

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. Assignments were not collected to support every objective, this is unacceptable and will be remedied in the next collection cycle.

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.
BEH 231	Crisis Intervention	5	0	100%	This assignment was designed to help the students take a closer look at crisis intervention models that are currently in use.	None.
BEH 211	Cultural Sketch	10	0	100%	Complete the cultural sketch for yourself to explore your personal cultural identity.	None.

Next Steps

This semester included numerous protocols that were in place for COVID-19. These were effective in ensuring the safety of the students while on campus, but additionally had many adverse effects on the outcomes of various assessments. As online learning tools become more prolific with the pandemic, further training and familiarity with tools for distance education will enhance the learning experience of the students. It is also anticipated that greater familiarity with the educational tools will have a beneficial impact on subsequent semesters.

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.
BEH 201	Psychoanalysis Applied	7	3	70%	Small group discussion and application of principles.	None.
BEH 211	Listening and Responding	3	1	75%	Students will practice listening and responding in the group. Two observers and two actors, then switching rolls. The focus is on using response and listening skills.	None.

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Conclusion

The program objective *Demonstrate competence in basic attending skills with individuals* may be being met through the Behavioral Health curriculum, but more assignments need to be collected to state that decisively.

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.
BEH 201	Reflection Paper #2	10	0	100%	After participating in the drumming activity during class, please reflect upon your physical, emotional and spiritual experience of that activity. Consider and share your thoughts on how drumming can be a healing activity for people in the process of recovery from mental illness or substance use. For ideas, two links to articles on drumming as healing are linked in the Lesson page on Populi, under Traditional Activities as Therapeutic Intervention.	None.
BEH 211	Listening and Responding	3	1	75%	Students will practice listening and responding in the group. Two observers and two actors, then switching rolls. The focus is on using response and listening skills from Chapters 7 and 8 in the Case Management book as discussed in class.	None.

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This semester included numerous protocols that were in place for COVID-19. These were effective in ensuring the safety of the students while on campus, but additionally had many adverse effects on the outcomes of various assessments. As online learning tools become more prolific with the pandemic, further training and familiarity with tools for distance education will enhance the learning experience of the students. It is also anticipated that greater familiarity with the educational tools will have a beneficial impact on subsequent semesters.

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.

Course	Assignment	# Successful	# Unsuccessful	% Successful	How did this assignment meet the objective?	Additional comments from the instructor.
BEH 211	Cultural Sketch	10	0	100%	Complete the cultural sketch for yourself to explore your personal cultural identity.	None.
BEH 211	Cultural Guest	4	0	100%	Students will interact and listen to this guest, using appropriate cultural respect.	None.

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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: 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.
BEH 221	Reflection Paper #1	7	0	100%	Consider the class discussions on intergenerational trauma and the impact of trauma on the body/mind/spirit.	None.
BEH 241	History of Psychoactive Drugs Presentations	4	0	100%	Each student will be assigned one section of history as shown in Chapter 1 of UDAA to present to the class.	

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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.