



### BEHAVIORAL HEALTH STUDIES Associate in Applied Science

Curriculum Requirements: 62 Credits

START HERE

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| SEMESTER 1 - FALL                       | Credits   | Milestone | Completed                |
|---|-----------|-----------|--------------------------|
| ENG 101 College Composition             | 3         |           | <input type="checkbox"/> |
| HUS 101 Introduction to Human Services* | 3         | ★         | <input type="checkbox"/> |
| MAT 124 Statistics                      | 3         |           | <input type="checkbox"/> |
| PSY 101 Introduction to Psychology      | 3         | ★         | <input type="checkbox"/> |
| SOC 101 Introduction to Sociology       | 3         | ★         | <input type="checkbox"/> |
| SWO 102 Wellness for Professionals      | 1         | ★         | <input type="checkbox"/> |
| <b>Total Credits</b>                    | <b>16</b> |           |                          |

**Program Milestones**  
 Program milestone courses should be taken in the term and order noted.  
 \*Indicates courses that must be taken at York County Community College in order to be eligible to apply for the MHRT/C certificate.

2

| SEMESTER 2 - SPRING                     | Credits   | Milestone | Completed                |
|---|-----------|-----------|--------------------------|
| PHI 102 Ethics and Contemporary Society | 3         |           | <input type="checkbox"/> |
| PSY 210* Psychology Across the Lifespan | 3         |           | <input type="checkbox"/> |
| PSY 228 Addictions and Substance Abuse  | 3         |           | <input type="checkbox"/> |
| PSY 230* Abnormal Psychology            | 3         | ★         | <input type="checkbox"/> |
| SPE 101 Oral Communications             | 3         |           | <input type="checkbox"/> |
| <b>Total Credits</b>                    | <b>15</b> |           |                          |

**Make Your Summers Matter**  
 General education requirements  
 Abnormal Psychology  
 Program Electives that will count towards both the BHS degree and the ADC certificate (Crisis Intervention, Alcohol and Drug Counselor Overview)

3

| SEMESTER 3 - FALL  | Credits   | Milestone | Completed                |
|--|-----------|-----------|--------------------------|
| General Education Core IV, Lab Science (BIO 106/107 General Biology recommended) | 4         |           | <input type="checkbox"/> |
| PSY 232* Introduction to Counseling  | 3         | ★         | <input type="checkbox"/> |
| PSY 234* Trauma and Recovery   | 3         |           | <input type="checkbox"/> |
| SOC 210* Social Problems   | 3         |           | <input type="checkbox"/> |
| Open Elective  | 3         |           | <input type="checkbox"/> |
| <b>Total Credits</b>   | <b>16</b> |           |                          |

### General Advising Notes

Complete Statistics and College Composition as early as possible.

If math is something you struggle with consider taking Statistics over the summer so you can just focus on that one course.

General Biology is strongly recommended to fulfill the Core IV requirement, especially for students considering attending a four-year school in the future.

When thinking about electives, consider adding the Alcohol and Drug Counselor certificate to your degree and taking those courses as your electives.

If you are planning to attend a four-year school after graduation work closely with your advisor to identify a program and choose electives that will make the transfer process as smooth as possible.

Part-time option available, please refer to the college catalog.

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| SEMESTER 4 - SPRING                       | Credits   | Milestone | Completed                |
|---|-----------|-----------|--------------------------|
| PSY 244* Psychosocial Rehabilitation      | 3         |           | <input type="checkbox"/> |
| SOC 136 Race, Gender, Class and Ethnicity | 3         |           | <input type="checkbox"/> |
| SWO 110 Introduction to Victim Advocacy   | 3         |           | <input type="checkbox"/> |
| Program Elective                          | 6         |           | <input type="checkbox"/> |
| <b>Total Credits</b>                      | <b>15</b> |           |                          |

**YOU'VE FINISHED!**

The sequencing of courses in this program begins in the fall or spring semesters. Students entering in the summer will likely take longer than two years to complete the program.

### Program Description

The Associate in Applied Science Behavioral Health Studies program is designed to prepare students with the necessary knowledge and skills to pursue a position in the mental health field or continue their studies at the Baccalaureate level. Areas of study include trauma, vocational rehabilitation, substance abuse issues, human development, cultural awareness, counseling theories, victim advocacy and the role of mental health providers. Graduates of the associate degree program are eligible to receive their Mental Health Rehabilitation Technician Community Certification (MHRT/C) by virtue of their degree. This certificate represents the minimum licensing qualifications necessary for working in the mental health field in Maine and is required for all positions funded by the Maine Department of Health and Human Services. They will also be eligible for certification, at the provisional level, as a Victim Advocate by the National Advocate Credentialing Program. Graduates of this program will obtain a marketable degree with two embedded certifications which will allow them to work with multiple populations including individuals confronting mental illness, developmental delays, substance abuse, and other behavioral health conditions.

### Program Learning Outcomes

Students who successfully complete the Associates in Applied Science in Behavioral Health will be able to:

- Articulate an understanding of the ethical principles involved in the human service field and how situational factors might impact the interpretation of those principles.
- Engage in assessment and collaborative service planning with clients, their families, and human service professionals while understanding the potential barriers clients may face in accessing resources.
- Demonstrate an awareness of personal and professional development in order to remain effective and promote optimal functioning for the self and clients.
- Utilize technical skills to effectively gather, analyze, evaluate, and share data while conforming to both legal and ethical guidelines for accessing and distributing confidential information.
- Communicate the importance of inclusion, cross-cultural sensitivity and diversity.

### Career Opportunities

Qualified graduates of the Behavioral Health program will be eligible for entry level employment at community health centers, hospitals, schools, social service and mental health programs, and child care settings. Specific jobs may include, but are not limited to, Community Support Worker, Residential Service Worker, Rehabilitation Technician, Youth and Family Counselor, Education Technician II, Case Manager, Direct Support Professional, Life Skills Coach, Victim Advocate, and In-home Support Worker.

*Articulation agreements exist between York County Community College and various colleges and universities. Please work with your advisor for information regarding these agreements.*

### DISCLAIMER

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