

MHRT/C Competency Survey

Domain I: Behavioral, Psychological, and Rehabilitation Intervention Models

Please read through each set of knowledge competencies on the next few pages. At the end of each set, please rate them using the following scale:

0: Not a Priority - Competency not needed for MHRT/C

1: Low Priority - Should have competency within first 3 years of being a MHRT/C

2: Medium Priority - Should have competency within first year of employment as a MHRT/C

3: High Priority - Needs to have competency when beginning job as a MHRT/C

4: Special Priority - This is a priority for those MHRT/Cs who provide specialty services or services to special populations.

Development & Etiology

0	1	2	3	4
Not a Priority	Low Priority	Medium Priority	High Priority	Special Priority

1. Theories of human development, including the interaction of social, cultural, biological, and environmental factors in physical, cognitive, and psychosocial development across the lifespan

2. Basic Diagnostic categories, e.g., autism spectrum, disorders, depressive disorders, intellectual and developmental disabilities

3. Substance and addictive disorders and the distinction between substance abuse and substance dependence (addiction), and between these disorders and addiction

4. Stages of Change Model

Assessment

0	1	2	3	4
Not a Priority	Low Priority	Medium Priority	High Priority	Special Priority

5. Assessment techniques to improve coping, e.g., social-cognition

assessment, cognitive-behavioral techniques, biofeedback methods

6. Common assessment instruments, e.g. AC/OK, LOCUS

7. Diagnostic criteria for mental health disorders and substance related disorders in the DSM-5

8. Strengths-based screening and assessment strategies for co-occurring disorders

Intervention

0	1	2	3	4
Not a	Low	Medium	High	Special
Priority	Priority	Priority	Priority	Priority

9. Common factors of effective helping, e.g., therapeutic relationship, precursors to a therapeutic relationship, empowerment, consumer choice

10. Evidence-based interventions, e.g., the PORT study, ACT model

11. Treatment Complexities, e.g., co-occurring disorders, addictions within special populations

12. Crisis intervention strategies

13. Community inclusion and utilization of natural supports

14. Community resources to assist in recovery process for persons who have co-occurring disorders

15. Collaborative treatment planning with people with psychiatric disabilities

Skills

0	1	2	3	4
Not a	Low	Medium	High	Special
Priority	Priority	Priority	Priority	Priority

16. Utilize interpersonal and active listening skills

17. Demonstrate respect for consumer

If you checked #4, Special Priority, for any of the competencies or skills listed in this section, please indicate which # competency or skill is a special priority and explain why that is.

#4 - Stages of Change - Vital for CMs to understand "where people are at" in the progress through their recovery. Also important to understand the cyclical nature of these stages.
#12 - Crisis Intervention Strategies - This is vital in order to avoid having situations escalate.

Please submit any additional feedback on the competencies in Domain I.

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