

# PMHS ELIGIBILITY MADE EASY

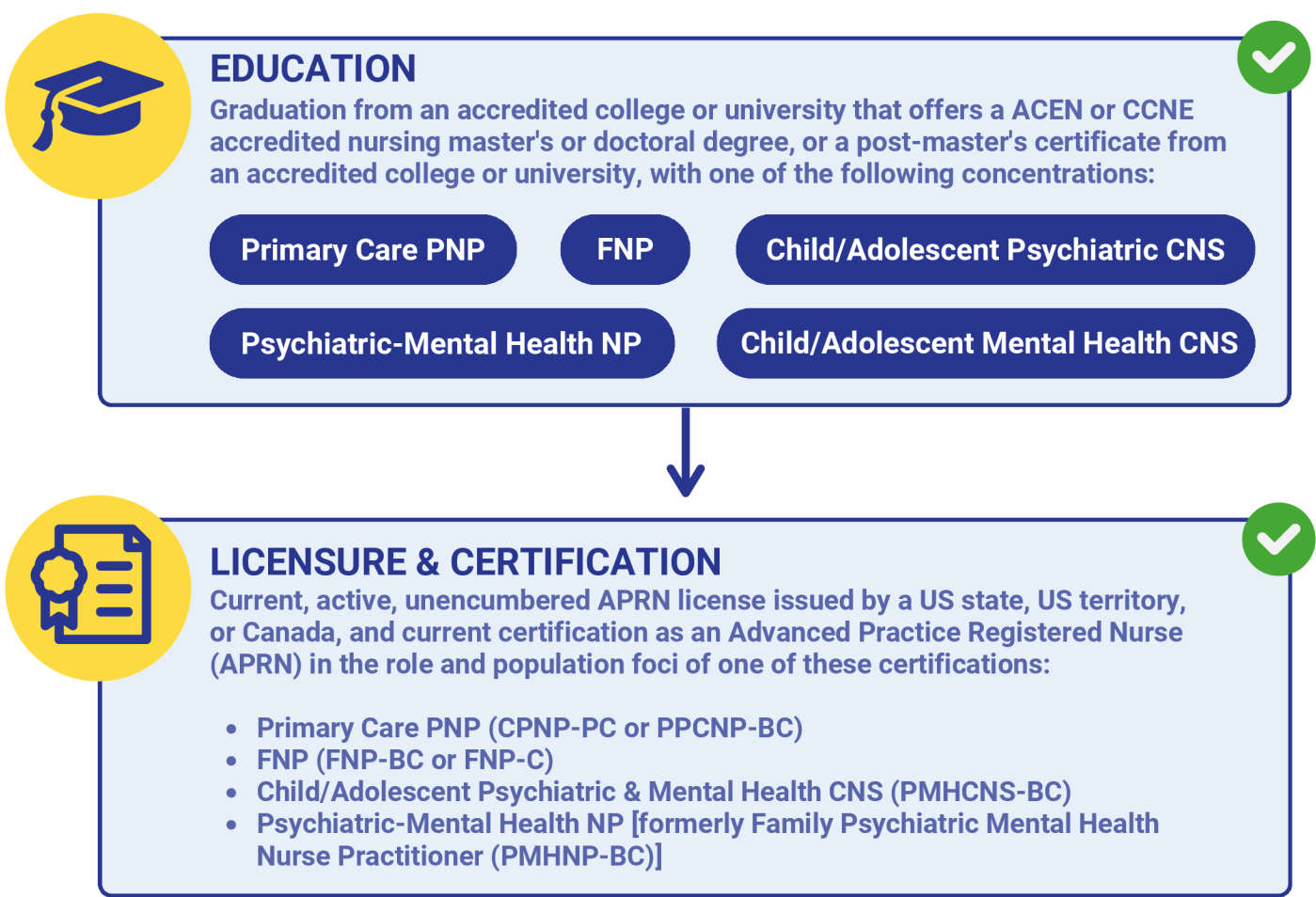
*find your pathway checklist*



Have a passion for helping kids achieve optimal developmental, behavioral, and mental health?

Chances are you're already doing activities that contribute to your eligibility for PNCB's Pediatric Primary Care Mental Health Specialist certification.

Walk through your options below to answer the question, "Is this me?" Then take your next steps to earn your PMHS credential!



Met the foundational requirements above?  
Find your fit in ONE of these three pathways.



**Q: Do I need to practice direct mental health care full time?**

**A:** No. You might see a mix of patient concerns any given day in primary care. There is no expectation that you solely see DBMH conditions. [Use our tracker to help you count clinical hours](#). It includes tips like counting health promotion time during well checks, and a reminder to count case-finding, diagnosis, and management of DBMH concerns.

**Q: How do I count my clinical hours?**

**A:** Practice varies for each provider, but think about how many hours related to pediatric DBMH you see per day. One example may be 2 hours per day on average. If you work 5 days per week, then you're earning 10 hours weekly toward your eligibility goal. In a year, that could reach 480 hours, allowing for time away from work. In 5 years, you'll have completed more than 2,000 hours. Providers may reach their hours requirement sooner, depending on what they see in practice.

- [See more tips for counting clinical hours](#).

**Q: What will PNCB accept for CE or CME hours?**

**A:** Feel confident using your best judgement based on the title and content of the activities you choose.

- The [exam content outline found here](#) is not only essential for your study plan, but it's also a great starting point for topic ideas.
- [PNCB CE](#) offers many hours of DBMH CE, but many respected sources of accredited hours exist.
- If you're a CPNP-PC, don't forget to count relevant hours you complete in your required Pediatric Updates for Recert. We always offer a PMHS-related Pediatric Updates module worth 7.5 contact hours that you can use toward exam eligibility.

**Q: For the Faculty Pathway, how do I calculate the 10 needed points of accepted activity?**

**A:** Mix and match from these options to earn your 10 points. [See visual examples](#).

- Primary faculty for a graduate-level pediatric DBMH course that fully relates to pediatric developmental, behavioral, and mental health of at least 2 credits. Courses such as the "3Ps" do not meet this requirement.
- Precepting an APRN in content related to pediatric DBMH practice.
  - 50-99 hours counts for 5 points.
  - 100+ hours count for 10 points.
- Continuing Education that includes pediatric DBMH content may count for a maximum of 7.5 points.
  - 15 hours of CE counts for 2.5 points.
- Scholarly Projects related to pediatric DBMH only, including research, authorship, presentations and others may count for a maximum of 10 points. Each project counts for 5 points.
- Graduate level academic credit, which is related to pediatric DBMH, may count for a maximum of 5 points. One course which awards at least 2 credits can count for 2.5 points.

[Find more FAQs on our website. See the steps to apply.](#)  
We wish you success in testing!