

OEI Distance Mental Health for Clinicians Course Syllabus

Instructors

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Course Description

Distance Mental Health for Clinicians address necessary areas of consideration when working with students experiencing mental distress in the online counseling environment including assessment of student mental health needs as well as the provision of appropriate and effective referrals. Participants will take a close look at the growing trend of distance mental health, otherwise known as e-therapy services, and its importance for community college students. Included discussion and activities guide dialogue and live sessions facilitated by licensed clinicians in the field. This course is *not* intended as permission to practice as a mental health counselor or for certification or licensure.

Course Learning Outcomes

By the end of modules 1 and 2, counselors will be able to:

- Summarize the importance of CCC distance mental health services
- Identify multiple forms of distance mental health counseling
- Explain legal and ethical guidelines of distance mental health counseling
- Identify challenges and potential solutions specific to distance mental health services
- Define and describe scope of practice at home institution

Instructor Communication Policy

Course facilitators will respond to inquiries within one business day.

Q&A Forum

Please post general questions in the Q&A forum. There is a separate forum for each week of the course. Your facilitators will reply to Q&A posts within one business day and replies will be visible to the entire class.

Conversations (Inbox)

The best way to contact your facilitators with a personal question is to use the conversations tool within Canvas, accessible via the inbox link. Your facilitators will reply to conversations within one business day.

Email

Your facilitators will reply within one business day to external emails. If you do not hear from your facilitators within this time frame, please email again as sometimes emails get filtered out as spam.

Time Commitment & Recommended Skills

This course includes *two required live meetings* scheduled for March 9th and 16th. Both will be offered at 9:00am and 3:00pm.

Your time commitment will vary based upon your own level of experience with web technologies and the subject matter.

Although this class is designed for clinicians, you should have the following:

- Basic computer skills (word processing, email, file management)
- Basic internet skills (use of browser, searches, uploading/downloading files)
- Familiarity with discussion boards
- An open mind and willingness to try new things

If you require any special accommodations for this class, please contact your facilitators as soon as possible to ensure a quality learning experience.

Technical Requirements

- Fairly recent computer skills with either Mac or PC running a current operating system.
- The most updated version of Chrome or Firefox web browser to successfully access the Cranium Cafe platform.
- Fast Internet connection. Cable, broadband or DSL preferred.

Cranium Cafe Account

Prior to the beginning of the course you should have completed training using Cranium Cafe. In that training, you are expected to establish your Cranium Cafe card. If for some reason, you have not completed both of those pre-requisites, go to [Cranium Cafe](#) and click on Register in the top right corner. Then spend some time exploring the platform using materials available from the website. It is expected that counselors will begin this course with a basic understanding of Cranium Cafe. If you are using Cranium Café at your local college, please contact Jessica Hurtado so your account can be moved to the OEI instance of Cranium Café for the duration of this course. Upon completion of the course, your CC account will be moved back to your local college instance.

Textbook Information

There is no required textbook to purchase for this class. All readings will be available online in Canvas. Many of them will be in the online Canvas and Cranium Cafe guides along with articles and websites related to weekly topics. You will be able to bookmark or print them for future reference.

Strongly Recommended Tools

You will be exposed to many resources, including websites, in this class. Take time to develop a process for bookmarking these sites for future reference.

If you don't have a clear bookmarking process or tool in mind, set up a free account on a social bookmarking site like [Diigo](#). Diigo is an easy way to tag and bookmark websites providing you the ability to access and share them from any computer with internet connection.

Outline

This two week course requires that you enter the class and complete some of the work daily.

These are the Distance Mental Health for Clinicians topics:

- A Growing Trend: Distance Mental Health
- Legal & Ethical Guidelines for Distance Mental Health Counseling
- Practice of Distance Mental Health Counseling

**It is important to note the purpose of this course is to provide general information. It is not intended as formal training, permission to practice as a mental health counselor or for certification or licensure in the mental health field but rather to address the basic areas of consideration associated with mental health support when providing services in an online environment. Any included discussion or activities do not indicate specific solutions. Many practice requirements are specific to unique situations and individual providers, resulting in local standards and procedures. Counselors are advised to review and follow existing practice guidelines from their institutions and professional organizations.*

Announcements

This class will feature regular announcements. It is recommended to include announcements in your notifications preferences to ensure you receive all important course information.

Discussions & Collaborations

You will be provided opportunities to interact with other counselors and course facilitators.

Assessment & Grading

This course has been designed as an active learning environment to ensure you feel confident about the basics of distance mental health services. The audience for this course is CCC mental health counselors.

You must obtain both at least an 80% of the total points to pass this course and a certificate of completion. If not you may repeat the course however you will be required to pay your own registration.

Ground Rules & Tips for Success

Each week officially begins on Monday and ends midnight Sunday. You will have assignments to turn in throughout the two weeks. It will be a busy two weeks. Please set aside some time each day to complete part of the readings and assignments.

The course will be archived 30 days from the last day of class. Make sure you download and save any information or assignments you want to maintain prior to the archive date.

Please don't hesitate to contact us if you have any questions or concerns. We are here to be your guides as together we explore ways to support student success using online technology.