

SOUTHERN COUNTIES REGIONAL PARTNERSHIP



MENTAL HEALTH CAREERS

Pathway
to
SUCCESS



Creating and Guiding Tomorrow's Mental Health Workforce

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Introduction

The purpose of this booklet is to introduce you to all of the exciting career opportunities that exist in the counseling and mental health field. Careers in behavioral and mental health can be rewarding both personally and financially. Careers exist for all different educational backgrounds and are both clinical and administrative.

We've included a resource page for you to obtain more information or to contact a specific county.

We hope you learn a great deal from the information in this booklet and decide to pursue a career with us helping those with mental health and substance abuse issues. We look forward to you joining our workforce in the future!

Career Quiz

- ◀ Do you enjoy working directly with people to help them overcome problems?
- ◀ Do you enjoy working to solve practical, real-world issues?
- ◀ Would you enjoy working with clients in a doctor's office, hospital or mental health clinic?
- ◀ Are you able to deal with high stress situations?
- ◀ Are you good at reading body language?

If you answered yes to any of these questions, a career in Mental Health may be for you.

What is Mental Health?

According to the World Health Organization, "Mental health is not just the absence of mental disorder. It is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community. It is related to the promotion of well-being, the prevention of mental disorders, and the treatment and rehabilitation of people affected by mental disorders."



Who Do We Serve?

The focus of every Mental Health Program should be on promoting mental health throughout the lifespan to ensure a healthy start in life for children and to prevent mental disorders in adulthood and old age.

- Children
- Youth & Transitional Age Youth
- Adults
- Older Adult Services



How We Serve: | Career Pathways.

Mental health is a broad field with a wide range of career choices. In general, it involves counseling patients or clients in order to promote their optimum mental health, with an emphasis upon prevention. Working with individuals and/or groups of all ages, health professionals in this field help children, adolescents, adults and older adults deal with a variety of life stresses and problems.

Peer Support Specialist

Peer Support Specialists, because of their life experience in dealing with mental illness in themselves or a family member, have expertise that professional training cannot replicate. Tasks commonly performed by Peer Support Specialists include assisting clients in setting and pursuing their recovery goals, monitoring and quantifying their progress, lending assistance with treatment, and leading by example when it comes to coping strategies that have been helpful in their own experience.

Psychiatric Technicians

Psychiatric Technicians are professionals who work for residential care centers, rehabilitation facilities or hospitals. Psychiatric Technicians work with a team of mental health providers including therapists, nurses and physicians. Psychiatric Technicians provide hands-on care to clients in need and help implement treatment plans in acute care settings. Most Psychiatric Technicians need a certificate or an Associate's Degree in Psychiatric Technology.

Mental Health Case Manager

A Mental Health Case Manager counsels clients with emphasis on prevention. They work with individuals and groups to promote optimum mental health. Also help individuals deal with addictions and substance abuse; family, parenting, and marital problems; stress management; problems with self-esteem; and issues associated with aging and mental and emotional health. A Mental Health Case Manager must have a Bachelor's Degree in mental health or social work, depending on the requirements of the facility.

Mental Health Therapists

Therapists provide inpatient or outpatient services to clients with mental health needs. These positions usually require being licensed for optimal employment opportunity. Mental health therapists can be employed by agencies or hospitals. Additionally, mental health therapists may be self-employed in private practice settings, and may or may not accept insurance for payment. Examples of Mental Health Therapists are Marriage and Family Therapists (MFT) and Licensed Clinical Social Workers (LCSW). This position requires a Masters degree in Social Work or Marriage and Family Therapy.

Psychologist

Psychologists study the human mind and human behavior. Psychologists may perform a variety of duties in a vast number of industries. For example, those working in health service fields may provide mental healthcare in hospitals, clinics, schools, or private settings. Psychologists employed in applied settings, such as business, industry, government, or nonprofit organizations, may provide training, conduct research, design organizational systems, and act as advocates for psychology. To work as a clinical or counseling psychologist one must have a doctoral degree — either a Ph.D. or a Psy.D. degree. With a Ph.D. one can teach, do research or have a clinical and counseling position. With a Psy.D. one can work in a clinical or counseling setting.

Psychiatrist

Psychiatrists are advanced-practice Medical Doctors. They evaluate a patient's mental condition in conjunction with his/her physical condition. Psychiatrists are physicians that can prescribe medication to mental health patients. Psychiatrists require education in medical school. Psychiatrists typically manage medication and rarely provide counseling services. Psychiatrists may work in private practice and hospitals.

