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### COUN 625.B01: Introduction to Mental Health Systems

Kimberly K. Parrow

*University of Montana, Missoula*

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**SYLLABUS – UNIVERSITY OF MONTANA – Spring 2021**  
**COUNSELOR EDUCATION**  
**COUN 625: Introduction to Mental Health Systems**  
**PJWED: Room 110**

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**INSTRUCTOR:** Kimberly Parrow, PHD, LCPC, NCC  
Office: Healing Center at Red Willow  
Office Hours: TBD  
E-mail: kimberly.parrow@gmail.com  
or text, or call 406-546-2568 when you have questions or concerns

**SCHEDULED CLASS MEETINGS:** Class meeting times are **Tuesdays from 1:00p.m. to 3:50p.m.**, beginning 1/12/21.

**REQUIRED TEXT:**

Sheperis, D., & Sheperis, C. (2014). *Clinical mental health counseling: Fundamentals of applied practice* (1st Edition). Pearson.

**SUPPLEMENTARY READING MATERIALS: TBA**

**GENERAL COURSE PURPOSE, OBJECTIVES, AND ORIENTATION:**

This course is designed to support your professional development and understanding of counselor the identity and roles, a variety of service delivery modalities, and working knowledge of current public policy and ethical considerations. We will use a combination of asynchronous learning via Moodle and synchronous virtual and in-person class meeting platforms to deliver brief lectures, host guest speakers, and engage in class discussions.

The following specific 2016 Core CACREP Specialty Standards for this course are:

- 1) 1.a. history and development of clinical mental health counseling (ch 1)
- 2) 2.a. roles and settings of clinical mental health counselors (ch 4, snapshot)
- 3) 2.c. mental health service delivery modalities within the continuum of care, such as inpatient, outpatient, partial treatment and aftercare, and the mental health counseling services networks- homebased/schools (ch 4, snapshot, MH presentations or paper)
- 4) 2.i legislation and government policy relevant to clinical mental health counseling (ch 2, ch 3, PCLC application)
- 5) 2. k. professional organizations, preparation standards, and credentials relevant to the practice of clinical mental health counseling (ch 3, PCLC application)
- 6) 2. l. legal and ethical considerations specific to clinical mental health counseling (ch 2, snapshot, MH presentation or paper)
- 7) 2. m. record keeping, third party reimbursement, and other practice and management issues in clinical mental health counseling (ch 8, portfolio, MH presentations or paper)
- 8) 3.c. strategies for interfacing with the legal system regarding court-referred clients (ch 2, ch 13)
- 9) 3.d. strategies for interfacing with integrated behavioral health care profs. (ch 9)
- 10) 3.e. strategies to advocate for persons with mental health issues (ch 5)

**COUNSELOR EDUCATION MISSION STATEMENT:** Our mission statement is available on our departmental website at:  
<http://www.coehs.umt.edu/departments/counsel/default.php>

**DISABILITY ACCOMMODATIONS:** If you are a student with a disability and wish to discuss reasonable accommodations for this course, contact me privately to discuss the specific modifications you wish to request. Please be advised I may request that you provide a letter from Disability Services for Students verifying your right to reasonable modifications. If you have not yet contacted Disability Services, located in Lommasson Center 154, please do so in order to verify your disability and to coordinate your reasonable modifications. For more information, visit the Disability Services website at <https://www.umt.edu/disability-services//default.php>

**ACADEMIC INTEGRITY:** All students must practice academic honesty. Academic misconduct is subject to an academic penalty by the course instructor and/or disciplinary sanction by the University. All students need to be familiar with the Student Conduct Code. The Code is available for review online at <https://www.umt.edu/safety/policies/default.php>

**IN-CLASS BEHAVIOR STANDARDS AND LEARNING ENVIRONMENT:** This class is an opportunity to live our helping and human service values. Related to this is the expectation that students will come to class having completed assigned readings, ready to learn, and free from distractions.

**GRADING PROCEDURES AND COURSE ASSIGNMENTS:** Grades will be based on completion of course assignments, quiz scores, and class participation/attendance. Course assignments include:

**ATTENDANCE, PARTICIPATION, CLASS DISCUSSION: (75 points)**

If you miss one in-person class, you lose 0 points; you lose 10 points for the second class missed, 25 more for missing a third class, and all 75 for missing four classes. There are no excused absences. However, because life happens and there are legitimate absences, you can talk with me about making up assignments if you are unable to attend class because of an illness, injury, weddings, family obligations, or a host of other reasons. In each of these cases you're expected to communicate with me directly with a clear explanation for your absence, in advance of or ASAP after class.

