

Behavioral Health

The Behavioral Health program at Alaska Christian College is one of four emphases that students may currently choose between for their Associate in Arts degree. All students must complete the 31 General Education and 15 Biblical Core credits, but then they may choose to emphasize in either Paraprofessional Education, Behavioral Health, or Christian Ministry. After choosing their emphasis, students must complete 15 emphasis credits. In the Behavioral Health emphasis, these credits consist of:

BEH 201 (3) Rural Counseling and Indigenous Ways of Change
BEH 211 (3) Case Management and Ethics of Professional Practice
BEH 221 (3) Critical Incidents in Trauma: Rethinking the Past
BEH 231 (3) Crisis, High Risk Behaviors, and Community Prevention
BEH 241 (3) Addictive Behaviors and Recovery Health
BEH 299 (3) Bridging Two Worlds: Serving and Surviving in Behavioral Health Services

Purpose Statement

The emphasis in Behavioral Health prepares graduates to have the educational foundation to serve as “Behavioral Health Aides” as determined by the Alaska Native Tribal Health Consortium. The emphasis requirements ensure that students receive clinical instruction in order to obtain the fundamental knowledge, skills, and ethical principles for professional entry-level work in the behavioral health field. The emphasis focuses on Alaskan Native issues presented in rural Alaskan environments and may provide a basis for continued study in human services related programs.

Objectives

The AA in Behavioral Health enables the student to do the following:

- Demonstrate professional knowledge of the helping profession with commitment to ethical quality health care practice in rural settings.
- Demonstrate competence in basic attending skills with individuals (active listening, summarizing, reflection, etc...)
- Promote health behaviors on an individual, family, and community level.
- Advocate for the inclusion of community elder wisdom and willingness to help other medical or behavioral health providers understand the importance of recognizing traditional values and practices.
- Learn to integrate a deep understanding of how personal faith and beliefs create an underlying foundation for work in the helping profession.

Assignments were collected from the Behavioral Health courses. For each assignment information was collected regarding the program objective that was met by the assignment, total points possible on the assignment, number of points required for a student’s assignment to be considered “successful,” the number of successful and unsuccessful attempts, and the successful and unsuccessful scores.

Program Objective Demonstrate professional knowledge of the helping profession with commitment to ethical quality health care practice in rural settings.

Course	Assignment	# Successful	# Unsuccessful	% Successful	How did this assignment meet the objective?	Additional comments from the instructor concerning the scores and/or data or Program Objectives.
BEH 231	Crisis Intervention	6	0	100	This assignment was designed to help the students take a closer look at crisis intervention models that are currently in use, examine them to see if they are appropriate for use in the village, and come up with something that they think could possibly be a good working crisis model. They were to also examine the Mobile Crisis Unit model and consider if this would be a good fit for Alaska, specifically in the villages, and if so, how it might be implemented.	There were only six students in this class and all were high achievers. They all put a lot of effort into their work.

Next Steps

Conclusion

The program objective *Demonstrate professional knowledge of the helping profession with commitment to ethical quality health care practice in rural settings* may be being met through the Behavioral Health curriculum, but more assignments need to be collected to state that decisively.

Program Objective: Demonstrate competence in basic attending skills with individuals (active listening, summarizing, reflection, etc...)

Course	Assignment	# Successful	# Unsuccessful	% Successful	How did this assignment meet the objective?	Additional comments from the instructor concerning the scores and/or data or Program Objectives.
BEH 201	Open/Close Questions	7	0	100	Each student was given three examples of open-ended sentences and closed ended sentences and asked to write about how these questions make them feel. They were also asked which type of question they feel would be most helpful in a counseling situation.	No Feedback Provided
BEH 201	Complete a Treatment Plan	7	0	100	Students were asked to complete a treatment plan based on several given examples.	

Program Objective: Promote healthy behaviors on an individual, family, and community level.

Course	Assignment	# Successful	# Unsuccessful	% Successful	How did this assignment meet the objective?	Additional comments from the instructor concerning the scores and/or data or Program Objectives.
BEH 201	Personal Application	5	2	71	This assignment was given to help the students have an understanding of their family structure, how to balance the roles of being separate and of belonging to a family, understanding the implicit and explicit rules of their family, and any significant developments in their family that may have contributed to their development as a person, as part of their family, and as a member of the community.	The two unsuccessful students simply chose not to do the assignment.
BEH 211	Exercise 1: Looking at Florence's Problem on Three Levels - looking at Florence's problem as she presented it to the case manager, decide which parts of her problem are on the micro level, which parts are on the mezzo level, and which parts are on the macro level.	8	0	100	This assignment was designed to encourage students to look at an individual's characteristics and how they impinge on the problem and eventual outcome on three different levels; micro, mezzo, and macro.	No Feedback Provided

BEH 299	Chapter 8 - You're So Sensitive - The Art of Extreme Self-Care	4	2	67%	Using their textbooks, they were assigned to write a reflection paper designed to help them identify five specific ways that they would start protecting your sensitivity and recognize healthy protection on their part.	
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Next Steps

More assignments need to be collected in future assessment cycles.

Conclusion

The program objective *Promote healthy behaviors on an individual, family, and community level* may be being met through the Behavioral Health curriculum, but more assignments need to be collected to state that decisively.

Program Objective: Advocate for the inclusion of community elder wisdom and willingness to help other medical or behavioral health providers understand the importance of recognizing traditional values and practices.

BEH 201	Values	7	0	100%	Read and discuss a handout on various cultural values held by different generations in Alaska Native culture.	
BEH 299	Elder visit: Lucy Daniels	6	2	75	Listen to the words of Lucy Daniels and then complete a wellness wheel	

Next Steps

More assignments supporting this objective need to be collected.

Conclusion

The program objective *Advocate for the inclusion of community elder wisdom and willingness to help other medical or behavioral health providers understand the importance of recognizing traditional values and practices* may be being met through the Behavioral Health curriculum, but more assignments need to be collected to state that decisively.

Program Objective: Learn to integrate a deep understanding of how personal faith and beliefs create an underlying foundation for work in the helping profession.

Course	Assignment	# Successful	# Unsuccessful	% Successful	How did this assignment meet the objective?	Additional comments from the instructor concerning the scores and/or data or Program Objectives.
BEH 221	Reflection Paper -	5	1	83	Students were asked to look at: Paper response. Please answer the following: -What are your experiences with drug use (including alcohol)? -What are your thoughts about it? -What feelings do you have have about substance use? -What do you think you need to learn from this class? -Do you have any challenges about this class or topic? -What do you think about a cultural recovery? -How did you connect/not connect with the story of Alkali Lake?	One of the students chose not to do this assignment.
BEH 241	Discussion Board - Drugs: Popularity to social concern	4	2	67	This was a discussion board that challenged each student with questions that I provided and required them to	

					answer those, as well as come up with questions of their own and to challenge their beliefs and the beliefs of others.	
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Next Steps

Conclusion

The program objective *Learn to integrate a deep understanding of how personal faith and beliefs create an underlying foundation for work in the helping profession* may be being met through the Behavioral Health curriculum, but more assignments need to be collected to state that decisively.