

Master Course Syllabus

BEH 2001 – Mental Health Crisis & Intervention: Advocacy, Intervention, & Resilience

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

Covers a wide range of skills in advocacy, intervention, and resilience within the context of mental health crises. The course emphasizes ethical decision-making, trauma-informed approaches, cultural competence, and innovative intervention strategies through a blend of theory, practical examples, and interactive learning.

Credit Hours: 3

Contact Hours: 45 (Lecture)

Required Course Learning Outcomes

1. Define key concepts related to mental health crisis, advocacy, and advanced intervention techniques.
2. Explain the importance of ethical considerations in crisis intervention.
3. Recognize the stages of crisis development and common emotional responses.
4. Analyze the impact of diverse cultural perspectives on crisis experiences and subsequent interventions.
5. Apply advanced active listening and communication techniques in crisis situations.
6. Assess appropriate intervention strategies based on crisis severity and individual needs.
7. Identify substance use factors in mental health crises and co-occurring disorders.
8. Develop comprehensive advocacy plans for individuals experiencing mental health crises.
9. Create intervention strategies considering both short-term stabilization and long-term recovery.
10. Evaluate the effectiveness of various intervention approaches through case studies.
11. Build resilient practices to sustain long-term crisis intervention scenarios.

Required Topical Outline

- I. Mental Health crisis and advocacy
 - A. Advanced crisis intervention concepts
 - B. Considerations
 1. Ethical
 2. Legal
 - C. Continuum of mental health crises
 - D. Cultural competence
- II. Communication and active listening
 - A. Advanced techniques
 - B. Communication skills
 1. Verbal
 2. Non-verbal
 - C. Empathetic responses
 - D. Communication barriers
- III. Intervention strategies
 - A. Immediate support
 1. Emotional
 2. Logistical
 - B. Crisis severity assessment
 - C. Risk factors
 - D. De-escalation techniques
 - E. Safety planning
- IV. Mastering crisis communication and de-escalation
 - A. High-stress environments
 - B. Individuals with unique needs
 - C. Situations involving complex emotions
- V. Nuanced harm reduction and suicide prevention strategies
 - A. Diverse crisis situations
 - B. Advanced suicide risk assessment

- C. Advanced intervention planning
- D. Substances
 - 1. Differentiation
 - 2. Mental health crisis development
 - 3. Substance Use Disorders (SUDs)
 - 4. Overdoses in complex cases
- VI. Advocacy in mental health crisis
 - A. Individuals in crisis
 - 1. Rights
 - 2. Needs
 - B. Personalized plans
 - C. Support systems
 - D. Resources
 - E. Stigma
 - F. Empowerment
- VII. Long-term intervention and recovery
 - A. Trauma-informed care
 - B. Strategies
 - 1. Sustainable
 - 2. Recovery-focused
 - C. Community services coordination
 - D. Progress monitoring
 - E. Adaptations
- VIII. Assessing intervention effectiveness
 - A. Case study analysis
 - B. Challenges
 - C. Setbacks
 - D. Ethical considerations in outcomes
 - E. Continuous improvement of skills
- IX. Crisis intervention in context

- A. Settings
 - 1. Workplace
 - 2. Education
 - 3. Healthcare
- B. Community services
- C. Societal factors
- X. Self-care for advocates and interveners
 - A. Burnout
 - B. Compassion fatigue
 - C. Techniques
 - D. Boundaries
- XI. Future trends in crisis intervention
 - A. Preparedness
 - B. Adaptation
 - C. Developments in the field
 - D. Challenges
 - E. Opportunities
 - F. Professional development