

Mental Health Counselor Framework

Programs and Professions in Allied Health			
Which Health Professions are considered Allied Health?			
9th	10th	11th	12th
<ul style="list-style-type: none"> ● Mental Health Counselor 	<ul style="list-style-type: none"> ● Length of programs ● Types of schools to obtain certificate/degree at <ul style="list-style-type: none"> ○ Tech. school (certificate) ○ Commun. College (certificate, associate's) ○ University (Bachelor's and above) 	<ul style="list-style-type: none"> ● Where you can work at with your certificate/degree 	<ul style="list-style-type: none"> ● Job descriptions ● Job statistics <ul style="list-style-type: none"> ○ Job growth ○ Pay

- **Ninth Grade**

- **What are the various Allied Health Professions?**

- There are various professions that are under Allied Health. The ones that are listed are available in the state of Texas. These professions include:

- **Mental Health Counselor** - Professionals in this field offer counseling, support, and guidance to individuals that are having trouble coping mentally or emotionally. There are a number of mental problems that mental health counselors might encounter during their careers, from people dealing with everyday stress to those with diagnosable mental illnesses and disorders. For instance, they might counsel people that are having had times due to family, job, or social issues.

- <https://careersinpsychology.org/starting-a-career-as-a-health-counselor/>

- **Tenth Grade**

- **What is the average program length for each Allied Health profession?**

- The Mental Health Counselor profession is available at Texas Tech and UTRGV. The Master program at UTRGV is a total of 60 credit hours. The Texas Tech Master program is a total of 60 credit hours.
 - <https://www.ttuhschool.edu/health-professions/master-of-science-clinical-mental-health-counseling/default.aspx>
 - <https://www.utrgv.edu/graduate/for-future-students/graduate-programs/program-requirements/counseling-and-guidance-med/index.htm#item6>

- **What are the types of schools the student can attend for their program of interest?**
 - Technical schools
 - Technical schools, also known as “vocational schools” offer targeted, shorter instruction at a lower tuition, or cost, leading to a certificate or an associate’s degree. Many technical schools in Texas offer dual enrollment opportunities for high school students.
<https://scitexas.edu/technical-school/>
 - Community College
 - A community college is an institution that offers short term certificates or two year associate’s degrees. Associate’s degrees transfer and often lead to four year degrees at partnering universities. Many community colleges in Texas offer dual enrollment opportunities for high school students. They typically offer less expensive education than four year universities. Most community colleges have open enrollment, meaning there are very few requirements for admission.
<https://studyinthestates.dhs.gov/2012/03/what-is-community-college>
 - College
 - A college is a four year institution that offers degrees in specific areas of study (i.e. medicine or law). These degrees can lead to graduate or professional school. Colleges may have open enrollment or may have strict admission requirements.
<https://www.trade-schools.net/articles/college-vs-university.asp#university>

- University

- A University is a four year institution that offers many different degrees through multiple “colleges” located on the same campus. Typically a university may have a “College of Education” or a “College of Health Sciences”. Universities also usually offer graduate (Master’s, Doctorates) and professional degrees. Typically, universities have strict admission requirements that include grades, placements tests, and admissions tests like the SAT/ACT.

<https://www.trade-schools.net/articles/college-vs-university.asp#university>

- **Eleventh Grade**

- **Where can the professionals work with their degree?**

- Mental Health Counselors can work at various places including hospitals, mental health facilities, residential care facilities, VA Medical Hospitals and educational systems.

- <https://careersinpsychology.org/top-places-work-counselor/>

- **Twelfth Grade**

- **What are the Allied Health Professional’s job responsibilities?**

- The job responsibilities of a Mental Health Counselor include provide various outpatient mental health services with the goal of patient recovery, conduct intakes and monitor individual, group, and family therapies, develop service plans and conduct reviews as needed throughout the duration of treatment, provide mental health assessments, counseling, referrals, and intervention services, and complete and maintain documentation according to federal and state guidelines.