List of other careers:

- Alcohol and Drug Counselor
- Art Therapist
- Clinical Manager
- Counseling Aide
- Family Advocate
- Healthcare Administrator
- Mental Health Counselor
- Mental Health Nurse
- Mental Health Nurse Practitioner
- Parent Partner
- Prevention Specialist
- Rehabilitation Aide
- Social Service Worker
- Vocational Rehabilitation Counselor

How You Get There: | **Educational Pathways.**

While almost all careers require some college, different careers have different educational demands. You can choose to attend college for months or for many years. The kind of college education you need depends on what kind of work you want to do.

Certificate Programs (9 weeks to 1 year)

Certificate Programs award you a certificate of completion rather than a degree when you finish class requirements. This training is specific and will qualify you for specialized jobs. Most certificate programs are six months to a year.

Associates Degrees (2 years)

Associates Degrees are two-year degrees. You take classes in a specific field of interest as well as general education courses. You can take courses at a Community College that count for an Associate Degree. There are many careers that pay good wages and are in high demand that can be yours with a two year degree.

Bachelors Degrees (4 years)

Bachelor Degrees are four-year degrees. You must complete about two years of general education requirements that include basic subjects like English, History and Math; and an additional two years of classes in your major area of study. A college or university awards a Bachelor of Arts (BA) and Bachelor of Science (BS) degrees.

Masters Degrees (6 years)

A Master's Degree is an academic degree granted to individuals who have undergone study demonstrating a mastery or high-order overview of a specific field of study or area of professional practice. It provides higher qualification for employment and prepares for doctoral studies.

Advanced Degrees (8+)

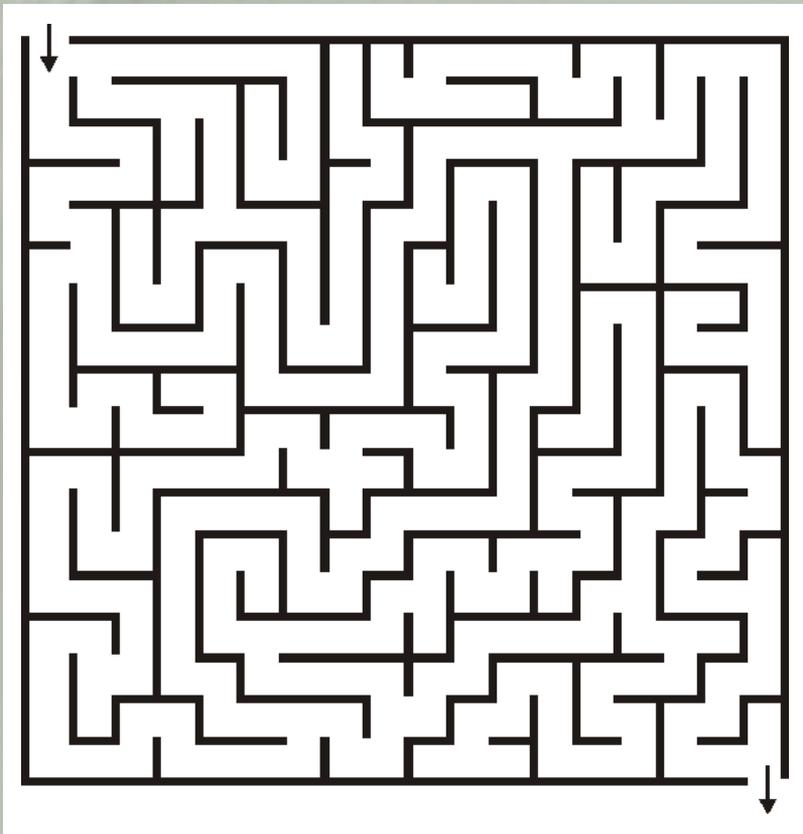
Earning a doctorate requires successful completion of a regimen of coursework beyond the master's level. A doctorate is an academic degree or professional degree that refers to a class of degrees which qualify the holder to teach in a specific field. Professional doctorates are awarded in certain fields where most holders of the degree are engaged in a profession, such as law, or medicine.

