

# **Certified Mental Health Assistant** **Proposed Curriculum**

## Academic Schedule

- Fall Semester - Schedule
  - August – December
    - 3<sup>rd</sup> week August – COGS and Program Specific Orientation
    - Note: Second week of December is for testing
      - Testing involves standardized vignettes and patients and is formative
  
- Spring Semester – Schedule
  - January – April
    - First week of January is off for vacation
    - Last week in March is blocked for testing
      - Testing involves standardized vignettes and patients and is summative
      - Retesting in June if necessary
  
- Maymester
  - May - (3 weeks)
  
- Summer I
  - June-early July - 6 weeks
  
- Summer II
  - Mid-July through end of August - 6 weeks
  
- Weekly
  - Classes are Monday through Friday
  - Federal and State Holidays are off
  - Compliance with College and University Calendars and Financial Aid Requirements

## YEAR 1

- **Fall Semester - 18 Credit Hours**
  - Orientation (August)
    - Review
      - Schedules and structure of class
      - Means of instruction and assessment
      - Scope of Practice
  - Patient Care I (PC I) – **3 Credit Hour**
    - Communication Skills, Interviewing Skills, Mental Status Examination, Risk Assessment, Levels of Care, Being on a Medical Team
  - Anatomy, Physiology, Pathology I (APP I) - **3 Credit Hours**
    - GI, Cardiovascular, Metabolic, Endocrine, Renal, Pulmonary, Liver, Inflammatory
    - Specific Clinical Correlates – Delirium, Hypothyroidism, Altered drug metabolism, COPD, Hepatitis, Lithium clearance
  - Evidence Based Medicine I (EBM I) – **3 Credit Hours**
    - Research and study design, Reviewing the literature and weighing the evidence (including Journal Clubs)
  - Psychiatric Diagnoses I (PD I) – **6 Credit Hours**
    - Depressive, Anxiety Disorders, Eating Disorders, ADHD, Malingering/Factitious
    - Clinical Scenarios and Peer Supervision (with CMHA-2)
    - Attend CMHA 2's discussions of interesting and challenging cases and reviewing standardized cases
  - Psychopharmacology I (PP I) – **3 Credit Hours**
    - Basics of pharmacology, antidepressants, antianxiety, stimulants
- **Spring Semester – 18 credit hours**
  - PC II (3 credits)
    - Therapeutic Alliance, Supportive Therapy, Wellness / health promotion, Documentation, Capacity, Ethics, Measurement-based Care
  - APP II (3 credits)
    - Neuroanatomy, Neurobiology, Neurology
    - Specific Clinical Correlates – Stroke, Parkinson's, Dementias
    - Neurobiology of:
      - PTSD
      - Depression
      - Psychosis
      - Intoxication
  - EBM II (3 credits)
    - Finding and using clinical practice guidelines and algorithms

- PD II (6 credits)
  - Post-traumatic disorders, Bipolar Disorders, Psychotic Disorders, Substance Use Disorders, Dementias, Somatic Disorders
  - Clinical Scenarios and Peer Supervision (with CMHA-2)
  - Attend CMHA 2's discussions of interesting and challenging cases and reviewing standardized cases
- PP II – 3 credit hours
  - Mood stabilizers, antipsychotic, medications for dementia, opiates, medication assisted treatment for opiates

**May Semester - 3 credit hours**

- Clinical Skills Assessment I (3 credits)
- Consolidating knowledge through the use of clinical vignettes, clinical practice guidelines, standardized patients, and culminating in a Clinical Skills Assessment

**Summer I - (6 credit hours - 40 hours per week for 6 weeks)**

- EDE I (Enhanced Didactic Experience): 3-credits.
- Substance Use Disorders I – 6 weeks (3 credits)

**Summer II - (6 credit hours - 40 hours per week for 6 weeks)**

- EDE II – 3 credit hours
- Substance Use Disorders II – 6 weeks (3 credits)

39 Year 1 credits + 12 Summer credits = 51 credit hours

**YEAR 1: Fall, Spring, Maymester, Summer I, and Summer II – total of 51 credit hours**

## **Clinical Year**

### Academic Schedule

#### **Fall Semester - 21 credit hours**

- Inpatient adult psychiatry – 18 weeks (18 credits) (Half of class will start on outpatient clinic)
  - 40 hours per week for 18 weeks (40 hours=1 credit)
- Enhanced Didactic Experience III (3 credits)
  - 45- hours over the course of 18 weeks

#### **Spring Semester: - 21 credit hours**

- General outpatient clinic (3-4 days per week) – ( credits)
  - 30 hours per week for 18 weeks
- Geriatric/Child and Adolescent outpatient clinic (1 day per week; 10 hours) – (4 credits)
  - 8-10 hours per week for 18 weeks
- Enhanced Didactic Experience IV (3 credits)
  - 45 hours over the course of 18 weeks

#### **Summer I - (6 credit hours - 40 hours per week for 6 weeks)**

- EDE I (Enhanced Didactic Experience): 3-credits (Half of class will start on outpatient clinic)
- Internship - Inpatient Psychiatry at 40 hrs per week

#### **Summer II - (6 credit hours - 40 hours per week for 6 weeks)**

- EDE II – 3 credit hours
- Internship – Outpatient Mental health Clinic at 40 hrs per week

**YEAR 2: Fall, Spring, Maymester, Summer I, and Summer II – total of 54 credit hours**

**Total of 105 Credit Hours over 2 years**

## Enhanced Didactic Experiences

- **Two half days per week for enhanced didactic experiences (3 credit hours per semester)**
  - First Half-day
    - Class Meeting – 1 hour
      - Experiences on rotations
      - Feedback on preceptors and rotations
      - Feedback on 1<sup>st</sup> year training
      - Team building
    - Peer Supervision – 1 hour (CMHA 1 also Attend)
      - Faculty guided discussion of interesting or challenging patients
    - Clinical Scenarios – 1 hour (CMHA 1 also Attend)
      - Standardized scenarios presented and discussed as a class
  - Second Half-day
    - Didactic sessions\* – 2 hours
    - Clinical Scenarios – 1 hour (CMHA 1 also Attend)
      - Oral testing on scenarios that had been discussed during the previous week

### \* Enhanced Didactic Topics Include:

- Delirium
- Difficult to treat (treatment resistant) depression, anxiety, mania, psychosis
- Management of side effects
- Integration with primary care
- Familiarization with ECT, TMS, ketamine, and psychedelics
- Journal Clubs
- Working with clinical practice guidelines and algorithms
- Basic cognitive and behavioral techniques