

# COMPETENCY 2: COMMON CONDITIONS

An important part of increasing your mental health competency is being able to recognize common mental health conditions and help people to find the support they need. In Mental Health Competency 2: Common Conditions you will learn information that may be vital in helping people who experience mental health disorders to find support in managing their symptoms. This course is an engaging part of the Mental Health Ally series and provides engaging learning based on current research and relevant articles while utilizing the most recent techniques in online learning.

*NOTE: We recommend completing Mental Health Competency 1 before taking any other Mental Health Ally Series courses.*

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## COURSE OVERVIEW

ESTIMATED COURSE LENGTH: 1 hr

CE CREDITS: 1.00 CE

TARGET AUDIENCE: Mental Health and Medical Providers, Healthcare Staff, Case Managers, Employers, Caregivers, Coaches, First Responders, Teachers, Attorneys, and other pertinent professionals

LEVEL OF INSTRUCTION: Introductory

PREREQUISITE(S): None

INSTRUCTIONAL METHOD: Self-paced; interactive; hybrid of audio, text, video, and learning checks

ACCESSIBILITY ACCOMMODATIONS: Color contrast; transcripts of video components; closed captioning of audio and video components. *In order to request further accessibility accommodations, please email [support@psychhub.com](mailto:support@psychhub.com).*

REGISTRATION: To enroll in this or any other Psych Hub course, go to [lms.psychhub.com](https://lms.psychhub.com), click “Log In” to create a new account or access your existing account, return to [lms.psychhub.com](https://lms.psychhub.com) to access a list of courses, click the title of the course in which you are interested, and follow the instructions on the page.

## COURSE PACKAGES & PRICING

This course is available individually or as part of different packages as well as with or without supplementary videos. Continue reading to learn what each purchase option includes.

### MENTAL HEALTH COMPETENCY 2

- Course sections: 16 sections with components in each section (components consist of a mixed media approach with lived experience testimonials, animation explainer videos, and a knowledge game)
- Supplementary PDFs: 5 downloadable PDFs expanding on relevant course topics
- Supplementary videos: 17 companion videos created for enhanced learning on key course topics in Mental Health Competency 2: Common Conditions; over 120 mental health literacy videos on a host of mental health topics

### MENTAL HEALTH FUNDAMENTALS (MICRO-CERTIFICATION)

- Course sections, supplementary PDFs, and supplementary videos of *Mental Health Competency 1* and *Mental Health Competency 2: Common Conditions*

### MENTAL HEALTH ALLY SERIES (MASTER CERTIFICATION)

- Course sections, supplementary PDFs, and supplementary videos of ALL *Mental Health Ally*

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## PSYCH HUB SUBSCRIPTION

- Course sections, supplementary PDFs, and supplementary videos of ALL Psych Hub courses

## LEARNING SOLUTIONS FOR ORGANIZATIONS

To learn about options for organizations, including bulk purchases, course customization, and course co-development, email [info@psychhub.com](mailto:info@psychhub.com).

PACKAGES & PRICING	MENTAL HEALTH COMMON CONDITIONS	MENTAL HEALTH FUNDAMENTALS	MENTAL HEALTH ALLY SERIES
COMPETENCY 2:			
		<i>COURSE MICRO-CERTIFICATION MASTER CERTIFICATION</i>	
<i>COURSE SECTIONS</i>	✓ ✓ ✓ ✓		
<i>SUPPLEMENTARY PDFS</i>	✓ ✓ ✓ ✓		
<i>&amp; VIDEOS</i>	✓ ✓ ✓ ✓	<i>ADDITIONAL MENTAL HEALTH ALLY MODULES:</i>	
<i>Mental Health Competency</i>			
1	X ✓ ✓ ✓		
<i>Mental Health Competency</i>			
<i>Awareness</i>	X X ✓ ✓	3: <i>Substance Use</i>	
<i>Suicidal Behavior</i>			
<i>Competency</i>	X X ✓ ✓	<i>Safety Planning</i> X X ✓ ✓	<i>Diversity and Mental Health</i> X X ✓ ✓
<i>Understanding and</i>			
<i>Overcoming Bias</i>	X X ✓ ✓	<i>Motivational Interviewing:</i>	

## LEARNING OBJECTIVES

After completing this course, you will be able to describe and employ the following:

1. Describe at least three of the five common mental health conditions covered within this course. The description must include a common definition of each condition and three accompanying symptoms.
2. Recognize at least 3 general warning signs that someone may be experiencing a mental health disorder.
3. Summarize at least three practical tips that can be implemented when interacting with friends, loved ones or colleagues who may be struggling with a mental health condition.

