

Behavioral Health & Wellness Pathway

Grades 9-12 and Postsecondary Continuation



Pathway Overview

BridgePoint's Behavioral Health & Wellness Pathway builds from a common health-science foundation into applied behavioral-health skills, college coursework, work-based learning, and preparation for postsecondary study in social work, psychology, counseling, and related human-service fields. Students develop academic knowledge, communication skills, professional judgment, crisis-response awareness, and progressively greater exposure to behavioral-health and community settings.

All students complete the common Grade 9-10 academic and Health Science/CTE foundation. Students who select the Behavioral Health & Wellness pathway then advance through pathway-specific applied coursework, college coursework when eligible, structured work-based learning, and preparation for postsecondary study. Students do not need to choose between social work and psychology/counseling while in high school; college-course choices can be individualized as interests and readiness develop.

How to Read the Program of Study

The grade-level tables show the major academic, pathway, and work-based learning components students can expect each year. They are not a bell schedule. Individual schedules may vary based on prior coursework, readiness, college course availability, age, instructor credentialing, higher-education approval, and approved work-based learning opportunities.

Phase I: Common Foundation - Grade 9 (2027-28)

Course / Experience	Schedule	Credit / Requirement
Integrated Humanities: English & Social Studies	75 minutes, M-Th	1.5 HS: 0.5 English + 1.0 Social Studies
Mathematics: Algebra I or Geometry	Blended math block, M-Th	1.0 HS math
Biology	Full year, M-Th	1.0 HS science
Academic Lab	M-Th	Academic support
Pathway to Purpose	Friday	1.0 HS credit
Grade 9 Rite of Passage	End of year	Required demonstration of growth, readiness, reflection, and community responsibility

Grade 9 Health Science/CTE Rotation

Semester	Monday / Wednesday	Tuesday / Thursday
1	Introduction to Dentistry	Emergency Medical Responder (EMR)
2	Introduction to Behavioral Health	Substance Abuse & Community Impact

Each course earns 0.25 HS CTE credit; Grade 9 total: 1.0 HS CTE credit. The EMR course is designed to lead to an Emergency Medical Responder credential upon successful completion of required training and certification assessments.

Summer 2028 - Before Grade 10

Course	Format	Credit
Introduction to Anatomy & Physiology	Required summer intensive	0.5 HS science

Grade 10 (2028-29)

Course / Experience	Schedule	Credit / Requirement
Integrated Humanities: English & Social Studies	75 minutes, M-Th	1.5 HS: 0.5 English + 1.0 Social Studies
Mathematics: Geometry or Algebra II	Blended math block, M-Th	1.0 HS math
Advanced Anatomy, Physiology & Health Science	Full year, M-Th	1.0 HS science
Academic Lab	M-Th	Academic support
Pathway to Purpose	Friday	1.0 HS credit
Grade 10 Readiness Panel	End of year	Readiness for college/pathway advancement
Grade 10 Rite of Passage	End of year	Required demonstration of growth, readiness, reflection, and transition into the selected pathway

Advanced Anatomy, Physiology & Health Science includes applied chemistry and biochemistry concepts used in healthcare, including pH, electrolytes, solutions, respiration and gases, metabolism, and healthcare calculations. It is a high-school course and does not replace college Chemistry or Anatomy & Physiology.

Grade 10 Health Science/CTE Rotation

Semester	Monday / Wednesday	Tuesday / Thursday
1	Patient Care / CNA Preparation & CPR	Mental Health & Crisis Intervention
2	Foundations of Nutrition & Wellness	Introduction to Fire Science

Each course earns 0.25 HS CTE credit; Grade 10 total: 1.0 HS CTE credit. Patient Care / CNA Preparation & CPR introduces nursing-assistant skills and preparation for CNA training and certification. Introduction to Fire Science provides all students exposure to fire behavior, wildfire and public health, incident command, PPE, safety, teamwork, and emergency-service careers.

Blended Mathematics Model

BridgePoint provides two mathematics levels in each grade: Algebra I or Geometry in Grade 9, and Geometry or Algebra II in Grade 10. Each math block combines teacher-directed instruction, guided and applied practice, and structured online learning. Placement is based on prior coursework and demonstrated proficiency. Students are not required to repeat mathematics coursework they have already successfully completed. Transcripts identify the actual course completed.

Summer 2029 - Before Grade 11

Course	Provider / Format	Credit
Introduction to Medical Terminology	College summer intensive	0.5 college credit

College credit is subject to provider approval, enrollment eligibility, and course availability.

Phase II: Behavioral Health & Wellness Pathway - Grades 11-12

In Grades 11 and 12, students move from the common foundation into applied behavioral-health preparation, college coursework, career readiness, and progressively deeper work-based learning. Grade 11 is intentionally designed to provide substantial behavioral-health exposure before students reach the later professional courses typically found in college programs.

