Child Behavioral Health (BA/BS)

The child behavioral health major provides students with knowledge and skills to improve the behavioral health and wellness of youth. Students will learn how to equitably deliver evidence-based interventions to promote wellness and prevent mental health problems from developing or worsening in children and adolescents. This degree encompasses classroom instruction and supervised practical training by experts in behavioral health. Students will gain over 700 hours of supervised community-based practice as part of this major. Child behavioral health specialists who graduate from this program will be prepared to support the behavioral health and wellness of children and adolescents across identities and abilities and from a variety of family structures and backgrounds in schools, the health care system, and other community settings. With a degree in child behavioral health, you will be part of the next generation of mental health professionals and ready to enter the workforce with the skills necessary to:

- Identify youth who can benefit from early intervention or referral to mental health services
- Equitably deliver evidence-based prevention and intervention programs that promote the well-being of youth
- Teach youth to identify and regulate emotions, set goals, problem solve, practice mindfulness and other skills to support well-being
- Help children and families establish healthy habits for sleep, physical activity, digital media use, and develop supportive relationships
- Collaborate with other professionals like teachers, psychologists, and physicians to support health and wellness for youth

The major is designed as a 2 + 2 program with the first two years focused on the completion of core education requirements, bachelor's degree requirements, and pre-major core curriculum in Eugene or another institution. The latter two years involve specialized coursework and applied practical experiences completed at the Ballmer Institute at the University of Oregon Portland.

Program Learning Outcomes

Upon successful completion of this program, students will be able to:

- Demonstrate an understanding of health equity and promotion in children and adolescents across identities, abilities, and family backgrounds/structures.
- Demonstrate knowledge of risk and protective factors that affect the behavioral health of children and adolescents, with an emphasis on persistently underserved communities.
- Demonstrate knowledge of prevention and intervention theory, and the ability to identify evidence-based practices and programs, particularly addressing the needs of historically underserved populations.
- Demonstrate foundational intervention skills with children, adolescents, and families from all communities, including culturally responsive and affirming delivery of services and evidence-based programs.
- Demonstrate professionalism across service settings, including understanding of professional ethics, and appropriate consultation with practitioners.

Child Behavioral Health Major Requirements

Students in the child behavioral health major must complete the pre-major core curriculum and the program requirements (listed below).

Pre-major Requirements

Code	Title	Credits
Introductory Psychology/Human Services		**3-4**
FHS 213	Issues for Children and Families	
FHS 215	Exploring Family and Human Services	
PSY 202	Mind and Society	
PPPM 202	Healthy Communities	
Diversity, Equity, and Inclusion		**4**
FHS 216	Diversity in Human Services	
ES 101	Introduction to Ethnic Studies	
PHIL 216	Philosophy and Cultural Diversity	
SOC 207	Social Inequality	
Human Development		**3-4**
FHS 328	Human Development in the Family Context	
PSY 308	Developmental Psychology	
Total Credits		**10-12**

Major Requirements

Code	Title	Credits
Professional Core		
BEHT 412	Ethics and Professional Practice for CBHS	4
BEHT 481	Supervised Practicum I in Child Behavioral Health	4
BEHT 482	Supervised Practicum II in Child Behavioral Health	4
BEHT 487	Integrated Practice I in Child Behavioral Health	8
BEHT 488	Integrated Practice II in Child Behavioral Health	8
BEHT 489	Integrated Practice III in Child Behavioral Health	8
Knowledge Core		
BEHT 320	Risk and Resilience in Youth Development	4
BEHT 321	Digital Media and Behavioral Health	4
BEHT 340	Evidence-Informed Decision-Making	4
Skill Development Core		
BEHT 411	Foundational Interviewing and Counseling Skills	4
BEHT 413	Screening and Risk Assessment	4
BEHT 471	Child and Youth Supports and Interventions I	4
BEHT 472	Child and Youth Supports and Interventions II	4
BEHT 473	Parent and Family Supports and Interventions	4
BEHT 474	Community Interventions to Support Youth and Families	4
DEI Core		
BEHT 350	Diversity Equity and Inclusion Theory I	3
BEHT 351	Diversity Equity and Inclusion II	3

DEI Elective Courses (4 courses/12 credits)		**12**
BEHT 450	Supporting Behavioral Health of Tribal Youth	
BEHT 451	Behavioral Health: Asian and Pacific Islander	
BEHT 452	Supporting Behavioral Health of Latinx Youth	
BEHT 453	Supporting Behavioral Health of Black Youth	
BEHT 454	Supporting Neurodiverse and Disabled Youth	
BEHT 455	Improving Behavioral Health of LGBTQ Youth	
Total Credits		**90**