Behavioral Health Courses

Courses

BEHT 320. Risk and Resilience in Youth Development. 4 Credits.
This course focuses on behavioral and mental health problems in childhood and adolescence, and the multitude of risk and protective factors that influence child behavioral and emotional development - including associated contexts, developmental processes, and biological and environmental factors.

BEHT 321. Digital Media and Behavioral Health. 4 Credits.
This course examines how children and adolescents use digital media and internet connected technologies, the benefits and risks associated with these patterns of use, and the potential of digital technology to allow new modes of support and service delivery for behavioral health problems.

BEHT 340. Evidence-Informed Decision-Making. 4 Credits.
The focus of this course is the use of research evidence to select appropriate practices and programs for promoting the behavioral health of children and adolescents. The course includes foundational knowledge on the “evidence-based practice” paradigm, as well as research methods.

BEHT 350. Diversity Equity and Inclusion Theory I. 3 Credits.
This course is the first in a two-course series centered on diversity, equity, and inclusivity in youth behavioral health. This course is designed to provide the foundational knowledge and theories needed for a better understanding of youth and families with diverse identities.

BEHT 351. Diversity Equity and Inclusion II. 3 Credits.
This course is the second in a two-course series centered on diversity, equity, and inclusivity in youth behavioral health. This course is designed to provide students with the foundational practices and skills needed to equitably serve youth and families with diverse and often marginalized identities.
Prereq: BEHT 350.

BEHT 399. Special Studies: [Topic]. 1-5 Credits.
Repeatable.

BEHT 401. Research: [Topic]. 1-12 Credits.
Repeatable.

BEHT 402. Supervised College Teaching. 1-12 Credits.
Repeatable.

BEHT 403. Thesis. 1-12 Credits.
Repeatable.

BEHT 404. Internship: [Topic]. 1-12 Credits.
Repeatable.

BEHT 405. Reading and Conference: [Topic]. 1-12 Credits.
Repeatable.

BEHT 406. Practicum: [Topic]. 1-12 Credits.
Repeatable.

BEHT 407. Seminar: [Topic]. 1-5 Credits.
Repeatable.

BEHT 408. Workshop: [Topic]. 1-12 Credits.
Repeatable.

BEHT 409. Terminal Project. 1-12 Credits.
Repeatable.

BEHT 410. Experimental Course: [Topic]. 1-5 Credits.
Repeatable.

BEHT 411. Foundational Interviewing and Counseling Skills. 4 Credits.
This course is designed to facilitate students’ development of interviewing and counseling skills with children, adolescents, educators, and family members.

BEHT 412. Ethics and Professional Practice for CBHS. 4 Credits.
The focus of this course is ethical and professional issues facing mental health providers, and child behavior health specialists in particular. The course includes foundational knowledge in ethics, as well as models for ethical decision-making.

BEHT 413. Screening and Risk Assessment. 4 Credits.
This course is designed to equip students with foundational skills in screening children and adolescents for behavioral and emotional risk. Topics include screener test construction, multiple gate screen procedures, risk assessment, safety planning, selected screening, and universal behavioral and emotional risk screening.

BEHT 450. Supporting Behavioral Health of Tribal Youth. 3 Credits.
This course provides an introduction to the political nature of Tribal experiences, the professional knowledge necessary, and methods appropriate for working with Tribal and urban Native communities in behavioral health and educational settings.
Prereq: BEHT 350, BEHT 351.

BEHT 451. Behavioral Health: Asian and Pacific Islander. 3 Credits.
This course is designed to promote student awareness and knowledge for effectively working with Asian and Pacific Islander children and adolescents. Topics include immigration and acculturation, identity development, stereotyping and discrimination, family socialization, and culturally-responsive behavioral health promotion, prevention, and limited intervention.
Prereq: BEHT 350, BEHT 351.

BEHT 452. Supporting Behavioral Health of Latinx Youth. 3 Credits.
The purpose of this course is to examine factors that influence the well-being of the U.S. Latinx population within a cultural context with an emphasis on youth. This includes focusing on the socio-political context Latinx youth face and how that affects their behavioral health.
Prereq: BEHT 350, BEHT 351.

BEHT 453. Supporting Behavioral Health of Black Youth. 3 Credits.
This course is designed to provide knowledge and skills to behavioral health professionals working to improve the social-emotional and behavioral health of Black youth, with a focus on the K-12 school context.
Prereq: BEHT 350, BEHT 351.

BEHT 454. Supporting Neurodiverse and Disabled Youth. 3 Credits.
This course is designed to provide knowledge and skills to students working to improve the behavioral health of neurodivergent youth and those with disabilities, with a special focus on the needs of autism spectrum disorders (ASD) and attention deficit hyperactivity disorder (ADHD) youth.
Prereq: BEHT 350 and BEHT 351.

BEHT 455. Improving Behavioral Health of LGBTQ Youth. 3 Credits.
This course is designed to provide knowledge and skills to students working to improve the behavioral health of LGBTQ youth.Topics include: understanding of LGBTQ identities and history; risk and protective factors; knowledge of prevention and selecting evidence-based practices; and demonstration of intervention skills.
Prereq: BEHT 350, BEHT 351.

