

## ARIZONA CTE CAREER PREPARATION STANDARDS & MEASUREMENT CRITERIA

<b>MENTAL AND SOCIAL HEALTH SERVICES, 51.1500.00</b>	
<b>1.0</b>	<b>ANALYZE THE DELIVERY SYSTEM FOR MENTAL AND SOCIAL HEALTH SERVICES</b>
1.1	Describe the mental and social health services delivery system available in public, private, government, and nonprofit sectors
1.2	Describe the functions of an integrated health system
1.3	Explain the legal framework of mental and social health occupations including scope of practice legislation
1.4	Identify laws and codes that relate to patient care and rights
1.5	Describe practices that could result in malpractice, liability, and/or negligence
1.6	Describe types of mental and social health professionals and their education, ongoing training, licensure/certification, and areas of expertise (e.g., counselor, social worker, clinical supervision, mental health nurse, psychiatrist, etc.)
1.7	Identify roles and responsibilities of teams and team members [e.g., community emergency response teams (CERTs) and community mental health teams (CMHTS)]
1.8	Explain the impact of emerging issues such as technology and socioeconomics on delivery systems
1.9	Demonstrate procedures for documentation, record keeping, and case report writing with emphasis on accuracy, legal issues, privacy, and confidentiality
1.10	Identify steps for mandatory reporting
1.11	Describe typical methods used for screening, assessment, and individual service plan (ISP)
1.12	Describe the code of ethics among professionals providing mental and social health services
<b>2.0</b>	<b>ANALYZE LEGAL SAFETY REQUIREMENTS FOR MENTAL AND SOCIAL HEALTH</b>
2.1	Demonstrate first-aid
2.2	Demonstrate CPR
2.3	Demonstrate Universal Precautions
2.4	Explain how to obtain a finger-printing clearance card
<b>3.0</b>	<b>ANALYZE MENTAL AND COGNITIVE DEVELOPMENT</b>
3.1	Identify major areas of the brain
3.2	Identify functions of the major areas of the brain
3.3	Describe stages of brain development
3.4	Describe psychosocial development

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<b>4.0</b>	<b>ANALYZE BASIC MENTAL AND SOCIAL HEALTH ILLNESSES, DISORDERS, AND CONDITIONS</b>
4.1	Examine the interrelationship of physical, mental, emotional, social, and spiritual health
4.2	Describe characteristics of a mentally and socially healthy person
4.3	Describe how mental and social health can affect wellness
4.4	Summarize the stages of loss and grief
4.5	Examine causes, symptoms, and effects of depression
4.6	Examine causes and symptoms of self-harm
4.7	Examine causes and symptoms of suicide
4.8	Examine causes, symptoms, and effects of anxiety
4.9	Examine symptoms and effects of compulsive behaviors
4.10	Examine causes, symptoms, and effects of trauma
4.11	Examine substance abuse disorders (e.g., alcohol, illegal drugs, steroids)
4.12	Examine causes, symptoms, and effects of behavioral addictions (e.g., shopping, gambling, sexual)
4.13	Describe unhealthy relationships
4.14	Identify stressors at home, school, and work and their physical and psychological effects on the body
4.15	Examine eating disorders and their effect on healthy growth and development
4.16	Examine how intolerance can affect others
4.17	Examine characteristics of someone who has self-respect
4.18	Examine why pro-social behaviors such as helping others, being respectful of others, cooperation, and consideration can help prevent violence
4.19	Use medical terminology and concepts related to mental and social health
<b>5.0</b>	<b>ANALYZE FACTORS THAT INFLUENCE DECISIONS ABOUT MENTAL AND SOCIAL HEALTH SERVICES</b>
5.1	Examine how mental and social health is influenced by peers, family, cultural values, and life cycles
5.2	Examine how ethnic and cultural diversity enriches and challenges society
5.3	Examine how media convey accurate and inaccurate messages that affect mental and social health
5.4	Explain socioeconomic disparities in healthcare

The knowledge and technical skill standards were validated by the Skill Standards Validation Committee on February 14, 2013, and approved by the Arizona Skill Standards Commission on April 9, 2013.

