

BEHAVIORAL HEALTH SCIENCES (BHS)

BHS S101 Introduction to Behavioral Health Practices

3 credits (3+0)

Introduces learners to key elements and concepts in the field of behavioral health. Provides an overview of mental health and co-occurring disorders, working with diverse and vulnerable populations, basic assessments and screening instruments, community navigation, and prevention strategies. Covers contemporary health care issues such as funding, rural care, emerging clinical issues, and workforce shortages.

BHS S103 Mental Health First Aid

1 credit (1+0)

Includes training and certification for Mental Health First Aid. Covers identification and responses to the signs and symptoms of mental illnesses and substance use disorders. Includes skills needed to confidently reach out and provide initial help and support to individuals who may be developing a mental health or substance use problem or who may be experiencing a mental health crisis. This course meets national certification requirements for Mental Health First Aid.

BHS S135 Beginning Therapeutic Interventions

3 credits (3+1)

Introduces learners to various evidence-based and effective therapeutic interventions used in behavioral change and mental health treatments. Covers motivational interviewing, non-violent communication, energy psychology techniques, crisis management, de-escalation strategies, and an overview of common medications used to treat behavioral health disorders.

BHS S140 Behavioral Health and the Good Life

3 credits (3+0)

Introduces learners to scientifically-validated strategies for living a more satisfying and meaningful life. Covers new findings in behavioral health science, commonly held misconceptions regarding wellbeing, and investigates the impacts of happiness biases. Includes an overview of character strengths, learned helplessness and learned optimism, fostering gratitude, building resiliency, strengthening relationships, and strategies to rewire automatic behavioral habits and thought patterns.

BHS S180 Introduction to Addiction, Trauma, and Crises

3 credits (3+0)

Introduces concepts, principles, and relationships between trauma, addictions, and crises, and their effects on individuals, families, and society. Examines these topics through a bio-psycho-social-spiritual framework that prioritizes an informed perspective toward self-care and developing a client plan.

BHS S181 Peer Support Professional Training

3 credits (3+0)

Prepare students with the academic knowledge to serve as Peer Support Specialists in Alaska, supporting those in recovery from substance use, mental health conditions or other challenges. This course meets the 40-hour training required by the Alaska Commission for Behavioral Health Certification to become a Peer Support Associate in Alaska. Successful completion of this course with a C or better meets the training, but not the practicum or supervision requirement for this credential.

BHS S201 Introduction to Integrative Behavioral Health

3 credits (3+0)

Introduces learners to the relevant topics and practices of integrative care as it applies both to the individual and to the larger integrated system as a whole. Explores new findings in integrative health science and integrated health care delivery. Includes an overview of the brain-body connection, lifestyle medicine, medical psychology, nutritional mental health and recovery, psychoeducation, values-based behavior change, and establishing personal healing rituals.

Prerequisite: BHS S101 recommended.

BHS S375 Current Issues in Behavioral Health: Selected Topics

1-3 credits (variable)

Covers contemporary topics related to the field of behavioral health. Subjects focus on areas such as: mind-body-medicine, nutritional mental health and recovery, personal development for health and well-being, biohacking, neuroplasticity, psychoneuroimmunology, lifestyle medicine, trauma and recovery, and post traumatic growth. May be repeated for credit when content varies.