



Advancing the Field is a grant-funded program that provides the paraprofessional workforce with a chance to earn an *Adolescent Community Health Care Worker Certificate* or *Family Community Health Worker Certificate*. Adolescent Community Health Worker is geared for people working with ages 12 to 17, and Family Community Health Worker is geared for people working with anyone older than 17.

Each certificate will require students to complete the following three courses:

Adolescent Community Health Care Worker Certificate

Mental Health

The goal of Youth Mental Health First Aid is to increase mental health literacy. Like CPR training helps a non-medical professional assist an individual following a heart attack, Youth Mental Health First Aid training helps an individual who doesn't have clinical training assist someone experiencing a mental health crisis. In both situations, the goal is to help support an individual until appropriate professional help arrives, with the added underlying intention to promote health literacy.

Adolescent Experience

This course provides a brief introduction to theories of adolescent development, as well as an opportunity to examine the modern adolescent experience in the context of achievement motivation, family dynamics, peers & pop culture/media, and at-risk behaviors. Emphasis is on providing a context for viewing adolescents seen in human services settings. This course requires a 10 hour field placement in an appropriate agency.

Psychological Medicine for Human Service Workers

This course provides an overview of the effects of psychiatric medications. The focus of the course will be gaining knowledge useful in identifying: (1) whether or not a client is responding to pharmacological treatment, and (2) client behaviors indicating adverse effects of medication that should be reported to the client's healthcare provider.

Family Community Health Worker Certificate

Mental Health for Youth

The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. Included in this course is the full 8-hour curriculum leading to certification in Youth

Family Dynamics in Addiction

This course provides an introduction to the family dynamics in relation to addiction. Intergenerational patterns of addiction in the family will be explored. In addition, other issues to be addressed will include: patterns of functioning, prescribed roles of individual family members, and how the system operates internally and externally with other institutions, such as the community, school, employers, etc. This course requires a 10 hour field placement in an appropriate agency.

Psychological Medicine for Human Service Workers

This course provides an overview of the effects of psychiatric medications. The focus of the course will be gaining knowledge useful in identifying: (1) whether or not a client is responding to pharmacological treatment, and (2) client behaviors indicating adverse effects of medication that should be reported to the client's healthcare provider.