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# COMPETENCY 1

Mental Health Competency 1 is the introductory course of the Mental Health Ally Series. The main topics of this course include a discussion on the range of severity of mental health issues, their impact on the community, and an explanation of the dangers of stigma regarding mental health. The course was created using up-to-date statistics from governing bodies and relevant scholarly articles. The instructional design is learner-focused and approachable to individuals with an interest in improving their mental health competency. *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. *To request further accessibility accommodations, please email [support@psychhub.com](mailto:support@psychhub.com).*

REGISTRATION: To enroll in this or any other Psych Hub Learning Hub, 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 Learning Hubs, click the title of the Learning Hub in which you are interested, and follow the instructions on the page.

## **LEARNING HUB PACKAGES & PRICING**

This Learning Hub 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 1**

- Course sections: 11 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: 6 downloadable PDFs expanding on relevant course topics
- Supplementary videos: 13 companion videos created for enhanced learning on key course topics in Mental Health Competency 1; 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 Learning Hubs

## **LEARNING SOLUTIONS FOR ORGANIZATIONS**

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

	<b>PRICING</b>	<b>MENTAL HEALTH FUNDAMENTALS</b>
	<b>MENTAL HEALTH COMPETENCY 1</b>	<b>MENTAL HEALTH ALLY SERIES</b>
<b>PACKAGES &amp;</b>		
	<i>LEARNING HUB MICRO-CERTIFICATION</i>	<i>MASTER CERTIFICATION</i>

**COURSE SECTIONS** ✓ ✓ ✓ ✓

**SUPPLEMENTARY PDFS**

**& VIDEOS** ✓ ✓ ✓ ✓ **ADDITIONAL MENTAL HEALTH ALLY MODULES:**

### Mental Health

Conditions **X** ✓ ✓ ✓ Competency 2: Common

### Mental Health

Use Awareness **X X** ✓ ✓ Competency 3: Substance

### Suicidal Behavior

Competency **X X** ✓ ✓ Safety Planning **X X** ✓ ✓

### Diversity and Mental

Health **X X** ✓ ✓ Understanding and

Overcoming Bias **X X** ✓ ✓ Motivational Interviewing:

Communication Basics **X X** ✓ ✓ ALL PSYCH HUB

LEARNING HUBS **X X X** ✓

COST \$15/year \$25/year \$99/year \$360/year \$30/month

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## LEARNING OBJECTIVES

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

1. Discuss the range of severity of mental health issues and identify the impact of stigma towards mental health on individuals, families and communities.
2. Describe the various models and contributing risk factors that play a role in the development of mental health disorders.
3. Examine your personal values while learning common myths and facts about mental health.

## COURSE COMPLETION REQUIREMENTS

To complete the course, learners must do the following:

- 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.

# 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 1 is one of eight modules in the Mental Health Ally master certification.*

## MENTAL HEALTH ALLY MICRO-CERTIFICATIONS

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

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Motivational Interviewing. *Mental Health Competency 1 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 the range of severity of mental health issues, the impact of these issues on the community, and the dangers of stigma regarding mental health. 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) 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 **3.25** clinical continuing education credits.

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### *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: H00044368 Approval Number: 200139282

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 5 minutes**

Combined Video and Voiceover Length: **49 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 (≥ 53 MINUTES)*

- Course Overview & Introduction (12+ minutes)
- Values (2+ minutes)
- The Numbers (2+ minutes)
- The Cost (2+ minutes)
- Stigma (10+ minutes)
- The Biopsychosocial Model (3+ minutes)
- Risk Factors (2+ minutes)
- Protective Factors (3+ minutes)
- Help and Hope (7+ minutes)
- Knowledge Check (2+ minutes)
- Discussion Summary & Course Outro (3+ minutes)
- References
- Post-Course Assessment (5+ minutes)

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### *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**

*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.

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

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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 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.

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## **ACKNOWLEDGEMENTS**

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

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# SYSTEM REQUIREMENTS

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

## CONFLICT OF INTEREST DISCLAIMER

### OPERATING SYSTEMS

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

### INTERNET BROWSERS

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

# ADDITIONAL INFORMATION

Psych Hub receives financial support from organizations in the healthcare industry, but these entities do not control or direct course content. Psych Hub's [Conflict of Interest Policy](#) can be found in the footer of [lms.psychhub.com](https://lms.psychhub.com).

### COURSE CREATION DATE

6/9/20

### PSYCH HUB CONTACT INFORMATION

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