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
  - Assailtive 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.