Nebraska CTE

Careers in Mental Health (2024)

Analyze non-therapeutic helper careers where counseling practices are applied. HSE.HS.4.1	**a** Describe the role and importance of helpers in society. HSE.HS.4.1.A
	b Identify the six types of helpers (professional helpers, paraprofessional helpers, helping as a part of their work, volunteer helpers, peer helpers, and informal helpers). HSE.HS.4.1.B
	c Explain how helping requires balancing both intellectual and emotional competence. HSE.HS.4.1.C
Summarize professional character qualities required of a mental health professional. HSE.HS.4.2	**a** Explain the importance of being a lifelong learner within the mental health career field. HSE.HS.4.2.A
	b Identify the importance of cultural literacy and equity as it applies to mental health services. HSE.HS.4.2.B
	c Explain personal characteristics necessary to excel at providing mental health. HSE.HS.4.2.C
Analyze American views of mental health throughout history up until present times, and the impact these views have had on individual or family health and wellness. HSE.HS.4.3	**a** Describe the historical development of the mental health field. HSE.HS.4.3.A
	b Explain the role of mental health in society (e.g., school, local, state, national). HSE.HS.4.3.B
	c Compare and contrast mental health and behavioral health. HSE.HS.4.3.C
	d Explain how the discovery of Adverse Childhood Experiences (ACEs) has impacted views regarding the importance of mental health topics. HSE.HS.4.3.D
	e Compare and contrast mental health and mental illness. HSE.HS.4.3.E
	f Analyze current mental health issues and trends and how they impact society. HSE.HS.4.3.F
Distinguish between careers in the mental he	**a** Identify employment trends within the mental health career field. HSE.HS.4.4.A
	)escribe the role mental health professionals have in society. HSE.HS.4.4.B

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	c Compare and contrast the roles of a variety of mental health professionals (e.g., LMHPs, non-clinical social workers, educational counselors, school psychologists, research psychologists, clinical psychologists, psychiatrists). HSE.HS.4.4.C
	d Compare and contrast training and education requirements for various careers in the mental health field. HSE.HS.4.4.D
Identify the process for becoming a certified mental health professional. HSE.HS.4.5	**a** Explain the process and requirements for education and licensure of mental health professionals in Nebraska. HSE.HS.4.5.A
	b Identify procedures and fees associated with professional licensing of mental health professionals in the State of Nebraska. HSE.HS.4.5.B
	c Identify colleges and other post-secondary options for students interested in pursuing a career in the mental health field. HSE.HS.4.5.C
Appraise the importance of ethical behavior within the mental health professions. HSE.HS.4.6	**a** Identify the ethical obligations of those working in the mental health career field. HSE.HS.4.6.A
	b Outline client rights and responsibilities in the therapeutic process. HSE.HS.4.6.B
	c Describe the consequences of violating codes of ethics for mental health professionals. HSE.HS.4.6.C
	d Analyze the penalties for violations by mental health professionals as it pertains to confidentiality and HIPAA. HSE.HS.4.6.D
	e Examine the importance of ethical behavior when conducting psychological research on human subjects, including the Belmont Report and the role of Institutional Review Boards. HSE.HS.4.6.E
	f Analyze the basic principles of ethical behavior (e.g., beneficence, nonmaleficence, justice, autonomy, and fidelity). HSE.HS.4.6.F
Analyze the importance of mental health professionals taking care of their own mental health. HSE.HS.4.7	**a** Explain the essential need for mental health professionals to prioritize their own mental health. HSE.HS.4.7.A
	b Describe optimal mental health and well-being. HSE.HS.4.7.B
	c Implement strategies to practice self-care and develop personal mindfulness awareness plans. HSE.HS.4.7.C
	d Summarize how personal values and experiences influence one's usage of mental and behavioral health services. HSE.HS.4.7.D
	e Identify basic intervention techniques to improve one's mental health. HSE.HS.4.7.E