Finding the Right Care

Compare prevention and treatment options by fit and access.

P.6.5 "Describe availability and appropriateness of various modes of treatment and prevention for people, including different types of therapeutic and medicinal approaches."

NAME _____ DATE _____

1 READ AND MARK

Read it twice

YOUR JOB Underline prevention steps, circle treatment options, and box one detail about access and one detail about whether an option is a good fit.

What Care Fits Maya?

1. At a public high school, Maya notices that her sleep and concentration have slipped during exam season. A weekly study break and a regular sleep schedule may lower everyday stress, but they are not substitutes for treatment if symptoms persist. Her school counselor offers a free, confidential first conversation and can help her find outside care. However, the counselor may have limited appointment times and may need to involve others if someone is at risk of harm. For Maya, the first step is to describe how often her symptoms occur and how much they affect daily life.

2. If anxiety keeps interfering with classes, a licensed therapist might offer cognitive behavioral therapy, which helps people notice unhelpful thought patterns and practice coping skills. Sessions may be in person or by video, but video care requires a private space and reliable internet. Some community clinics offer reduced fees, although waiting lists can delay a first appointment. If conflict at home is part of the problem, family therapy may help relatives communicate. It is less suitable if Maya cannot safely include family members. Different approaches fit different needs, and a referral does not guarantee an immediate opening.

3. A primary care clinician can check whether a medical condition or substance use might be contributing to Maya's symptoms. If symptoms remain severe, a qualified prescriber may discuss medication alongside therapy, explaining possible benefits, side effects, and follow-up visits. Medication is not automatically needed for exam stress, and it should not be borrowed from someone else. Insurance coverage and local prescriber shortages can affect access. If Maya says she may hurt herself soon, a routine wait for therapy is not appropriate. An immediate crisis service or emergency department can assess her safety. The right choice depends on urgency, fit, and access.

2 ANSWER WITH EVIDENCE

Use the passage

1. If Maya's symptoms continue, why might she speak with the school counselor rather than rely only on study breaks? Give one access advantage and one limit.

2. When might cognitive behavioral therapy fit Maya better than family therapy? Give one factor that could limit her access to it.

3. When might a prescriber discuss medication with Maya, and what could make that option hard to access?

4. If Maya says she may hurt herself soon, which service fits her needs better than waiting for therapy, and why?

3 YOUR TURN

Your own words

Ari works nights in a rural town and has had panic symptoms that disrupt work for a month. Ari has reliable internet but limited transportation. In four or five sentences, propose a prevention habit and a therapy route, explain a possible access barrier, and describe when a clinician might discuss medication.

Finding the Right Care

PART 1 · READ AND MARK

Underline prevention steps, circle treatment options, and box one detail about access and one detail about whether an option is a good fit. Accept any marking that follows this job and points at the right text.

PART 2 · ANSWERS

#	QUESTION	ANSWER
1	If Maya's symptoms continue, why might she speak with the school counselor rather than rely only on study breaks? Give one access advantage and one limit.	**Study breaks may lower stress but do not replace treatment for persistent symptoms. The counselor offers a free first conversation, although appointment times may be limited.**
2	When might cognitive behavioral therapy fit Maya better than family therapy? Give one factor that could limit her access to it.	**Cognitive behavioral therapy may fit when anxiety interferes with classes but family conflict is not the main concern. A clinic waitlist could delay care, or video sessions might require private space and reliable internet.**
3	When might a prescriber discuss medication with Maya, and what could make that option hard to access?	**A prescriber might discuss medication if symptoms remain severe. Insurance coverage or a shortage of local prescribers could limit access.**
4	If Maya says she may hurt herself soon, which service fits her needs better than waiting for therapy, and why?	**An immediate crisis service or emergency department is appropriate because Maya needs a prompt safety assessment.**

PART 3 · YOUR TURN (SAMPLE ANSWER)

Ari could keep a steady sleep schedule where possible, but that habit alone may not address symptoms disrupting work. Video-based cognitive behavioral therapy could help Ari practice coping skills without traveling far. Ari would still need a private space and an available therapist. A primary care clinician could check for other causes of the symptoms. If symptoms remain severe, a qualified prescriber could discuss whether medication and follow-up care are appropriate alongside therapy.

Accept other reasonable prevention habits and therapy routes if students explain why they fit Ari's needs and circumstances. Medication should be presented as a decision to discuss with a qualified prescriber, not an automatic treatment.