Mental Health Support Graduate Certificate

The graduate online certificate in mental health support will provide mental health training for career professionals to better support those who work in environments that intersect with human services. This certificate requires 12 credits of online coursework. Coursework is focused on development and helping theories, multicultural and diversity/inclusion education and support, helping skills and attending behavior, crisis management and trauma, reducing stigma around mental health, consultation, career, and leadership theory. This certificate program is offered summers only to accommodate faculty schedules as well as to increase accessibility to those working in K-12 as well as the university setting.

Students must have a bachelor’s degree in a relevant field with a GPA of 3.0 to apply. However, we highly encourage motivated students with a GPA less than 3.0 to contact us to discuss the application process.

The MSU Mental Health Support certificate program provides individual academic advisement and tailors a program of study based on individual student academic backgrounds.

As a reminder, university credits can be used for most Montana licensure renewals. Please see the Office of Public Instruction’s Educator Licensure website (https://opi.mt.gov/Educators/Licensure/Educator-Licensure/) for specifics regarding university credits.

For more information about the program contact Dr. Kayte Kaminski, Program Director, at katherine.kaminski@montana.edu (Katherine.kaminski@montana.edu) or (406) 994-4135.

Course Sequencing Framework

Each course in the program is worth 3 credits. The program is a summer only program and will take two summers to complete the certificate. There is no order that courses need to be taken in to provide maximum flexibility for those who enroll in the program. We will offer enrollment in the certificate on a yearly basis in the spring for a summer start.

Course 1 - Professional Issues of Mental Health

Goal: is to set the landscape for the broad practice and scope of the mental health field in Montana and beyond.

- Diversity and Inclusion
- Ethics and scopes of practice
  - Iceberg metaphor for people
  - Developmental – through the life span
- Referral process

Course 2 - Introduction to Mental Health

Goal: is to introduce resources, concepts and referral processes involved in the practice of community mental health.

- Mental health first aid could be a part.
- Crisis response
- Grief
- Relationships

Course 3 - Communication and Helping Skills

Goal: is to introduce how to have a conversation, how to recognize red flags, set boundaries, practice referrals and practice self-care.

- Active listening skills
- Boundaries; What are they? How to practice them
  - How to talk with someone – How do we help them do “therapeutic compartmentalization?” Using it with intention and awareness.
- How to teach self-care and coping skills, how to practice it and how-to role model it.

Course 4 - Lens of Helping and being helped

Goal: is to acknowledge potential adverse experiences as well as different lens that frame the human experience to avoid assumption making.

- Development
- ACE – Adverse Childhood Experiences
- Iceberg metaphor
- Family systems
- Resilience theory

Sequencing

- Two courses per summer
- 8-week courses
- Can start at any summer.

Dept. Structure

- Fall under the Counseling Team with our other Addiction Certificate program.

Admitting: Spring only for summer start (Feb. 1st)