



Certified Youth Mental Health Specialist (CYMHS) Certification Standards

Application Standards for Practicing Professionals in the United Kingdom or Scotland

1.0 Professional Standards

1.1 Nationally registered, credentialed or member of the association noted:

- Counsellor, Psychotherapist, or Psychologist
 - Hold a registration as a MBACP, MBACP-Accredited, MBACP-Senior Accredited or higher with the British Association for Counselling & Psychotherapy (BACP)
 - Hold a full clinical membership with the UK Council for Psychotherapy (UKCP)
 - Be an Accredited Registrant (MNCS), Professional Registrant (MNCS Prof Accred), Senior Accredited Registrant (MNCS Snr Accred) or a Fellow Registrant with the National Counselling Society (NCS)
 - Be an Accredited Member, Senior Member or Fellow with the Accredited Counsellors, Coaches, Psychotherapists and Hypnotherapists (ACCPH)
 - Hold a registration as a Practitioner Psychologist with the Health & Care Professionals Council (HCPC)
 - Hold a Full Membership with the Association of Child Psychotherapists
 - Hold a Registered Counsellor Membership with the Association of Christian Counsellors (ACC)
 - Be a COSCA or UK Body Accredited Member of the Counselling & Psychotherapy in Scotland (COCSA)
- Social Worker
 - Hold a registration with the Health & Care Professionals Council (HCPC)
 - Hold a Working or Independent Membership with the British Association of Social Workers (BASW)
- Psychoanalytic and psychodynamic psychotherapists
 - Hold a Full Membership with the British Psychoanalytic Council (BPC)
- Play Therapist
 - Hold a Full Membership with the British Association of Play Therapists
 - Hold a Certification as a Play Therapist, Practitioner in Therapeutic Play Skills, Play and Creative Arts Counsellor or Supervisor of Play and Creative Arts Therapists with the Play Therapy Register
- Mental Health Nurse
 - Hold a Mental Health or Specialist Community Public Health Nurse registration with the Nursing & Midwifery Council
- Teacher
 - Hold Qualified Teacher Status (QTS) with the Teaching Regulation Agency
 - Hold a registration with The General Teaching Council for Scotland
- Occupational Therapist
 - Hold a registration with the Health & Care Professionals Council (HCPC)
- Speech and Language Therapist/Speech Therapist
 - Hold a registration with the Health & Care Professionals Council (HCPC)

For all professions: Provisional or student registration or membership does not meet the standards for Certification. Coaches do not meet the standards for Certification, unless the Coach also holds a certification, registration or membership listed above.

Other applicants: Registered or credentialed professionals whose professional scope of practice allows them to diagnose and provide clinical mental health treatment plans for mental health disorders AND have met the registration or credentialing requirements in the UK or Scotland are welcome to apply. If you are unsure whether your professional

background meets the standards for Certification, please email a copy of your educational background, professional scope of practice, membership or registration and CV to info@evergreencertifications.com

1.2 By applying for Certification, the applicant agrees to adhere to Evergreen Certifications' Professional Code of Ethics, available at www.evergreencertifications.com/codeofethics

2.0 Educational Standards

2.1 The applicant must meet the following education criteria (total minimum of 12 CPD hours):

Youth mental health

- Trauma and attachment
 - Neurological effects of trauma exposure
 - Observable signs and symptoms of trauma and traumatic stress in students
 - Behavioral manifestations of trauma and traumatic stress in students
 - Adverse Childhood Experiences (ACES) scores meaning and their impact
 - The impact trauma and attachment has on children's relationships with adults
 - Interventions for adults to build trust-based relationships with children
- Anxiety disorders
 - Sources of anxiety and DSM-5 classification of disorders
 - Self-management skills for stress and anxiety regulation
 - Medications
 - Coping skills for youth
- Managing challenging behaviors and extreme emotions
- Executive Function skills and strategies
- Suicide and self-harm
- Electronic addiction

Navigating youth mental health in today's educational setting

- Integrating student mental health into virtual and/or physical classrooms
 - Assessing for level of knowledge and catch up plans
 - The impact of routine disruption on mental health
 - Medication non-compliance while away from the classroom
 - Individual interventions for students struggling the most
 - Connecting students and parents/caregivers with outside resources for counselling and support
- Virtual classroom strategies
 - Student engagement strategies
 - Assessing symptoms of mental health challenges and providing support virtually

Provider self-care and support

2.2 Suitable education sources are approved continuing education or professional development training as documented by certificates of completion from the accredited training organization.

Evergreen Certifications will accept courses that have been completed within 3 years of initial application for Certification.

3.0 Required Documentation for Certification Eligibility

1. A copy of the applicant's professional registration, credential, or membership
2. Copies of completion of training as outlined in the Educational Standards
3. Payment of certification application fee

Evergreen Certifications will certify candidates who meet the above requirements.

Please note: Certification does not imply endorsement of clinical competency. As a professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

4.0 Required Documentation for Renewal of Certification

To maintain Certification, a reapplication is required. The steps to apply for a 1-year reapplication are as follows:

1. Submit, via email, a copy of your registration, credential, or membership as well as a completion certificate for six (6) CPD hours of youth mental health-focused training to info@evergreencertifications.com
2. Payment of re-certification application fee

You can also apply for reapplication for 2 or 3 years. Follow the process above, submitting twelve (12) CPD hours of training for a 2-year reapplication, and eighteen (18) CPD hours of training for a 3-year application.

Re-certification training hours need to have been taken in the time since you were last certified or recertified. Renewals are calculated from the date that your Certification was issued.

If you allow your Certification to lapse for more than 3 years, you are no longer eligible to renew your Certification and instead can reapply for Certification.