Grade 11 - Applied Behavioral Health Practice and Work-Based Learning

Course / Experience	Schedule	Credit / Requirement
English / Humanities or College English	BridgePoint or college block	HS or college credit, based on placement
Mathematics / College Mathematics	BridgePoint or college block	Appropriate level based on readiness
Pathway-Specific Science / College Science	BridgePoint or college block	HS or college science credit
Applied Behavioral Health Practice	CTE / college block	HS CTE and/or proposed college elective credit, subject to approval
Youth Mental Health First Aid	Within pathway block	Certificate upon successful completion of approved training
Mental Health Crisis & Intervention	Within pathway block	Applied behavioral-health pathway coursework
Applied Therapeutic Communication Skills	Within pathway block	Applied behavioral-health pathway coursework
Potential college coursework: General Psychology; Human Growth & Development; Introduction to Social Work; College English	As eligible and available	College credit by course
Work-Based Learning	Approximately 4 hours/week; target 150 hours	Counts toward 400-hour graduation requirement
Pathway to Purpose	Friday	1.0 HS credit

BridgePoint intends to seek higher-education approval so that designated behavioral-health pathway courses may earn college elective credit. College credit is subject to institutional approval, instructor credentialing, student eligibility, and course availability.

Grade 11 work-based learning may include youth-serving organizations, schools, community health, senior services, disability services, behavioral-health agencies, prevention/recovery programs, social-service organizations, public-health programs, approved healthcare placements, simulations, career exploration, and other structured experiences connected to behavioral-health and human-service competencies.

Grade 12 - College Preparation, Work-Based Learning, and Postsecondary Advancement

Course / Experience	Provider / Schedule	Credit / Requirement
Senior Capstone - Behavioral Health Focus	BridgePoint	1.0 HS English
Mathematics / College Mathematics	BridgePoint or college block	As appropriate for graduation/pathway
Pathway-Specific Science / College Science	BridgePoint or college block	As appropriate for graduation/pathway
Potential college coursework	Scheduled within CTE/college block	College credit by course
Work-Based Learning	Approximately 8 hours/week; target 250 hours	Counts toward 400-hour graduation requirement
Pathway to Purpose	Friday	1.0 HS credit
Paid Healthcare / Human-Services Employment	Completed during an approved portion of Grades 9-12	Required; hours count toward the 400-hour WBL total

College coursework is selected based on student readiness, high-school graduation requirements, provider availability, and the courses most useful for the student's emerging postsecondary direction in social work, psychology/counseling, or another related behavioral-health field.

Potential College Coursework for Behavioral Health & Wellness

The courses below are potential college choices aligned with behavioral-health preparation. They are not a prescribed sequence or a guaranteed concurrent-enrollment offering. Students select a feasible combination while meeting BridgePoint graduation requirements, pathway experiences, and work-based learning schedules. PSYC 150 and PSYC 233 are especially useful because they align with CMU's Social Work foundation requirements and broader psychology preparation.

Potential Course	Course #	College Credits / Use
General Psychology	PSYC 150	3 - BSW foundation; Psychology core
Human Growth and Development	PSYC 233	3 - BSW foundation; GT Pathways
Introduction to Social Work	SOWK 150	3 - BSW foundation
Justice, Equity, Diversity, and Inclusion (JEDI) in Social Work	SOWK 210	3 - BSW foundation
State and Local Government	POLS 236	3 - BSW foundation
College English Composition I	ENGL 111	3 - Essential Learning
College English Composition II	ENGL 112	3 - Essential Learning / supports psychology progression
Interpersonal Communication	SPCH 101	3 - Essential Learning option / communication preparation
Statistics for Social and Behavioral Sciences	STAT 215	4 - Psychology core
Suicide Intervention Training	PSYC 306	1 - Potential later option; 16-hour intervention course
Health Psychology	PSYC 300	3 - Potential later option; prerequisite applies
Abnormal Psychology	PSYC 340	3 - Potential later option; prerequisite applies

CMU's BSW admission requirements currently identify SOWK 150, SOWK 210, PSYC 150, PSYC 233, and POLS 236 as foundation courses that must be completed or in progress, along with at least 60 total college credits. CMU's Counseling Psychology BA includes PSYC 150, PSYC 201, STAT 215, PSYC 216 and later counseling-specific coursework. Course offerings, prerequisites, codes, and admission requirements may change.

PSYC 306 is listed by CMU as a 1-credit, 16-hour Suicide Intervention Training course. It is shown here as a potential college option and does not replace BridgePoint's proposed Grade 11 Mental Health Crisis & Intervention course.

Work-Based Learning Graduation Requirement

Behavioral Health & Wellness pathway students complete a minimum of 400 hours of approved work-based learning before graduation. The pathway is designed around approximately 150 hours in Grade 11 and 250 hours in Grade 12. The required paid healthcare or approved human-services employment experience is included within, not added on top of, the 400-hour total.

