

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. Training elements typically present in graduate degree programs have been brought into this innovative undergraduate major. Students will receive training in applied skills such as relaxation, problem-solving, and flexible thinking; gain 700 hours of applied practice in community settings supervised by clinical faculty; and learn how to effectively work as part of a behavioral health team.

The major is designed as a 2 + 2 program with the first two years focused on the completion of UO's bachelor degree requirements which includes core education courses. The latter two years involve specialized coursework and applied practical experiences completed at the Ballmer Institute at the University of Oregon Portland.

Students interested in the Child Behavioral Health major should declare the pre-major in Child Behavioral Health.

To progress to the Child Behavioral Health major offered at UO Portland, students must apply. Each November, the admission application opens for the next cohort. Students who meet the priority deadline receive full consideration. Applications received after the priority deadline are accepted based on program capacity. More information about the admission process can be found here: <https://childrensbehavioralhealth.uoregon.edu/undergraduate-admissions>.

Program Learning Outcomes

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

- Demonstrate knowledge of evidence-based approaches to early identification of behavioral health concerns and exhibit competence in administration, scoring, and interpretation of behavioral health screening tools.
- Demonstrate knowledge of evidence based behavioral health promotion supports and exhibit competence in delivering these supports to youth and families.
- Demonstrate knowledge of evidence-based strategies that address youth behavioral health challenges and exhibit competence in delivering these interventions to youth and families.
- Demonstrate ability to evaluate and respond to behavioral health risk, identify youth and families who require referral, and engage in appropriate consultation and referral practices.
- Demonstrate knowledge of behavioral health disparities and engage in culturally responsive and inclusive practices in delivering early identification, promotion, prevention, and intervention practices to youth and families, particularly those from historically underserved communities.
- Demonstrate professionalism across service settings, including understanding of professional ethics and ability to work with other professionals.

Courses used to satisfy pre-major and major requirements must be completed for a letter grade and passed with a grade of C# or higher,

unless Pass/No Pass is the only grading option available for the course, in which case a Pass (P*) is acceptable. Credit earned through Advanced Placement (AP) or International Baccalaureate (IB) examinations is also acceptable with a P* designation.

Child Behavioral Health Major Requirements

Code	Title	Credits
Pre-Major Courses		
Psychology/Human Services: Choose One		
PSY 202Z	Introduction to Psychology II	4
or FHS 215	Exploring Family and Human Services	
or FHS 213	Issues for Children and Families	
or PPPM 202	Healthy Communities	
Human Development: Choose One		
PSY 308	Developmental Psychology	4
or FHS 228	Human Development in the Family Context	
Foundational Skills and Professional Practice		
BEHT 320	Youth Risk and Resilience	3
BEHT 340	Clinical Decision in Child Behavioral Health	4
BEHT 411	Foundational Skills for Behavioral Health	4
BEHT 412	Ethics and Professional Practice for CBHS	4
BEHT 413	Youth Screening and Risk Assessment	4
BEHT 405	Reading and Conference: [Topic] (Professional Development and Wellness) 1	6
Applied Practice Series: Behavioral Health Promotion		
BEHT 421	Behavioral Health Promotion I	4
BEHT 423	Behavioral Health Promotion III	4
Applied Practice Series: Prevention and Intervention		
BEHT 471	Child Behavioral Health Prevention and Intervention I	4
BEHT 472	Child Behavioral Health Prevention and Intervention II	4
BEHT 473	Parenting Interventions	4
BEHT 476	Interprofessional Collaboration and Consultation	4
Culturally Responsive & Inclusive Practices		
BEHT 350	Foundations of Culturally Responsive Practice	4
BEHT 324	Trauma Informed Supports	4
BEHT 352	Inclusive Practices I	3
BEHT 454	Inclusive Practices II	3
Supervised Practicum Experiences		
BEHT 406	Practicum: [Topic] (Supervised Practicum)	6
BEHT 404	Internship: [Topic] (Integrated Practice)	21
Total Credits		98

¹ Students need to take one credit each term.

Four-Year Degree Plan

The Child Behavioral Health program follows a 2+2 structure, with the final two years completed at the Ballmer Institute on the UO Portland campus. Because the program is cohort-based, students are strongly encouraged to meet with an advisor at the Ballmer Institute to ensure

accurate understanding of program requirements and to stay on track for timely degree completion. For more information, visit the website (<https://childrensbehavioralhealth.uoregon.edu/academic-advising>).

