

SPECIALTY CLASSES
SKILL BUILDING FOR STUDENTS AND FUTURE EMPLOYEES

Behavioral Health, Interventions and Implications De-escalation Techniques (New!)

Developed through a grant from HealthForce Minnesota, this 3-credit course was first offered at Century College in Spring 2016. It is intended for any student interested in careers that involve direct contact with patients/clients who may have mental health issues.

This course provides an overview of common behavioral health issues, communication techniques, and interventions that promote safety for clients, patients, caregivers, and professionals.

Students will practice hands-on activities related to interventions. This course will be valuable to any student entering a career where there will be direct client contact, including:

- Health sciences
 - Human services
 - Chemical dependency
 - Law enforcement
 - Other mental health-related disciplines.
- [Learn more](#) (Scott link to PDF HSCI 1100 Syllabus.PDF)

Mental Health First Aid Learn How to Help

The adult Mental Health First Aid course is an 8-hour course appropriate for anyone 18 years and older who wants to learn how to help a person who may be experiencing a mental health related crisis or problem. Topics covered include anxiety, depression, psychosis, and addictions.

Students: [Learn more](#) about becoming certified in Mental Health First Aid

Continue this section for Educators
Piloted by Saint Paul College and Saint Cloud State University during the 2015 calendar year, four faculty (two on each campus) have completed the Instructor trainer course in adult Mental Health First Aid and 50 people on each campus have completed the adult mental health first aid course.

College Educators: [Learn more](#) offering the Adult Mental Health First Aid course on your campus. (Scott "[Learn more](#)" here links to Val's contact info)

Mental Health Basics For Frontline Workers A Manual for Community Health Workers

Developed by South Central Community College with a grant from HealthForce Minnesota, this manual provides basic information about mental health for use by Community Health workers.

[Download Manual](#) (Scott "[Download Manual](#)" here links to "4 south central Training Manual.pdf")