

Mental Health and Human Services, A.S.

HEGIS: 5216.00

PROGRAM CODE: 78382

PROGRAM DIRECTOR: Dr. Michelle Billies

DEPARTMENT: ALLIED HEALTH, MENTAL HEALTH AND HUMAN SERVICES

The Mental Health and Human Services AS degree is designed for students who wish to pursue careers in the field of human services. Courses provide foundational knowledge and emphasis on learning ways of helping people lead satisfying, productive lives, how to prevent and treat serious emotional and psychological problems, and focus on the expansion of access, equity, and health. Students apply skills learned in two semester-long field work courses. The degree is designed for transfer to baccalaureate programs.

The curriculum presented here applies to students who started the major in Fall 2025 or Spring 2026. If you enrolled as a matriculant prior to that, please see the *College Catalog* for the year you started the major as a matriculant for the curriculum requirements that apply to you.

Consultation with the Program Advisor is required.

Degree Maps:

[Degree Map for Mental Health and Human Services, A.S.](#)

Your Degree Map contains the suggested term-by-term course sequence for your academic path towards graduation.

To ensure successful and timely completion of your degree, it is recommended that you meet with your academic advisor to discuss your unique map.

Please note some courses *may* only be offered once an academic year.

Program Learning Outcomes:

Upon successful completion of Mental Health and Human Services degree program requirements, graduates will:

1. understand and engage in career building strategies
2. understand the variety of career options in the helping professions and the educational and licensing requirements
3. understand and practice using basic helping skills
4. understand and practice effective strategies for working with members of diverse populations
5. demonstrate skills to effectively run groups, meetings, and projects

6. examine the impact of government and political systems on public policy formulation and decision-making
 7. engage in meaningful volunteer activity
 8. communicate strategically and effectively in support of a civic endeavor
 9. acquire and disseminate knowledge relating to political issues
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College Requirements:

English and Math proficient as determined by the CUNY Proficiency Index, unless otherwise exempt, or successful completion of any required developmental course(s).

Civic Engagement Experiences:

One (1) Civic Engagement experience satisfied by Civic Engagement Certified or Civic Engagement Component course or approved outside activity.

Writing Intensive Requirement:

One (1) Writing Intensive Course in any discipline is required.

Required Core (4 Courses, 12 Credits):

When Required Core Courses are specified for a category they are strongly suggested and/or required for the major

*Note: You may elect to take a math or science course that is 4 credits or more. TAP counts 3 credits towards the requirements and the 4th credit as an elective.

- ENG 1200 - Composition I 3 Credit(s)
 - ENG 2400 - Composition II 3 Credit(s)
 - **Mathematical & Quantitative Reasoning Course 3 Credit(s) ***
 - **Life & Physical Sciences Course 3 Credit(s) ***
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Flexible Core (6 Courses, 18 Credits):

When Flexible Core courses are specified for a category, they are strongly suggested and/or required for the major

One course from each Group A to E. **and** one (1) additional course from any group. **No more than two courses can be selected from the same discipline**

A. World Cultures and Global Issues Designated Course

B. U.S. Experience in its Diversity Designated Course

C. Creative Expression Designated Course

D. Individual and Society Designated Course

- PSY 3200 - Human Growth and Development 3 Credit(s) **or**
- PSY 3600 - Abnormal Psychology 3 Credit(s)

E. Scientific World Designated Course*

- PSY 1100 - General Psychology 3 Credit(s)

* Note: You may elect to take a math or science course that is 4 credits or more. TAP counts 3 credits towards the requirements and the 4th credit as an elective.

Major Requirements (10 Courses, 30 Credits):

- MH 1100 - Introduction to Human Services 3 Credit(s)
- MH 3000 - Human Services Organization 3 Credit(s)
- MH 3500 - Introduction to Gerontology 3 Credit(s)
- MH 9801 - Supervised Instructional Experience in Mental Health I 3 Credit(s)
- MH 9802 - Supervised Instructional Experience in Mental Health II 3 Credit(s)
- PSY 1100 - General Psychology 3 Credit(s)
- PSY 3200 - Human Growth and Development 3 Credit(s)
- PSY 3600 - Abnormal Psychology 3 Credit(s)

AND

- MH 3100 - Principles of Interviewing and Group Leadership 3 Credit(s) **or**
 - MH 3700 - Introduction to Domestic Violence Counseling 3 Credit(s)

AND

- MH 3400 - Mental Health Practice with Vulnerable Populations 3 Credit(s) **or**
 - MH 3800 - Assessment and Intervention Modalities with Domestic Violence Survivors 3 Credit(s)
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Electives:

0 to 6 credits sufficient to meet required total of 60 credits.

If additional elective credits are available, consultation with an advisor is **HIGHLY** recommended.

The following course is recommended if not taken to fulfill Pathways Flexible Core: Individual and Society (Group D).

- SOC 3100 - Introduction to Sociology 3 Credit(s)
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Note:

Students who complete MH 3700 and MH 3800 will be enrolled at internships (MH 9801 and MH 9802) that focus on Domestic Violence.

Total Credits: 60