
Careers in Mental Health

— You Can Make the Difference —

This presentation can be accessed at <https://www.ellingtonbooks.com/health>
Contact: Art Fuller, fulleral@uindy.edu

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Careers in Mental Health

Learning Objectives for
Teens & Young Adults

1. Understand how mental health applies to daily life.
2. Understand the different economic sectors impacted by mental health.
3. Understand the important qualifications and mindset that support a successful mental health career.
4. Understand the incentives and opportunities being used to attract people to mental health careers.



Careers in Mental and Behavioral Health

What is Mental Health?

What Opportunities are Available?

What are the Qualifications?

What is the Future Outlook?

Where Do I Begin?

Learn More

Select from the Menu Options Above. It is recommended that the modules be completed in the order they are listed from left to right, beginning on the first row.

What is Mental Health?

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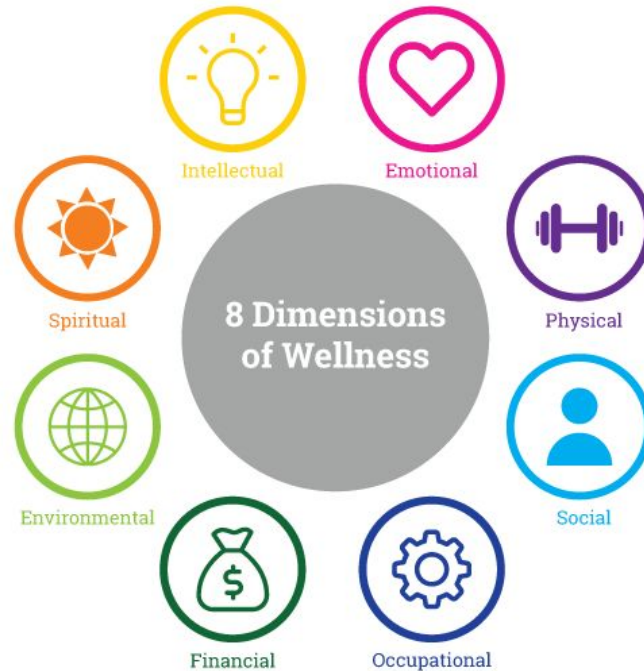
Program Overview

1. What is mental health?
2. Why is it important?
3. You can make the difference.



Mental Health is How We Think About Our Wellness

1. Emotional
2. Environmental
3. Financial
4. Intellectual
5. Occupational
6. Physical
7. Social
8. Spiritual



All Dimensions of Our Wellness Matter



The 8 Dimensions of Wellness

Right Now...The Conversation is Happening

1. There's a conversation going on right now - inside of you.
 - a. How do you feel today?
 - b. How do you feel about yourself?
 - c. Why am I here?
 - d. What are my plans?
 - e. Where am I headed next?
 - f. Why did that happen?
 - g. Why was that said to me?



Mental Health - It is Very Important

1. It's also very complicated
2. It's worth understanding at a very deep level.
3. It helps make you...you.

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Behavioral Health*

We Can Choose to Be the Best Version of Ourselves



Who You are Today

1. These internal conversations develop or reinforce habits about how you view yourself and how you view the world around you.
2. These internal conversations also influence
 - a. How you relate to others.
 - b. How you feel about others.
 - c. How you define your values
 - d. How your values inform your actions
 - e. How your actions affect your health



What Opportunities are Available?

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Let Me Count the Ways.

Careers in Mental Health. Your Overall Wellbeing.

1. What interests you?
 - a. Sports
 - b. Music
 - c. The Arts
 - d. The Justice System
 - e. Science
 - f. Medicine
 - g. Engineering
 - h. Environment
 - i. Faith
 - j. Finance
 - k. Families
 - l. Education
 - m. Emergencies
 - n. And the list goes on



We Have to Talk About It. Careers in Mental Health

1. I am an executive at 1 behavioral health organization. Every week we partner with
 - a. Government Officials (Local, State, National)
 - b. Chambers of Commerce (Local & State)
 - i. Businesses (For Profit / Non Profit)
 - c. Criminal Justice System & Law Enforcement
 - d. Hospitals & Doctor Offices
 - e. Colleges & Universities
 - f. Schools & School Systems
 - g. Banks & Insurance Companies
 - h. Employment Agencies
 - i. Information Technology Companies
 - j. Families & Children



All Sides of the Equation

1. Careers can focus on proactive strategies
 - a. How can we develop good mental wellbeing habits?
2. Careers can focus on reactive strategies
 - a. How do we turn around poor habits that need a reboot?
3. Careers can focus on both
 - a. How can we support the overall human condition?

The Human Condition. Careers in Mental Health.

1. What are your best qualities?
2. What interests you?
3. Do any of these interests relate to one of your passions?
 - a. the human condition
 - b. how we think about ourselves
 - c. how we think about others
 - d. health



Hiring Today. Careers in Mental Health.

1. As one example. I am looking to hire over 70 people today in the following areas:

- i. Clinical / Hospital
- ii. Service & Support
- iii. Administrative
- iv. Finance
- v. Strategy
- vi. Technology

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What are the Qualifications?

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What are the important qualifications?

1. Are you committed to serving others?
2. Do you have patience?
3. Can you collaborate? Even if others have a different point of view.
4. Can you show up to work on time and consistently?
5. Can you naturally maintain a positive outlook?



What are the important qualifications?

1. Can you juggle different priorities at the same time, and understand when to ask for help?
2. Can you keep information confidential all the time?
3. Do you value feedback on how you can improve?
4. Are you able to consistently write things down and double check your work?

Did you answer, Yes?

