Care With Rights

How treatment choices and patient protections work together

SS24.P.19 "Describe different types of biomedical and psychological treatments for mental disorders. 19a Explain how mental health professionals determine the appropriate treatment from the variety of psychological treatments available for various..."

NAME _____ DATE _____

1 READ AND MARK

Read it twice

YOUR JOB Underline two factors clinicians weigh when choosing treatment, circle one duty shared by providers, and number two requirements of the Wyatt Standards.

Choosing Care, Protecting Rights

1. A treatment plan begins with an assessment, not a guess. A clinician asks about symptoms, safety, daily life, medical history, and the person's goals. Cognitive behavioral therapy can help someone examine unhelpful thought patterns, while exposure therapy helps a person face feared situations gradually and safely. Medication may also reduce symptoms, sometimes alongside therapy. Clinicians weigh research evidence, the specific problem, possible side effects, and a person's preferences. They check progress and adjust the plan when needed.

2. Different licenses allow different work. A psychiatrist is a physician who can diagnose disorders and prescribe medication. A licensed psychologist can provide assessment and psychotherapy. In some locations, psychologists with extra training may also prescribe medication. A licensed clinical social worker can provide therapy and help people find community services. Providers must obtain informed consent and protect private information, with legal exceptions such as required abuse reports or serious safety threats. They must work within their training and refer people when needed.

3. In the early 1970s, patients at Alabama state hospitals challenged unsafe, inadequate care in Wyatt v. Stickney. In 1972, a federal court issued the Wyatt Standards, detailed requirements for the care of people held in mental institutions. They addressed adequate qualified staff, individual treatment plans, and humane living conditions. The case affirmed a right to treatment for people involuntarily confined for care. The standards influenced later state mental health codes and federal regulations concerning patient rights and care quality.

2 ANSWER WITH EVIDENCE

Use the passage

1. How could a clinician decide whether to use therapy, medication, or both?

2. How do a psychiatrist's and a licensed clinical social worker's roles differ in a treatment plan?

3. When might a provider share private information without consent, and what limit applies to the provider's work?

4. How did the Wyatt Standards connect the right to treatment to later policy?

3 YOUR TURN

Your own words

A fictional adult has repeated panic attacks on buses and would rather begin without medication. Write four sentences proposing an initial treatment, a possible biomedical option, a licensed provider, and a right that must still apply if the person is involuntarily hospitalized. Explain your choices.

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PART 1 · READ AND MARK

Underline two factors clinicians weigh when choosing treatment, circle one duty shared by providers, and number two requirements of the Wyatt Standards. Accept any marking that follows this job and points at the right text.

PART 2 · ANSWERS

#	QUESTION	ANSWER
1	How could a clinician decide whether to use therapy, medication, or both?	**The clinician considers the person's symptoms and goals, research evidence, side effects, and preferences, then checks progress and adjusts the plan.**
2	How do a psychiatrist's and a licensed clinical social worker's roles differ in a treatment plan?	**A psychiatrist is a physician who can prescribe medication. A licensed clinical social worker can provide therapy and connect the person with community services.**
3	When might a provider share private information without consent, and what limit applies to the provider's work?	**A required abuse report or a serious safety threat may justify disclosure under the law. Providers must work within their training.**
4	How did the Wyatt Standards connect the right to treatment to later policy?	**They set requirements for staffing, individual plans, and humane conditions for people held in institutions. They influenced later state codes and federal regulations on patient rights and care quality.**

PART 3 · YOUR TURN (SAMPLE ANSWER)

After an assessment, the adult could try cognitive behavioral therapy to examine fears about riding the bus, respecting their wish to begin without medication. If symptoms continue, a psychiatrist could discuss whether medication might help and explain possible side effects. A licensed psychologist could provide the therapy and check whether it is helping. If the adult were involuntarily hospitalized for care, they would still have a right to treatment, including an individual treatment plan.

Accept other supported treatment plans that consider the person's preference and do not assume a diagnosis from panic attacks alone. For the final sentence, accept another patient protection supported by the passage.