Experience Type	Examples	How It Counts
Career exploration	Behavioral-health/human-services job shadowing, career interviews, workplace observation	Approved documented hours
Skill and simulation experiences	Communication practice, de-escalation scenarios, case studies, safety, documentation, professional boundaries	Approved instructional/WBL hours
Community-based field exposure	Schools, youth programs, senior services, disability services, public health, community health, social-service settings	Approved documented hours
Prevention and wellness experiences	Mental-health promotion, substance-use prevention/recovery education, community wellness and outreach	Approved documented hours

College Course Eligibility and Program Admission

The courses listed, including those shown in the college foundation graphic, are potential opportunities, not guaranteed offerings. Enrollment depends on readiness, prerequisites, college eligibility, course availability, and institutional approval. Some courses may require formal acceptance into the intended postsecondary degree or certificate program before a student can enroll. Admission to a college does not necessarily mean admission to a specific healthcare program. BridgePoint will help students and families identify appropriate options; course codes and requirements must be verified with the college.

Paid healthcare / human-services employment	Approved position completed during the four-year diploma program	Required employment; hours included in 400-hour total
Service and pathway projects	Approved behavioral-health, wellness, youth, family, community, or human-services projects	Approved documented hours

Work-based learning is intentionally broader than clinical placement. This allows students to build professional readiness and meaningful exposure even when age, confidentiality, site capacity, licensure, or provider requirements limit access to direct behavioral-health practice.

Student Routes Through Grades 11-12

Student Readiness / Interest	Grades 11-12 Pathway	Next Step
Ready for substantial college coursework	Complete an individualized combination of behavioral-health coursework, college foundations/general education, WBL, capstone, and employment	Enter college with substantial applicable credit and continue into Social Work, Psychology/ Counseling Psychology, or related study
Ready for some college coursework	Complete selected college courses alongside BridgePoint applied behavioral-health courses, academics, WBL, capstone, and employment	Complete remaining college foundations/ general education after graduation
College-course timing or readiness requires additional preparation	Continue applied behavioral-health preparation, WBL, career exposure, capstone, and employment while completing appropriate academics	Enter postsecondary behavioral-health/ human-services study when eligible

Phase III: Postsecondary Behavioral Health Continuation

After BridgePoint graduation, students may continue into a range of behavioral-health and human-service programs. Two especially aligned CMU continuations are the Bachelor of Social Work (BSW) and the BA in Psychology - Counseling Psychology. The pathway is designed so students arrive with applied behavioral-health preparation, college coursework where eligible, substantial work-based learning, paid employment, and progressively developed professional communication and judgment.

Students pursuing Social Work can continue remaining foundation and Essential Learning requirements and, when eligible, apply to CMU's professional BSW sequence. Students pursuing Psychology/Counseling Psychology can continue the psychology core and later counseling courses such as Abnormal Psychology, Counseling Processes and Techniques, Psychological Interviewing, Group Processes, and practicum. Other related options may include counseling, human services, public health, occupational therapy, education, or other behavioral-health fields.

Common Academic and Career Progression

Area	Grades 9-10	Grades 11-12
English / Social Studies	Integrated Humanities each year	College English where eligible + senior capstone
Mathematics	Grade 9: Algebra I / Geometry; Grade 10: Geometry / Algebra II	College mathematics/statistics / individualized advancement
Science	Biology; summer Intro A&P; Advanced A&P & Health Science	Pathway-specific science / college science as appropriate
Health Science	Eight rotating CTE courses; EMR; summer Medical Terminology	Applied Behavioral Health Practice + college coursework
Behavioral Health	Intro Behavioral Health; Substance Abuse & Community Impact; Mental Health & Crisis Intervention	Youth MHFA; Crisis & Intervention; Therapeutic Communication; college foundations
Career Development	Pathway to Purpose + Grade 9 and Grade 10 Rites of Passage	Pathway to Purpose + 400 total WBL hours, including required paid employment

The Student Journey

GRADES 9-10: Common academics, eight rotating CTE courses, summer health-science preparation, Grade 9 EMR credential preparation, and Grade 10 CNA preparation, and required Rites of Passage marking growth and readiness. GRADES 11-12: Applied behavioral-health coursework, Youth Mental Health First Aid certification, college coursework where eligible, work-based learning, senior capstone, and required paid healthcare/human-services employment within the 400-hour WBL total.

POSTSECONDARY: Continue into Social Work, Psychology/Counseling Psychology, or another behavioral-health/human-services program, complete remaining degree requirements, and pursue applicable graduate education, certification, or licensure.

College course offerings, credit awards, admission requirements, instructor credentialing, concurrent-enrollment eligibility, and clinical/practicum eligibility are controlled by the relevant provider and may change.