



**Course Name: Peer Training for Behavioral/Mental Health**

**Course Number:** HSE\* E132

**Credits:** 3

**Catalog description:**

A hands on course for people aiming to work in the behavioral/mental health field. The course teaches peer support skills and provides students with skills and competencies that help to move persons with behavioral/mental health problems forward in their recovery. Topics include learning about and developing effective peer support competencies related to communication skills, pathways of recovery, elements of peer support, empowering interpersonal interactions, understanding substance abuse, trauma, mental illness and mental health.

**Prerequisite, Corequisite, or Parallel:** None

**General Education Competencies Satisfied:**

**HCC General Education Requirement Designated Competency Attribute Code(s):**

None

**Additional CSCU General Education Requirements for CSCU Transfer Degree Programs:**

None

**Embedded Competency(ies):**

None

**Discipline-Specific Attribute Code(s):**

None

**Course objectives:**

**General Education Goals and Outcomes:**

None

**Course Specific Objectives:**

1. Acquire knowledge of the concept of Peer Support Training in the Mental Health Field
2. Understand the Intentional Tasks of Peer Support including, connection, worldview, mutual responsibility, and moving forward
2. Acquire knowledge of new framework of professional peer support services
3. Understand effective service delivery models including, basic trauma informed peer support training, working with conflict, Recovery Dialogues, flexible boundaries and proactive crisis planning
4. Understand and apply the movement toward Certified Peer Specialist

**Course Content:**

1. Peer Support Skills
2. Development of competencies in mental health peer support
3. Pathways to recovery
4. Understanding substance abuse, trauma, mental illness, and mental health.

Date Course Created:

Date of Last Revision: 03/03/2017