Health Workforce Initiative
Statewide & Regional Directors of Employer Engagement
are pleased to present:

BEHAVIORAL/MENTAL HEALTH CAREERS
AWARENESS VIRTUAL SYMPOSIUM

"Ushering the Next Generation of Para-professionals to Professionals"
Part Six
Career Mapping & Decision Making

Today’s Presenter

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(Education Degree: Clinical Psychology)
Associate Professor in the Department of Psychology
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About Me

- Born and raised in Los Angeles, California
- Child of immigrants; parents from Colombia
- First-generation college-student
- Completed B.A. in Psychology at UCI
- Completed M.A. in Psychology at SDSU
- Completed Ph.D. in Clinical Psychology at UCLA
- Completed Clinical Internship at St. John’s/Providence Hospital
- Associate Professor at CSUN; Teaching, Research, and Mentorship

Objectives

- **Objective #1**: Briefly describe career options in behavioral-mental health and related healthcare fields.
- **Objective #2**: Describe necessary skills needed based on career path.
- **Objective #3**: Provide methods for effective decision-making to ensure successful navigation towards career path.
Behavioral-Mental Health Related Certificates and Educational Degrees

- AA = Associate in Arts
- ATA = Associate in Arts for Transfer
- AS = Associate in Science
- AST = Associate in Science for Transfer
- BA = Bachelor of Arts
- BS = Bachelor of Science
- MA = Master of Arts
- MS = Master of Science
- MFT = Marriage and Family Therapist
- MFTC = Marriage and Family Therapist Counseling
- MSW = Master of Social Work
- PhD = Doctor of Philosophy
- PsyD = Doctor of Psychology
- MD = Medical Doctor

Doctorate Degree in Psychology, Educational Psychology, or Education with a field of specialization in counseling psychology (Ph.D., Psy.D., Ed.D.)
Medical School (MD in Psychology)

Master Science in Nursing, Master of Social Work, MS/MB Counseling Psychology, MS/MBI Clinical Psychology, MS/MBI/MFT Counseling, Clinical Psychology, MS School Psychology

BA Nursing, BA Social Work, BA Psychology, BA Sociology

AS Addiction Studies, AA-Human Services, AA-T-Psychology, AA-T Sociology, Social and AA Behavioral Sciences
AA-T Social Work

Alcohol and Drug Counselor, Autism Technician, Community Health Worker, Human Services Coordinator, Peer Support Specialist, Registered Behavior Technician
Exploring Health Careers, Mind Matters, or other related courses may be offered at your local high school or adult school.

*Degrees and certificates for 5 years of college or less are examples. Actual dates of degrees and certificates may vary by college or university.*

Behavioral-Mental Health Jobs/Positions Related to Level of Education

- Master’s Degree/Doctorate
- Bachelor’s Degree
- Associate of Arts/Science Degree
- Certificate Program
- High School Diploma

**Licensed Practitioners:** Nurse Practitioner, Psychiatrist, School Psychologist (LSP), Psychologist, Private Practice Mental Health Therapist (all license levels), Hospital/Psychiatric Social Worker (BSW/ASW/LCSW’s only), Art Therapist, Supervisor with the County (WACS/CP), Program Director/Manager/Administrator

Hospice Social Worker, Hospice Social Worker, Adult/Child Social Worker, Behavioral Analyst, School Social Worker/Counselor w/Pupil Personnel Services Credentials (PPS), Mental Health Therapist/Mental Health Clinician with the following only ASW, APCC/AMFT, Pre-Licensed School Psychologist, Program Director/Manager/Administrator

**Psychiatric Technician:** Community Social Service Assistant, Alcohol and Drug Counselor, Eligibility Worker, Housing Coordinator, **LVP, **RN/ADN

**Peer Support Specialist:** Community Health Worker, Job Coach, Alcohol and Drug Counselor, **Registered Behavior Technician**, Autism Technician

**Office Support Staff, Advocate (Peer, Family, Housing)**

**Peer Support Specialist, Parent Partner**

*These certificates and licensed positions require a specific number of supervised training hours prior to taking a professional licensing exam. See back for details*

**J O B / P O S I T I O N T I T L E S L I S T E D**
**M A Y D I F F E R B Y C O U N T Y / C I T Y**
HWI Website: https://ca-hwi.org/  
HWI Email: cahwi@canyons.edu

Where Do I Start?  
Questions to Ask Yourself

Think Long-term and then work your way backwards:

► What settings would I like to be working in?
► What populations would I like to be serving/treating?
► Do I want to do the same thing everyday or a variety of different things?
► What can I do with my degree/certification/license?
► How much money will I make with my degree/certification/license?
► How will I pay for my degree certification/license?
► Do I want to pursue graduate school?
► Why do I want to pursue a certain career path?
► What skills and experiences should I be gaining?
► What should I do now?
Let’s Explore a Couple Decision-Making Tools

See attached resource guide

Where Can I Gain Valuable Experiences?

- In the Classroom - Projects, Presentations, Activities, etc.
- Internships to gain Clinical Experience
- Research Assistant Positions
- Join Campus Organizations
- Work - Paid or Volunteer
- Involvement in Community Organizations
- Reaching out to your Network
Who Can Help Me with Making Decisions?

Reaching out to Others for Help is Essential

- Family
- Friends
- Classmates
- Career Advisors
- Mentors
- Instructors/Professors
- Graduate Students

I Have Several Career Options in Mind:
But I’m Having Difficulty Deciding

Some Factors to Consider (This is not an exhaustive list!)

- Length of Time to Complete
- Financial Cost/Funding Opportunities
- Job Pay
- Job Opportunities
- Difficulty/Competitiveness of Acceptance
- Emphasis in training (e.g., research vs. clinical)
- Location
- Resources/Networks Available
- In-line with Family Expectations
- In-line with My Own Expectations
- Will this Bring me Joy?
I’m Interested in Gaining Experiences: What Should I Do Now?

- Create a Resume/CV
- Talk to Instructors/Professors
- Consider Finding a Mentor
- Reach out to Your Family and Friends about Opportunities
- Be ok with doing things that you are unsure about
- Search for opportunities on and off-Campus
- Put yourself out there! It’s ok to feel anxious!

Decision-Making Tools and Resources for Careers in Mental/Behavioral Health

See Attached Resource Guide
PART 7 - Friday November 20, 2020: 9 am - 10 am
Nursing in a Behavioral Health Setting (Psych Tech, Psychiatric RN, Psychiatric Mental Health Nurse Specialist, Mental Health Nurse Practitioner)