## COURSE COMPLETION REQUIREMENTS

To complete the course, learners must do the following:

- Take the pre-course assessment (no score requirements)
- Review all sections
- Take the post-course assessment (passing score: **80%** or higher\*)
- Complete the course evaluation

*\*Learners may attempt the post-course assessment as many times as necessary to receive a passing score. All learners will receive a general certificate of completion.*

## MENTAL HEALTH ALLY CERTIFICATION

Psych Hub has partnered with the nation's top subject matter experts to develop a certification training – for anybody. Understanding that everyone has a role to play when it comes to recognizing signs and symptoms of mental health, we have developed our content to ensure that it is easily understandable by anyone, regardless of their prior knowledge. We recognize the benefit of equipping everyone with the ability to learn about critical mental health topics and gain actionable skills to help someone or themselves during difficult times.

## MENTAL HEALTH ALLY MASTER CERTIFICATION

Once an individual successfully completes all modules in The Mental Health Ally series, they will earn a master certification and receive a certificate of completion as well as a digital badge. The badge can be placed in an email signature block and shared on social media to let people know they are a safe person to talk to when it comes to issues related to mental health, suicide prevention, substance use, and diversity. *Mental Health Competency 2: Common Conditions is one of eight modules in the Mental Health Ally master certification.*

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## **MENTAL HEALTH ALLY MICRO-CERTIFICATION**

The Mental Health Ally series is also available in stackable learning tracks called micro-certifications, which allow individuals to gain skills and knowledge in subsets of mental health outside of the wider certification. Psych Hub offers 5 micro-certifications: Mental Health Fundamentals, Substance Use, Suicide Prevention, Diversity and Bias, and Motivational Interviewing. *Mental Health Competency 2: Common Conditions is one of two modules in the Mental Health Fundamentals micro-certification.*

## **CONTINUING EDUCATION INFORMATION**

For more information on Psych Hub's continuing education programs, email [ce@psychhub.com](mailto:ce@psychhub.com).

## **DISCLOSURES**

At the time of original authorship, Dr. Keita Franklin had no relevant disclosures to make and had equity options in Psych Hub. At the time of original authorship, Emily St. Amant had no relevant disclosures to make.

Psych Hub receives financial support from organizations in the healthcare industry, but these entities do not control or direct Learning Hub content. Psych Hub as well as planning and review committees have no relevant financial interests to disclose. Psych Hub's Conflict of Interest Policy can be found in the footer of [lms.psychhub.com](https://lms.psychhub.com).

## **CONFLICT OF INTEREST RESOLUTION**

Conflicts of interest have been resolved through peer review of content by a non-conflicted reviewer.

## **COMMERCIAL SUPPORT**

No commercial support was provided for this activity.

## **PROGRAM GOAL**

The goal of this continuing education program is to provide professionals such as licensed or certified social workers, CCM® board-certified case managers, and national board certified health & wellness coaches with information on

recognizing common mental health conditions and connecting people to the support they need. Please note that this content is introductory, so it is best suited for professionals who are early in their career or looking to ensure that their foundational knowledge is up-to-date and accurate.

## CURRENT APPROVALS

### *ASSOCIATION OF SOCIAL WORK BOARDS (ASWB)*



Psych Hub, #1750, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE)

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program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Psych Hub maintains responsibility for this course. ACE provider approval period: 08/20/2020 – 08/20/2021. Social workers completing this course receive **1.00** continuing education credits.

### *COMMISSION FOR CASE MANAGER CERTIFICATION (CCMC)*



This program has been pre-approved by The Commission for Case Manager Certification to provide continuing education credit to CCM® board certified case managers. The course is approved for **1.00** CE contact hour(s). Activity code: H00044370 Approval Number: 200139284

To claim these CEs, log into your CCMC Dashboard at [www.ccmcertification.org](http://www.ccmcertification.org).