It's Up 2 | You

You might say that navigating your way through school is kind of like finding your way through a maze. If you have an idea of where you want to go and how you might get there, you can find the best path for you

You can take many different paths. The better you study your options and decide where you want to go, the easier and quicker you will reach your destination. As you play each game in this booklet, you will find ideas and suggestions to help you find your best path. With some thought, planning, and hard work, your maze will become **amazing!**

Just remember, when all is said and done . . . **It's Up 2 You . . .**



Dreams

Think creatively. Imagine possibilities.

Find or draw three pictures that represent your dream job(s).

The key is to turn ...
Your dreams into goals
Your goals into plans
Your plans into action!

Goals

Do research. Have objectives.

1. Name two careers that you think fit your interests and skills. (page 8)
2. Which educational options do you think best suits you? (page 10)
3. What is one action you will take to learn more about a career in Mental Health?

Follow your dreams.

They know the way.

Word | Search

U	C	M	P	Y	E	K	J	L	V	B	K	F	W	X	I	N	F	R	V	H	R	F	Z	R	R	R
M	A	R	R	I	A	G	E	A	N	D	F	A	M	I	L	Y	T	H	E	R	A	P	I	S	T	O
S	D	Z	V	N	K	A	D	M	D	A	U	R	A	V	C	C	Q	F	J	Q	A	V	X	C	U	R
E	W	C	A	S	E	M	A	N	A	G	E	R	F	T	Z	P	Y	Z	G	R	X	R	F	M	G	H
L	V	T	A	C	F	U	E	M	X	P	O	H	K	R	U	Q	I	C	U	P	I	D	C	Y	P	L
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N	Q	Q	Z	E	S	O	C	I	A	L	W	O	R	K	E	R	D	Y	E	R	O	S	N	O	X	R
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M	E	L	K	B	C	K	Y	R	Z	G	A	E	J	G	L	N	Q	E	Z	W	U	W	O	X	U	I
Z	E	T	A	C	O	V	D	A	Y	L	I	M	A	F	D	N	A	R	E	E	P	V	E	T	M	Z
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X	R	E	G	I	O	T	E	W	E	D	X	U	J	S	E	H	H	G	E	E	M	R	Y	Y	A	Z
O	T	I	P	O	F	X	M	X	A	T	H	Z	J	F	I	T	D	U	S	H	K	K	L	C	H	D
G	R	H	S	I	V	Y	T	E	C	L	L	D	E	M	N	E	S	K	H	B	P	V	R	H	T	Z
J	T	Q	Y	N	R	B	J	N	R	W	R	O	S	I	V	R	E	P	U	S	C	I	N	I	L	C
J	K	R	C	H	S	M	B	V	F	D	F	A	D	H	H	D	J	L	N	J	G	I	O	A	I	Y
Q	H	S	H	O	N	U	R	S	E	P	R	A	C	T	I	T	I	O	N	E	R	R	R	T	L	R
P	U	F	O	L	D	G	K	V	L	S	S	V	A	Y	L	B	D	I	L	M	V	D	G	R	D	R
J	O	J	L	N	B	M	H	Y	T	R	U	I	L	S	S	C	A	F	W	T	B	S	A	I	I	I
G	L	U	O	P	O	K	F	S	G	W	F	B	Y	T	X	B	K	O	R	A	D	H	B	S	O	L
M	H	D	G	B	X	Q	E	H	L	L	M	H	Y	D	A	C	H	I	J	F	S	V	N	T	A	D
E	F	Y	I	D	F	B	G	T	H	T	T	E	A	D	C	C	V	H	R	E	Q	A	C	N	H	
D	U	R	S	S	R	R	E	G	I	S	T	E	R	E	D	N	U	R	S	E	D	F	G	H	Y	U
P	I	O	T	J	K	R	E	G	I	D	N	R	T	Y	G	N	U	R	E	S	N	Y	U	O	P	G

