

Counseling and Mental Health
Alignment with NASAFACS Standards (NS)

Topic 1: Introduction

Unit 1: Class Guidelines and Stigma (9 strategies)

(NS 13) Demonstrate respectful and caring relationships in the family, workplace and community.

- 13.2 Analyze personal needs and characteristics and their effects on interpersonal relationships.
- 13.2.3 Analyze the effects of self-esteem and self-image on relationships.

Unit 2: Overview, Prevalence, and History (8 strategies)

(NS 7) Synthesize knowledge, skills, and practices required for careers in family & human services.

- 7.4 Analyze the impact of conditions that could influence the well-being of individuals and families.
- 7.4.1 Investigate health, wellness, and safety issues of individual and families with a variety of conditions that could influence their well-being.

Topic 2: Careers

Unit 1: Careers in Counseling and Mental Health (13 strategies)

(NS 7) Synthesize knowledge, skills, and practices required for careers in family & human services.

- 7.1 Analyze career paths within family and human services.
- 7.1.1 Explain the roles and functions of individuals engaged in family and human services careers.
- 7.1.2 Investigate opportunities for employment and entrepreneurial endeavors.

Unit 2: Consequences of Career Decisions (9 strategies)

(NS 1) Integrate multiple life roles and responsibilities in family, work, and community settings.

- 1.1 Analyze strategies to manage multiple roles and responsibilities (individual, family, career, community, and global).
- 1.1.4 Analyze potential effects of various career path decisions on balancing work and family.

Unit 3: Employability Skills (8 strategies)

(NS 1) Integrate multiple life roles and responsibilities in family, work, and community settings.

- 1.2 Demonstrate transferable knowledge, attitudes, and technical and employability skills in school, community and workplace settings.
- 1.2.2 Demonstrate job seeking and job keeping skills.

(NS 2) Evaluate management practices related to the human, economic, and environmental resources in a global context.

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- **2.1** Demonstrate management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time, and human capital.
- **2.1.1** Apply time management, organizational, and process skills to prioritize tasks and achieve goals.

Topic 3: Ethics and the Law

Unit 1: Ethics and Professionalism (*9 strategies*)

(NS 7) Synthesize knowledge, skills, and practices required for careers in family & human services.

- **7.1** Analyze career paths within family and human services.
- **7.1.6** Analyze the role of professional organizations in family and human services professions.
- **7.2** Analyze factors in providing family and human services.
- **7.2.2** Analyze professional, ethical, legal, and safety issues for human services employees.
- **7.3** Demonstrate professional behaviors, skills, and knowledge in providing family and human services.
- **7.3.2** Demonstrate professional and ethical behavior with peers in a variety of settings.
- **7.3.3** Analyze procedures for maintaining accurate and confidential documentation and submission practices.

Unit 2: Law (*9 strategies*)

(NS 1) Integrate multiple life roles and responsibilities in family, work, and community settings.

- **1.3** Evaluate the reciprocal effects of individual and family participation in community and civic activities.
- **1.3.5** Analyze the effects of federal, state, and local public policies, agencies, and institutions on the family.

(NS 7) Synthesize knowledge, skills, and practices required for careers in family & human services.

- **7.3** Demonstrate professional behaviors, skills, and knowledge in providing family and human services.
- **7.3.1** Evaluate rules, regulations, legal and work site policies that affect employer, employee, personal, and family rights and responsibilities.

Topic 4: The Brain and Nervous System

Unit 1: Brain and Nervous System (*21 strategies*)

(NS 12) Analyze factors that influence human growth and development.

- **12.1** Analyze principles of human growth and development across the life span.
- **12.1.3** Analyze current and emerging research about human growth and development, including but not limited to brain development research.

Topic 5: Mental Health

Unit 1: Mental Health and Wellness Across the Life Span (20 strategies)

(NS 1) Integrate multiple life roles and responsibilities in family, work, and community settings.

- **1.1** Analyze strategies to manage multiple roles and responsibilities (individual, family, career, community, and global).
- **1.1.6** Develop a life plan, including pathways to acquiring the knowledge and skills needed to achieve individual, family, and career goals.

(NS 12) Analyze factors that influence human growth and development.

- **12.1** Analyze principles of human growth and development across the life span.
- **12.1.2** Analyze interrelationships among physical, emotional, social, moral, and cognitive aspects of human growth and development.

Unit 2: Healthy Communication (22 strategies)

(NS 1) Integrate multiple life roles and responsibilities in family, work, and community settings.

- **1.2** Demonstrate transferable knowledge, attitudes, and technical and employability skills in school, community and workplace settings.
- **1.2.2** Demonstrate job seeking and job keeping skills.
- **1.2.3** Apply communication skills in school, community and workplace settings and with diverse populations.

(NS 13) Demonstrate respectful and caring relationships in the family, workplace and community.

- **13.3** Demonstrate communication skills that contribute to positive relationships.
- **13.3.2** Demonstrate verbal and nonverbal behaviors and attitudes that contribute to effective communication.
- **13.3.3** Demonstrate effective listening and feedback techniques.

Unit 3: Good Practices for Mental Health (26 strategies)

(NS 12) Analyze factors that influence human growth and development.

- **12.1** Analyze principles of human growth and development across the life span.
- **12.1.1** Analyze physical, emotional, social, moral, and cognitive development.

Topic 6: Theories and Treatments

Unit 1: Theories (16 strategies)

(NS 12) Analyze factors that influence human growth and development.

