
COURSE NAME: MHA213 Interventions for Mental Health and Addiction Workers I

Credit Value: 3
Total Course Hours: 42
Prerequisite Course(s): MHA180, HSP165
Corequisite Course(s): None

COURSE DESCRIPTION

This course is intended to enhance students' awareness and understanding of mental illness, addiction, and their co-occurrence. The structure and function of the mental health and addiction treatment systems are reviewed and challenges to effective service delivery are examined. The principles and strategies of trauma-informed practice and motivational interviewing are explored.

PLAR INFORMATION

This course is eligible for Prior Learning Assessment and Recognition. Students are advised to discuss options with their program coordinator.

COURSE LEARNING OUTCOMES

Upon completion of this course, the student will have reliably demonstrated the ability to:

- 1.0 Explain what is meant by the terms "mental illness", "addiction" and "concurrent disorder".
 - 1.1 Demonstrate understanding of foundational concepts in mental health and addiction including concurrent disorder, abstinence, harm reduction, and recovery model.
 - 1.2 Recognize what is meant by the term concurrent disorder in the province of Ontario and identify associated terminology used in other jurisdictions.
 - 1.3 Describe the prevalence of concurrent disorders and the demographics of those affected by them.
 - 1.4 Delineate the socioeconomic and psychological implications for clients with concurrent disorders.
- 2.0 Describe mental illness, addiction, and concurrent disorders from a systems perspective.
 - 2.1 Describe how the health care system responds to the challenge of concurrent disorders.
 - 2.2 Discuss the logistical challenges for health care delivery that are posed by concurrent disorders.
 - 2.3 Describe key components of legislation relevant to the field of mental health and addiction.
 - 2.4 Recognize the core competencies required by mental health and addiction workers in Canada.
 - 2.5 Discuss the roles of family and community in recovery from mental illness, addiction, and concurrent disorders.
- 3.0 Explain key features of trauma-informed practice.
 - 3.1 Explain the meaning of the term trauma, including symptoms associated with the trauma response, in the context of the biopsychosocial model.
 - 3.2 Delineate the links between trauma, domestic violence, mental illness and addiction.
 - 3.3 Delineate DSM-5 criteria for the diagnosis of Post-Traumatic Stress Disorder.
 - 3.4 Recognize the key clinical issues in trauma.
 - 3.5 Utilize evidence-based approaches for the assessment and treatment of trauma.
- 4.0 Demonstrate understanding of the motivational interviewing approach.
 - 4.1 Delineate the basic principles behind the motivational interviewing approach.
 - 4.2 Explain the stages of readiness for change and their implications for choosing interventions for clients.

- 4.3 Employ motivational interviewing techniques to support recovery from mental illness, addiction, and concurrent disorders.

GENERAL EDUCATION

This is not a General Education course.

PROGRAM VOCATIONAL OUTCOMES

This course contributes to the following Ministry of Training, Colleges and Universities approved program vocational learning outcomes (PVLO):

Mental Health And Addiction Worker

1. Promote the optimal functioning of individuals and families in communities through the application of knowledge, skills, and attitudes relevant to mental health and addiction.
2. Advocate on behalf of individuals and families with mental health and addiction issues by using awareness of community resources.
3. Apply effective oral and written communication skills to enhance the quality of services.
4. Collaborate as a member of a multidisciplinary team in the implementation of individual-centred intervention strategies based on current mental health and addiction models of recovery and relapse prevention.
5. Establish effective relationships with individuals, families, and community services that adhere to professional, legal, and ethical standards and workplace policies and procedures.
6. Use effective counselling skills to promote self-efficacy and positive change with individuals and families who are experiencing mental health and addiction issues.
7. Implement personal and professional strategies to improve job performance and work relationships.
8. Use appropriate evaluation- and evidence-based research methods to enhance the effectiveness and quality of mental health and addiction service delivery.