BEHT 471. Child and Youth Supports and Interventions I. 4 Credits.
This course is the first in a two-course series designed to teach selected best practices in promotion, prevention, and intervention for common presenting behavioral health problems among children and adolescents, with major emphasis on the application of learned information. Sequence with BEHT 472.
Prereq: BEHT 411.

BEHT 472. Child and Youth Supports and Interventions II. 4 Credits.
This course is the second in a two-course series (Child Youth Intervention I II) designed to teach selected best practices in promotion, prevention, and intervention for common presenting behavioral problems among children and adolescents, with major emphasis on the application of learned information. Sequence with BEHT 471.
Prereq: BEHT 471.

BEHT 473. Parent and Family Supports and Interventions. 4 Credits.
This course is designed to introduce students to evidence-based approaches to parent training and behavioral support for families. Topics include a review of evidence-based parenting programs, parenting skill training, sociocultural considerations, and family-school partnerships.
Prereq: BEHT 411.

BEHT 474. Community Interventions to Support Youth and Families. 4 Credits.
This course provides students with foundational knowledge of how to intervene at the community level to support the development of children, adolescents, and families. Students will learn about empirically supported models and emerging interventions that address community-level social issues.
Prereq: BEHT 411.

BEHT 481. Supervised Practicum I in Child Behavioral Health. 4 Credits.
Supervised Practicum I is the first course in a two-part practicum series. The supervised practicum course series provides students the opportunity to observe and gain 90 hours of supervised experience in a behavioral health setting, providing promotion, prevention, and limited intervention services for youth.
Prereq: BEHT 412.

BEHT 482. Supervised Practicum II in Child Behavioral Health. 4 Credits.
Supervised Practicum II is the second course in a two-part practicum series. The supervised practicum course series provides students the opportunity to observe and gain 90 hours of supervised experience in a behavioral health setting, providing promotion, prevention, and limited intervention services for youth.
Prereq: BEHT 481.

BEHT 487. Integrated Practice I in Child Behavioral Health. 8 Credits.
Integrated Practice I is the first course in a three-part integrated practice series. Integrated Practice I in Child Behavioral Health provides students the opportunity to assume the role of a child behavioral health specialist under the supervision of a licensed mental health professional.
Prereq: BEHT 482.

BEHT 488. Integrated Practice II in Child Behavioral Health. 8 Credits.
Integrated Practice II is the second course in a three-part integrated practice series. Integrated Practice II in Child Behavioral Health provides students the opportunity to assume the role of a child behavioral health specialist under the supervision of a licensed mental health professional.
Prereq: BEHT 487.

BEHT 489. Integrated Practice III in Child Behavioral Health. 8 Credits.
Integrated Practice III is the final course in a three-part integrated practice series. Integrated Practice III in Child Behavioral Health provides students the opportunity to assume the role of a child behavioral health specialist under the supervision of a licensed mental health professional.
Prereq: BEHT 488.

BEHT 503. Thesis. 1-16 Credits.
Repeatable.

BEHT 507. Seminar: [Topic]. 1-5 Credits.
Repeatable.

BEHT 508. Workshop: [Topic]. 1-12 Credits.
Repeatable.

BEHT 510. Experimental Course. 1-5 Credits.
Repeatable.

BEHT 601. Research: [Topic]. 1-16 Credits.
Repeatable.

BEHT 603. Dissertation. 1-16 Credits.
Repeatable.

BEHT 604. Internship: [Topic]. 1-9 Credits.
Repeatable.

BEHT 605. Reading and Conference: [Topic]. 1-16 Credits.
Repeatable.

BEHT 606. Practicum: [Topic]. 1-16 Credits.
Repeatable.

BEHT 607. Seminar: [Topic]. 1-5 Credits.
Repeatable.

BEHT 608. Workshop: [Topic]. 1-16 Credits.
Repeatable.

BEHT 609. Terminal Project. 1-16 Credits.
Repeatable.

BEHT 610. Experimental Course: [Topic]. 1-5 Credits.
Repeatable.

BEHT 621. Teaching Self-Regulation in Childhood and Adolescence. 4 Credits.
In this course, students will acquire foundational knowledge in self-regulation, with a focus on the behavioral, cognitive, and emotional domains. Students will also learn how to select and install evidence-based self-regulation strategies, curricula, and programs.

BEHT 622. Trauma-Informed Supports for Children and Adolescents. 4 Credits.
In this course, students will learn how to recognize and respond to trauma in children and adolescents. Students will develop skills for engaging in critical conversations with children and adolescents, caregivers, and service professionals centered on meeting children and adolescents' behavioral health needs.

BEHT 623. Developing and Maintaining Healthy Relationships. 4 Credits.
In this course, students will develop an understanding of the central role that relationships can have on the well-being of self, children, adolescents, and adults. Students will gain self-awareness into their own relationship styles, identify keys for successful relationships, and how to avoid destructive relationships.