Who Can Help?

Compare mental health providers and their responsibilities.

SS24.P.19b "Identify differences among licensed mental health providers and outline legal and ethical requirements for mental health providers."

NAME _____ DATE _____

1 READ AND MARK

Read it twice

YOUR JOB Underline each provider's training or services, circle legal requirements and privacy exceptions, and number two ethical duties. Use your marks to compare what providers do and what rules they must follow.

Choosing a Mental Health Provider

1. At a community clinic, Sam sees four kinds of licensed providers listed on a referral sheet. A psychiatrist is a physician who can diagnose mental disorders, provide treatment, and prescribe medication. A licensed psychologist usually has doctoral training and may provide therapy and psychological testing. Most psychologists cannot prescribe medication, though some jurisdictions permit specially trained psychologists to do so. Both providers can assess symptoms, but their training and usual services differ. License rules vary by location, so a clinic checks local requirements before making referrals.

2. Two other providers on Sam's sheet often offer talk therapy. A licensed clinical social worker usually has a master's degree in social work and may also link clients to community resources, such as housing assistance. A licensed professional counselor usually has a master's degree in counseling and focuses on counseling for mental health concerns. Neither role generally includes prescribing medication. Their services can overlap, so a client's goals, the provider's training, and local licensing rules help determine the best fit.

3. Before treatment begins, providers explain services, risks, fees, and privacy limits so clients can give informed consent. Laws require providers to protect private information, but rules can require or permit disclosure in situations such as suspected child abuse or a serious threat of harm. Exact duties vary by jurisdiction. Ethical duties include working within one's training, keeping accurate records, and avoiding relationships that could exploit a client. For Sam, an honest referral means matching a need to a qualified provider without promising absolute secrecy.

2 ANSWER WITH EVIDENCE

Use the passage

1. How do a psychiatrist and a psychologist differ in training and usual services?

2. What service might a clinical social worker offer that distinguishes the role from the counselor described here?

3. When might a provider disclose private information, and why should the provider check local rules?

4. How is explaining privacy limits before treatment different from working within one's training?

3 YOUR TURN

Your own words

One teen needs talk therapy and help finding housing assistance. Another wants a medication evaluation. Write a referral note naming a provider for each teen, giving a reason for each choice, and stating one privacy limit and one ethical duty both providers must consider.

Who Can Help?

PART 1 · READ AND MARK

Underline each provider's training or services, circle legal requirements and privacy exceptions, and number two ethical duties. Use your marks to compare what providers do and what rules they must follow. Accept any marking that follows this job and points at the right text.

PART 2 · ANSWERS

#	QUESTION	ANSWER
1	How do a psychiatrist and a psychologist differ in training and usual services?	**A psychiatrist is a physician who can prescribe medication. A psychologist usually has doctoral training and may provide therapy and psychological testing; most cannot prescribe.**
2	What service might a clinical social worker offer that distinguishes the role from the counselor described here?	**A clinical social worker may connect clients with community resources, such as housing assistance. Both roles may offer talk therapy.**
3	When might a provider disclose private information, and why should the provider check local rules?	**Disclosure may be required or permitted for suspected child abuse or a serious threat of harm. Exact duties vary by jurisdiction.**
4	How is explaining privacy limits before treatment different from working within one's training?	**Explaining privacy limits helps clients give informed consent. Working within one's training is an ethical duty to provide only services the provider is qualified to give.**

PART 3 · YOUR TURN (SAMPLE ANSWER)

I would refer the first teen to a licensed clinical social worker for therapy and help finding housing resources. I would refer the second teen to a psychiatrist for a medication evaluation because psychiatrists can prescribe. Both providers should explain privacy limits, including possible disclosure when child abuse is suspected. Both should work within their training and follow local rules.

Accept other justified referrals for talk therapy if the response explains how the housing need will be addressed. Privacy exceptions depend on local law; do not require students to claim that every disclosure is mandatory.