

CAREER QUIZ — DO YOU ENJOY:

- ✓ Do you enjoy listening to people and helping them overcome problems?
- ✓ Are you good at solving practical, real-world issues?
- ✓ Can you see yourself working with patients in a doctor's office, hospital or mental health clinic?
- ✓ Are you able to deal with high stress situations?
- ✓ Do friends seek you out to talk with them about their concerns and worries?

IF YOU ANSWERED YES, A CAREER IN MENTAL HEALTH MIGHT BE A GOOD FIT FOR YOU.

ABOUT WORKING IN MENTAL HEALTH

Mental health workers have the opportunity to help children, adolescents, adults and older adults deal with a variety of life stresses and problems.

You may work one-on-one with individual patients (if you work in a hospital) or clients (if you provide outpatient services) or with groups of people.

Mental Health offers a wide range of career choices at the entry, paraprofessional, practitioner and professional levels.

Types of Mental Health Careers

Wage
Ranges*

Certified Peer Support Specialists are individuals who have experienced a mental illness themselves and have been trained to be direct service mental health staff. A peer support specialist validates the client's experience, helps them to identify their strengths and walks side by side in their recovery journey.	No data
Mental Health Behavioral Aides are paraprofessionals who work under the supervision of mental health practitioners and professionals. They help a child with a mental illness practice skills, as taught by the professional or practitioner, in the child's home, school or community setting.	\$11.04- \$16.22
Psychiatric Technicians work with a team of mental health providers, including therapists, nurses and physicians to provide hands-on care to clients and help implement treatment plans. They work in hospital and clinic settings.	\$13.78- \$19.22
Licensed Clinical Social workers help people solve and cope with problems in their everyday lives. One group of social workers—licensed clinical social workers—also diagnose and treat mental, behavioral, and emotional issues	\$18.34- \$35.17
Licensed Marriage and Family Therapists provide counseling that focuses on couples and families and individuals whose problems are social and relationship based.	\$19.59- \$28.23
Advanced Practice Psychiatric nurses treat patients diagnosed with mental illnesses and can prescribe medication in the treatment of mental illness. They assist patients in developing coping skills for challenges that mental illness can present.	\$43.51- \$56.72
Psychiatrists are physicians who diagnose and treat mental health and emotional problems. They can prescribe medications when needed for the treatment of mental illness.	\$62.77- \$100.00
Psychologists provide psychological assessment and testing to assess a person's mental, emotional and behavior issues and concerns and to determine a diagnosis and make recommendations for treatment. Psychologists also provide therapy to individuals.	\$26.28- \$43.32
Special Education Teachers work with students who have a wide range of learning, mental, emotional and physical disabilities, primarily in public schools.	\$52.87- \$63.44

* Source: Minnesota Department of Employment and Economic Development, Occupational Employment Statistics, 1st Quarter 2015. Wages represent the 25th and 75th percentile.

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THINK COLLEGE IS TOO EXPENSIVE?

Don't rule it out just because of costs.

Financial aid is available for most students! For more information, go to <http://www.iseek.org/education/pay.html>

For links to schools and agencies that provide mental health career training, go to www.healthforcemn.org

How You Get There: Educational Pathways

While almost all careers require some college, different careers have different educational demands. You can choose to attend college for months or for many years. The kind of college education you need depends on what kind of work you want to do.

Certificate Programs (9 weeks to 1 year)

- *Certified Peer Specialist*: 76 Hours through MN Dept of Human Services
- *Mental Health Behavioral Aide 1*: through MN Dept of Human Services
- *Mental Health Behavioral Aide 2*: 16 credit online program, M State (www.minnesota.edu)

Associates Degrees (2 years)

- *Applied Psychology*: Itasca Community College
- *Human Services*: Alexandria TCC, Century College, Fond du Lac TCC, Inver Hills CC, Mesabi Range CTC, MCTC, MN West CTC, Pine CC, Riverland CC, Rochester CTC, South Central College

Bachelor's Degrees (4 years)

- *Social Work*: Bemidji State Univ., Southwest MN State Univ., St. Cloud State Univ., MN State Univ-Mankato, Metropolitan State Univ, Minnesota State Univ-Moorhead, Winona State Univ.
Also: Augsburg College, St. Catherine's University, The College of Saint Scholastica, Concordia College at Moorhead, Saint Olaf College, Bethel University, University of Saint Thomas
- *Psychology*: Most of Minnesota's public and private colleges and universities offer Bachelor's degrees in Psychology.

Advanced Degrees (Master's, PhD and MD)

- *Social Workers*: Augsburg College, Saint Cloud State Univ, St. Catherine Univ., St. Mary's Univ, U of M- Duluth, U of M- Twin Cities, U of St. Thomas, Capella Univ, Walden Univ
- *Clinical, Counseling, and School Psychologists*: Argosy, Univ of MN, Univ of St. Thomas, Capella Univ., Walden Univ.
- *Marriage and Family Therapist*: Argosy, Saint Mary's Univ., St. Cloud State Univ., Capella Univ.
- *Mental Health Counselor*: Capella Univ, Bethel Univ, Saint Thomas Univ, Saint Mary's Univ, Adler Graduate School
- *Advanced Practice Psychiatric Nurse*: Univ of M, College of St. Scholastica
- *Psychiatry (MD + residency)*: 3 residency programs (U of M, Regions' Hospital/HCMC, Mayo Clinic)