- <https://www.thebalancecareers.com/what-is-a-mental-health-counselor-525395>

- **What is the job growth of these Allied Health Professions? How much are these professions paid?**

- Mental Health Counselors are paid \$21.46 per hour and are paid \$51,287 annually. The projected job growth over a 10 year period is 22%.

- <https://www.bls.gov/ooh/community-and-social-service/substance-abuse-behavioral-disorder-and-mental-health-counselors.htm>

Programs and Professions in Allied Health			
What exams does the student need to take for the profession they're interested in?			
9th	10th	11th	12th
<ul style="list-style-type: none"> • Mention exams that need to be taken based on their program of interest 	<ul style="list-style-type: none"> • Exam I <ul style="list-style-type: none"> ○ Test Description ○ Test outline 	<ul style="list-style-type: none"> • Exam I <ul style="list-style-type: none"> ○ Prep course ○ Exam registration ○ Locations ○ Scores 	<ul style="list-style-type: none"> • Exam II (based on whether a second exam is needed) <ul style="list-style-type: none"> ○ Description ○ Outline ○ Prep course ○ Exam registration ○ Locations ○ Scores

- **Ninth Grade**

- **What exams do the students need to take for the healthcare program of interest?**

- Mental Health Counselor is available at UTRGV and Texas Tech. The program at UTRGV requires the student to take the GRE with minimum score requirements to be considered for the program. After the completion of the program, the student will have to take the National Counselor's Examination and the Texas Jurisprudence Examination. Texas Tech does not have an admission's test but in order to obtain a license the student must take the National Counselor's Examination

- <https://www.utrgv.edu/graduate/for-future-students/graduate-programs/program-requirements/counseling-and-guidance-med/index.htm#item2>
- <https://counselor-license.com/articles/counselor-license/>

- **Tenth Grade**

- **What exams do students need to take before being admitted into the program?**
 - The ACT is an entrance exam used by most colleges and universities to make admissions decisions. The purpose of the ACT test is to measure a high school student's readiness for college, and provide colleges with one common data point that can be used to compare all applicants. The sections of the exam are English, Math, Reading, Science, and Writing (optional).
 - <https://www.princetonreview.com/college/act-information>
- **Eleventh Grade**
 - **Where can a student register to take these exams? What are the scores needed to be considered for the programs of interest?**
 - The GRE General Test measures your verbal reasoning, quantitative reasoning, critical thinking and analytical writing skills — skills that have been developed over a long period of time and are not related to a specific field of study but are important for all. The GRE scores vary depending on what the IHE wants for the student's program of interest. To be considered for the healthcare program, high scores on the GRE categories are the best to have a good chance of entering the program. The different categories include Verbal Reasoning, Quantitative Reasoning, and Analytical Writing. Verbal Reasoning section measures your ability to:
 - analyze and draw conclusions from discourse; reason from incomplete data; identify author's assumptions and/or perspective; understand multiple levels of meaning, such as literal, figurative and author's intent
 - select important points; distinguish major from minor or irrelevant points; summarize text; understand the structure of a text
 - understand the meanings of words, sentences and entire texts; understand relationships among words and among concepts
 - Quantitative Reasoning section measures your ability to:
 - understand, interpret and analyze quantitative information
 - solve problems using mathematical models
 - apply basic skills and elementary concepts of arithmetic, algebra, geometry and data analysis

order an official score verification report to be sent to third parties such as licensure boards.