### *NATIONAL BOARD FOR HEALTH AND WELLNESS COACHING (NBHWC)*



This CE course is approved by NBHWC for **1.00** continuing education units (CEP # 100190).

## CE CREDIT CALCULATION

Continuing education credits are calculated by averaging pilot test times, rounded down to the nearest quarter hour. This allows for inclusion of interactive elements (e.g., assessments) and learner variance. However, regardless of pilot test times, the number of continuing education credits will never exceed 2 hours more than the combined video and voiceover length.

Average Pilot Test Length: **1 hour 10 minutes**

Combined Video and Voiceover Length: **55 minutes**

## TIMED COURSE OUTLINE

Since the course is interactive and each learner will proceed at their own pace, timing is not exact. These are approximations based on average pre/post-test time of pilot testers as well as the run-time of course videos and voiceover. This course does not have to be completed in one session.

## *COURSE ACTIVITIES FOR CE CREDIT (≥ 1 HOUR)*

- Course Overview & Introduction (4+ minutes)
- A Brief History of Mental Care (1+ minute)
- Facts About Mental Health (1+ minute)
- What Causes Mental Illness? (1+ minute)
- Dispelling Stigma (1+ minute)
- Understanding the DSM-5 (1+ minute)
- Discussion of the Most Common Disorders (1+ minute)
- Depression (2+ minutes)
- Bipolar Disorder (9+ minutes)

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- Anxiety Disorders (2+ minutes)
- Trauma and Stressor-Related Disorders (2+ minutes)
- Psychotic Disorders (9+ minutes)
- Other Common Mental Health Disorders (3+ minutes)
- General Warning Signs (3+ minutes)
- Prevention Works (3+ minutes)
- Practical Ways to Help and Treatment Options (5+ minutes)
- Language Matters (1+ minute)
- Expressing Concern (2+ minutes)
- Knowledge Check (2+ minutes)
- Discussion Summary & Course Outro (3+ minutes)
- References
- Post-Course Assessment (5+ minutes)

## *COURSE ACTIVITIES NOT FOR CE CREDIT*

- Participant Evaluation (5-10 minutes)
- (OPTIONAL) Companion Video and Downloadable PDF Review

## **OBTAINING CERTIFICATES OF COMPLETION**

After reviewing all modules, completing the post-course assessment with a score of at least 85%, and completing the participant evaluation, learners will automatically receive a certificate of completion.

## **ACCESSIBILITY ACCOMMODATIONS, GRIEVANCES, & REFUNDS**

Psych Hub's [Grievance Policy](#), which includes information on filing grievances, requesting a refund, and requesting accessibility accommodations, can be found in the footer of [lms.psychhub.com](https://lms.psychhub.com).

## **COURSE AUTHORS**

To submit questions or comments for course authors, email [ce@psychhub.com](mailto:ce@psychhub.com).

## **KEITA FRANKLIN, PHD, LCSW (COURSE AUTHOR)**

*CO-DIRECTOR, COLUMBIA LIGHTHOUSE PROJECT; CHIEF CLINICAL OFFICER; PSYCH HUB*

Dr. Keita M. Franklin is the Co-Director of the Columbia Lighthouse Project and Psych Hub's Chief Clinical Officer. A nationally-recognized expert, Dr. Franklin ensures all clinical content is on the cutting edge of the intersection between healthcare and information technology. Key to Psych Hub's goal of revolutionizing how mental health care education and training are delivered, Dr. Franklin leads the esteemed Psych Hub clinical team, ensuring all Psych Hub products are evidence-based and trauma-informed.

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With over 25 years of progressively responsible experience, Dr. Franklin is spearheading efforts to improve mental health literacy across the Nation by championing the development of specialized evidence-based training for providers thereby improving mental health care outcomes for at-risk population groups. A public health expert and transformational leader, Dr. Franklin has spent her career driving complex organizational change in the federal sector, always improving the systems that provide care for our Nation's military, family members, and veteran populations.