Sample BA Degree Plan

Course	Title	Credits	Milestones	Credits
First Year				17
Fall				
	First term of 1st-year second-language sequence	4		
	Cultural literacy course in global perspective	4		
PSY 202Z	Introduction to Psychology II	4		
	Elective course	3		
Credits			15	
Winter				
	Second term of 1st-year second-language sequence	4		
WR 121Z	Composition I	4		
	Core-education course in science	4		
	Core-education course in social science	4		
Credits			16	
Spring				
WR 122Z	Composition II	4		
PSY 308	Developmental Psychology	4		
	Third term of 1st-year second-language sequence	4		
Credits			12	
Second Year				
Fall				
	First term of 2nd-year second-language sequence (Core-education arts and letters)	4		
	Core-education in arts and letters	4		
	Core-education course in arts and letters	4		
	Core-education course in science	4		
Credits			16	
Winter				
	Second term of 2nd-year second-language sequence (core-education arts and letters)	4		
	Core-education course in arts and letters	4		
	Core-education course in social science	4		
	Core-education course in science	4		
Credits			16	
Spring				
	Third term of 2nd-year second-language sequence (core-education arts and letters)	4		
	Core-education course in arts and letters	4		
	Core-education course in science	4		
	Core-education course in social science	4		
Credits			16	
Third Year				
Fall				
BEHT 350	Foundations of Culturally Responsive Practice	4		
BEHT 411	Foundational Skills for Behavioral Health	4		
BEHT 412	Ethics and Professional Practice for CBHS	4		
BEHT 413	Youth Screening and Risk Assessment	4		
BEHT 405	Reading and Conference: [Topic] (Professional Development & Wellness)	1		
Credits			17	
Winter				
BEHT 320	Youth Risk and Resilience	3		
BEHT 421	Behavioral Health Promotion I	4		
BEHT 471	Child Behavioral Health Prevention and Intervention I	4		
BEHT 406	Practicum: [Topic] (Supervised Practicum I)	3		
BEHT 405	Reading and Conference: [Topic] (Professional Development & Wellness)	1		
Credits			15	
Spring				
BEHT 324	Trauma Informed Supports	4		
BEHT 472	Child Behavioral Health Prevention and Intervention II	4		
BEHT 476	Interprofessional Collaboration and Consultation	4		
BEHT 406	Practicum: [Topic] (Supervised Practicum II)	3		
BEHT 405	Reading and Conference: [Topic] (Professional Development & Wellness)	1		
Credits			16	
Fourth Year				
Fall				
BEHT 473	Parenting Interventions	4		
BEHT 405	Reading and Conference: [Topic] (Professional Development & Wellness)	1		
BEHT 404	Internship: [Topic] (Integrated Practice I)	7		
Credits			12	
Winter				
BEHT 352	Inclusive Practices I	3		
BEHT 423	Behavioral Health Promotion III	4		
BEHT 405	Reading and Conference: [Topic] (Professional Development & Wellness)	1		
BEHT 404	Internship: [Topic] (Integrated Practice II)	7		
Credits			15	
Spring				
BEHT 340	Clinical Decision in Child Behavioral Health	4		
BEHT 454	Inclusive Practices II	3		
BEHT 405	Reading and Conference: [Topic] (Professional Development & Wellness)	1		
BEHT 404	Internship: [Topic] (Integrated Practice III)	7		
Credits			15	
Total Credits			181	

Sample BS Degree Plan

Course	Title	Credits	Milestones
First Year			
Fall			
Mathematics or computer science course		4	
Cultural literacy course in global perspective		4	
PSY 202Z	Introduction to Psychology II	4	
Elective course		3	
Credits		15	
Winter			
WR 121Z	Composition I	4	
Core-education course in arts and letters		4	
Core-education course in science		4	
Core-education in social science		4	
Credits		16	
Spring			
WR 122Z	Composition II	4	
PSY 308	Developmental Psychology	4	
Mathematics or computer science course		4	
Elective Courses		2	
Credits		14	
Second Year			
Fall			
Mathematics or computer science course		4	
Core-education in science		4	
Core-education course in arts and letters		4	
Elective course		3	
Credits		15	
Winter			
Core-education course in arts and letters		4	
Core-education course in science		4	
Core-education course in social science		4	
Elective course		3	
Credits		15	
Spring			
Core-education course in social science		4	
Core-education course in science		4	
Core-education course in arts and letters		4	
Elective course		3	
Credits		15	
Third Year			
Fall			
BEHT 350	Foundations of Culturally Responsive Practice	4	
BEHT 411	Foundational Skills for Behavioral Health	4	
BEHT 412	Ethics and Professional Practice for CBHS	4	
BEHT 413	Youth Screening and Risk Assessment	4	
BEHT 405	Reading and Conference: [Topic] (Professional Development & Wellness)	1	
Credits		17	
Winter			
BEHT 320	Youth Risk and Resilience	3	
BEHT 421	Behavioral Health Promotion I	4	
BEHT 471	Child Behavioral Health Prevention and Intervention I	4	
BEHT 406	Practicum: [Topic] (Supervised Practicum I)	3	
BEHT 405	Reading and Conference: [Topic] (Professional Development & Wellness)	1	
Credits		15	
Spring			
BEHT 324	Trauma Informed Supports	4	
BEHT 472	Child Behavioral Health Prevention and Intervention II	4	
BEHT 476	Interprofessional Collaboration and Consultation	4	
BEHT 406	Practicum: [Topic] (Supervised Practicum II)	3	
BEHT 405	Reading and Conference: [Topic] (Professional Development & Wellness)	1	
Credits		16	
Fourth Year			
Fall			
BEHT 473	Parenting Interventions	4	
BEHT 405	Reading and Conference: [Topic] (Professional Development & Wellness)	1	
BEHT 404	Internship: [Topic] (Integrated Practice I)	7	
Credits		12	
Winter			
BEHT 352	Inclusive Practices I	3	
BEHT 423	Behavioral Health Promotion III	4	
BEHT 405	Reading and Conference: [Topic] (Professional Development & Wellness)	1	
BEHT 404	Internship: [Topic] (Integrated Practice II)	7	
Credits		15	
Spring			
BEHT 340	Clinical Decision in Child Behavioral Health	4	
BEHT 454	Inclusive Practices II	3	
BEHT 405	Reading and Conference: [Topic] (Professional Development & Wellness)	1	

BEHT 404	Internship: [Topic] (Integrated Practice III)	7
Credits		15
Total Credits		180