- <https://www.nbcc.org/Assets/Exam/Handbooks/NCE.pdf>
- The NCE is delivered by computer at more than 900 Pearson VUE testing centers located throughout the United States. Examinees have the option to register online or via a paper registration form. To begin the online registration process, go to <http://www.cce-global.org> and choose the “ProCounselor” tab. Candidates cannot schedule an examination appointment with Pearson VUE until CCE has processed their registration. Pearson will then send email notification to registered candidates with examination scheduling procedures. Pearson VUE testing centers have been selected to provide accessibility to most candidates in all states and major metropolitan areas. A current listing of Pearson VUE testing centers, including addresses and driving directions, is available at Pearson VUE’s website (www.pearsonvue.com). Specific address information will also be provided when a candidate schedules an examination appointment.
 - <https://www.nbcc.org/Assets/StateLicensure/NCE.pdf>

<u>Admissions</u>			
What does the student need in order to apply for the program?			
9th	10th	11th	12th
<ul style="list-style-type: none"> ● Introduce Allied Health profession ● Job Opportunities 	<ul style="list-style-type: none"> ● Program Description 	<ul style="list-style-type: none"> ● Admission Requirements 	<ul style="list-style-type: none"> ● CE Courses (if any) ● License Renewal

- **Ninth Grade**
 - **What is a Mental Health Counselor?**
 - Mental health counselors offer guidance to individuals, couples, families and groups that are dealing with issues that affect their mental health and well-being. Their approach depends on their education and professional experience, but like psychologists, they may primarily practice psychodynamic therapy, cognitive-

behavioral therapy, humanistic therapy, or have a holistic, integrative approach.

- <https://www.allpsychologyschools.com/mental-health-counseling/>
- As a mental health counselor, you can work in family services, outpatient mental health and substance abuse centers, hospitals, government, schools and in private practice. You can choose to work with a specific population, such as with teenagers, the incarcerated, families and the elderly. A parallel career path is marriage and family therapy, which brings a family-centered perspective to mental health treatment, even when treating individuals
 - <https://www.allpsychologyschools.com/mental-health-counseling/job-description/>
- On the job, mental health counselors:
 - Work with individuals, groups and communities to improve mental health
 - Encourage clients to discuss emotions and experiences
 - Examine issues including substance abuse, aging, bullying, anger management, careers, depression, relationships, LGBTQ issues, self-image, stress and suicide
 - Work with families
 - Help clients define goals, plan action and gain insight
 - Develop therapeutic processes
 - Refer clients to psychologists and other services
 - Take a holistic (mind and body) approach to mental health care
 - <https://www.allpsychologyschools.com/mental-health-counseling/job-description/>
- **Tenth Grade**
 - **What is the Mental Health Counselor program at UTRGV?**
 - The mission of the Counseling M.Ed. program is to prepare highly competent professionals who can respond to the lifespan mental health needs of a multicultural community. The Master of Education in Counseling offers two programs: clinical mental health counseling and school counseling. Graduates of the UTRGV

Counseling program are committed to advocacy and leadership in the communities they serve.

- <https://www.utrgv.edu/graduate/for-future-students/graduate-programs/program-requirements/counseling-and-guidance-med/index.htm>

- **What is the Mental Health Counselor program at Texas Tech?**

- Established in 2017, the TTUHSC Clinical Mental Health Counseling (MSMH) program is one of the first counselor education programs in the United States to train practitioners simultaneously in clinical counseling skills and telehealth techniques. MSMH Graduates are eligible to pursue certification as a Nationally Certified Counselor (NCC), and be eligible to apply for licensure as a Licensed Professional Counselor (LPC) in many states.
- <https://www.ttuhs.edu/health-professions/master-of-science-clinical-mental-health-counseling/default.aspx>

- **Eleventh Grade**

- **What are the admission requirements of the Mental Health Counselor program at UTRGV?**

- Bachelor's degree from a regionally accredited institution in the United States or a recognized international equivalent in a similar or related field.
- Undergraduate GPA of at least 3.0. If applicant does not meet minimum undergraduate GPA criterion, GRE general test with minimum scores of 150 Verbal, 141 Quantitative, and 4.0 Analytical are required for conditional admission. GRE test scores are valid for 5 years.
- Official transcripts from each institution attended (must be submitted directly to UTRGV).
- Personal statement detailing professional goals and reasons for pursuing the graduate degree.
- Three letters of recommendation from professional or academic sources, at least one must be from a former professor.
- Resume including educational background and work experience.
- Personal Interview (Upon completing application).