Before joining Psych Hub, Dr. Franklin served as a senior executive at both the Department of Veteran Affairs and the Department of Defense. In these roles, Dr. Franklin served as the principal advisor to Department leadership for all matters on suicide prevention, and she is widely credited with leading a transformative, enterprise-wide shift from a crisis intervention posture to an upstream, broad public policy approach focused on continuous surveillance and early prevention. Dr. Franklin was also responsible for leading a multi-disciplined team of experts in advancing evidence-based prevention practices for over 20 million Veterans and reaching our Nation's heroes wherever they live, work, thrive, and receive care. A poised and articulate communicator of strategic messaging, Dr. Franklin has been frequently asked to testify before committees in both the U.S. House of Representatives and the U.S. Senate and led numerous caucus roundtable discussions with members of Congress.

While serving as a senior executive within the Department of Defense, Dr. Franklin was responsible for suicide prevention policy, programs, and oversight. During her tenure, she conducted a first-of-its-kind, comprehensive program review and authored new DoD policy directives and instructions, optimizing higher headquarter guidance for all military service branches. She also chaired several DoD senior leader committees charged with developing solutions for vexing mental health issues impacting our service members and their families. Adept at building partnerships and coalitions, Dr. Franklin was singularly responsible for bolstering relationships with both the private and public sector in the advancement of key suicide prevention initiatives. An experienced manager of large programs, she proved critical during congressional-level advocacy for budget and programming activities while simultaneously directing a multi-million dollar research and evaluation program. Her efforts resulted in high-quality service delivery for active duty, reserve, and National Guard members and their families.

Dr. Franklin is a licensed social worker with a specialization in children and families. She earned a Ph.D. in social work with specialized training and certifications from the Center for Advancement of Research Methods and Analysis (CARMA). Dr. Franklin began her career in child welfare and has dedicated much of her work to researching the impact of wartime trauma and post-traumatic stress on families. She serves on several national panels, including the National Action Alliance for Suicide Prevention. Dr. Franklin has received numerous federal and civilian awards for her efforts leading military, family, mental health, and suicide prevention programs. Dr. Franklin has published work in the areas of



military social work, child abuse, domestic violence, suicide prevention, and substance misuse. She has served as an adjunct professor in the graduate programs at Virginia Commonwealth University and George Mason University. Dr. Franklin holds certificates from Harvard Kennedy School Executive Education on “Leading Large Organizational Change” and Women in Leadership” as well as the University of North Carolina Chapel Hill Kenan-Flagler Business School course on “Executive Leadership.”

## **EMILY ST/ AMANT, MA, LPC-MHSP**

*CLINICAL MANAGER, PSYCH HUB*

Emily serves as the Clinical Manager at Psych Hub, helping to bridge the gap between research and academia to the practical real-life application of theory and therapeutic interventions. She assists the team throughout the content development process by reviewing and creating content to ensure it will resonate with her fellow clinicians and be beneficial to all audiences. Emily is a licensed professional counselor, mental health service provider. She completed her Master’s in Counseling with an emphasis in Mental Health at MidAmerica Nazarene University. She is a Tennessee

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counseling licensure board approved supervisor and has been designated as a mandatory pre-screening agent. Before joining Psych Hub, she gained many years of experience in the mental health and substance abuse treatment field, much of which was spent serving as a therapist to a diverse caseload in a community mental health setting. She also has experience in crisis counseling and assessment, intake evaluations for level of care placement, outpatient and inpatient treatment, and utilization review.

## **ACKNOWLEDGEMENTS**

Psych Hub would like to sincerely thank the Editors, Contributors, and Voiceover Artist of this course:

<b>EDITORS</b>	Raquel Weisner Amy Bredfelt	Michelle Yang
Abigail Asper, MSW Joshua Nelson	<b>CONTRIBUTORS</b>	<b>VOICEOVER ARTIST</b> Andrew
	Marjorie Morrison, LMFT, LPC	Lander
	Brandon Staglin	

## **SYSTEM REQUIREMENTS**

Accessing this course requires an internet connection. The following technology can be used for access:  
connection

### **OPERATING SYSTEMS**

- Windows 7/8/10, any edition
- macOS 10.6 and above
- Any phone or tablet with an internet browser and

## **ADDITIONAL INFORMATION**

## CONFLICT OF INTEREST DISCLAIMER

- Any standard internet browser (i.e. Chrome, IE, Firefox, Edge, Safari)

## INTERNET BROWSERS

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## COURSE CREATION DATE

8/31/20

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