1. There are tremendous opportunities available for you in the field of mental and behavioral health today.
2. These opportunities span all levels of education and all experiences
 - a. High school, College, Graduate Students
 - b. Even if you have previous involvement with the justice system
 - c. Even if you have been incarcerated
 - d. Even if you do not have a high school diploma
 - e. Even if you have previously struggled with addiction
 - f. Even if you have a mental health disorder



Opportunities All Over

1. These opportunities are in every community
 - i. Urban
 - ii. Rural
 - iii. Suburban

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What is the Future Outlook?

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What is the Future Demand?

1. When just considering the traditional definition of mental health in the U.S., as of May 2022 over 37 percent of the U.S. population lives in a mental health workforce shortage area.
 - a. Stated another way there are over 6,229 facilities dealing with mental health workforce shortages
 - b. <https://www.ncsl.org/health/state-strategies-to-recruit-and-retain-the-behavioral-health-workforce>



Incentives to Attract Talent

1. States are beginning to focus more on career pathways beginning as early as kindergarten, raising awareness about behavioral health.
2. <https://www.ncsl.org/health/state-strategies-to-recruit-and-retain-the-behavioral-health-workforce#toc4>



Incentives to Attract Talent

1. Here's an example of incentives offered in just one state.
 - a. sign-on and retention bonuses,
 - b. tuition assistance and scholarships,
 - c. loan forgiveness,
 - d. housing assistance,
 - e. child care and tax subsidies,
 - f. grants for graduates to complete supervision and obtain licensure, and
 - g. stipends for supervising clinicians.

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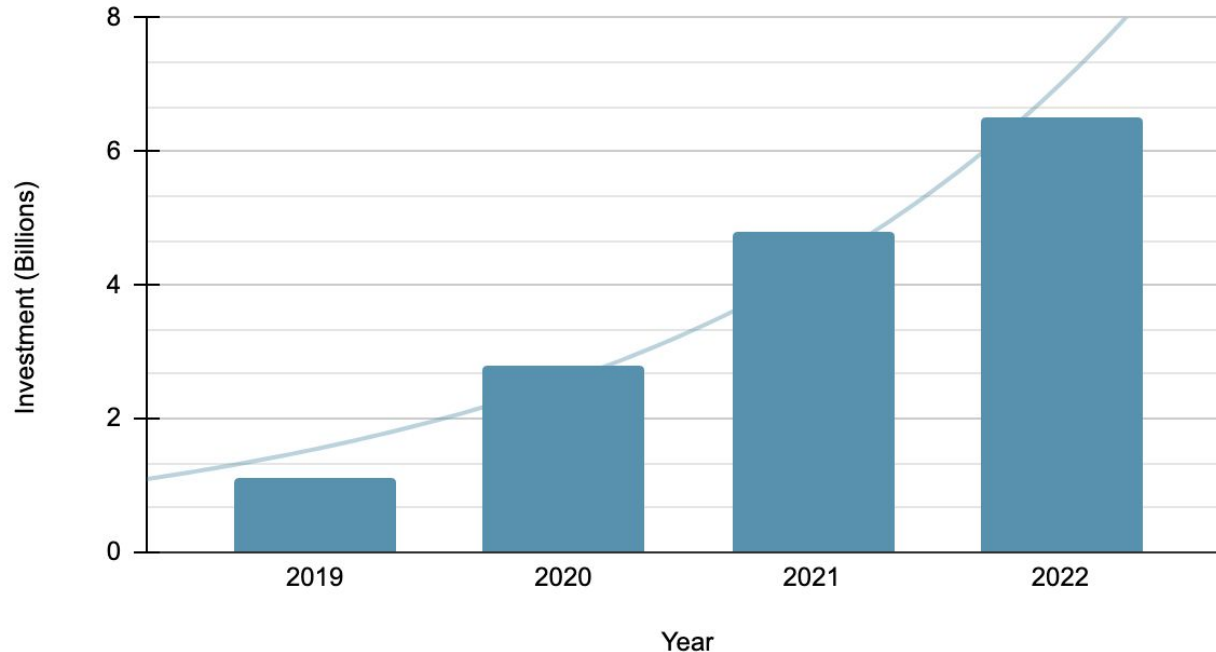
Skyrocketing New Ideas. Careers in Mental Health

1. Seed Funding for Mental Health Digital Apps has skyrocketed.
 - a. <https://www.apa.org/monitor/2023/01/trends-venture-capital-funding-shifts>
2. Venture Funding for Mental Health
 - a. 2019 - 1.1 Billion
 - b. 2020 - 2.8 Billion
 - c. 2021 - 4.8 Billion
 - d. First Quarter of 2022 - 1.7 Billion
(On pace to surpass 6.5 Billion)



Skyrocketing New Ideas. Seed Funding

Investment vs. Year



Where Do I Begin?

Job Titles to Explore. Careers in Mental Health

1. Mental Health Coach
2. Health Technician
3. Recovery Specialist
4. Community Worker
5. Care Manager
6. Advocate
7. Counselor
8. Therapist
9. Nurse
10. Advanced Nurse Practitioner



Job Titles to Explore. Careers in Mental Health

11. Social Worker
12. Psychiatrist
13. Psychologist
14. Entrepreneur / Innovator
15. Recruiter
16. IT / Systems Analyst
17. Data Engineer
18. Researcher
19. Administrator
20. Executive

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5 Question Quiz

Take this 5 Question Quiz to
Show What You Know about Mental Health Careers

<https://api.socrative.com/rc/rTvAuC>

Room: fuller4091



Learn More About Careers in Mental & Behavioral Health

Share Our Video Series with Your Friends

Introduction to Careers in Mental & Behavioral Health

<https://youtube.com/playlist?list=PLU9QeG50ksm2SS6X88MY6gG33G4CCgKSE>



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