



# FUNCTIONS

## BH HELPERS

	Provides mental health counseling using evidence-based approaches	Is supervised by a licensed mental health therapist (LCSW, LMFT, LPC, Licensed Psychologist)	Provides substance use disorder counseling	Can Diagnose	Uses lived experience in providing services	Provides psychoeducation and support for self-management of mental health conditions
Lay Counselor	✓	✓	✓		✓ not often; only if beneficial to the client	✓
Licensed Mental Health Clinicians (LCSW, LMFT, LPC, Licensed Psychologist)	✓		if trained	✓	✓ not often; only if beneficial to the client	✓
Master level providers, not yet licensed (ASW, MFTI, Professional Counselor)	✓	✓	if trained		✓ not often; only if beneficial to the client	✓
Community Health Workers					✓ at times	
Peer Specialists			✓ If working in SUD		✓	✓ sometimes
Case or Care Managers						✓ if focused on BH case or care management
Substance Use Disorder Counselors			✓		✓ depending on shared lived experience	
Health Coach or Educator						✓ (possibly)
Wellness Coach		✓				✓ (only health promotion and prevention)