**ASSIGNMENTS:**

**(a) Professional portfolio (100 points)**

- **Professional identity statement**
  - **Include: theoretical orientation, description of the population you would like to work with, special trainings you have, etc. (ie. Psychology Today listings)**
- **Cover letter**
- **Current resume**
- **Hypothetical Case Note Example**  
**(Include: Date, Client pseudonym, DOB, Working DX)**

**(b) Application for Licensed Clinical Professional Counselor Candidate (LCPC) (100 pts.)**

- **Further details will be provided in-class**

**\*If you are not planning on Montana licensure see me for alternative assignment**

**(c) Student's Choice: C.1. or C.2 (100 pts)**

\*C.1 Agency Selection, Interview, and In-class Snapshot Report

Visit a mental health agency and interview a counselor to increase your understanding of what day-to-day life is like for a licensed clinical professional counselor (LCPC) who works with a population and in a setting of interest to you.

- Following are some potential questions:
  - When someone asks you how being a mental health counselor is different from being a social worker or psychologist, what do you tell them?
  - Can you describe what a normal day looks like for you as you do your job?
  - What ethical and legal issues do you have to keep in mind each day?
  - What theory (or theories) inform your practice and why?
  - How does understanding and respecting multiculturalism help you as a counselor?
  - How does your knowledge of human growth and development inform your practice?
  - How do you use assessments to help you with client case conceptualization?
  - Talk about your experiences with referring clients for psychotropic medications. What advice might you give me?
  - How you determine when you need to seek consultation or supervision.
  - How have you engaged in social justice advocacy with, and on behalf of, clients outside the office setting?
  - What do you do to maintain self-care and wellness?
  - What are the most significant professional issues you face as a counselor?
- Gather enough information to provide a **15-minute slide presentation snapshot** of this job to your peers in class

\*C.2 Mental health Issues Presentation or Paper

For this assignment, you will either provide an in-class presentation or write an APA formatted paper to address an issue that you will face as a mental health counselor. Explore your chosen topic by addressing the following:

- The potential causes and potential impact on clients
  - How the issue relates to ethical or legal considerations for counselors
  - Current methods for addressing the issue and their effectiveness
  - Educational programs or trainings that are available in order to better address your topic
  - Identify the steps you (or one of your peers) will need to take in order to deal with the issue
- **15-minute slide presentation or 5-page paper**
- \*Either method will be supported by a minimum of five references.

**(e) Moodle: Discussion Posts x 6 (60 points)**

- **Post are due by 11:59 pm on assigned date** (see schedule for dates)
- **Respond to the discussion starter (200 word minimum)**
- **\*Responding to one another is encouraged but not required**

**(f) Moodle: Sheperis & Sheperis Chapter Quizzes x 6 (65 points)**

- 10 pts (Quizzes 1 – 5)
- 15 pts (Quiz 6)

There are **500 points** available to earn during the course. Grades will be assigned on a percentage basis (with some modification or curving as appropriate).

A = 93-100% A- = 91-92%; B+ = 88-90%; B = 83-87%; B - = 81-82%;  
C+ = 78-80%; C = 73-77%; C- = 71-72%; D+ = 68-70%; D = 63-67%;  
D- = 61-62%; F = Below 61%

\*See course schedule below\*

## **COUN 625: MHS Course Schedule, Spring 2021**

### **WEEK 1: IN PERSON**

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#### **TUESDAY, JANUARY 12TH**

##### **Topics:**

- Course Introduction and Plan**
- Snapshots and MH issues presentation schedule**
- Course Syllabus**

##### **Activities/Assignments:**

- Course syllabus**
- Moodle page**
- Group work – professional identity statement**

### **WEEK 2: IN PERSON**

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#### **TUESDAY, JANUARY 19th**

##### **Topics:**

- Board of Behavioral Health Website**
- Guest – LCPCC application**
- The Professional Portfolio**

##### **Activities/Assignments:**

- Guest- Lucy Richards, Executive Officer – Board of Behavioral Health**
- Bring technology for internet work (if available)**
- Bring draft of professional identity statement for peer review**

### **WEEK 3: ON-LINE: \*All assignments due on Moodle: Sunday, Jan. 31<sup>st</sup> 11:59pm\***

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#### **January 25th-January 31st**

##### **Corresponding Readings (Sheperis & Sheperis, 2014)**

- Chapter 1: The Mental Health Counseling Profession**
- Chapter 2: Ethical and Legal Issues in MHS**

##### **Assignments/Activities:**

- Discussion Post #1 Due**
- Quiz #1 Chapters 1 & 2**
- Portfolio: Professional Identity Statement Draft Due**
- ALWAYS BE... Working on LCPCC application**

## **WEEK 4: IN-PERSON**

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### **TUESDAY, FEBRUARY 2ND**

