

BEHAVIORAL HEALTH SCIENCES (BHS)

BHS S101 *Introduction to Behavioral Health Practices

3 credits (3+0)

GER. 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 The Science of a 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 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, complementary and alternative medicine, and nutritional mental health and recovery.

Prerequisite: BHS S101 recommended.

BHS S333 Mindful Nutrition

3 credits (3+0)

Introduces nutrition as a behavioral health science, focusing on its principles related to well-being, physical health, and longevity. Students will explore the impact of nutrition on various physical and mental health conditions, gaining insights into using food as a therapeutic tool for comprehensive health. Through lectures, case studies, and hands-on projects, they will learn evidence-based nutritional strategies for different health conditions and life stages. Prerequisite: HS S203 or BHS S201 or instructor approval

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.

BHS S385 Lifestyle Medicine

3 credits (3+0)

Explores the principles, theories, and practical application of lifestyle medicine to promote health. Topics include nutrition, the impact of physical activity on health, sleep science, stress management, community as medicine, brain health across the lifespan, and strategies for managing substance use disorders. Students will examine how these pillars intersect to enhance overall well-being and prevent, treat, and potentially reverse chronic diseases. They will also gain skills and techniques to support both themselves and others on their health journeys, progressing towards their health goals one step at a time.

BHS S480 Ethics for Behavioral Health and Addictions

3 credits (3+0)

This course is designed to familiarize students with current ethical principles and practice standards for treatment providers in behavioral health and addictions, covering fields such as psychology, counseling, social work, and addiction, including both substance use and other forms of addiction. Emphasis will be placed on the primary professional issues affecting practicing treatment providers. Major professional issues and roles will be addressed, as well as intercultural processes and cultural diversity. One or more of the assignments for this course will involve exercises of a personal nature, such as exploring thoughts and feelings in response to specific real or hypothetical events. Cross-listed as PSY S480.

Prerequisite: BHS S101 or PSY S111 plus upper division standing.

BHS S494 Integrative Behavioral Health Practicum

1-3 credits (0+0+4-12)

Provides valuable experience in a behavioral health setting where students will apply theoretical knowledge and skills in real-world environments under the guidance of experienced professionals. Designed to provide students with essential hands-on learning opportunities in behavioral health, strengthen their understanding of the field, and consider the challenges and barriers experienced by organizations and individuals receiving care. The course mandates completion of a minimum of 50 hours of supervised fieldwork throughout the semester, culminating in a comprehensive practicum reflection and analysis paper. May be repeated for credit to accommodate additional practicum hours.

BHS S499 Integrative Behavioral Health Capstone

3 credits (3+0)

Serves as the culminating experience for the Bachelor in Integrative Behavioral Health, enabling students to apply their transdisciplinary knowledge to real-world challenges. Students will develop professional electronic portfolios, engage in practical projects, conduct research, and collaborate with industry professionals. Through hands-on experiences and reflective practice, this course prepares students for successful careers and advanced education in the behavioral health field.