

Behavioral Health Resource Sheet

Objective Test

<p>Official References: SAMSHA: https://www.samhsa.gov/programs NAMI: https://www.nami.org/Home Opioid Abuse: https://cvshealth.com/news-and-insights/articles/cvs-health-announces-expanded-opioid-abuse-prevention-efforts</p>	<p>General Resources:</p> <p>https://quizlet.com/362760306/hosa-behavioral-health-flash-cards/</p> <p>https://quizlet.com/387677287/hosa-behavioral-health-2019-flash-cards/</p>
<p>The Mind (25%) Biology:</p> <p>https://courses.lumenlearning.com/wmopen-psychology/chapter/outcome-parts-of-the-brain/*</p> <p>https://quizlet.com/6047657/ap-psychology-brainbiology-flash-cards/*</p> <p>https://docs.google.com/document/d/1isRnvxJeuur0qhpOL3ODb6fx31eCt1XXz zb0oG2Yb A/edit</p> <p>https://quizlet.com/259175109/hosa-behavioral-health-the-mind-flash-cards/*</p> <p>Video: https://www.youtube.com/watch?v=kMKc8nfPATI</p>	<p>Psychology and Behavioral Health Disorders, Treatments, Therapies & Services (25%)</p> <p>Autism: https://www.psychiatry.org/patients-families/autism/what-is-autism-spectrum-disorder*</p> <p>https://www.cdc.gov/ncbddd/autism/index.html</p> <p>https://www.nami.org/Learn-More/Mental-Health-Conditions/Related-Conditions/Autism</p> <p>ADHD:</p> <p>https://www.cdc.gov/ncbddd/adhd/facts.html</p> <p>https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml*</p>

The Mind (25%)

Sensation and Perception:

<https://tinyurl.com/y42ayxup>*

<https://nobaproject.com/modules/sensation-and-perception>*

<https://www.apa.org/ed/precollege/topss/lessons/sensation.pdf>

Video: <https://www.youtube.com/watch?v=unWnZvXJH2o>

The Mind (25%)

Consciousness:

<https://courses.lumenlearning.com/boundless-psychology/chapter/introduction-to-consciousness/>*

<https://nobaproject.com/modules/states-of-consciousness>

<https://plato.stanford.edu/entries/consciousness/>*

Video: <https://www.khanacademy.org/test-prep/mcat/processing-the-environment/sleep-and-consciousness/v/sleep-and-consciousness>

The Mind (25%)

Motivation:

<https://www.apa.org/science/about/psa/2018/06/motivation>*

<https://positivepsychology.com/what-is-motivation/>*

<http://www.edpsycinteractive.org/topics/motivation/motivate.html>

Video: <https://www.youtube.com/watch?>

<https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/ADHD>*

Schizophrenia:

<https://www.nimh.nih.gov/health/topics/schizophrenia/index.shtml>

<https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Schizophrenia>*

Bipolar:

<https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Bipolar-Disorder>*

<https://www.nimh.nih.gov/health/topics/bipolar-disorder/index.shtml>

Depression:

<https://www.nimh.nih.gov/health/topics/depression/index.shtml>

<https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Depression>*

<https://www.psychiatry.org/patients-families/depression/what-is-depression>

Anxiety:

<https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Anxiety-Disorders>*

<https://adaa.org/understanding-anxiety>

<https://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>*

Video: <https://www.youtube.com/watch?v=aX7jnVXXG5o>

The Mind (25%)

Emotion:

<https://opentextbc.ca/introductiontopsychology/chapter/10-1-the-experience-of-emotion/>*

<https://online.uwa.edu/news/emotional-psychology/>

<https://plato.stanford.edu/entries/emotion/>*

Video: <https://www.youtube.com/watch?v=zUafO9dJYIY>

The Mind (25%)

Learning and Memory:

<https://opentext.wsu.edu/psych105nusbaum/chapter/what-is-learning/>*

<https://www.verywellmind.com/what-is-learning-2795332>

<https://tinyurl.com/y36pxo59>

Video: https://www.youtube.com/watch?v=eX_uta8NEtI

<https://www.apa.org/ed/precollege/topss/lessons/memory.pdf>

<https://www.simplypsychology.org/memory.html>

Video: https://www.youtube.com/watch?v=47_397-39vo

OCD

<https://www.nimh.nih.gov/health/topics/obsessive-compulsive-disorder-ocd/index.shtml>

<https://www.psychiatry.org/patients-families/ocd/what-is-obsessive-compulsive-disorder>*

<https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Obsessive-compulsive-Disorder>*

PTSD

<https://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/index.shtml>

<https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Posttraumatic-Stress-Disorder>*

Video: <https://www.youtube.com/watch?v=hzSx4rMyVjI>

Personality Disorders

<https://www.mayoclinic.org/diseases-conditions/personality-disorders/symptoms-causes/syc-20354463>*

<https://www.psychiatry.org/patients-families/personality-disorders/what-are-personality-disorders>

<https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Borderline-Personality-Disorder>

Dissociative Disorders

<https://www.psychiatry.org/patients-families/dissociative-disorders/what-are-dissociative-disorders>

<https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Dissociative-Disorders>*

Video: <https://www.youtube.com/watch?v=uxktavpRdzU>

Eating Disorders

<https://www.nimh.nih.gov/health/topics/eating-disorders/index.shtml>*

<https://www.psychiatry.org/patients-families/eating-disorders/what-are-eating-disorders>

Video: <https://www.youtube.com/watch?v=eMVyZ6Ax-74>

Prevention, Identification, Recovery and Management of Substance Abuse and Mental Illness (25%)

<https://www.samhsa.gov/>*

<https://www.samhsa.gov/find-help/prevention>*

<https://psu.pb.unizin.org/bbh143/chapter/7-4-prevention-of-substance-abuse-and-mental-illness-by-samhsa/>*

<https://cvshealth.com/news-and-insights/articles/cvs-health-announces-expanded-opioid-abuse-prevention-efforts>

<https://www.usa.gov/mental-health-substance-abuse>

Wellness, Stress, Coping (15%)

<https://www.nami.org/Blogs/NAMI-Blog/January-2020/Ways-to-Manage-and-Cope-with-Stress>*

<https://www.heretohelp.bc.ca/wellness-module/wellness-module-2-stress-and-well-being>

Workforce/Careers and Laws, Regulations and Guidelines (5%)

<https://quizlet.com/342436781/bh-hosa-workforcecareers-and-laws-regulations-and-guidelines-flash-cards/>

<https://www.samhsa.gov/workplace/legal/federal-laws>*

<https://www.samhsa.gov/workforce>*

<https://quizlet.com/370141231/workforcecareers-and-laws-regulations-and-guidelines-flash-cards/>

History and Health Systems Integration (5%)

<https://www.cfha.net/blogpost/689173/213334/A-Brief-History-of-the-Integration-of-Behavioral-Health-in-Primary-Care>

https://www.aha.org/system/files/media/file/2019/06/Market_Insights-Behavioral_Health_Report.pdf

<https://www.nimh.nih.gov/health/topics/integrated-care/index.shtml>*

<https://www.samhsa.gov/sites/default/files/samhsa-behavioral-health-integration.pdf>*