

New York State Department of Civil Service
DIVISION OF CLASSIFICATION & COMPENSATION

Occ. Code 8341000

Licensed Mental Health Counselor, Grade 19

Brief Description of Class

Licensed Mental Health Counselors provide clinical mental health counseling and psychotherapeutic services to individuals* in State facilities and programs, including community settings, in accordance with Article 163 of the Education Law. Incumbents apply professional counseling theory, principles, and methods to assess, evaluate, identify, and treat individuals with mental, emotional, and behavioral disorders, including addiction and problem gambling, and prevent, alleviate, or eliminate symptomatic, maladaptive, and undesired behavior.

Positions are primarily classified in the Office of Mental Health and Office of Addiction Services and Supports. They may also be appropriately classified in various State agencies.

*Individual refers to a person who is being treated or cared for, and is used in place of patient, client, or other nomenclature specific to an agency.

Distinguishing Characteristics

Licensed Mental Health Counselor: full performance level; provides the full range of clinical mental health counseling and psychotherapeutic services to assigned individuals in accordance with Article 163 of the Education Law; and may supervise counseling interns and graduates, and/or lower-level support staff.

Related Classes

Licensed Master Social Workers apply professional social work theory, principles, and methods to assess, evaluate, formulate, and implement a plan of action based on an individual's needs and strengths, and intervene to address mental, social, emotional, behavioral, developmental, and addictive disorders, conditions, and disabilities, and the psychosocial aspects of illness and injury; and may provide psychotherapy if appropriately licensed or under the supervision by a licensed mental health professional in accordance with Article 154 of the Education Law.

Psychologists 1 and 2, and Associate Psychologists provide professional psychological services to individuals, under the supervision of a licensed psychologist or

other authorized clinician; design, develop, and administer psychological tests; conduct psychological evaluations; develop and implement treatment plans; and participate in and lead individual, family, and group counseling sessions to prevent or eliminate symptomatic, maladaptive, or undesired behavior; enhance interpersonal relationships; and improve individuals' behavioral and/or mental health.

Illustrative Tasks

Licensed Mental Health Counselor

The tasks and activities performed by a Licensed Mental Health Counselor vary based on the agency, facility, program, and/or setting to which a position is assigned. Therefore, a Licensed Mental Health Counselor may perform duties including but not limited to the following:

- Serve as a member of a multidisciplinary treatment team; attend meetings, present clinical information and observations, and provide consultation and assistance to staff in other disciplines; and coordinate the care and treatment planning of one or more individuals served by the team.
- Provide direct mental health counseling and psychotherapeutic treatment services to individuals and families.
- Conduct risk assessment screenings and provide crisis intervention, stabilization, and follow-up services to individuals who may be a danger to themselves or others.
- Document and maintain individuals' records, including State and federal forms, progress notes, recommendations, and treatment plans; record significant psychosocial events and/or changes in clinical condition; and prepare reports.
- Help individuals identify goals and solutions to emotional problems and use psychotherapy to address illnesses and disorders, including individual, family, and group counseling.
- Educate individuals and families about the nature of illnesses and disorders; and provide individuals with vocational, educational, and personal interest opportunities and resources.
- Establish and maintain professional relationships with community providers; assist individuals with the development and maintenance of natural supports; and link individuals and families to existing services in the community to ensure progress continues in the prevention, alleviation, or elimination of symptomatic, maladaptive, and undesired behavior.

- Conduct clinical assessments and evaluations using standard assessment instruments and evaluation protocols; develop person-centered and goal-oriented treatment plans that reflect therapeutic interventions; and may recommend a higher level of care or referrals for specialized services.
- Perform initial intake assessments and screenings; and manage intakes and admissions, including data gathering, appropriate level of care determinations, and coordinating medical, nursing, and psychiatric assessments.
- Provide individual counseling and psychoeducational groups that include life skills, vocational and career training, family support, and community integration that assists the individual in achieving maximum participation in work and social activities.
- Collaborate with other professional social work staff to develop discharge and aftercare services.
- Perform clinical reviews, advocate for individuals, and collaborate with managed care entities to ensure authorization for necessary treatment services.
- May supervise and train counseling interns and graduates, lower-level counselors, and/or support staff.

Minimum Qualifications

Licensed Mental Health Counselor

Open Competitive: possession of a license and current registration as a Licensed Mental Health Counselor in New York State.

Note: Classification Standards illustrate the nature, extent, and scope of duties and responsibilities of the classes they describe. Standards cannot and do not include all of the work that might be appropriately performed by a class. The minimum qualifications above are those which were required for appointment at the time the Classification Standard was written. Please contact the Division of Staffing Services for current information on minimum qualification requirements for appointment or examination.

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