

As outlined in Subsection 58-60-105 (3) a licensee, in addition to their profession specific continuing education requirement, must complete two hours of suicide prevention training that meet the following standards:

- (1) The course provider shall meet the requirements of this section and shall be one of the following:
 - (a) a recognized accredited college or university;
 - (b) a county, state or federal agency; or
 - (c) a professional association or organization involved in mental health therapy.
- (2) A course provider shall have a method of verification of attendance and completion.
- (3) The content of the course shall be relevant to mental health therapy, crisis intervention, suicide prevention, intervention and postvention, consistent with the laws of this state and include one or more of the following components:
 - (a) suicide concepts and facts;
 - (b) suicide risk assessment, crisis intervention and first aid;
 - (c) evidence based intervention for suicide risk;
 - (d) continuity of care and follow-up services for suicide risk; and
 - (e) therapeutic alliances for intervention in suicide risk.
- (4) A licensee shall be responsible for maintaining competent records of completed education for a period of four years.
- (5) Each hour of education shall consist of 50 minutes of education in the form of classroom lectures and discussion, workshops, webinars/ on-line self-paced modules, case study review and simulations.
- (6) Licensees who lecture in continuing education courses meeting these requirements shall receive two hours of continuing education for each hour spent lecturing. However, no continuing education credit will be given for participation in a panel discussion.

The 2 hour pre-licensure suicide prevention courses required by Subsections 58-60-205 (1) (e) (iii), 58-60-305 (1) (e) (iv), 58-60-405 (1) (e) (iv) and 58-620-505 (5) (b) (ii) must meet the following standards:

- (1) The course provider shall meet the requirements of this section and shall be one of the following:
 - (a) a recognized accredited college or university;
 - (b) a county, state or federal agency; or
 - (c) a professional association or organization involved in mental health therapy.
- (2) The content of the course shall be relevant to mental health therapy, suicide prevention, consistent with the laws of this state and include one or more of the following components:
 - (a) suicide concepts and facts;
 - (b) suicide risk assessment and first aid;
 - (c) evidence based intervention;
 - (d) continuity of care and follow-up services; and
 - (e) therapeutic alliances for intervention in suicide risk.
- (3) Each hour of education shall consist of 50 minutes of education in the form of classroom lectures and discussion, workshops, webinars/ on-line self-paced modules, case study review and simulations.
- (4) A course provider shall have a method of verification of attendance and completion.
- (5) An applicant for licensure is responsible for submitting evidence of course completion.

Summary of Supervisee Restrictions for Mental Health Professionals in Twelve States

July 1, 2015

Background

In Utah, clinical mental health counselors, marriage and family therapists, social workers, substance use disorder counselors, and psychologists are required to complete a certain number of supervised hours for licensure. For each profession, supervisors are limited to three supervisees, unless they receive board approval (see R156-60(a-d) and R156-61). This raises the question, do other states have similar limitations?

Methodology

Twelve states were chosen as a comparison to Utah. Some of the states were chosen for their proximity or similarity to Utah. Because this sample was not a random sample, it is possible that the 12 states researched are not a representative sample of all 50 states.

For each state, the statutes and rules were read for mental health professions similar to clinical mental health counselors, marriage and family therapists, social workers, substance use disorder counselors, and psychologists. Any rules specifying the number of supervisees permitted per supervisor were recorded. The size of group supervision and individual supervision, and the number of supervisors permitted per supervisee were recorded as additional information.

The findings are located in the excel document entitled "Supervisee Restrictions for Mental Health Professionals in Twelve States – State by State Comparison." All statute and rule references are also located in this file.

Findings

There are between four to six relevant mental health professions in each of the 12 states researched, leading to a combination of 52 sets of relevant rules. Out of these 52 rules, 52 require supervision prior to licensure, but only eight (or 15.4%) specify the maximum number of supervisees permitted per supervisor.

Three of the eight rules with a supervisee maximum only permit up to three supervisees. The remaining five rules with a supervisee maximum range from allowing five supervisees all the way to 12 supervisees.

Conclusion

From the above sample of 12 US states, it appears that the majority do not limit the total number of supervisees a supervisor may have. It also appears that out of the rules that limit the number of supervisees, the maximum number of supervisees was on average more than double Utah's supervisee limitation. Therefore, if Utah wants to follow the example of the majority of the twelve researched states, it should increase its supervisee maximum, or remove it.

However, it is possible that the professions without a supervisee maximum rely on other rules to accomplish the same effect as the supervisee maximum. For example, a high required number of individual supervision hours could limit the number of supervisees per supervisor. Therefore, prior to removing or increasing Utah's supervisee maximum, it would be wise to compare Utah's rules to the twelve researched states to see if any rules that would indirectly limit the number of supervisees are missing.

State	Profession	Rules specify the number of Supervisee	Number of Supervisees permitted per supervisor	Group Supervision	Individual Supervision	Number of supervisors permitted for each supervisee
Alabama	Psychologist	No				
	Social Worker	No				
	Marriage and Family Therapist	No		6 supervisees, regardless of the number of	Up to 2 supervisees per supervisor	No more than 2 supervisors
	Counselor	Yes	Max 5 supervisees, 3 supervising associates			
Nevada	Psychologist	Yes	assistants			supervisors
	Social Worker	Yes	(unless more are granted by board			
	Marriage and Family Therapist	Yes	primary supervisors, 10 supervisees for secondary supervisors			Must have at least 2 supervisors
	Alcohol, Drug, and Gambling Counselor	No				
Alaska	Psychologist	No				
	Social Worker	No				
	Therapist	No				
	Counselor	No				
Idaho	Psychologist	No				
	Social Worker	No		supervisees and 1	supervisees and 1	No more than 2 supervisors
	Marriage and Family Therapist	Yes	unless the primary work role of an individual is as a	supervisees and 1 supervisor	supervisees and 1 supervisor	
	Counselor	Yes	unless the primary work role of an individual is as a			
Indiana	Psychologist	No				have at least 2 supervisors and 2
	Social Worker	No				
	Marriage and Family Therapist	No			supervisees and 1 supervisor	
	Counselor	No				
	Addiction Counselor	No				
Virginia	Psychologist	No				
	Social Worker	No				
	Therapist	No				
	Substance Abuse Counselor	No		supervisees and 1		
Arizona	Psychologist	No				
	Social Worker	No				
	Therapist	No				

	Counselor	No				
	Counselor	No				
	Behavioral Health Professionals	No		6 supervisees and 1		
Montana	Psychologist	Yes	Max 3 supervisees			
	Social Worker	No		supervisees and 1		
	Marriage and Family Therapist	No		supervisees and 1		
	Counselor	No				
North Dakota	Psychologist	No				
	Social Worker	No		6 supervisees and 1	and 1 supervisor	
	Marriage and Family Therapist	No		6 supervisees and 1 supervisor	supervisees and 1 supervisor	supervisors (unless board approval is received)
	Counselor	No				
	Addiction Counselor	No				
Washington	Psychologist	No				Internships must have two supervisors
	Social Worker	No		supervisees and 1	and 1 supervisor	
	Marriage and Family Therapist	No		supervisees and 1	supervisees and 1	
	Mental Health Counselor	No		supervisees and 1	supervisees and 1	
Arkansas	Psychologist	No				
	Social Worker	No		supervisees		
	Marriage and Family Therapist	No		5 supervisees and 1		
	Counselor	No				
Texas	Psychologist	No				
	Social Worker	No		6 supervisees and 1		
	Therapist	Yes	Max 12 supervisees			
	Counselor	No				