

# MINNESOTA PIPELINE PROJECT

## PRIVATE INVESTMENT, PUBLIC EDUCATION LABOR AND INDUSTRY EXPERIENCE

**Psychiatric/Mental Health Technician In-Patient** - A cross trained employee in areas of caring for patients with mental health issues in an in-patient setting.

### Industry-Sector Technical Competencies

- Part of Treatment Team – Understand how to function as part of a team of care providers including doctors, nurses, and counselors.
- Collaborate with Care Team – Understanding on how to work within a care team environment and effectively collaborate with colleagues for appropriate patient care.
- Trauma Informed Care - Knowledge about how trauma impacts the physical, mental, behavioral, social, and spiritual areas for the patient and how to align care with the unique circumstances of the patient.
- De-Escalation – Training in how to use various de-escalation techniques when dealing with an agitated patient.
- Professional Boundaries - Understand what professional boundaries are and identify poor ones. Learn how to create healthy boundaries from the very beginning of the relationship.
- Therapeutic Self Use – Trained in the technique to use oneself in such a way that the technician becomes an effective tool in the evaluation and intervention process.
- Chemical Dependency Awareness – Knowledge and experience with patients with chemical dependency and the impact to a patient’s mental health.
- Psycho-Social Support – Training in the various types of non-therapeutic intervention and how to effectively use them for patients’ treatment.
- Treatment Goals Assistance – Knowledge of methods the technician can help a patient meet their treatment goals.
- Serious Persistent Mental Illness Exposure – Either formal training or informal experience with mental illnesses with complex symptoms requiring ongoing treatment and management and how to work with patients with this type of diagnosis.
- CPR and First Aid – Training in First Aid and CPR certification.
- Harm Reduction Model – Understanding of the treatment method using client-therapist collaboration that combines substance abuse treatment with psychotherapy.
- Milieu Therapy Management – Training in creating an environment in which all aspects of the patient’s treatment are considered therapeutic.
- Patient Vitals – Training in the proper way to collect and record vital information.
- Treatment Goals – Knowledge in assisting patients in achieving treatment goals.

## **Occupation-Specific Competencies**

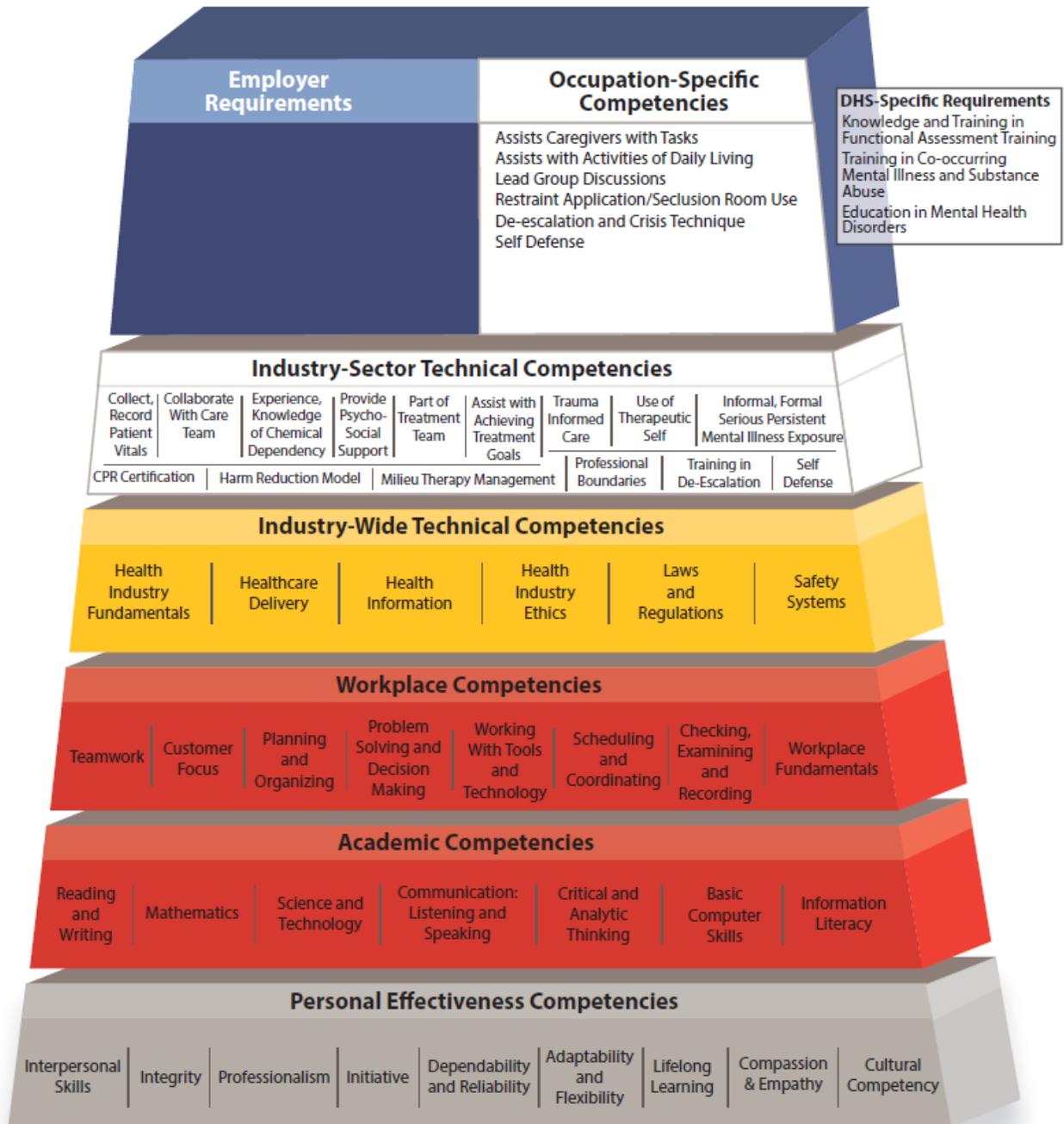
- Caregiver Assistant – Provide assistance to caregivers as needed with patient treatment.
- Activities of Daily Living – Ability to instruct patient and participate in activities required to manage with day to day living.
- Group Discussions – Lead group discussions as part of treatment programs.
- Restraint Application/Seclusion Room Use – Able to recognize when to apply necessary restraints on patients and properly use seclusion rooms.
- Self-Defense – As needed, demonstrate proper self-defense techniques to protect one's self in volatile situations.
- De-Escalation – Use various de-escalation and crisis management techniques when dealing with an agitated patient.
- Local Community Resources – Awareness of various resources within the community which may provide support to patient and their caregivers.
- CPR and First Aid – Training in First Aid and CPR certification.