Case Manager

Registered Nurse

Social Worker

Marriage and Family Therapist

Psychologist

Clinic Supervisor

Peer and Family Advocate

Clinical Therapist

Psychiatrist

Nurse Practitioner

Word | Unscramble

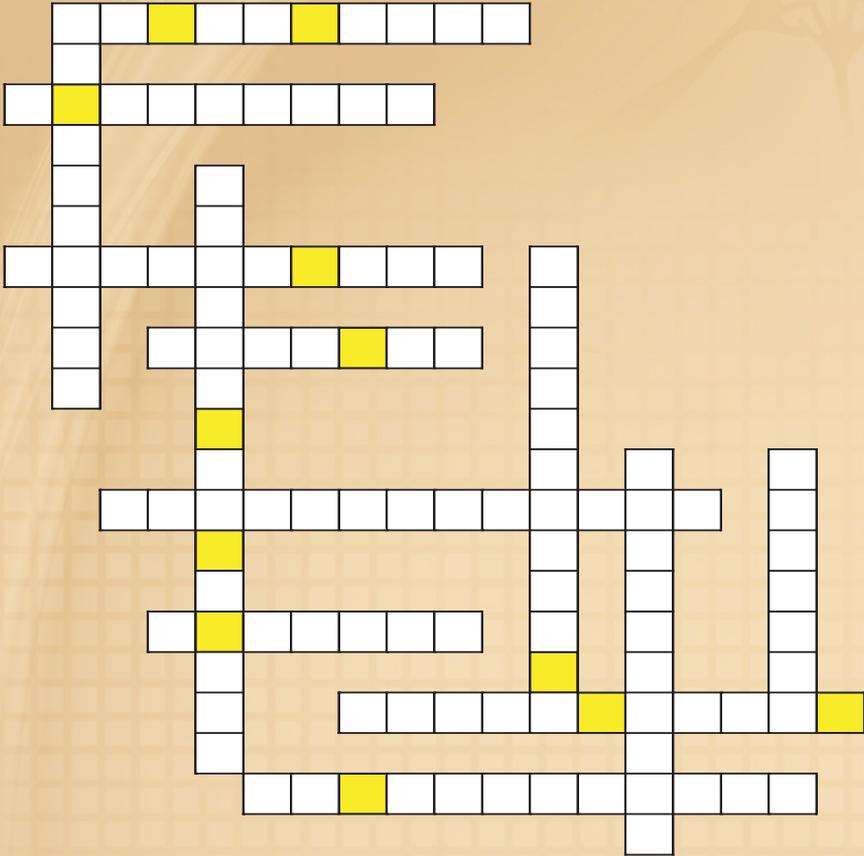
- 1 ASEC GRANMEA _____
- 2 SGIDEERTRE SENRU _____
- 3 ALIOCS ORKWER _____
- 4 RRAMEGIA ADN _____
FAYLIM SIPHRAETT _____
- 5 SOYOPHISCTGL _____
- 6 NIICCL SURIRSEPOV _____
- 7 ERPE NAD LAFIMY _____
AOVCTDAE _____
- 8 INCICALI TATHPESRI _____
- 9 TYISSIAHTCPR _____
- 10 ENRSU STOENPARIRIT _____

HERE ARE THE ANSWERS

- 1 CASE MANAGER
- 2 REGISTERED NURSE
- 3 SOCIAL WORKER
- 4 MARRIAGE AND FAMILY THERAPIST
- 5 PSYCHOLOGIST

- 6 CLINIC SUPERVISOR
- 7 PEER AND FAMILY ADVOCATE
- 8 CLINICAL THERAPIST
- 9 PSYCHIATRIST
- 10 NURSE PRACTITIONER

Secret | Code



Secret Code _____

Accomplishments
Confidence
Inspiring
Dedication
Motivational

Possibilities
Devoted
Intelligent
Achievements
Passion

Determined
Completion
Embrace

Answer:
Mental Health

Resources

Imperial County
<http://www.imperialcounty.net>

Kern County
<http://www.co.kern.ca.us>

Orange County
<http://egov.ocgov.com>

Riverside County
<http://www.countyofriverside.us>

San Bernardino County
<http://www.sbcounty.gov>

San Diego County
<http://sdpublic.sdcounty.ca.gov>

San Luis Obispo County
<http://www.slocounty.ca.gov>

Santa Barbara County
<http://www.countyofsb.org>

Tri-Cities Mental Health Services
<http://www.tricitymhs.org>

Ventura County
<http://countyofventura.org>

California Institute for Mental Health (CIMH)
<http://www.cimh.org>

National Alliance for the Mentally Ill California
<http://www.namicalifornia.org>

Working Well Together
<http://workingwelltogether.org/dnn/>





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The Southern Counties Regional Partnership (SCRCP) is a collaborative effort to develop career pathways in the behavioral and mental health fields throughout Southern California. The SCRCP is funded by Proposition 63, the Mental Health Services Act. The following counties participate in collaborative workforce related activities:



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