



Certified Behavioral Health Technician

Detailed Test Blueprint

February 2019

Domain / Tasks		100-items
Domain 1: Foundations of Behavioral Health		21
Task		
1.1	Develop a working knowledge of the Substance Abuse and Mental Health Services Administration (SAMHSA) definition of recovery, to include the recovery process, stages of change and recovery capital.	3
1.2	Develop a working knowledge of the holistic approach to recovery and wellness, which includes physical, mental, spiritual, and social wellness.	3
1.3	Develop a basic understanding of the signs and symptoms of common mental health conditions, substance use disorders and co-occurring disorders.	4
1.4	Explain the core principles of trauma-informed care and how to provide services that reflect trauma-informed care principles and strategies.	3
1.5	Recognize and respect the individual's personal values, cultural and spiritual beliefs, and how these play a role in achieving whole-health goals.	4
1.6	Demonstrate a working knowledge of relevant rights and laws to ensure the individual's rights are maintained.	4
Domain 2: Direct Care and Recovery Support		36
Task		
2.1	Orient individuals receiving services to the program.	4
2.2	Conduct initial screenings or other interviews to inform assessments.	3
2.3	Participate as a member of the individual's treatment team and assist in implementation of treatment plans.	3
2.4	Directly observe and support or redirect behaviors of individual's receiving services.	4
2.5	Document and communicate observations of individuals to the treatment team.	4
2.6	Teach activities of daily living, including self-care, budgeting, chores, daily schedules, etc.	4

Domain / Tasks		100-items
2.7	Organize, supervise and/or encourage participation in social, educational, or recreational activities that enhance the individual's interpersonal skills and social relationships.	4
2.8	Lead prescribed psychoeducational individual or group sessions as part of established procedures and in accord with the treatment plan.	3
2.9	Engage and assist individuals to move through the recovery process and develop recovery capital.	4
2.10	Assist and motivate individuals to access and successfully navigate the array of community resources and recovery support services available to achieve and maintain recovery.	3
Domain 3: Conflict Resolution and Safety		11
Task		
3.1	Recognize and respond to conflicts using positive conflict resolution strategies.	3
3.2	Recognize and respond to signs of potential crisis by using de-escalation techniques and/or other crisis prevention and intervention strategies.	4
3.3	Monitor and maintain the environment of care to ensure safety of the individual, yourself, and coworkers.	4
Domain 4: Professional Responsibility		32
Task		
4.1	Maintain confidentiality in accordance with federal and state laws.	4
4.2	Document services in accordance with agency policy and procedure.	4
4.3	Perform all job duties according to federal and state rules and regulations.	4
4.4	Perform all job duties in accord with published codes of ethics, professional conduct and the CBHT's scope of service.	4
4.5	Provide services without discrimination or preference based on age, ethnicity, culture, race, disability, gender identity, religion, sexual orientation, or socio-economic status.	4
4.6	Seek and follow supervisory guidance as necessary and appropriate.	4
4.7	Demonstrate a working knowledge of and use personal safety and self-care strategies.	4
4.8	Participate in ongoing professional educational activities to enhance practice knowledge and work performance.	4