- Cleared Criminal Background Check
 - <https://www.utrgv.edu/graduate/for-future-students/graduate-programs/program-requirements/counseling-and-guidance-med/index.htm#item2>
 - **What are the admission requirements for the Mental Health Counselor program at Texas Tech?**
 - Application
 - Application Fee - \$75
 - Official Transcript
 - The Office of Admissions and Student Affairs must receive a current, official transcript from every institution that you've attended. If you have attended TTU or TTUHSC, you only need to send official transcripts from the other institutions you've attended
 - Bachelor's Degree
 - preferably in a related area such as psychology, sociology, rehabilitation, occupational therapy, social work, special education or nursing, however degrees in other areas will be considered
 - Minimum GPA
 - Min. GPA of a 2.7
 - Resume
 - Letters of Recommendation
 - Two letters of Recommendation
 - <https://www.ttuhscc.edu/health-professions/master-of-science-clinical-mental-health-counseling/admissions-requirements.aspx>
- **Twelfth Grade**
 - **Does the Allied Health Profession have to take Continuing Education courses?**
 - Mental Health Counselors must take at least 24 hours of CE courses every two years and also take the Texas Jurisprudence exam. 4 hours of CE courses must be in Ethics, 1 hour of CE

courses must be in the Texas Jurisprudence Exam, and the 9 hours must be in face-to-face learning.

- <http://ce-classes.com/state-requirements-for-counselors/#TEXAS>

○ **How often does the Allied Health Profession have to renew their license?**

- Mental Health Counselors must renew their license every two years.

- <https://counselor-license.com/state-licensure/texas/>

Academic Pathway			
What coursework should be taken to become an Allied Health Professional?			
9th	10th	11th	12th
<ul style="list-style-type: none"> ● Dual Enrollment ● GPA Relevancy 	<ul style="list-style-type: none"> ● Relevant Coursework 	<ul style="list-style-type: none"> ● Dual v. AP Coursework Transferability 	<ul style="list-style-type: none"> ● Required GPA

● **Ninth Grade**

○ **What is Dual Enrollment?**

- The term dual enrollment refers to students being enrolled—concurrently—in two academic programs or institutions. The term is used in reference to high school students taking college courses while they are still enrolled in high school (i.e., a *dual-enrollment student*), or to the programs that allow high school students to take college-level courses (i.e., a *dual-enrollment program*). For this reason, the term *early college* is a common synonym for dual enrollment.

<https://www.edglossary.org/dual-enrollment/>

- The student needs to be aware that the grades they receive in any dual or concurrent enrollment courses will stay with them throughout their college career. These grades will be averaged into their overall college GPA.

- **Is high school coursework relevant to Allied Health?**
 - The student might not realize it, but preparing for a future career starts in high school (or even earlier). For example, did you know that nurses use algebra when calculating medication dosages? What the student learns in high school builds the foundation for their college education and career. If a student is considering nursing, they should take classes *now* that will prepare them for college *later*.
<https://www.ic4n.org/become-a-nurse/preparation-for-nursing-school/>
- **Does high school GPA matter?**
 - Most healthcare programs often set the minimum GPA at 3.0. Some programs are more likely to set the minimum somewhere in the 2.0 to 2.75 range. Grades in prerequisite courses may be considered separately. *These are minimum requirements and **to be competitive, the student should aim much higher**. When interest exceeds available spots, grades are often an important factor.
- **Tenth Grade**
 - **What are examples of courses to take in high school to best prepare for the Allied Health applications?**
 - Biology
 - Chemistry
 - Anatomy & Physiology
 - Physics
 - Algebra
 - Geometry
 - Psychology
 - Speech
 - Foreign Language
 - Health course
 - **What courses are part of the prerequisites and curriculum for the Mental Health Counselor program at UTRGV?**
 - The curriculum for the program:
 - Introduction to Research Methods in Counseling

