Behavioral Health

The Basics

What is behavioral health?
Broadly defined, behavioral health is a term that describes the full range of mental and emotional well-being. This includes challenges in daily life, treatment of mental illnesses, and substance use disorders.

Studying Behavioral Health
There are many areas of higher education at the undergraduate and graduate levels that will prepare you for a career in behavioral health. Academic departments include Psychology, Social Work, Psychiatry, Counseling, and more.

Career Options
There are many things you can do with a degree in behavioral health:
- School Counselor
- Clinical Psychologist
- Addiction Counselor
- Psychiatrist
- Social Worker
- Professor or teacher of behavioral health
- Program coordinator or director in behavioral health (ex: suicide prevention program)
...and more!

Native Americans in Behavioral Health
Native American behavioral health professionals are in high demand around the country. There are too few mental health professionals in Native communities, and there are too few Native American health professionals anywhere. As a Native American health professional working in a Native American community, your services will be in high demand and you will benefit from a rewarding career as you help these communities heal.

Seven Generations Center of Excellence

The SGCoE recruits Native American students to study behavioral health subjects at the University of North Dakota (UND) and supports students in their efforts while enrolled. We accomplish this through several programs:

- **Aazhogan (Bridge):** for tribal college or high school students, we’ll help you transition to UND
- **Peer Mentoring:** We’ll pair you up with another student to help you out and be a friend
- **TURTLE (Tribal Undergraduate Research Training and Learning Experiences):** we’ll help you out with research
- **Native Health Research Team:** work with other Native students with similar research interests
- **Post-Baccalaureate Program:** Prepare for a psychology graduate program while earning some money and working with the SGCoE
- **Clinical Placement Stipends:** for Graduate students
- **Counseling Psychology Stipends:** for Graduate students
- **Internships:** APA-Approved pre-doctoral psychology with the UND Counseling Center

Many of our students participate in more than one of these programs throughout their time studying behavioral health at UND. We are a supportive staff and student group who are here to help Native students succeed.

More Programs & Organizations

As a student in behavioral health at UND, there are a lot of programs beyond the SGCoE to support your efforts.

**INPSYDE (Indians into Psychology Doctoral Education):** A support system for graduate students in psychology.

**AISS (American Indian Student Services):** The core of the Native community at UND, where all Native students are welcome to free tutoring, computer labs, and a staff of friendly people to help answer your questions and navigate you through campus life.

**UNDIA (University of North Dakota Indian Association):** A Native student group. They do all kinds of things, most notably they plan the annual Time Out Wacipi.
Connect With Us

STAFF

Dr. Jacqueline Gray
Associate Director
jacqueline.gray@med.und.edu
701.777.0582

Naomi Bender
Project Coordinator
naomi.bender@med.und.edu
701.777.0786

Brittany Belgarde
Project Assistant
brittany.s.belgarde@med.und.edu
701.777.6780

Located at
Center for Rural Health
University of North Dakota
School of Medicine & Health Sciences
1301 North Columbia Rd, Stop 9037
Grand Forks, North Dakota 58202

This work is supported by the Bureau of Health Workforce, Health Resources and Services Administration, U.S. Department of Health and Human Services with a grant for the Seven Generations Center of Excellence in Native Behavioral Health (#D34HP24462).