

San Mateo County Mental Health Services
GRADUATE TRAINEE CURRICULUM

CORE TRAINING COMPETENCIES

- **Orientation to System and Services**
 - Mission Statement
 - Youth, Transition Age, Adult and Older Adult System of Care
 - Adjunct Service Teams
 - Resources - Finding and Accessing Resources
 - Documentation & HIPAA

- **Wellness and Recovery Model**
 - Principles and Philosophy
 - Consumer Empowerment
 - Role of Family
 - Collaborating with Clients for their Treatment
 - Issues of Stigma
 - Consumer Rights

- **Diagnosis and Assessment**
 - DSM IV & ICD 9
 - Etiology of Psychiatric Conditions
 - Methods and Techniques of Clinical Assessment
 - Clinical Interview
 - Mental Status Exam

- **Legal & Ethical Issues**
 - Professional Guidelines
 - Legal issues Regarding Documentation
 - Reporting laws
 - Consumer Rights
 - Consent and Confidentiality
 - Laws Relating to Minors

- **Crisis Management**
 - Suicide Assessment
 - Assaultive Behaviors
 - 5150s

- **Treatment with Seriously Mentally Ill Adults and/or Serious Emotionally Disturbed Youth**
 - Treatment Modalities (case management, various therapies)
 - Evidence Based Practices (DBT, Motivational Interviewing, Solution Focused)
 - Working with Multi-disciplinary Teams
 - Clinical Issues
 - Developing Clinical Judgment/Observing Boundaries
 - Co-occurring Disorders

- **Cultural Competence**
 - Relating to the Above Competence Areas and Topics
 - Relating to socioeconomic factors that impact ethnic communities and the relationship between these communities and organized health/mental systems.
 - Relating to the practice of medicine (e.g., medications, collaboration with physical health providers, understanding consumers orientation to the healing
 - Relating to conditions resulting from migration and refugee status.
 - Relating to the understanding of acculturation and its impact on individual and family functioning.
 - Relating to the seriously mentally ill and the serious emotionally disturbed consumer and family culture.