- Human Growth and Development for Counseling
 - Professional Orientation to Counseling
 - Professional, Ethical, and Legal Issues in Counseling
 - Personal/Social Development of the Counselor
 - Assessment and Appraisal Techniques in Counseling
 - Counseling Theories Methods and Techniques I
 - Counseling Theories Methods and Techniques II
 - Abnormal Human Behavior
 - Career Developmental Theories
 - Addictions Counseling
 - Child and Adolescent Counseling
 - Treatment Planning and Crisis Intervention
 - Couples and Family Counseling
 - Social and Cultural Issues in Counseling
 - Counseling Practicum
 - Group Counseling Theories and Methods
 - Counseling Internship I
 - Counseling Internship II
 - Clinical Mental Health Counseling
 - Counselor Preparation Comprehensive Exam
 - <https://www.utrgv.edu/graduate/for-future-students/graduate-programs/program-requirements/counseling-and-guidance-med/index.htm>
- **What courses are part of the prerequisites and curriculum for the Mental Health Counselor program at Texas Tech?**
- The curriculum for the program is:
 - Introduction to Counseling and Ethical Development
 - Counseling Theories
 - Human Growth and Development
 - Career Counseling
 - Psychopathology and Diagnosis
 - Treatment Planning and Case Management
 - Multicultural Counseling
 - Research and Statistics
 - Group Counseling
 - Addictions
 - Assessment
 - Micro-Counseling

- Foundations of Counseling and Ethical Development
- Crisis Counseling
- Psycho-pharmacology for Mental Health
- Professional Development in Mental Health Counseling
- Practicum
- Internship
- Internship Completion
 - <https://www.ttuhs.edu/health-professions/master-of-science-clinical-mental-health-counseling/curriculum.aspx>

- **Eleventh Grade**

- **What is the difference between AP and Dual Enrollment?**
 - Dual enrollment courses allow students to get early access to college courses. AP courses are different because they only result in college credit if a student earns a particular score on the AP exam at the end of the course, and if the college that the student enrolls in, accepts AP scores as course credit. This means students who complete a dual enrollment program have a college transcript at the end of their high school career and can enroll directly into that college or transfer these courses if they move to another institution. AP courses on the other hand result in an AP score that can be submitted to a college. The college can then decide if the score will amount to any college credit.
<https://blog.ed.gov/2019/07/burning-questions-dual-enrollment-answered/>
- **Will Dual Enrollment coursework transfer to all colleges and universities?**
 - Academic dual credit can be applied toward the core curriculum or to other specific degree program requirements of an academic associate degree or baccalaureate degree. Students who want more information about the transferability of their dual credit courses should seek guidance from an advisor at the institution offering the dual credit.
<http://www.thecb.state.tx.us/institutional-resources-programs/public-community-technical-state-colleges/transfer-resources/dual-credit-initiatives/>

- **Twelfth Grade**

- **What GPA does the student need to apply to their Allied Health program of interest?**

- For the Mental Health Counselor program at UTRGV, the student must have an undergraduate GPA of at least 3.0. However if the student does not meet the GPA criteria for admission, the GRE general test with minimum scores of 150 Verbal, 141 Quantitative, and 4.0 Analytical are required for conditional admission.
 - <https://www.utrgv.edu/graduate/for-future-students/graduate-programs/program-requirements/counseling-and-guidance-med/index.htm#item2>
- For the Mental Health Counselor program at Texas Tech, the student must have a minimum GPA of 2.7.
 - <https://www.ttuhschool.edu/health-professions/master-of-science-clinical-mental-health-counseling/admissions-requirements.aspx>