

# MENTAL HEALTH AND WELLNESS - CERTIFICATE



The certificate in Mental Health is for students who may be currently employed or interested in working within the Mental Health Community. The program introduces the profession of Human Services with a focus on Mental Health and Wellness for diverse and global populations. Students earning the certificate will learn or refine skills in communication, observation, documentation, research, ethical practices, and self-care. Students are introduced to multi-disciplinary resources and support. Students completing the Mental Health and Wellness Certificate will earn the Mental Health First Aid Certification.

## Certificate Requirements

Code	Title	Hours
HMNS 1010	Introduction to Helping and Human Services	3
HMNS 1040	Drugs and Human Behavior	4
HMNS 1200	Practicum I: Service Learning	5
HMNS 2135	Therapeutic Interventions II: Group Process and Practice	3
HMNS 2200	Assessment Interviewing for Treatment Planning	3
HMNS 2202	Mental Health and Wellness	3
<b>Total Hours</b>		<b>21</b>

## Recommended Course Sequence

Course	Title	Hours
<b>Summer Session</b>		
HMNS 1010	Introduction to Helping and Human Services	3
HMNS 1040	Drugs and Human Behavior	4
<b>Hours</b>		<b>7</b>
<b>Year 1</b>		
<b>Semester 1</b>		
HMNS 2200	Assessment Interviewing for Treatment Planning	3
HMNS 2135	Therapeutic Interventions II: Group Process and Practice	3
<b>Hours</b>		<b>6</b>
<b>Semester 2</b>		
HMNS 1200	Practicum I: Service Learning	5
HMNS 2202	Mental Health and Wellness	3
<b>Hours</b>		<b>8</b>
<b>Total Hours</b>		<b>21</b>