

DEPARTMENT OF ADULT MENTAL HEALTH & WELLNESS

Adult Mental Health & Wellness prepares students to improve the mental health and physical well-being of individuals across the adult lifespan, from young adults to older adults. Students in this department are prepared to support adult clients within agencies, institutions, communities, families and other social and organizational contexts.

This department is for students who want to become licensed clinical social workers helping adults with mental health, substance use disorders, trauma and medical issues, as well as prevention, recovery, wellness and health promotion. Whether you are interested in treating veterans coping with Post-Traumatic Stress Disorder or providing support to homeless individuals with mental illness or victims of domestic violence, this department will train you in the most innovative, evidence-based approaches to mental and behavioral health care.

SKILL DEVELOPMENT

The department's course work, tracks and hands-on field education training, equip students with a variety of skills, including:

- Client Assessment
- Clinical Interventions such as:
 - Motivational Interviewing
 - Cognitive Behavioral Therapy
 - Problem Solving & Solution-Focused Therapy
 - Crisis Intervention, Brief & Trauma-Focused Therapies
 - Group Therapy
- Treatment Planning
- Integrated Care & Interdisciplinary Treatment Approaches
- Documentation, Case Management & Resource Coordination
- Cultural Competency
- Ethical Decision Making
- Data Collection & Research
- Outcome Evaluation
- Policy Advocacy, Analysis & Proposal Development



CAREERS & WORK SETTINGS

Many Adult Mental Health & Wellness students pursue licensure after they graduate. Some students become independent practitioners and others work for social service agencies, government agencies, non-profits, hospitals, clinics and for-profit treatment facilities, among other settings. Students often pursue clinical practice in fields such as:

- Mental Health
- Military Social Work
- Medical Social Work
- Behavioral Health
- Wellness Coaching
- Substance Use Disorder and Recovery Treatment
- Marriage and Family Counseling
- Older Adult Care
- Integrated Care

- Crisis Counseling
- Forensic Early Intervention, Rehabilitation and Re-Entry Services
- Intimate Partner and Family Violence Prevention and Intervention
- Homeless Services and Supportive Housing
- LGBTQ Advocacy
- Serious Mental Illness Early Intervention, Treatment and Recovery

FIELD EXPERIENCE

Students complete 1,000 hours of hands-on training, which amounts to 14-20 hours per week. Sample field locations include:

- Social Service Agencies
- Government Entities
- Hospitals
- Community Organizations
- Non-Profit Organizations
- Treatment & Recovery Centers
- Behavioral & Mental Health Providers
- Clinics