ESSENTIAL EMPLOYABILITY SKILLS OUTCOMES

This course contributes to the following Ministry of Training, Colleges and Universities approved essential employability skills (EES) outcomes:

1. Communicate clearly, concisely, and correctly in the written, spoken, and visual form that fulfils the purpose and meets the needs of the audience.
2. Respond to written, spoken, or visual messages in a manner that ensures effective communication
4. Apply a systematic approach to solve problems
5. Use a variety of thinking skills to anticipate and solve problems
6. Locate, select, organize, and document information using appropriate technology and information systems.
7. Analyse, evaluate, and apply relevant information from a variety of sources.
8. Show respect for the diverse opinions, values, belief systems, and contributions of others
9. Interact with others in groups or teams in ways that contribute to effective working relationships and the achievement of goals.
10. Manage the use of time and other resources to complete projects.
11. Take responsibility for one's own actions, decisions, and consequences.

EXTERNAL COURSE ACCREDITATIONS AND CONDITIONS

COURSE EVALUATION

No element of this course is optional. To receive a passing grade, all course work, tests/exams, and assignments must be completed satisfactorily.

Tests (3x 20%)	60%
Individual Assignment	25%
In-Class Small Group Assignments (3x5%)	15%
TOTAL	100%

PROGRAM SPECIFIC GRADING

Per College Grading System. 50% to pass.

GRADING SYSTEM

A+:	90-100%	B+:	77-79%	C+:	65-69%	D:	50-54%	S - Satisfactory
A:	85-89%	B:	73-76%	C:	60-64%	F:	0-49%	I - Incomplete
A-:	80-84%	B-:	70-72%	D+:	55-59%			F - Repeat course

*For a complete detailed description please refer to the College website.

LEARNING RESOURCES

Poole, N. & Greaves, L. (Eds.). 2012. Becoming trauma informed. CAMH. ISBN: 9781771140584

Cooper, C., & Skinner, W. 2013. Psychotherapy Essentials to Go: Motivational Interviewing for Concurrent Disorders. Maunder, R., & Ravitz, P., (Eds.). Norton. ISBN: 0393708241

Resources listed on the course outline support the achievement of learning outcomes, and may be used throughout the course to varying degrees depending on the instructor's teaching methodology and the nature of the resource.

LEARNING ACTIVITIES

Lecture, assigned reading, in class-discussion, case studies, documentary presentations

DELIVERY MODE

3 hours a week in class x 14 weeks

42 hours total

ACADEMIC POLICIES

- Academic Integrity
- Academic Appeal
- Academic Attendance
- Grading and Assessment

For academic policies please see: <http://www.canadorecollege.ca/about-us/corporate-policy-manual>.

COLLEGE POLICIES

- Protecting human rights in support of a respectful college community

For college policies please see: <http://www.canadorecollege.ca/about-us/college-policies>.

STUDENT SUCCESS SERVICES

YOUR SUCCESS MATTERS!

We offer comprehensive, student-focused services designed to help you succeed. Canadore is committed to Student Success and offers CONFIDENTIAL services to help you in your studies. We offer:

- Study skills workshops
- Peer tutoring
- Career guidance
- Mental health and wellness tips and strategies
- Resource centre
- Assistive devices

The ultimate goal of Student Success Services is to support students so they can achieve success academically, in their career aspirations, and in their personal lives. Please don't hesitate to drop by C262 or to book an appointment please call 1-705-474-7600 ext. 5205.

FIRST PEOPLES' CENTRE:

We offer a culturally safe environment where our student focused services provide you with the following CONFIDENTIAL services:

- One on one counselling
- Elder in residence
- Peer tutoring
- Peer mentorship
- Lunch & learn workshops on study skills, self-care, life skills

- Resource Centre

Drop by our offices at C254 College Drive, E101 Commerce Court or call 705 474 7600 Ext. 5961 College Drive / 5647 Commerce Court.

WAIVER OF RESPONSIBILITY

Every attempt is made to ensure the accuracy of this information as of the date of publication. The college reserves the right to modify, change, add, or delete content.

HISTORICAL COURSE OUTLINES

Students use course outlines to support their learning. Students are responsible for retaining course outlines for future use in applications for transfer of credit to other educational institutions.