New Brunswick Indigenous Career College
75 Melissa St., Unit 1, Richibucto Road, NB E3A 6V9
Ph: (506) 458-9444 Fax: (506) 458-2850 Email: lobby@nbicc.ca

*"Your Training – Your Future,
Soar to New Heights"*

Addictions and Mental Health Services Councilor Diploma Program

Course Title: 101 Relating to Self
Course Length: 30 Hours (1 week course)
Delivery Mode: blended
Prerequisites: None

Course Description:
The Exploring Self and Personal Growth course invites students on a transformative journey of self-discovery, self-awareness, and personal development. Through a combination of introspective exercises, interactive discussions, reflective practices, and experiential activities, students will gain a deeper understanding of themselves, their values, strengths, and areas for growth. This course empowers students to cultivate a positive self-image, enhance emotional well-being, and make meaningful life choices.

Learning Outcomes:

Upon successful completion of this course, students will be able to:

1. Self-Concept and Self-Esteem:
   - Compare and contrast self-concept and self-esteem, identifying factors that influence each.

2. Interpersonal Communication:
   - Demonstrate a comprehensive understanding of interpersonal communication, including the communication process and effective communication techniques.
   - Create and apply a communication model that integrates traditional and contemporary societies, with a focus on the impact of choices on individuals and elders.

3. Cultural Knowledge and Storytelling:
   - Collect and communicate stories from elders, understanding the role of oral tradition in both traditional and contemporary societies.
   - Research and articulate the significance of Aboriginal languages in solidifying identity and preserving culture.

4. Healing and Self-Understanding:
   - Research and describe the role of medicine wheels, sacred trees, and talking circles as tools for inner healing.
   - Explore community structures and demonstrate an understanding of the historical context of Aboriginal communities.

5. Emotional Awareness and Behavior:

- Discuss the range of emotions and their expression within both non-Native and Aboriginal cultures.
- Demonstrate an understanding of how emotions influence behavior, and create strategies for managing stress effectively.

6. Comparison of Cultural Values and Needs:
   - Compare Maslow's hierarchy of basic needs with teachings from Aboriginal culture, highlighting similarities and differences.
   - Research traditional methods of transmitting values in both Aboriginal and non-Aboriginal cultures and examine the influence of residential schools on these processes.

7. Healing the Child Within:
   - Describe the necessary steps involved in the healing process of the inner child, drawing from both contemporary psychological practices and traditional Aboriginal teachings.
   - Note: This course overview provides a comprehensive framework and can be adapted to align with the specific needs and context of the educational institution and students. It is recommended to regularly update the content to reflect current trends and emerging practices in self-exploration and personal growth.

Activity/Assessments

Attendance:	20%
Participation Mark:	20%
Assignment:	40%
Test/Quiz:	20%

Note: All course passing mark is 70%, otherwise, student will be marked as fail.

Academic Standing

A student may fail up to four courses over the time they are enrolled in the program. Keep in mind that there are certain courses you cannot fail in order to obtain your diploma.

A student shall be notified by their instructor if they have failed a course. Should a student fail their third course, they shall be placed on academic probation and at this time the student's funding agent will also be notified. Any other subsequent failure and the student will be required to withdraw from the course.

Practicum

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Plagiarism

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Addictions and Mental Health Services Councilor Diploma Program

Course Title: 102 Relating to Others
Course Length: 30 Hours (1 week course)
Delivery Mode: blended
Prerequisites: None

Course Description:
The Relating to Others course offers a comprehensive exploration of interpersonal communication, relationship dynamics, and effective interaction strategies. Through a combination of theoretical understanding, practical skill development, experiential activities, and reflective practices, students will enhance their ability to establish and maintain healthy relationships, navigate conflicts, and communicate effectively with diverse individuals and groups. This course empowers students to foster positive connections and contribute to harmonious interactions in various personal and professional contexts.

Course Overview:
Upon successful completion of this course, students will be able to:

1. Effective Communication:
   - Demonstrate the ability to communicate effectively with children, parents, coworkers, and other professionals in both written and verbal forms.

2. Impact of Feedback:
   - Understand and analyze the effects of both positive and negative feedback on oneself and others, within both traditional and contemporary contexts.

3. Spirituality and Cultural Understanding:
   - Comprehend the role of spirituality as it relates to various cultural practices, including all Indigenous-cultures. (Maliseet.micmaq and Passamaquoddy)

4. Values and Perception:
   - Describe the process of acquiring values and the ways in which individuals perceive others, as well as how personal values are developed and influenced.

5. Essay Writing Skills:
   - Demonstrate proficiency in the essay writing process, from conducting research to producing a final copy, including the correct use of footnotes and bibliography.

6. Resume and Cover Letter Development:
   - Develop a personal résumé and cover letter that effectively highlights qualifications and experiences relevant to professional roles.

7. