

Child Behavioral Health (BA/BS)

The child behavioral health major provides students with knowledge and skills to improve the behavioral health and wellness of youth. Students will learn how to equitably deliver evidence-based interventions to promote wellness and prevent mental health problems from developing or worsening in children and adolescents. Training elements typically present in graduate degree programs have been brought into this innovative undergraduate major. Students will receive training in applied skills such as relaxation, problem-solving, and flexible thinking; gain 700 hours of applied practice in community settings supervised by clinical faculty; and learn how to effectively work as part of a behavioral health team.

The major is designed as a 2 + 2 program with the first two years focused on the completion of core education requirements, bachelor's degree requirements, and pre-major core curriculum. The latter two years involve specialized coursework and applied practical experiences completed at the Ballmer Institute at the University of Oregon Portland.

Students interested in pursuing the child behavioral health major should declare the pre-major in child behavioral health at time of admission to the university or, if not admitted to the pre-major (or the pre-major is not yet available), students can declare a professional objective of child behavioral health.

Admission to the CBH major occurs once per year in the spring term. Students who complete the prerequisite requirements; earn a 3.0 GPA in prerequisite courses; maintain a 3.0 GPA overall; and have documented background check clearance are eligible for admission. Additional admission requirements may be added due to capacity constraints. Admission to the program is competitive and limited to 200 students annually.

Program Learning Outcomes

Upon successful completion of this program, students will be able to:

- Demonstrate an understanding of health equity and promotion in children and adolescents across identities, abilities, and family backgrounds/structures.
- Demonstrate knowledge of risk and protective factors that affect the behavioral health of children and adolescents, with an emphasis on persistently underserved communities.
- Demonstrate knowledge of prevention and intervention theory, and the ability to identify evidence-based practices and programs, particularly addressing the needs of historically underserved populations.
- Demonstrate foundational intervention skills with children, adolescents, and families from all communities, including culturally responsive and affirming delivery of services and evidence-based programs.
- Demonstrate professionalism across service settings, including understanding of professional ethics, and appropriate consultation with practitioners.

Child Behavioral Health Major Requirements

Courses used to fulfill the pre-major requirements must be taken for a letter grade and passed with a grade of C- or better. Coursework

transferred in from Advanced Placement or International Baccalaureate exams are acceptable with a mark of P*.

Courses used to fulfill the major requirements must be passed with a letter grade of mid-C or a P* where pass/no pass is the only grading option for the course.

Pre-major Requirements

Code	Title	Credits
Introductory Psychology/Human Services		3-4
FHS 213	Issues for Children and Families	
FHS 215	Exploring Family and Human Services	
PSY 202Z	Introduction to Psychology II	
PPPM 202	Healthy Communities	
Diversity, Equity, and Inclusion		4
FHS 216	Diversity in Human Services	
ES 101	Introduction to Ethnic Studies	
PHIL 216	Philosophy and Cultural Diversity	
SOC 207	Social Inequality	
Human Development		3-4
FHS 328	Human Development in the Family Context	
PSY 308	Developmental Psychology	
Total Credits		10-12

Major Requirements

Code	Title	Credits
Professional Core		
BEHT 412	Ethics and Professional Practice for CBHS	4
BEHT 481	Supervised Practicum I in Child Behavioral Health	4
BEHT 482	Supervised Practicum II in Child Behavioral Health	4
BEHT 487	Integrated Practice I in Child Behavioral Health	8
BEHT 488	Integrated Practice II in Child Behavioral Health	8
BEHT 489	Integrated Practice III in Child Behavioral Health	8
Knowledge Core		
BEHT 320	Risk and Resilience in Youth Development	4
BEHT 321	Digital Media and Behavioral Health	4
BEHT 340	Evidence-Informed Decision-Making	4
Skill Development Core		
BEHT 411	Foundational Interviewing and Counseling Skills	4
BEHT 413	Screening and Risk Assessment	4
BEHT 471	Child and Youth Supports and Interventions I	4
BEHT 472	Child and Youth Supports and Interventions II	4
BEHT 473	Parent and Family Supports and Interventions	4
BEHT 474	Community Interventions to Support Youth and Families	4
DEI Core		

BEHT 350	Diversity Equity and Inclusion Theory I	3
BEHT 351	Diversity Equity and Inclusion II	3
DEI Elective Courses (4 courses/12 credits)		12
BEHT 450	Supporting Behavioral Health of Tribal Youth	
BEHT 451	Behavioral Health: Asian and Pacific Islander	
BEHT 452	Supporting Behavioral Health of Latinx Youth	
BEHT 453	Supporting Behavioral Health of Black Youth	
BEHT 454	Supporting Neurodiverse and Disabled Youth	
BEHT 455	Improving Behavioral Health of LGBTQ Youth	
Total Credits		90

Four-Year Degree Plan

The degree plan shown is only a sample of how students may complete their degrees in four years. There are alternative ways. Students should consult their advisor to determine the best path for them.

