

# BEHAVIORAL HEALTH: PRINCIPLES OF HEALTH NAVIGATION AND PEER SUPPORT CERTIFICATE

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The certificate in Behavioral Health: Principles of Health Navigation and Peer Support prepares students to work as health educators, health navigators/promotores, and peer support specialists in settings such as hospitals, substance use recovery organizations, mental health counseling centers, elder- and youth-serving organizations, the criminal justice system, public health agencies, community-based health advocacy organizations, and schools and universities. Students become familiar with public health-driven applications for promoting behavior change, identifying and navigating barriers to clients' uses of health systems, effective communication using culturally responsive language, and the value of "peers with lived experience" in assisting others who have mental health and substance use challenges. Students enhance their interpersonal skills of rapport-building, effective client advocacy, entry-level crisis management, de-escalation techniques, and assisting clients with confidence-building, motivation, and goal setting. The certificate's requirements prepare students for becoming certified as community health workers, health navigators/promotores, peer health educators, or as peer support specialists (students should be aware that criteria for these special designations/licensures may vary from state to state).

To earn the certificate in Behavioral Health, students must earn a "B" or better in each required course. Any Western student, including those who are not pursuing an undergraduate degree, may earn the Behavioral Health certificate. Students can learn more about the disciplines of Psychology, Sociology, Spanish, and Communication on individual program websites and by contacting faculty members in those disciplines.

A total of 15 credits is required, including:

Code	Title	Credits
COM 371	Small Group and Conflict Management	3
PSY 100	General Psychology (GT-SS3)	3
SOC 101	Introduction to Sociology (GT-SS3)	3
and one of the following:		3
PSY 270	Development Psychology	
PSY 290	Death and Dying	
PSY 368	Psychopathology	
PSY 369	Health Psychology	
and one of the following:		3
SOC 322	Sociology of Health, Illness, and Medicine	
SOC 355	Drugs and Society	
<b>Total Credits</b>		<b>15</b>