- **12.2** Analyze conditions that influence human growth and development.
- **12.2.1** Analyze the influences of heredity and environment on human growth and development.
- **12.3** Analyze strategies that promote growth and development across the life span.
- **12.3.1** Analyze the role of nurturance on human growth and development.

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(NS 4) Integrate knowledge, skills, and practices required for careers in early childhood, education, and services.

- **4.2** Analyze developmentally appropriate and culturally responsive practices to plan for early childhood, education, and services.
- **4.2.1** Analyze child development theories and their implications for educational and childcare practices.

Unit 2: Treatments (17 strategies)

(NS 1) Integrate multiple life roles and responsibilities in family, work, and community settings.

- **1.3** Evaluate the reciprocal effects of individual and family participation in community and civic activities.
- **1.3.4** Analyze community resources and systems of formal and informal support available to individuals and families.

(NS 12) Analyze factors that influence human growth and development.

- **12.3** Analyze strategies that promote growth and development across the life span.
- **12.3.3** Analyze the role of educational and family and social services support systems and resources in meeting human growth and development needs.

(NS 7) Synthesize knowledge, skills, and practices required for careers in family & human services.

- **7.2** Analyze factors in providing family and human services.
- **7.2.6** Analyze effective self-advocacy strategies for human services professionals.

Topic 7: Mental Disorders

Unit 1: Overview, Classification, Assessment, Diagnosis, Epidemiology, and Etiology (10 strategies)

(NS 12) Analyze factors that influence human growth and development.

- **12.1** Analyze principles of human growth and development across the life span.
- **12.1.1** Analyze physical, emotional, social, moral, and cognitive development.
- **12.2** Analyze conditions that influence human growth and development.
- **12.2.1** Analyze the influences of heredity and environment on human growth and development.

Unit 2: Disorders that Start in Childhood (13 strategies)

(NS 4) Integrate knowledge, skills, and practices required for careers in early childhood, education, and services.

- **4.2** Analyze developmentally appropriate and culturally responsive practices to plan for early childhood, education, and services.
- **4.2.2** Explore assessment tools and methods to observe and interpret children's growth and development and apply to assess growth and development across the lifespan.

(NS 7) Synthesize knowledge, skills, and practices required for careers in family & human services.

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- **7.5** Evaluate services for individuals and families with a variety of conditions that could impact their well-being.
- **7.5.1** Describe needs and accommodations for people with a variety of conditions that could affect their well-being.

Unit 3: Specific Disorders (23 strategies)

(NS 12) Analyze factors that influence human growth and development.

- **12.1** Analyze principles of human growth and development across the life span.
- **12.1.2** Analyze interrelationships among physical, emotional, social, moral, and cognitive aspects of human growth and development.
- **12.1.3** Analyze current and emerging research about human growth and development, including but not limited to brain development research.
- **12.2** Analyze conditions that influence human growth and development.
- **12.2.1** Analyze the influences of heredity and environment on human growth and development.

(NS 7) Synthesize knowledge, skills, and practices required for careers in family & human services.

- **7.5** Evaluate services for individuals and families with a variety of conditions that could impact their well-being.
- **7.5.3** Illustrate coping or adjustment strategies and stress management practices for the participant, a caregiver, and family members.

Unit 4: Substance-Related Disorders (26 strategies)

(NS 2) Evaluate management practices related to the human, economic, and environmental resources in a global context.

- **2.1** Demonstrate management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time, and human capital.
- **2.1.6** Summarize information about procuring and maintaining health care to meet the needs of individuals and family members.

(NS 7) Synthesize knowledge, skills, and practices required for careers in family & human services.

- **7.4** Analyze the impact of conditions that could influence the well-being of individuals and families.
- **7.4.4** Differentiate between situations that require personal prevention or intervention and those situations that require professional assistance.

Topic 8: Technology and Information Services

Unit 1: Technology and Information Services (8 strategies)

(NS 1) Integrate multiple life roles and responsibilities in family, work, and community settings.

- **1.2** Demonstrate transferable knowledge, attitudes, and technical and employability skills in school, community and workplace settings.
- **1.2.5** Analyze future-ready strategies to shape, manage, and utilize change, including changing technologies, in workplace settings.

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(NS 7) Synthesize knowledge, skills, and practices required for careers in family & human services.

- **7.3** Demonstrate professional behaviors, skills, and knowledge in providing family and human services.
- **7.3.3** Analyze procedures for maintaining accurate and confidential documentation and submission practices.

Topic 9: Safety

Unit 1: Domestic and Dating Violence, Child Abuse, Suicide (*22 strategies*)

(NS 13) Demonstrate respectful and caring relationships in the family, workplace and community.

- **13.1** Analyze functions and expectations of various types of relationships.
- **13.1.4** Analyze factors that contribute to healthy and unhealthy relationships.

(NS 15) Evaluate the effects of parenting roles and responsibilities on strengthening the well-being of individuals, families, and society.

- **15.2** Evaluate parenting practices that maximize human growth and development.
- **15.2.4** Analyze the effects of abuse and neglect on children and families and determine methods for prevention.

(NS 4) Integrate knowledge, skills, and practices required for careers in early childhood, education, and services.

- **4.4** Demonstrate a safe and healthy learning environment for children, youth and adults.
- **4.4.5** Document symptoms of abuse and neglect and use appropriate procedures to report suspected abuse or neglect to the designated authorities.

(NS 7) Synthesize knowledge, skills, and practices required for careers in family & human services.

- **7.4** Analyze the impact of conditions that could influence the well-being of individuals and families.
- **7.4.4** Differentiate between situations that require personal prevention or intervention and those situations that require professional assistance.
- **7.4.5** Analyze situations which require crisis intervention.