

# BEHAVIORAL/MENTAL HEALTH CAREERS AWARENESS VIRTUAL SYMPOSIUM

"Ushering the Next Generation of Para-professionals to Professionals"

Part Six

Career Mapping & Decision Making



1

#### **Today's Presenter**



Dr. Jonathan I. Martinez, Ph.D.

(Education Degree: Clinical Psychology)

Associate Professor in the Department of Psychology

& Co-Director of the Clinical Psychology M.A. Program

Cal State University, Northridge



#### About Me

- ▶ Born and raised in Los Angeles, California
- ▶ Child of immigrants; parents from Colombia
- ► First-generation college-student
- ► Completed B.A. in Psychology at UCI
- Completed M.A. in Psychology at SDSU
- ► Completed Ph.D. in Clinical Psychology at UCLA
- ► Completed Clinical Internship at St. John's/Providence Hospital
- Associate Professor at CSUN; Teaching, Research, and Mentorship

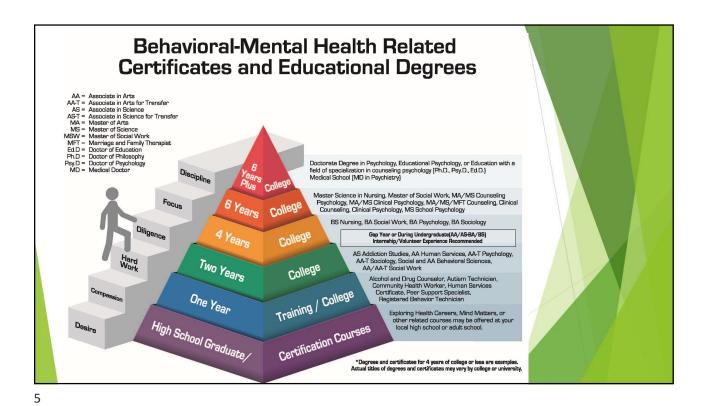
3

### **Objectives**

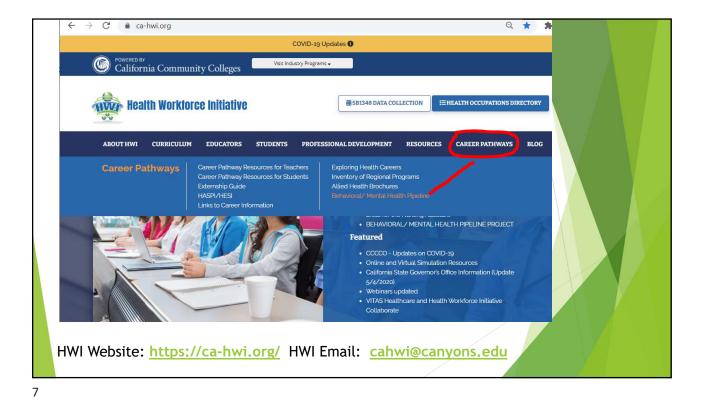
- Objective #1: Briefly describe career options in behavioralmental health and related healthcare fields.
- Objective #2: Describe necessary skills needed based on career path.
- Objective #3: Provide methods for effective decisionmaking to ensure successful navigation towards career path.

PUENTE Lab

,



Behavioral-Mental Health Jobs/Positions Related to Level of Education \*\*Licensed Practitioners: Nurse Practitioner, Psychiatrist, School Psychologist (LEP), Psychologist, Private Practice Mental Health Therapist(\*all license levels), Hospital/Hospice Social Worker (MSW/ASW/LCSWs only), Art Therapist, Supervisor with the County (APS/CPS), Program Director/Manager/Administrator Master's Hospital Social Worker, Hospice Social Worker, Adult/Child Social Worker, Behavioral Analyst, School Social Worker/ Counselor w/Pupil Personnel Services Credentials (PPS), Mental Health Therapist/Mental Health Clinician with the Degree/ Doctorate following only ASW, APCC, AMFT. Pre-License School Psychologist, Program Director/Manager/Administrator Behavioral Health Specialist/Designee, Assistant Behavioral Analyst, Case Manager, Care Coordinator, Vocational Rehabilitation Worker, Child Welfare Worker, Outreach Specialist, \*Psychiatric RN, \*Music Therapist Bachelor's Degree Gap Year or During Undergraduate(AA/AS-BA/BS) Internship/Volunteer Experience Recommended Associate of \*Psychiatric Technician, Community/Social Service Assistant, Arts/Science \*Alcohol and Drug Counselor, Eligibility Worker, APS = Adult Protective Services
CPS = Child Protective Services
ADN = Associate Degree in Nursing
AMT = Associate Marriage and Family Therapist
APCC = Associate Marriage and Family Therapist
APCC = Associate Cinical Social Worker
LCSW = Associate Cinical Social Worker
LCSW = Licensed Clinical Social Worker Degree Housing Coordinator, \*LVN, \*RN/ADN Peer Support Specialist, Community Health Worker, Job Coach Certificate **Programs** \*Alcohol and Drug Counselor, \*Registered Behavior Technician, \*Autism Technician LEP = Licensed Educational Psychologist LVN = Licensed Vocational Nurse MSW = Master's in Social Work High School Diploma/ GED Office Support Staff, Advocate (Peer, Family, Housing) Peer Support Specialist, Parent Partner \*/\*\*These certificates and licensed positions require a specific number of supervised training hours prior to taking a professional licensing exam. (see back for details) JOB/POSITION TITLES LISTED MAY DIFFER BY COUNTY/CITY



Where Do I Start? Questions to Ask Yourself

Think Long-term and then work your way backwards:

- ▶ What settings would I like to be working in?
- What populations would I like to be serving/treating?
- ▶ Do I want to do the same thing everyday or a variety of different things?
- What can I do with my degree/certification/license?
- ▶ How much money will I make with my degree/certification/license?
- How will I pay for my degree certification/license?
- Do I want to pursue graduate school?
- Why do I want to pursue a certain career path?
- What skills and experiences should I be gaining?
- What should I do now?

### Let's Explore a Couple Decision-Making Tools

See attached resource guide

a

#### Where Can I Gain Valuable Experiences?

- ▶ In the Classroom Projects, Presentations, Activities, etc.
- ► Internships to gain Clinical Experience
- ► Research Assistant Positions
- ▶ Join Campus Organizations
- ▶ Work Paid or Volunteer
- ▶ Involvement in Community Organizations
- ► Reaching out to your Network

#### Who Can Help Me with Making Decisions?

Reaching out to Others for Help is Essential

- Family
- Friends
- Classmates
- Career Advisors
- Mentors
- Instructors/Professors
- Graduate Students

11

#### I Have Several Career Options in Mind: But I'm Having Difficulty Deciding

Some Factors to Consider (This is not an exhaustive list!)

- Length of Time to Complete
- Financial Cost/Funding Opportunities
- Job Pay
- Job Opportunities
- Difficulty/Competitiveness of Acceptance
- ▶ Emphasis in training (e.g., research vs. clinical)
- Location
- Resources/Networks Available
- In-line with Family Expectations
- In-line with My Own Expectations
- Will this Bring me Joy?

# I'm Interested in Gaining Experiences: What Should I Do Now?

- Create a Resume/CV
- ► Talk to Instructors/Professors
- Consider Finding a Mentor
- ▶ Reach out to Your Family and Friends about Opportunities
- ▶ Be ok with doing things that you are unsure about
- Search for opportunities on and off-Campus
- ▶ Put yourself out there! It's ok to feel anxious!

13

## Decision-Making Tools and Resources for Careers in Mental/Behavioral Health

See Attached Resource Guide





