

**MHRT/C**  
**Certification and the Social and Behavioral Sciences (SBS) Program**  
**at USM/LAC**  
**Advising Sheet (Updated April 2017)**

1. What is MHRT/C certification?

MHRT/C stands for Mental Health Rehabilitation Technician/Community. It is a certification that originated in Maine, and is recognized only in Maine. The MHRT/C is administered by the Muskie Center for Learning in Augusta. Its original purpose was to ensure that people providing services to adults with mental health problems as Community Support Workers have a standard set of necessary basic skills, and a focus on recovery. From [http://muskie.usm.maine.edu/cfl/MHRT/section\\_1.htm](http://muskie.usm.maine.edu/cfl/MHRT/section_1.htm):

The Mental Health Rehabilitation Technician (MHRT) Certification was first established in 1992 so that individuals in DHHS-funded positions providing community support services to adults with mental illness would have the training they needed to provide quality services.

Initially it was meant to provide a quality control system for people working in the field without college or graduate degrees. Over time, however, the skills and requirements have evolved, and MHRT/C certification is now required of anyone who wants to be a direct care provider of mental health services in any job funded by the Maine DHHS (Department of Health and Human Services), whether or not they have a college degree. Because of this, some college degree programs have worked with the Center for Learning which oversees the MHRT/C process, to get their programs accredited so their students have either partially or completely earned their MHRT/C certification by the time they graduate.

2. Do I need MHRT/C certification?

- If you plan to pursue a career in education, business, law, or anything that does NOT involve providing mental health care to adults, no - you will not benefit from MHRT/C certification.
- If you are planning on pursuing a graduate degree in a mental health related field (e.g., MSW, MC or MA in Counseling, EdD or PhD in Counseling or PhD in Clinical Psychology, etc.) you do not need the MHRT/C -- *unless* you want to work in a direct care role before completing your graduate work. There are many different types of accreditation for mental health care practitioners. The MHRT/C will not replace the accreditations required in those fields (e.g., LCSW, Certified Counselor, Licensed Psychologist, etc.).
- If you plan on working *outside of Maine*, you do not need the MHRT/C; it is not required and will not be recognized.
- However if you plan on being a case worker, working in a group home setting, or something similar, during or after completing your Bachelor's degree, you should definitely consider pursuing MHRT/C certification.
- Finally, if you want to work as a *crisis worker*, or to provide services in *children's mental health*, you do not need the MHRT/C -- there are *different certifications* for those fields.

3. How can I get MHRT/C certification at LAC?

There are three levels of MHRT/C accreditation.

**Provisional Level A** is the most basic; it means that you are eligible to take training in the five competencies required to earn your Provisional Level B accreditation, over a one-year period.

- *All students who graduate with an SBS degree from LAC are automatically eligible for MHRT/C provisional Level A. See details at <http://muskie.usm.maine.edu/cfl/MHRT>*

**Provisional Level B** certification means that you have received training in the first five competency areas, and have two more years in which to complete the remaining five competency areas.

- The former Provisional Level B preapproval for the Counseling Concentration was replaced by the full MHRT/C accreditation track within the SBS Counseling Concentration at LAC (see below).
- A new Provisional Level B option within SBS has now been approved by the the CFL, that allows students in the SBS MHRT/C track to earn the Provisional B prior to completing their internship and graduating with the Bachelor's degree in SBS. This allows students to be eligible for internships that may require them to have an MHRT/C already in hand.
- The new Provisional B is available to SBS students who have:
  - (1) completed **all** of SBS MHRT/C track courses except for the Internship, and
  - (2) completed **most** other requirements of the major, **including all** of those directly relevant to the MHRT/C (SBS prerequisites, HRD 200, SBS 300, LAC 370), but not necessarily Statistics, Research Methods, Senior Seminar, or general electives

**Full MHRT/C accreditation:** *The MHRT/C track within the SBS Counseling Concentration is preapproved by the Muskie Center for Learning (which oversees MHRT accreditation). Our track is listed on the CFL website. Upon completion of the courses required within the MHRT/C track, students may apply for a certificate directly from LAC by (1) having their academic advisor or Student Success Center advisor complete the MHRT/C track check-sheet, and signing it; (2) sending a copy of the sheet and their transcript, along with a request for an MHRT/C certificate, to the 'point person' for the MHRT/C track at LAC (currently Carol Nemeroff, [cnemeroff@maine.edu](mailto:cnemeroff@maine.edu)).*

#### 4. What is the Full MHRT/C track at LAC?

The MHRT/C track is a *sub-track* of the SBS Counseling Concentration. This means students take

1. all required LAC Core courses;
2. all SBS required courses;
3. the two required Counseling Concentration Foundational courses – SBS 311 Theories of Personality and SBS 411 Counseling and Psychotherapy;
4. and in selecting their remaining courses from the required four categories that satisfy the Counseling Concentration requirements, *their choices will be limited as follows:*

Group 1: Psychosocial Disorders and Service\*\* -- MHRT/C track students will need THREE of the following courses (rather than just one from Group 1):

- SBS 303 Abnormal Psychology
  - SBS 346 Introduction to Social Services
- And EITHER
- SBS 348 Responding to Mental Health Crisis in the Community
- OR
- SBS 399 Trauma: Social, Psychological and Cultural Dimensions

Group 2: Diversity and Multiculturalism:

- SBS 399/315 Social Psychology of Disability

Group 3: Developmental Contexts:

- Any course from group 3 is acceptable.

Group 4: Applied Topic:

- SBS 343 Substance Abuse

\*\*Note that because the MHRT/C track requires three courses from Group 1, rather than just one, students taking this track will need to fill two of their general electives with MHRT/C track courses.