



## Master Course Syllabus

### BEH 1001 - Mental Health Crisis and Intervention: Preparedness and Empathy

#### Purpose of Document

This document contains important information about this course's objectives. It may be helpful for you to retain a copy for your records, along with the class specific syllabus. This document will be especially helpful if you decide to later change your course of study.

Pikes Peak State College and the Colorado Department of Higher Education have determined that graduates should have a broad range of learning skills as well as discipline related skills. Both types of skills are detailed below.

#### Course Description

Focuses on the skills necessary to recognize and assess warning signs of mental health distress and crisis intervention through evidence-based practices. This course also emphasizes trauma-informed care, nonviolent crisis intervention, and interventions for diverse populations. This course will prioritize preparation for becoming a compassionate and skilled crisis intervention professional.

Credit Hours: 3

Contact Hours: 45 (Lecture)

#### Required Course Learning Outcomes

1. Engage in situational safety assessment, self-awareness, and self-care practices.
2. Recognize warning signs of mental health distress.
3. Identify signs of substance use.
4. Apply evidence-based practices in crisis intervention.
5. Develop a plan to implement crisis intervention for specific populations.
6. Recognize and comply with legal and ethical requirements.
7. Explain harm reduction and suicide prevention strategies.
8. Develop effective crisis communication skills.
9. Create a stigma-free and supportive environment.
10. Develop culturally competent crisis interventions.

#### Required Topical Outline

- I. Self-awareness and self-care practices
  - A. Situational safety
  - B. Personal attitudes towards mental health
  - C. Effective crisis support
  - D. Personal growth
  - E. Diverse self-care strategies
  - F. Personal safety

- II. Evidence-based practices in crisis intervention
  - A. Warning signs of mental health distress
  - B. Degrees of mental health distress from warning signs
  - C. Trauma-informed care
    - 1. Impact
    - 2. Informed approaches
  - D. Non-violent crisis intervention techniques
    - 1. De-escalation strategies
    - 2. Crisis prevention
  - E. Crisis intervention plans
    - 1. Individual needs
    - 2. Family needs
- III. Crisis interventions for specific populations
  - A. Specialized crisis interventions
    - 1. Children
    - 2. Adolescents
    - 3. Families
    - 4. Deaf individuals
    - 5. Hard of hearing individuals
    - 6. Deaf or blind individuals
    - 7. Dementia
    - 8. Traumatic brain injuries
    - 9. Intellectual and developmental disabilities
    - 10. Additional diverse populations
      - a. Race
      - b. Culture
      - c. Ethnicity
      - d. Sexual orientation
      - e. Gender identity
      - f. Age
      - g. Religion
      - h. Class
  - B. Co-occurring disorders
  - C. Substance use impact on mental health
- IV. Legal and ethical considerations in crisis intervention
  - A. Federal requirements
  - B. State requirements
  - C. Privacy regulations
  - D. Confidentiality regulations
  - E. Advanced directives
    - 1. Legal framework
    - 2. Application in crisis situations
- V. Harm reduction and suicide prevention strategies
  - A. Harm reduction principles
  - B. Naloxone administration
    - 1. Substance use disorders
    - 2. Overdose situations
  - C. Suicide screening
  - D. Risk assessment tools
  - E. Safety plan development
    - 1. Prevention

- 2. Suicidal crises
- VI. Developing effective crisis communication skills
  - A. Empathetic communication techniques
  - B. Active listening
  - C. Validation of feelings
  - D. Integration of diverse perspectives to establish trust
  - E. Appropriate emotional support during crises
- VII. Creating a stigma-free and supportive environment
  - A. Impact of stigma
    - 1. Mental health
    - 2. Well-being
  - B. Strategies
  - C. Help-seeking behaviors
  - D. Accessing mental health resources
  - E. Care coordination
- VIII. Culturally competent crisis interventions
  - A. Cultural awareness
  - B. Cultural responsiveness
  - C. National Standards for Culturally and Linguistically Appropriate Services (CLAS)
  - D. Needs of diverse populations

#### Certification Information or similar information

This course is included in the following micro-credentials offered at Pikes Peak State College: [Addiction](#)

[Recovery Assistant Certificate](#)

[Qualified Behavioral Health Assistant Certificate](#)

[Behavioral Health Assistant II Certificate](#)

[Behavioral Health Plus Certificate](#)

[Patient Navigator](#)

Child and Family Behavioral Health Support Certificate