

# 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 health field. [HSE.HS.4.4](#)

- a** Identify employment trends within the mental health career field. [HSE.HS.4.4.A](#)
- b** Describe 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**
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**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**
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**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**
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**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**