MHRT/C Certification within the Social and Behavioral Sciences (SBS) Program

What is MHRT/C certification? MHRT/C stands for Mental Health Rehabilitation Technician/Community. It is a certification that is recognized only in Maine, although a growing number of states are developing equivalent credentials. It is administered by USM’s Muskie School Center for Learning (CFL). The certificate program establishes educational standards and promotes skill-based practice for community based mental health workers with a focus on recovery, and the MHRT/C certification is now required of anyone who wants to be a direct care provider of adult mental health services in any job funded by the Maine Department of Health and Human Services (DHHS), whether or not they have a college degree.

Do I need MHRT/C certification?

- 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.
- If you plan on working outside of Maine, you do not need the MHRT/C, although many states have similar credentials.
- If you plan to pursue a career in education, business, law, or a field that does not provide adult mental health services (funded by DHHS), you will not need the certification.
- If you are planning on pursuing certain graduate degrees in a mental health related field you may 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, LCPC, Licensed Psychologist, etc.), although in some cases it may also be required.

Recent Changes to the MHRT/C

- Certificates now need to be renewed every two years, with 18 credits of continuing education required for renewal.
- A new required component of the certification program is a free online module, entitled “Maine’s Mental Health System 101: An Introduction to our History, Services, Values and Roles”. Please visit the website at: www.cfl-muskie.org
- Students who began the track prior to September 2019 will continue to be granted certification under a “transitional or grandfathering phase” so work directly with the CFL if this applies to you. As of September 2019, incoming students must complete curriculum that meets the new competencies.

How can I get MHRT/C certification?

- **Full MHRT/C certification:** Effective fall 2019 the SBS Counseling Concentration Sub-track MHRT/C is an approved program for full certification under the new competencies. Upon graduation, students submit their application paperwork directly to the Muskie CFL for processing.
- **Provisional MHRT/C certification:** All SBS graduates are eligible upon graduation for provisional MHRT/C certification, and would then have a two-year window to complete the required competencies.
This means students will:

- complete the online Maine’s Mental Health System 101 training module on the Muskie website (cfl-muskie.org)
- complete all required USM Core courses, and all required courses for the SBS degree, ensuring that their internship placement is in a counseling-relevant setting;
- complete the MHRT/C sub-track within the counseling concentration: This includes the following eight SBS courses:
  - SBS 303 Abnormal Psychology;
  - SBS 311 Theories of Personality;
  - SBS 315 Social Psychology of Disability;
  - SBS 343 Substance Abuse;
  - SBS 346; Introduction to Social Services;
  - SBS 348 Responding to Mental Health Crisis in the Community;
  - SBS 411 Counseling and Psychotherapy
  - and choose one of the following developmental-oriented courses: SBS 305 Child and Adolescent Development; SBS 341 The Family; SBS 375 Infant Mental Health and Attachment; PSY 325 Psychology of Adulthood and Aging or GRN 318 Adult Development and Aging.

Non-SBS students: SBS also now has an approved free-standing MHRT/C track, for individuals who are not pursuing their full bachelor’s degree, or are in another major. Non-SBS students need to take the following courses: SBS 303 Abnormal Psychology; SBS 311 Theories of Personality; SBS 315 Social Psychology of Disability; SBS 343 Substance Abuse; SBS 346 Introduction to Social Services; SBS 348 Responding to Mental Health Crisis in the Community; SBS 411 Counseling and Psychotherapy and LAC 447 internship in a counseling-relevant setting. They will need to take the Maine’s mental Health System 101 online module, and submit their application materials directly to the CFL.