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5.5	Summarize how personal values and experiences influence mental and social health
5.6	Examine the impact on society when there is no or minimal access to mental and social health services
5.7	Identify groups and organizations that ensure services and resources, e.g., National Alliance on Mental Illness (NAMI), Centers for Disease Control (CDC), American Public Health Association (APHA), American Sociological Association (ASA)
<b>6.0</b>	<b>ANALYZE STRATEGIES THAT IMPROVE MENTAL AND SOCIAL HEALTH</b>
6.1	Summarize healthy ways to express affection, love, friendship, acceptance, and concern
6.2	Summarize strategies for coping with loss and grief
6.3	Examine strategies for managing impulsive behaviors
6.4	Summarize coping strategies when angry
6.5	Examine strategies for managing and reducing conflict
6.6	Examine strategies for dealing with difficult relationships (e.g., family members, friends, co-workers, and others)
6.7	Examine strategies for coping with addictions
6.8	Describe intervention strategies for suicide prevention
6.9	Describe theories and interventions being used in mental and social health [cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), creative arts therapy (CAT), emotionally focused therapy (EFT), and solution-focused brief therapy (SFBT)]
6.10	Explain the basic concepts of positive self-image, wellness, and stress
6.11	Describe a wellness and stress control plan that can be used in personal and professional life
6.12	Explain how social and behavioral interventions are used to improve mental and social health in schools and community
6.13	Describe informed consent
6.14	Define individual treatment plan and its use
<b>7.0</b>	<b>INVESTIGATE INFORMATION, PRODUCTS, AND SERVICES THAT SUPPORT MENTAL AND SOCIAL HEALTH SERVICES</b>
7.1	Explain “outreach” as a community tool to expand access to services, practices, and products
7.2	Identify community resources and services that support mental and social health
7.3	Identify professionals who can provide accurate information and helpful assistance
7.4	Access, critically review, and evaluate the appropriateness and accuracy of information sources (e.g., literature, research, and electronic information)
7.5	Define the psycho-education approach to helping individuals and families learn about managing mental and social health

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7.6	Identify community-based self-help/peer support groups
7.7	Explain the use of professional networking and social networking to enhance mental and social health
<b>8.0</b>	<b>EMPLOY SKILLS THAT ENGAGE OTHERS AND BUILD TRUST</b>
8.1	Explain the use of empathy in the healthcare environment
8.2	Explain the importance of courtesy and respect for workers and clients in the healthcare environment
8.3	Explain the importance of maintaining healthy boundaries with workers and patients
8.4	Describe the basic elements of therapeutic communication (e.g., active listening, paraphrasing, open-ended questions, validation, and redirection)
8.5	Describe basic elements of active listening
8.6	Differentiate between giving advice and active listening
8.7	Explain the appropriate use of self-disclosure
8.8	Adapt communication skills to varied levels of understanding and cultural orientation including diverse age, cultural, economic, sexual orientation, ethnic and religious groups
8.9	Describe motivational interviewing (MI) as an engagement tool
8.10	Develop basic observational skills and related documentation strategies
8.11	Apply entry-level service provider skills (e.g., mandatory reporting, interviewing intake skills, and data collection)
<b>9.0</b>	<b>USE PROBLEM-SOLVING SKILLS TO IMPROVE MENTAL AND SOCIAL HEALTH</b>
9.1	Describe alternative and nontraditional approaches to mental and social health conditions (e.g., self-help, diet and nutrition, relaxation and stress reduction techniques, art therapy, play therapy, and expressive arts therapy)
9.2	Determine barriers that can hinder healthy decision making and focus on client's strengths
9.3	Explain the importance of evaluating the outcomes of mental and social health interventions
9.4	Identify the steps in the problem-solving process
<b>10.0</b>	<b>USE GOAL-SETTING TO IMPROVE MENTAL AND SOCIAL HEALTH</b>
10.1	Explain the purpose of collaborative goal-setting
10.2	Develop individualized S.M.A.R.T. (specific, measurable, attainable, realistic, timely) goals
10.3	Describe techniques used to monitor progress of goals
10.4	Describe barriers to mental and social health and ways to address those barriers

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<b>11.0</b>	<b>ANALYZE ADVOCACY STRATEGIES THAT SUPPORT THE NEEDS AND RIGHTS OF OTHERS</b>
11.1	Define advocacy and its application to mental and social health
11.2	Demonstrate ways to educate others about mental and social health
11.3	Demonstrate respect and support for diversity
11.4	Examine ways to advocate for friends and family members who need support and treatment for mental and social health issues
11.5	Advocate for a positive, respectful school environment that supports pro-social behavior (e.g., handling teasing and bullying and reducing stigma associated with mental and social health)
11.6	Identify conferences, workshops, and retreats that support mental and social health issues
11.7	Engage in case studies, role play, shadowing, and other practicum experiences
<b>12.0</b>	<b>APPLY BASIC MATH AND SCIENCE SKILLS</b>
12.1	Draw, read, and report using graphs, charts, and tables
12.2	Demonstrate the ability to evaluate and draw conclusions
12.3	Organize and communicate results obtained by observations and experimentation
12.4	Ask appropriate scientific questions and recognize what is involved in experimental approaches to mental and social health
12.5	Define qualitative and quantitative data
12.6	Calculate and interpret descriptive statistics to communicate and support predictions and conclusions
12.7	Differentiate between digital clock and analog clock
12.8	Convert to and from 12-hour time format and 24-hour format