

# CareCertify LLC

## Behavioral & Mental Health Training Series

BH-01

# Community Mental Health Services & Your Role

## *Participant Guide*

Behavioral & Mental Health Training Series · Audience: ARMHS · CTSS · Behavioral Aides · MH Practitioners · Case Managers · CE Hours: 1.0

## Where You Fit in the System

Minnesota's community mental health services help people live, work, and recover in their own communities rather than in institutions. Chapter 245I, the Mental Health Uniform Service Standards Act, brings common standards to these services — covering who can provide them, what training is required, client rights, documentation, and supervision.

This guide gives you the map: the main services, the roles on the team, the supervision that supports you, and the training you must complete before serving clients. Knowing the system helps you do your part well.

### Learning Objectives — by the end of this module you will be able to:

- Describe Minnesota's community mental health system and Chapter 245I
- Explain what ARMHS and CTSS provide
- Identify staff roles and the supervision structure
- State the training required before providing direct services
- Explain how your work fits within the client's treatment plan

## Section 1: Chapter 245I: Uniform Service Standards

Chapter 245I, the Mental Health Uniform Service Standards Act, consolidated the rules that govern community mental health services in Minnesota. It sets common standards for provider and staff qualifications, required training, client rights, documentation and treatment planning, and clinical supervision.

Because 245I applies across many service types, the expectations for staff are consistent whether you work in ARMHS, CTSS, or other covered services.

## Section 2: ARMHS and CTSS

Adult Rehabilitative Mental Health Services (ARMHS, Minn. Stat. 256B.0623) help adults develop and keep psychiatric stability, social competencies, and independent living skills when these are impaired by mental illness — through medication education and monitoring, symptom management, and basic social and living skills.

Children's Therapeutic Services and Supports (CTSS, Minn. Stat. 256B.0943) provide therapeutic services and supports for children and youth, including skills work and mental health behavioral aide services, under the supervision of a mental health professional.

### **Section 3: Staff Roles and Scope of Practice**

Community mental health teams include mental health professionals (the highest qualified clinicians), clinical trainees, behavioral health practitioners, mental health behavioral aides, and case managers/coordinators. Minn. Stat. 245I.04 defines these roles, their qualifications, and their scope of practice.

Each role has a defined scope — work within yours, and escalate to your supervisor or a professional when something is beyond it.

### **Section 4: Clinical Supervision**

Behavioral health practitioners and mental health behavioral aides provide services under the clinical supervision of a mental health professional, who accepts professional responsibility and follows an approved supervision plan. Supervision isn't just oversight — it's support: bring your questions, difficult situations, and growth goals to it.

### **Section 5: Training Required Before Direct Service**

Under Minn. Stat. 245I.05, behavioral health practitioners and mental health behavioral aides must receive 30 hours of training before providing direct contact services to clients. Required topics include client rights, health records, emergency procedures, job-specific responsibilities, professional boundaries, and client-specific needs.

Staff who are not mental health professionals must also receive 30 hours of training every two years. This course supports those requirements; your program documents your completed training.

#### **Training first, then clients**

Direct contact services come after required training and with supervision in place. This protects clients and keeps your program compliant with 245I.

### **Section 6: Working Within the Treatment Plan**

Each client has an individual treatment plan, built from a diagnostic assessment, that sets goals and the services authorized to reach them. Your work supports those goals — provide the planned services and don't improvise outside the plan. Report progress and changes so the professional can keep the plan current.

### **Section 7: A Recovery Orientation**

Community mental health services are built on the principle of recovery: with the right support, people living with mental illness can build stability, skills, and meaningful lives. Your role supports hope, choice, and the client's own goals. The next lesson covers recovery-oriented, person-centered practice in depth.

### **Section 8: Where You Fit on the Team**

You are a trained, supervised member of a team working toward each client's recovery. Work within your role and the treatment plan, use supervision, and escalate beyond your scope. The standards in Chapter 245I exist to keep clients safe and services effective — and your everyday work is where recovery actually happens.

## Key Terms

Term	What it means
Chapter 245I	Minnesota's Mental Health Uniform Service Standards Act.
ARMHS	Adult Rehabilitative Mental Health Services (Minn. Stat. 256B.0623).
CTSS	Children's Therapeutic Services and Supports (Minn. Stat. 256B.0943).
Mental health professional	The highest qualified clinician who provides and supervises treatment.
Behavioral aide / practitioner	Staff who provide services under a professional's supervision.
Clinical supervision	A mental health professional's oversight and support of staff per an approved plan.
Treatment plan	The individualized plan of goals and authorized services for a client.

## Check Your Understanding

1. What is Chapter 245I and what does it govern?
2. What do ARMHS and CTSS provide, and for whom?
3. How much training is required before providing direct services, and what topics?
4. What is clinical supervision and who provides it?
5. How does your work relate to the client's treatment plan?

## What's Next

### Looking ahead

Next, BH-02: Recovery-Oriented & Person-Centered Practice covers how to support each client's recovery, hope, and self-determination.