

MENTAL HEALTH AND ADDICTION STUDIES, ASSOCIATE OF APPLIED SCIENCE



The College designed the Mental Health Services programs to train mental health technicians, prevention specialists, and to prepare individuals to become substance use disorder counselors. Each program offers a practicum class that allows students to apply classroom skills in a treatment setting.

The Mental Health Clinical and Counseling Psychology, Associate of Applied Science (AAS), is a combination of the Mental Health Technician, Substance Use Disorder Counseling, and Substance Abuse Prevention Specialist certifications. The AAS ensures that you are trained on the spectrum of mental health and substance misuse from prevention to recovery!

Substance Use Disorder Counseling

Are you a compassionate, willing listener who is ready with support or a kind word during a difficult time? If so, San Jacinto College can give you the training you need to provide counseling and other specialized services to individuals and families suffering the devastating effects of substance abuse.

The San Jacinto College Substance Use Disorder Counseling program:

- Prepares students to enter the field of human services and provide specialized services to individuals and their families experiencing the effects of substance abuse;
- Teaches graduates to identify and administer appropriate assessments, diagnosis, and treatment of individuals who are, or have been, engaged in substance abuse;
- Requires an internship class where students are placed into a substance abuse facility to apply knowledge learned in the program; and
- Provides students with the necessary educational and practicum requirements toward becoming a Licensed Chemical Dependency Counselor (LCDC).

Chemical dependency is a problem that takes an enormous emotional and financial toll on society. This is an unfortunate issue, but the silver lining is that exceptional individuals, like you, are determined to reverse it. San Jacinto College can give you the training you need to become a vital part of the solution. We will prepare you to provide counseling and other specialized services to individuals and families suffering from the effects of substance abuse.

Once coursework is completed, students will need 4,000 hours (2 years) of supervised work experience and pass a state exam to obtain their LCDC.

Potential work opportunities

- Hospitals,
- Rehab centers,
- Outpatient clinics,
- Veteran's affairs clinics,
- Alternative schools,
- Research facilities, and
- Pain management clinics and counseling centers.

Mental Health Technician

Are you compassionate to others' needs? Psychiatric aides and technicians observe and record patient behavior and present their findings to counselors, nurses, and other professional staff. They intervene in crisis situations, actively moderate client behavior, and assist with feeding, moving, and dressing patients as well as personal hygiene and activities of daily living. If this sounds like you, San Jacinto College's Mental Health Technician path is for you.

The San Jacinto College Mental Health Technician program:

- Is specifically designed to train mental health technicians, both psychiatric aides and technicians;
- Prepares students to care for mentally ill individuals following physician instructions and hospital procedures;
- Provides psychiatric aides and technicians with the skills to observe and record patient behavior and present their findings to counselors, nurses, and other professional staff; and
- Offers training to intervene in crisis situations, actively moderate client behavior, and assist with feeding, moving, and dressing patients as well as personal hygiene and activities of daily living.

Career Opportunities

Graduates of our program will be able to work in substance abuse and mental health facilities in both private and nonprofit organizations and find opportunities in:

- Hospitals,
- In-patient psychiatric hospitals,
- Out-patient hospitals,
- Veteran affairs clinics,
- Nursing homes,
- Research facilities,
- Pain management clinics,
- Drug rehab centers, and
- Counseling centers.

You can make a difference in your life by making a difference in the lives of others!

Earning Potential

Substance abuse, behavioral disorder, and mental health counselor: \$58,245¹

Psychiatric Technician: \$39,437¹ per year

¹ Source: [texaswages.com](https://www.texaswages.com), median salary Gulf Coast region, 2023

For more information, students may contact 281-998-6350, x7146 or mentalhealthservices@sjcd.edu

Campuses

North Campus

South Campus

San Jac Online

In accordance with Texas House Bill 1508, the College informs all students in this program who may have a criminal background that a criminal history could keep graduates from being licensed by the state of Texas. Students with any questions about their background and licensure may speak with the Department Chair.

Students may view the application and information packet on the Mental Health Services (<https://www.sanjac.edu/programs/areas-of-study/health/mental-health/>) website.

Plan of Study

3MH-MHAS

First Term		Credits
PMHS 1305	Mental Health Services Technician	3
PSYC 2301	General Psychology	3
ENGL 1301	Composition I	3
SCWK 1303	Ethics for Social Service Professionals	3
DAAC 1311	Counseling Theories	3
Credits		15
Second Term		
PSYT 2345	Principles of Behavior Management and Modification	3
PSYT 2331	Abnormal Psychology	3
PSYT 2301	Psychology of Group Dynamics	3
DAAC 2343	Current Issues	3
Language, Philosophy and Culture (Humanities) or Creative Arts (Fine Arts)		3
Credits		15
Summer Year One Term		
PMHS 2366	Practicum-Mental Health Services Technician	3
Credits		3
Third Term		
MATH 1314 or MATH 1332	College Algebra or Contemporary Mathematics (Quantitative Reasoning)	3

DAAC 1317	Basic Counseling Skills	3
DAAC 2306	Substance Abuse Prevention I	3
DAAC 1304	Pharmacology of Substance Use Disorders	3
Credits		12
Fourth Term		
DAAC 2307	Family Intervention with Substance Use Disorders	3
DAAC 2341	Counseling of Substance Use Disorders	3
SCWK 2301	Assessment and Case Management	3
ENGL 1302 or ENGL 2311	Composition II or Technical and Business Writing	3
Credits		12
Summer Year Two Term		
DAAC 2366	Practicum - Substance Abuse/Addiction Counseling	3
Credits		3
Total Credits		60

Capstone Experience: PMHS 2366 Practicum-Mental Health Services Technician and DAAC 2366 Practicum - Substance Abuse/Addiction Counseling

Note: Students must pass each course listed in the degree or certificate for Mental Health Services with a grade of C or higher to be eligible to receive a degree or certificate.