## **DHS Specific Requirements**

- Functional Assessment – Show proper assessment techniques to ascertain the purpose or reason for behaviors displayed by individuals with mental health issues.
- Co-occurring Mental Illness and Substance Abuse – Use appropriate methods for integrated treatment to address mental and substance use conditions at the same time.
- Mental Health Disorders – Demonstrate knowledge of mental health disorders and the manifestation of symptoms in mental health patients.

# PIPELINE Project

## Competency Model for Health Care Services Occupation: Psychiatric/Mental Health Technician In-Patient



Based on: Health: Allied Health Competency Model Employment and Training Administration, United States Department of Labor, December 2011.

## Psychiatric/Mental Health Technician In-Patient Occupational Competency Training Plan

*Related Instruction means an organized and systematic form of instruction designed to provide the apprentice with the knowledge of the theoretical and technical subjects related to the apprentice's trade of occupation, or industrial courses or, when of equivalent value, by correspondence, electronic media, or other forms or self-study approved by the commissioner.*

|  | <b>Course</b> | <b>Course Description</b> | <b>Credit/Non-Credit</b> | <b>Hours Spent on Competency</b> |
|--|---------------|---------------------------|--------------------------|----------------------------------|
| Collect & Record Patient Vitals                            |               |                           |                          |                                  |
| CPR Certification  |               |                           |                          |                                  |
| Collaborate with Care Team                                 |               |                           |                          |                                  |
| Experience/Knowledge of Chemical Dependency                |               |                           |                          |                                  |
| Provide Psycho-Social Support                              |               |                           |                          |                                  |
| Part of Treatment Team                                     |               |                           |                          |                                  |
| Assist with Achieving Treatment Goals                      |               |                           |                          |                                  |
| Trauma Informed Care                                       |               |                           |                          |                                  |
| Use of Therapeutic Self                                    |               |                           |                          |                                  |
| Informal/Formal Serious Persistent Mental Illness Exposure |               |                           |                          |                                  |
| Harm Reduction Model                                       |               |                           |                          |                                  |
| Milieu Therapy Management                                  |               |                           |                          |                                  |

|  |                           |  |                                  |  |
|--|---------------------------|--|----------------------------------|--|
| Professional Boundaries  |                           |  |                                  |  |
| Training in De-Escalation  |                           |  |                                  |  |
| Self Defense   |                           |  |                                  |  |
| <i>On-The-Job Training is the work experience and instruction. Training experience need not be in the exact order as listed below.</i> |                           |  |                                  |  |
|  | <b>Trainer/Instructor</b> | <b>Name of person responsible for verifying competency mastery</b> | <b>Hours spent on competency</b> |  |
| Assists Caregivers with Tasks  |                           |  |                                  |  |
| Assists with Activities of Daily Living  |                           |  |                                  |  |
| Lead Group Discussions   |                           |  |                                  |  |
| Restraint Application/Seclusion Room Use   |                           |  |                                  |  |
| De-escalation and Crisis Technique   |                           |  |                                  |  |
| Self Defense   |                           |  |                                  |  |
| <i>DHS Specific Competencies</i>   |                           |  |                                  |  |
| Knowledge and Training in Functional Assessment Training   |                           |  |                                  |  |
| Training in Co-occurring Mental Illness and Substance Abuse  |                           |  |                                  |  |
| Education in Metal Health Disorders  |                           |  |                                  |  |