

BEHAVIORAL HEALTH (BH)

BH 300. Introduction to Behavioral Health

Credits: 3

Typically Offered: FALLSPR

This course provides an overview of the behavioral health field, including mental health, substance use, and wellness promotion. Students will explore key concepts, career pathways, and the roles of professionals in various settings such as healthcare, community services, and policy. Through discussions and case studies, students will gain foundational knowledge and practical insights into working in this growing field.

BH 311. Case Management and Care Coordination

Credits: 3

Typically Offered: FALL

Presents an overview of the case management process. Identify methods to coordinate services to meet client needs and coordinate plan of care. Students will assimilate evidence based interprofessional collaborative practice and apply case management principles to clinical situations.

BH 315. Group Dynamics and Facilitation

Credits: 3

Typically Offered: FALL

This course will examine principles associated with the practice of group work in organizational settings. This includes group development and dynamics, leadership styles and skills, and application to various populations. Students will learn the characteristics of teams and basic team processes, such as motivation, group cohesion and group roles. Topics covered includes basic approaches to structured group work, issues teams face, such as conflict, power and influence, problem solving, decision making, organizational culture, and team building, and the evaluation and reinforcement of teams.

BH 325. Applied Social Problems

Credits: 3

Typically Offered: SPRING

This course explores social issues that impact behavioral health, such as poverty, addiction, mental illness, and healthcare access. Students will examine the root causes of these challenges, explore evidence based solutions, and develop practical strategies to improve community well being. Through case studies and real world applications, students will gain the skills needed to address behavioral health issues in professional and advocacy roles.

BH 330. Principles of Interview and Counseling

Credits: 3

Typically Offered: SPRING

This course introduces fundamental interviewing and counseling techniques used in behavioral health and human services. Students will develop essential skills such as motivational interviewing, active listening, rapport-building, and problem-solving while demonstrating human services values and an understanding of diverse populations' needs. Emphasis is placed on developing relationships, identifying problems, exploring solutions, setting goals, and evaluating progress.

BH 410. Professional Ethics in Behavioral Health

Credits: 3

Typically Offered: FALL

This course examines ethical and legal standards, their evolution, methods of change, and applications in the behavioral health. Topics include ethical and legal issues such as confidentiality, professional boundaries, mandated reporting, consent and release of information, duty to warn, domestic violence, orders for protection, and harassment.

BH 411. Crisis Prevention and Intervention

Credits: 3

Typically Offered: FALL

This course explores strategies for preventing and responding to behavioral health crises, including mental health emergencies, substance use crises, and trauma-related incidents. Students will learn crisis intervention models, de-escalation techniques, and risk assessment skills to support individuals in distress. Through case studies, role-playing, and practical applications, students will develop the confidence and skills needed to manage crises effectively in behavioral health and human service settings.

BH 422. Mental Health Disorders: Assessment and Intervention

Credits: 3

Typically Offered: SPRING

This course provides students with hands on experience in evaluating common mental health disorders within the behavioral health field. Students will gain the knowledge and skills needed to conduct comprehensive biopsychosocial assessments, as well as understand diagnostic processes and appropriate treatment strategies.

BH 430. Applied Helping Skills

Credits: 3

Typically Offered: SPRING

This course introduces essential skills for supporting others in behavioral health settings. Students will learn effective communication, active listening, empathy, and ethical decision making. Emphasizing trauma informed care and evidence based practices, the course provides an understanding of basic counseling techniques, including rapport building, goal setting, and problem-solving. Through hands on activities and case studies, students will develop practical helping skills while also exploring cultural competence, professional boundaries, and self-care strategies.

BH 470. Applied Research Methods and Information Literacy

Credits: 3

Typically Offered: SPRING

This course examines applied research methods. We will focus on the basic steps in the behavioral science research process: developing the research question, conducting the literature review, establishing research design, collecting the data, analyzing the data, and drawing conclusions. Also, this course will examine evidence-based research and learn how to find, evaluate, and use sources responsibly and ethically.

BH 480. Behavioral Neuroscience

Credits: 3

Typically Offered: FALL

This course provides a broad background in the neural basis of human behavior. This is an in-depth introductory course covering how, as far as is currently understood, thoughts, actions, and feelings arise from the biology, anatomy, and physiology of the nervous system.

BH 485. Senior Capstone

Credits: 3

Typically Offered: SPRING

This capstone course is the culminating experience for the Bachelor of Applied Science in Behavioral Health, serving as a final assessment of the knowledge and skills acquired throughout the program. Students will integrate and apply key concepts, theories, and practices from their coursework to demonstrate competency in behavioral health. Through comprehensive projects and evaluations, this course provides an opportunity to synthesize learning, assess mastery of program outcomes, and prepare for professional practice in the field.