice. Particular attention is paid to the historic and contemporary experiences of people-at-risk of oppression.

SWINT 2020 & 2021 Direct Practice with Individuals & Direct Practice with Families and Groups (Required Skills Courses, Prereq.)

These courses examine selected basic treatment approaches to provide a foundation for second year advanced clinical practice. It includes models based on psychodynamic, cognitive/behavioral, and social systems theories and their influence on practice decisions with various client populations. Students will apply and practice assessment, intervention, and evaluation skills using these approaches, while comparing and contrasting their application.

SWINT 2031 ADP: Cognitive Behavioral Therapy [(SWINT 2082)Skill Elective]

This course builds on the student's knowledge of cognitive-behavioral therapy (CBT) gained in the prerequisite course, Models of Intervention. The course focuses on the applicability of the cognitive-behavioral model to direct clinical practice with individuals, families and groups. Students learn skills in applying CBT assessment and treatment methods for a variety of affective, anxiety and substance abuse disorders. Particular attention is paid to empirical methods of monitoring and evaluating client progress and outcomes. The course also focuses on the relevance of cognitive-behavioral practice to clinical work with populations at risk confronting issues of race/ethnicity, class, gender, sexual orientation and disability.

SWBEH 2065 Human Behavior: MH [(SWBEH 2063)Required 2nd Level HBSE] /M H Certificate]

This course addresses the etiology, nature, course and treatment of mental disorders across the life cycle. Some mental illnesses begin early in life, and may continue throughout life, being modified by growth and development; others begin later in life or are specific to a particular stage in the life cycle; while others occur in response to environmental circumstances and stressors. Furthermore, gender, race, culture, ethnicity, socioeconomic status and other aspects of diversity shape how symptoms of mental illness are experienced, interpreted and expressed. A selection of the major categories of mental disorder and abnormal behavior will be addressed although it will not be possible to examine all of them in class. Understanding and applying the DSM5 manual as a clinical assessment tool, an introduction to

psychopharmacology, and the nature and role of risk and protective factors associated with suicidal and violent behavior will also be addressed.

SWINT 2072 SW Practice & Traumatic Stress [(SWINT 2082)Skill Elective/ MH Certificate]

This course addresses theories of primary and secondary traumatic stress; the nature of traumatic events and environments and the potential impacts on individuals, families, groups, and communities. Students will be offered information about traumatic exposure and stress among diverse populations. Interventions and treatment modalities for working with those affected by traumatic stress using the person-in-environment perspective will be presented. All topics will be related to and examined in light of the core values, ethical principles, and standards of the National Association of Social Workers Code of Ethics. Emphasis will be on the student's development of practice competencies, such as critical thinking, supporting the therapeutic process by the use of research-informed and strengths-based practice; identifying opportunities for advocacy, effective self-care, and understanding the role and function of organizations in creating trauma-informed human services environments. Theories addressed will include stress, attachment, organizational, systems, and ecological theories.

SWINT 2042 SW w/ Substance Use & Other Addictive [(SWINT 2082)Skill Elective/ M.H. Certificate]

This course will provide a comprehensive examination of substance use disorders: etiology; disease concept; diagnosis; treatment and the impact that substance use has upon the family, the workplace, and the community. Emphasis will be on the student's development of assessment skills and the therapeutic process of recovery. Social work interventions and treatment modalities including Motivational Interviewing, Mutual Support Groups, Brief Intervention, Seeking Safety, and Harm Reduction, with outcome data, will be presented. Students will be offered state-of-the-art information about addictive disorders among special populations and will have the opportunity to observe the recovery process. Other addictions, current substance use issues, controversies, and co-occurring disorders will also be explored.

SWRES 2040 Applied Research in Direct Practice [(SWRES 2021)Required 2nd Level Research w/practicum preferred]

This course will provide students with practical skills to develop and carry out program evaluations of social work or similarly oriented programs. Topics this course will cover include the importance of program planning, implementation, monitoring, and their possible relationships to outcomes. Various methods of research design that are applicable to program evaluations will be discussed. The importance of the ethical, political, and scientific nature of evaluation will be a central theme of the course, as well as exploring strategies for ensuring the appropriate application and use of program evaluation results.

SWINT 2018 Clinical Skills for Mental Health Recovery[(SWBEH 2065)Skill Elective/ M. H Certificate]

This course is an introduction to the concepts and techniques employed in clinical work with individuals with severe and persistent mental illness, including those who have substance use problems. Categories of disturbance will include schizophrenia, mood disorders, other psychoses, severe personality disorders, and dually diagnosed clients. The overall purpose is to equip the beginning practitioner with the knowledge and skills requisite for working with the types of clients most commonly seen at public mental health services.

SWWEL 2057 MH & Public Policy [(SWWEL 2081) Required 2nd Level Welfare/ M H Certificate]

Mental Health and Public Policy is an advanced policy course. The course focuses on public policies relevant to mental health services, the treatment and support of individuals with mental health problems, and civil and criminal laws relevant to mental health and individuals with mental health problems. The course also introduces students to key concepts and skills relevant to policy practice. We will begin by investigating foundational concepts and processes, including the definitions of mental illness and related constructs, major political and policy orientations toward public policy, and the policy-making process. Next, we will discuss the history of mental health-related policy in the United States. In the second half of the semester, students will learn about major areas of mental health-related policy and the primary systems through which these policies function and services are administered. Throughout the semester, students will also participate in labs. Each lab provides a venue through which concepts may be applied and policy practice skills developed.

This course situates the study of policy within a *structural competency* framework (Metzl & Hansen, 2014). Policy is one such structural force. However, policies also intersect with other structural forces, such as economic systems, values, and language, to influence well-being. Thus, in addition to providing the necessary knowledge and tools to engage in informed discussion of social welfare policies and problems, this course also explores these intersections.