

# MENTAL HEALTH AND WELL-BEING :

## In Workflow

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## Approval Path

1. Fri, 27 Jan 2023 22:01:58 GMT  
Leah Olson-McBride (olsonmcl): Approved for SOCIALWK Chair
2. Wed, 01 Feb 2023 15:04:39 GMT  
Jill Prushiek (prushijt): Approved for EHS Dean PreCurrComm (PIM)
3. Mon, 06 Feb 2023 14:33:36 GMT  
Jill Prushiek (prushijt): Approved for EHS Dean (PIM)

## New Program Proposal

Date Submitted: Fri, 27 Jan 2023 22:01:10 GMT

**Viewing : Mental Health and Well-Being**

**Last edit: Wed, 01 Feb 2023 15:04:16 GMT**

Changes proposed by: Leah Olson-McBride (olsonmcl)

## Preparer(s)

### Preparer Name:

Leah Olson-McBride

## Program Level

Undergraduate

## Program Type

Certificate (Credit-Bearing)

## Name of Program

Mental Health and Well-Being

## Administrative Department

Social Work

## College

Education and Human Sciences

## Effective Catalog Year

2023-2024

## Is this content intended to be shared across multiple programs/catalog pages?

No

## Program Requirements (Includes Course Lists):

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This certificate requires 12 credits of course work. The student must complete all of the courses in the certificate with a C or higher.

Code	Title	Credits
<b>Required Courses</b>		
SW 100	Introduction to Social Welfare	3
<b>Elective Credits</b>		<b>9</b>

PSYC 100	Introduction to Psychology
SW 299	Course SW 299 Not Found
SW 360	Death and Bereavement
SW 389	Course SW 389 Not Found
SW 391	Course SW 391 Not Found
SW 490	Mental Health and Substance Abuse

Other courses as approved by the department chair.

Note: Three credits used to complete the social work major requirements may count toward completion of the certificate.

### **Additional Program Requirements (If Applicable)**

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None

### **Additional Admission Requirements Unique to Program (If Applicable)**

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None

### **Other Catalog Notes/Restrictions (If Applicable)**

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None

### **Learning Outcomes**

Please state the Learning Outcomes for this New Program:

	<b>Description</b>
Outcome 1	Articulate the impact that social, cultural, and environmental factors can have on the mental health and well-being of an individual.
Outcome 2	Demonstrate an understanding of current best practices in mental health service delivery.

### **Summary and Rationale**

#### **Target Audience(s)**

The target audience for the certificate is two-fold: (1) current UWEC degree seeking students who are interested in adding a certificate focused on mental health and well-being to their current degree plan and (2) individuals in the community who are currently employed or seeking employment in mental health or human service settings who would like to expand their knowledge base by pursuing a certificate.

Please see attached document for models of how students could choose to complete the coursework for this certificate.

#### **Evidence of long-term need**

According to a 2023 study by the Kaiser Family Foundation, nearly half of the US population (47%) is living in a mental health shortage workforce area. This need is especially acute in the rural areas surrounding Eau Claire. For example, Pepin County has a 7,290:1 ratio for patients to mental health providers (as compared to a 250:1 ratio in Dane County). As a result of these workforce shortages, many human service agencies have hired individuals with limited education, training, or experience specific to mental health and well-being. The purpose of this certificate is to provide those interested in working in a mental health field with basic theoretical and practical knowledge related to mental health and well-being in order to impact their overall professional preparedness.

In addition, individuals working in fields that contribute to human well-being, such as exercise and rehabilitation sciences, teaching, and speech language therapy may benefit from obtaining additional knowledge related to the impact that mental health can have on physical health, communication practices, and educational attainment.

Finally, individuals trained as social workers make up the largest proportion (60%) of mental health providers in the United States. This certificate will provide current social work majors at UWEC with the opportunity to augment their social work degree with additional mental health specific knowledge.

#### **Anticipated Enrollment**

50-75 students per year. It is anticipated that 3/4 of the students will be current degree seeking students and 1/4 will be those not currently seeking a four-year degree at UWEC.

**Alignment with university mission**

This certificate is aligned with the university's commitment to provide "educational opportunities responsive to the needs of our communities, state, region, and beyond". In addition, the certificate is aligned with the 2025 Strategic Plan, specifically the segment related to becoming an institution with a national reputation for programming associated with health and well-being.

**Statement of benefits to students**

This certificate is designed to be completed in a manner that fits the student: fully in-person, fully online, or via a mix of online and in-person coursework. The flexible nature of the certificate benefits students who may need to adapt their course schedules due to familial or professional obligations.

Also, this certificate is beneficial to UWEC students because it offers the opportunity to obtain knowledge that is relevant to multiple disciplinary areas while meeting the needs of regional employers.

**Department(s), program(s), college(s), and university predecessor programs**

There is no predecessor program.

**Relationship to existing programs**

This certificate does not duplicate existing programming, but is complementary to existing programming in Psychology (major and minor) and Social Work (major).

**Resources****Does the department have the necessary staffing to offer this program?**

Yes

**Explain need for student support, library resources, etc.:**

There is no anticipated need for support services.

**Describe funding needs to initiate and maintain the program, including source(s) of funding and any needed resource reallocation:**

Existing resources are sufficient. The funding provided by the Title IV-E Child Welfare Training program provides the department the ability to hire adjunct instructors to teach elective courses and sections of SW 100. This fund also allows the department to provide current social work faculty the opportunity to teach the required upper division courses. If an additional course was needed, it would be funded through Social Work WIN/SUM funds. The department is ready to support this certificate.

**Proposed frequency of offering for courses included in the program:**

The course frequency varies by course:

SW 100: multiple sections (at least 12 per year) offered in Fall/Winterim/Spring/Summer

PSYC 100: multiple sections offered in Fall/Winterim/Spring/Summer

SW 299: will initially be offered in Winterim with an expansion to summer if needed

SW 360: currently offered in Spring term

SW 389: will initially be offered in Summer term

SW 391: currently offered in Spring term (labeled as SW 491)

SW 490: currently offered in Spring term with expansion to summer if needed

**Proposed arrangements for ongoing faculty advising for students in the program**

Advising will be provided by the Social Work department chair.

**Provide justification that this program is not a duplication of another program that is currently being offered**

This program is not a duplication of other programs on our campus. There are two other certificates in social work, but there is minimal credit overlap between the course offering for each certificate.

**If applicable, select impacted departments:****Departments**

Psychology

**Describe impacted courses or programs in other areas of the university:**

Dr Goodman, chair of Psychology, agreed to allow PSYC 100 to count as a course offering within this certificate.

**Attachments****Attach File**

MENTAL HEALTH AND WELLBEING certificate.pdf

Key: 412