**Topics: GUEST – DAN SALOIS**

- Professional Resume
- The Cover Letter

**Assignments/Activities:**

- Chapters 1 & 2 Discussion

## **WEEK 5: ON-LINE \*All assignments due on Moodle: Sunday, Feb. 14th 11:59pm\*** **Feb. 8th – 14<sup>th</sup>**

**Corresponding Readings:**

- Chapter 3: Education, Credentialing, and Professional Development
- Chapter 4: Employment Settings for Mental Health Counselors

**Assignments/Activities:**

- Portfolio: Resume draft Due
- Discussion Post #2 Due
- Quiz #2 Chapters 3 & 4
- ALWAYS BE... Working on LCPCC application

## **WEEK 6: IN-PERSON**

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### **TUESDAY, FEBRUARY 16th**

**Assignments/Activities:**

- Guest from the Field
- Chapters 3 & 4 Discussion
- Discussion of Posts #1 & #2
- MH Issues or Snapshots Presentations Group 1

## **WEEK 7: ON-LINE \*All assignments due on Moodle: Sunday, February 28<sup>th</sup> 11:59pm\*** **Feb. 22nd – Feb. 28th**

**Corresponding Readings:**

- Chapter 5: Professional and Social Advocacy in Clinical Mental Health
- Chapter 8: Working Within the Managed Care System

**Assignments/Activities:**

- Portfolio: Cover Letter draft Due
- Discussion Post #3 Due
- Quiz #3 Chapters 5 & 8
- ALWAYS BE... Working on LCPCC application

**WEEK 8: IN PERSON**

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**TUESDAY, MARCH 2nd**

**Assignments/Activities:**

- Guest from the Field
- Chapters 5 & 8 Discussion
- Discussion of Post #3
- MH Issues or Snapshots Presentations Group 2

**WEEK 9: ON-LINE \*All assignments due on Moodle: Sunday, March 14th 11:59pm\***

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**March 8<sup>th</sup> – 14<sup>th</sup>**

**Corresponding Readings:**

- Chapter 9: Consultation and Referrals
- Chapter 10: Prevention and Crisis Intervention Services

**Assignments/Activities:**

- Portfolio: Hypothetical Case note draft due
- Discussion Post #4 Due
- Quiz #4 Chapters 9 & 10
- ALWAYS BE... Working on LCPCC application

**WEEK 10: March 16<sup>th</sup> – no class ENJOY Your Break!!!**

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**WEEK 11: IN-PERSON**

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**TUESDAY, MARCH 23rd**

**Assignments/Activities:**

- Guest from the Field
- Chapters 9 & 10 Discussion
- Discussion of Post #4
- MH Issues or Snapshots Presentations Group 3

**WEEK 12: ON-LINE \*All assignments due on Moodle: Sunday, April 4th 11:59pm\***  
**March 29 – April 4<sup>th</sup>**

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**Corresponding Readings:**

- Chapter 11: Psychopharmacology**
- Chapter 12: Forensic Mental Health Counseling**

**Assignments/Activities:**

- Discussion Post #5 Due**
- Quiz #5 Chapters 11 & 12**
- ALWAYS BE... Working on LCPCC application**

**WEEK 13: IN-PERSON**

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**TUESDAY, APRIL 6<sup>TH</sup>**

**Assignments/Activities:**

- Guest from the Field**
- Chapters 11 & 12 Discussion**
- Discussion of Post #5**
- MH Issues or Snapshots Presentations Group 4**

**WEEK 14: ON-LINE \*All assignments due on Moodle: Sunday, April 18th 11:59pm\***  
**April 12<sup>th</sup> – 18th**

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**Corresponding Readings:**

- Chapter 13: Addictions Counseling**
- Chapter 14: Clinical Supervision**
- Chapter 15: Internet-Based Counseling**

**Assignments/Activities:**

- Discussion Post #6 Due**
- Quiz #6 Chapters 13, 14, & 15**
- ALWAYS BE... Working on LCPCC application**

## **WEEK 15: IN-PERSON**

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### **TUESDAY, APRIL 20th**

#### **Assignments/Activities:**

- Chapters 13, 14, & 15 discussion**
- Discussion of Post #6**
- PCLCC – Application benchmark (catch-up/collaboration)**
- Guest**
  
- \*\*\* MH Issues Paper Due if not Presenting**

## **WEEK 16: ON-LINE \*All assignments due on Moodle: WEDNESDAY, April 28th 11:59pm\***

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### **April 26<sup>th</sup> – April 30<sup>th</sup>**

- PROFESSIONAL PORTFOLIO DUE Professional Portfolio Due (Prof. Identity statement, Resume, Cover Letter, Hypothetical Case Note)**

**LCPCC Application DUE  
Course Evaluations**