- Bachelor of Arts in Child Behavioral Health (p. 2)
- Bachelor of Science in Child Behavioral Health (p. 3)

Bachelor of Arts in Child Behavioral Health

Course	Title	Credits	Milestones
First Year			
Fall			
	First term of 1st-year second-language sequence	4	
WR 121Z	Composition I	4	
PSY 202Z	Introduction to Psychology II	4	
	Core-education course in social science	4	
Credits		16	
Winter			
	Sedonc term of 1st-year second-language sequence	4	
WR 122Z	Composition II or WR 123 or College Composition III	4	
SOC 207	Social Inequality or ES 101 or Introduction to Ethnic Studies	4	
	Core-education course in science	4	
Credits		16	
Spring			
	Third term of 1st-year second-language sequence	4	
	Cultural literacy course in global perspective	4	
	Core-education course in arts and letters	4	
	Core-education course in science	4	
Credits		16	
Second Year			
Fall			
	First term of 2nd-year second-language sequence	4	
PSY 308	Developmental Psychology	4	
	Core-education course in arts and letters	4	

	Core-education course in science	4
Credits		16
Winter		
	Second term of 2nd-year second-language sequence	4
	Core-education course in arts and letters	4
	Core-education in social science	4
	Elective course	1
Credits		13
Spring		
	Third term of 2nd-year second-language sequence	4
	Core--education course in arts and letters	4
	Core-education course in science	4
	Elective course	1
Credits		13
Third Year		
Fall		
BEHT 321	Digital Media and Behavioral Health	4
BEHT 350	Foundations of Culturally Responsive Practice	4
BEHT 411	Foundational Interviewing and Counseling Skills	4
BEHT 412	Ethics and Professional Practice for CBHS	4
Credits		16
Winter		
BEHT 320	Youth Risk and Resilience	3
BEHT 351	Diversity Equity and Inclusion II	3
BEHT 471	Child and Youth Supports and Interventions I	4
BEHT 481	Supervised Practicum I in Child Behavioral Health	4
Credits		14
Spring		
BEHT 413	Screening and Risk Assessment	4
BEHT 450	Supporting Behavioral Health of Tribal Youth	3
BEHT 472	Child and Youth Supports and Interventions II	4
BEHT 482	Supervised Practicum II in Child Behavioral Health	4
Credits		15
Fourth Year		
Fall		
BEHT 451	Behavioral Health: Asian and Pacific Islander	3
BEHT 473	Parent and Family Supports and Interventions	4
BEHT 487	Integrated Practice I in Child Behavioral Health	8
Credits		15
Winter		
BEHT 452	Supporting Behavioral Health of Latinx Youth	3

BEHT 474	Community Interventions to Support Youth and Families	4
BEHT 488	Integrated Practice II in Child Behavioral Health	8
Credits		15
Spring		
BEHT 340	Evidence-Informed Decision-Making	4
BEHT 453	Supporting Behavioral Health of Black Youth	3
BEHT 489	Integrated Practice III in Child Behavioral Health	8
Credits		15
Total Credits		180

Bachelor of Science in Child Behavioral Health

Course	Title	Credits	Milestones
First Year			
Fall			
Mathematics or computer science course		4	
WR 121Z	Composition I	4	
PSY 202Z	Introduction to Psychology II	4	
Core-education course in social science		4	
Credits		16	
Winter			
WR 122Z	Composition II	4	
or WR 123	or College Composition III		
SOC 207	Social Inequality	4	
or ES 101	or Introduction to Ethnic Studies		
Core-education course in arts and letters		4	
Core-education course in science		4	
Credits		16	
Spring			
Mathematics or computer science course		4	
Cultural literacy course in global perspective		4	
Core-education course in arts and letters		4	
Core-education course in science		4	
Credits		16	
Second Year			
Fall			
Mathematics or computer science course		4	
PSY 308	Developmental Psychology	4	
Core-education course in arts and letters		4	
Elective course		4	
Credits		16	
Winter			
Core-education course in arts and letters		4	
Core-education course in science		4	
Core-education course in science		4	
Elective course		1	
Credits		13	
Spring			
Core-education course in social science		4	

Elective courses		9
Credits		13
Third Year		
Fall		
BEHT 321	Digital Media and Behavioral Health	4
BEHT 350	Foundations of Culturally Responsive Practice	4
BEHT 411	Foundational Interviewing and Counseling Skills	4
BEHT 412	Ethics and Professional Practice for CBHS	4
Credits		16
Winter		
BEHT 320	Youth Risk and Resilience	3
BEHT 351	Diversity Equity and Inclusion II	3
BEHT 471	Child and Youth Supports and Interventions I	4
BEHT 481	Supervised Practicum I in Child Behavioral Health	4
Credits		14
Spring		
BEHT 413	Screening and Risk Assessment	4
BEHT 450	Supporting Behavioral Health of Tribal Youth	3
BEHT 472	Child and Youth Supports and Interventions II	4
BEHT 482	Supervised Practicum II in Child Behavioral Health	4
Credits		15
Fourth Year		
Fall		
BEHT 451	Behavioral Health: Asian and Pacific Islander	3
BEHT 473	Parent and Family Supports and Interventions	4
BEHT 487	Integrated Practice I in Child Behavioral Health	8
Credits		15
Winter		
BEHT 452	Supporting Behavioral Health of Latinx Youth	3
BEHT 474	Community Interventions to Support Youth and Families	4
BEHT 488	Integrated Practice II in Child Behavioral Health	8
Credits		15
Spring		
BEHT 340	Evidence-Informed Decision-Making	4
BEHT 453	Supporting Behavioral Health of Black Youth	3
BEHT 489	Integrated Practice III in Child Behavioral Health	8
Credits		15
Total Credits		180