Behavioral Health (BEHT)

Courses

BEHT 320. Youth Risk and Resilience. 3 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. Students cannot receive credit for both BEHT 320 and FHS 329.
Equivalent to: FHS 329

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 324. Trauma Informed Supports. 4 Credits.
Learn how traumatic and adverse experiences can occur at individual, familial, community and historical/generational levels. Identify commonly used screening tools and evidence-based approaches, including trauma-informed supports and trauma treatments. Address impacts on behavioral health professionals working with youth and families who have experienced traumatic stress and adversity.

BEHT 340. Clinical Decision in Child Behavioral Health. 4 Credits.
This course will introduce students to empirical research and practical tools related to making decisions as a Child Behavioral Health Specialist across contexts and service modalities. Clinical decision-making in child behavioral health includes considering who may be appropriate for services, planning the details of service delivery, and deciding how to proceed with services that fall within the Child Behavioral Health Specialist (CBHS) scope of practice.

BEHT 350. Foundations of Culturally Responsive Practice. 4 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.
Additional Information:
Cultural Literacy: US: Difference, Inequality, Agency

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.
Requisites: Prereq: BEHT 350.

BEHT 352. Inclusive Practices I. 3 Credits.
This advanced course will expand on previous course content related to tailoring interventions for individuals with diverse identities, abilities, and backgrounds. It will offer a clear framework for inclusive interventions to support progress towards identified behavioral health goals.

BEHT 399. Special Studies: [Topic]. 1-5 Credits.
Experimental course - topic varies.
Repeatable 99 times

BEHT 401. Research: [Topic]. 1-12 Credits.
Disciplined inquiry of a topic with varying techniques and assignments suited to the nature and conditions of the problem being investigated. Often pursued in relation to a dissertation or thesis.
Repeatable 99 times

BEHT 402. Supervised College Teaching. 1-12 Credits.
A student, under faculty supervision and sponsorship, accepts responsibility for teaching a university course.
Repeatable 99 times

BEHT 403. Thesis. 1-12 Credits.
A written document resulting from study or research and submitted as a major requirement for a degree.
Repeatable 99 times

BEHT 404. Internship: [Topic]. 1-12 Credits.
Professional practice in an organization that integrates concepts studied at the university with career-related work experience.
Repeatable 99 times

BEHT 405. Reading and Conference: [Topic]. 1-12 Credits.
A particular selection of material read by a student and discussed in conference with a faculty member.
Repeatable 99 times

BEHT 406. Practicum: [Topic]. 1-12 Credits.
A series of clinical experiences under academic supervision designed to integrate theory and principles with practice.
Repeatable 99 times

BEHT 407. Seminar: [Topic]. 1-5 Credits.
A small group of students studying a subject with a faculty member. Although practices vary, students may do original research and exchange results through informal lectures, reports, and discussions.
Repeatable 99 times

BEHT 408. Workshop: [Topic]. 1-12 Credits.
An intensive experience, limited in scope and time, in which a group of students focus on skills development rather than content mastery.
Repeatable 99 times

BEHT 409. Terminal Project. 1-12 Credits.
A presentation incorporating the knowledge and skills acquired from course work completed for a degree.
Repeatable 99 times

BEHT 410. Experimental Course: [Topic]. 1-5 Credits.
Experimental course - topic varies.
Repeatable 99 times

BEHT 411. Foundational Skills for Behavioral Health. 4 Credits.
This course is designed to build students' knowledge and implementation of foundational skills necessary for engaging youth and families in interventions to promote youth emotional and behavioral well-being.

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. Students cannot receive credit for both BEHT 412 and FHS 471.
Equivalent to: FHS 471

BEHT 413. Youth 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 strengths and difficulties. The goal of the class is to provide students with the information and skills necessary to identify and select screening tools to assess behavioral and emotional strengths and difficulties in diverse populations of youth and families

BEHT 421. Behavioral Health Promotion I. 4 Credits.
Learn how to identify and implement universal evidence-based strategies and interventions to promote self-regulation, self-awareness, and mental health literacy in children. Gain skills in identifying and delivering developmentally and culturally appropriate evidence-based strategies to children and adolescents. Sequence with BEHT 422, BEHT 423.

BEHT 422. Behavioral Health Promotion II. 4 Credits.
In this course, students will develop an understanding of the central role that relationships and identity play in influencing wellbeing in youth. Students will learn about key interpersonal and social skills that can promote healthy relationships. They will also learn about challenging interpersonal situations that can undermine well-being. Sequence with BEHT 421, BEHT 423.

BEHT 423. Behavioral Health Promotion III. 4 Credits.
Promoting health behaviors such as sleep, physical activity, and digital media use through evidence-based strategies. Evidence based strategies include (1) assessing readiness for health behavior change and self-efficacy, (2) developing behavioral monitoring plans, (3) and identifying SMART(IE) (Specific, Measurable, Attainable, Realistic, Timely, and as applicable, Inclusive, and Equitable) goals for health behavior change. Sequence with BEHT 421, BEHT 422.
Requisites: Prereq: BEHT 421, BEHT 422.

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.
Requisites: 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.
Requisites: 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.
Requisites: 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.

Requisites: Prereq: BEHT 350, BEHT 351.

