

Mental Health Rehabilitation Technician

MHRT-1

Description of a MHRT-1

Mental Health Rehabilitation Technicians (MHRT-1s) provides daily living support and residential services to individuals with mental illness. A MHRT-1 provides personal supervision and therapeutic support to persons with severe and persistent mental illness, helping individuals to develop and maintain the daily living skills necessary to remain oriented, healthy, and safe.

MHRT-1 Work Settings and Populations Served

- An MHRT- 1 works with adults with serious and persistent mental illness
- Can work in a residential setting, in a person's home, or on the job or in the community with the person being served

Hiring Requirements

The provider must conduct a background check and certain types of criminal convictions may prohibit employment as a MHRT-1.

A person may not work as a MHRT-1 if Maine's Certified Nursing Assistant and Direct Care Worker Registry shows they have a substantiated finding of abuse or neglect or misappropriation of property of a client, patient, or resident.

TRAINING REQUIREMENTS

- Be at least 18 years old
- Have a high school diploma or equivalent competency
- Complete the Mental Health Support Specialist training program
- CPR certification
- First Aid certification
- Approved behavioral intervention program

CAREER PATHWAY

A person who is certified as a MHRT-1 can move into the following positions with additional education:

Human Services:

- CIPSS
- DSP
- Mental Health Worker
- MHRT-C

Health Services:

- PSS
- CRMA
- Home Health Aide
- CNA
- CNA-M
- LPN
- Medical Assistant
- Nursing Degree

