


*Health Workforce Initiative
Statewide & Regional Directors of Employer Engagement
are pleased to present:*

**BEHAVIORAL/MENTAL HEALTH CAREERS
AWARENESS VIRTUAL SYMPOSIUM**

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

Part Six
Career Mapping & Decision Making



Health Workforce Initiative

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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

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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

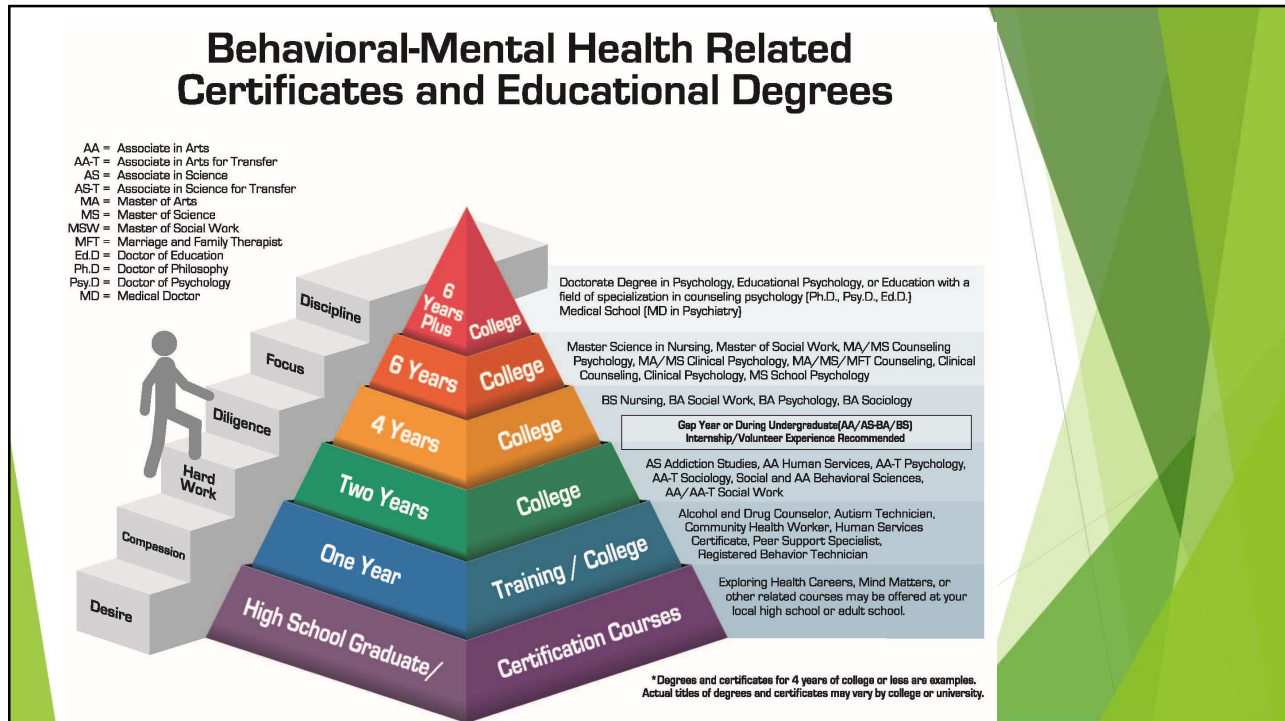
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Objectives

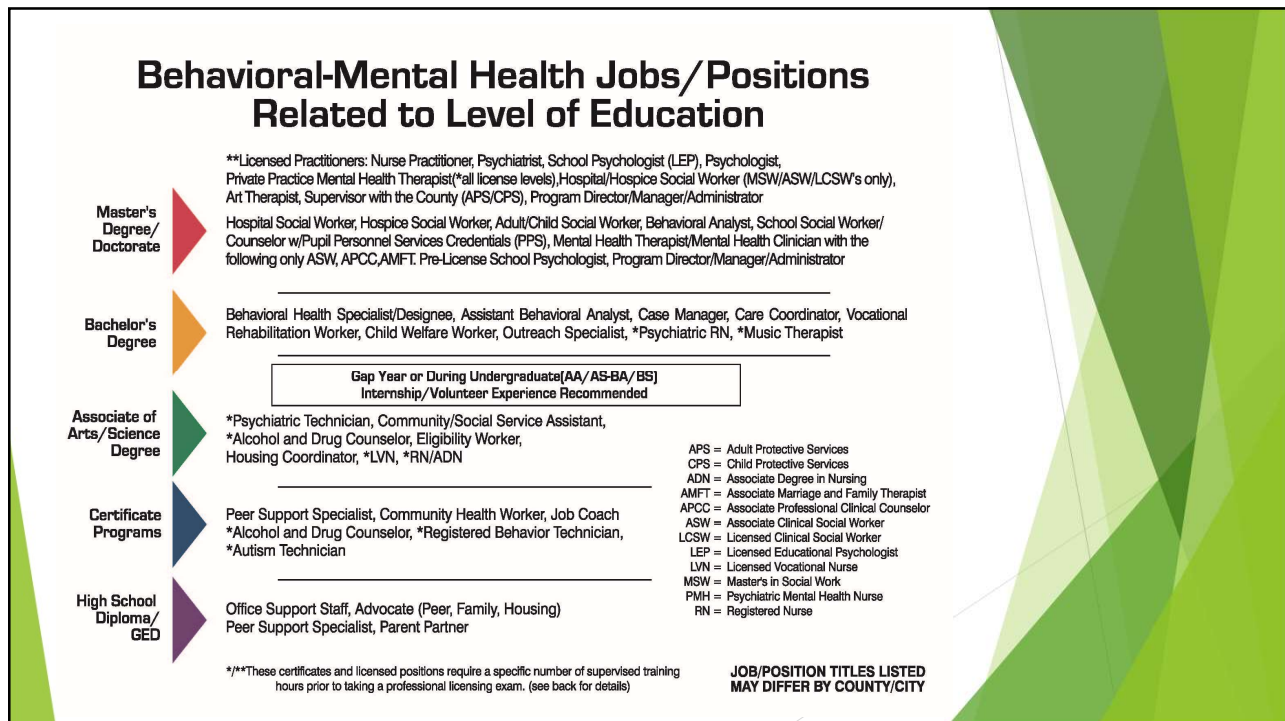
- Objective #1: Briefly describe career options in behavioral-mental health and related healthcare fields.
- Objective #2: Describe necessary skills needed based on career path.
- Objective #3: Provide methods for effective decision-making to ensure successful navigation towards career path.

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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?

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Let's Explore a Couple Decision-Making Tools

See attached resource guide

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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

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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

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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?

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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!

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


See Attached Resource Guide

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Thank you for your participation!



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- ▶ PART 7 - Friday November 20, 2020: 9 am - 10 am
Nursing in a Behavioral Health Setting (Psych Tech, Psychiatric RN, Psychiatric Mental Health Nurse Specialist, Mental Health Nurse Practitioner)
http://bit.ly/HWI_BehavioralHealth_Careers7

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