

# Social & Human Services - Mental Health - Health Sciences



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## ABOUT THIS FIELD

The Mental Health Pathway within the Social and Human Services program prepares students to support individuals, families, and communities affected by mental health challenges across diverse settings. Students develop foundational knowledge of psychological disorders, assessment practices, ethical decision-making, cultural humility, advocacy, and client-centered care.



## WHAT YOU'LL STUDY

Coursework focuses on understanding psychological disorders, ethical practice, cultural humility, advocacy, assessment, trauma-informed care, and client-centered support. Students explore real-world issues facing individuals and communities while developing professional communication, critical thinking, and helping skills. Supervised fieldwork provides hands-on experience in community-based settings, allowing students to apply classroom learning in real mental health service environments.



## WHAT YOU CAN DO

Graduates are prepared for entry-level positions in a variety of mental health and human service settings, including community mental health agencies, behavioral health and treatment programs, residential and group home settings, crisis support and outreach services, case management and care coordination, peer support and recovery services, school and youth support programs, nonprofit and advocacy organizations.

### PROGRAM START DATES:

Refer to college catalog for deadline dates

### FOR MORE INFORMATION CONTACT:

Crystal Rhynes, Program Coordinator

✉ c\_rhynes@SouthwesternCC.edu

☎ 828.339.4397

# Social & Human Services - Mental Health - Health Sciences

## CLASSES YOU'LL NEED TO TAKE

### ASSOCIATE IN APPLIED SCIENCE (AAS) - A45380M

Total Semester Hour Credits: 67

#### FALL SEMESTER 1

Prefix	Number	Title	Class	Lab	Clinical	Credit
ACA	111	College Student Success	1	0	0	1
ENG	111	Writing and Inquiry	3	0	0	3
HSE	110	Introduction to Human Services	2	2	0	3
HSE	123	Interviewing Techniques	2	2	0	3
PSY	150	General Psychology	3	0	0	3
SAB	110	Intro to Addiction & Recovery	3	0	0	3
		Totals	14	4	0	16

#### SPRING SEMESTER 1

BIO	110	Principles of Biology	3	3	0	4
HUM	115	Critical Thinking	3	0	0	3
HSE	223	Counseling Theories and Skills	3	0	0	3
HSE	225	Crisis & Intervention Principles	3	0	0	3
SOC	210	Introduction to Sociology	3	0	0	3
		Totals	15	3	0	16

#### SUMMER SEMESTER

HEA	110	Personal Health & Wellness	3	0	0	3
HSE	220	Case Management	2	2	0	3
		Totals	5	2	0	6

#### FALL SEMESTER 2

ENG	114	Professional Research & Reporting	3	0	0	3
HSE	210	Diversity Ethics and Trends	3	0	0	3
HSE	212	Group Dynamics	3	0	0	3
MHA	140	Introduction to Mental Health	3	0	0	3
MHA	150	Mental Health Interventions	3	0	0	3
		Totals	15	0	0	15

#### SPRING SEMESTER 2

COM	231	Public Speaking	3	0	0	3
MHA	238	Psychopathology	3	0	0	3
MHA	240	Advocacy	3	0	0	3
WBL	111	Work Based Learning I	0	0	10	1
WBL	115	Work Based Learning Seminar II	1	0	0	1
		Totals	13	0	10	14

## DIPLOMA/CERTIFICATE OPTIONS

### DIPLOMA - D45380M

Total Semester Hour Credits: 40

#### FALL SEMESTER 1

Prefix	#	Title	Class	Lab	Clinical	Credit
ACA	111	College Student Success	1	0	0	1
ENG	111	Writing and Inquiry	3	0	0	3
HSE	123	Interviewing Techniques	2	2	0	3
HSE	210	Diversity, Ethics and Trends	3	0	0	3
MHA	140	Intro to Mental Health	3	0	0	3
MHA	150	Mental Health Interventions	3	0	0	3
		Totals	14	2	0	16

#### SPRING SEMESTER 1

HSE	223	Counseling Theories and Skills	3	0	0	3
HSE	225	Crisis & Intervention Principles	3	0	0	3
HUM	115	Critical Thinking	3	0	0	3
MHA	238	Psychopathology	3	0	0	3
MHA	240	Advocacy	3	0	0	3
		Totals	15	0	0	15

#### SUMMER SEMESTER

HSE	220	Case Management	2	2	0	3
PSY	150	General Psychology	3	0	0	3
SOC	210	Introduction to Sociology	3	0	0	3
		Totals	8	2	0	9

### CERTIFICATE - C45380M, C45340MP\*

Prefix	#	Title	Class	Lab	Clinical	Credit
HSE	210	Diversity, Ethics and Trends	3	0	0	3
MHA	140	Intro to Mental Health	3	0	0	3
MHA	150	Mental Health Interventions	3	0	0	3
MHA	238	Psychopathology	3	0	0	3
MHA	240	Advocacy	3	0	0	3
		Totals	15	0	0	15

\*This certificate or pathway is offered to high school students through the Career & College Promise initiative. Please refer to the Career & College Promise page in this catalog for additional information.