BEHT 454. Inclusive Practices II. 3 Credits.
This course provides an in-depth exploration of key domains of cognitive functioning critical to offering individualized inclusive behavioral health interventions. Students will gain a comprehensive understanding of how these domains of cognition change across development and may influence behavioral health, as well as how these domains connect to neurodiversity (e.g. autism and/or ADHD) and the spectrum of ability/disability.
Requisites: Prereq: BEHT 350.

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.
Requisites: Prereq: BEHT 350, BEHT 351.

BEHT 471. Child Behavioral Health Prevention and Intervention I. 4 Credits.
This is the first course in a 3 course Prevention and Intervention sequence, that trains child behavioral health students in the common elements of effective approaches to improve wellness and a wide range of youth behavioral health problems. Students will understand basic skills to effectively manage behaviors in individual and group settings. Students will also learn several skills, including-- Calming and Problem-Solving, and how they are connected to youth behavioral health problems. Sequence with BEHT 472.
Requisites: Prereq: BEHT 411.

BEHT 472. Child Behavioral Health Prevention and Intervention II. 4 Credits.
This is the second course in a 3 course Prevention and Intervention sequence, that trains child behavioral health students in the common elements of effective approaches to improve wellness and a wide range of youth behavioral health problems. This course is designed to build students' knowledge and skills in the evidence-based practice of "doing the opposite"- a strategy that involves acting in a way that is opposite to how you are feeling. Sequence with BEHT 471.
Requisites: Prereq: BEHT 411.

BEHT 473. Parenting Interventions. 4 Credits.
This course is designed to introduce students to evidence-based approaches to parent training and behavioral support for families. The course will explore theoretical models about family systems and structures, sociocultural considerations, and how parenting links to child emotional and behavioral outcomes across development. Additionally, the course will focus on common behavioral intervention elements (i.e. reinforcement, limit setting) that cut across most evidence-based parenting interventions.
Requisites: 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.
Requisites: Prereq: BEHT 411.

BEHT 475. Child Behavioral Health Prevention and Intervention III. 4 Credits.
The final course in the three-course Prevention and Intervention series introduces a final element of effective interventions—Flexible Thinking, in which students will gain knowledge about the connection of flexible thinking with youth mental health as well as demonstrate competency using flexible thinking. In addition, the course consolidates learning across all other Prevention Intervention skills taught in the CBH program. Sequence with BEHT 471, BEHT 472.
Requisites: Prereq: BEHT 472.

BEHT 476. Interprofessional Collaboration and Consultation. 4 Credits.
This course focuses on knowledge and skills needed to engage in consultation and interprofessional collaboration when supporting youth behavioral health across different settings. Students will learn about processes and contextual factors that are important to consider when entering different settings (e.g., schools, primary care, mental health agencies) and working collaboratively with other providers who support youth in those settings.

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.
Requisites: 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.
Requisites: 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.
Requisites: 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.
Requisites: 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.
Requisites: Prereq: BEHT 488.

BEHT 503. Thesis. 1-16 Credits.
A written document resulting from study or research and submitted as a major requirement for a degree.
Repeatable 99 times

BEHT 507. Seminar: [Topic]. 1-5 Credits.
A small group of students studying a subject with a faculty member. Although practices vary, students may do original research and exchange results through informal lectures, reports, and discussions.
Repeatable 99 times

BEHT 508. Workshop: [Topic]. 1-12 Credits.
An intensive experience, limited in scope and time, in which a group of students focus on skills development rather than content mastery.
Repeatable 99 times

BEHT 510. Experimental Course. 1-5 Credits.
Experimental course - topic varies.
Repeatable 99 times

BEHT 601. Research: [Topic]. 1-16 Credits.
Disciplined inquiry of a topic with varying techniques and assignments suited to the nature and conditions of the problem being investigated. Often pursued in relation to a dissertation or thesis.
Repeatable 99 times

BEHT 603. Dissertation. 1-16 Credits.
A written document resulting from study or research and submitted as a major requirement for a degree.
Repeatable 99 times

BEHT 604. Internship: [Topic]. 1-9 Credits.
Professional practice in an organization that integrates concepts studied at the university with career-related work experience.
Repeatable 99 times

BEHT 605. Reading and Conference: [Topic]. 1-16 Credits.
A particular selection of material read by a student and discussed in conference with a faculty member.
Repeatable 99 times

BEHT 606. Practicum: [Topic]. 1-16 Credits.
A series of clinical experiences under academic supervision designed to integrate theory and principles with practice.
Repeatable 99 times

BEHT 607. Seminar: [Topic]. 1-5 Credits.
A small group of students studying a subject with a faculty member. Although practices vary, students may do original research and exchange results through informal lectures, reports, and discussions.
Repeatable 99 times

BEHT 608. Workshop: [Topic]. 1-16 Credits.
An intensive experience, limited in scope and time, in which a group of students focus on skills development rather than content mastery.
Repeatable 99 times

BEHT 609. Terminal Project. 1-16 Credits.
A presentation incorporating the knowledge and skills acquired from course work completed for a degree.
Repeatable 99 times

BEHT 610. Experimental Course: [Topic]. 1-5 Credits.
Experimental course - topic varies.
Repeatable 99 times

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.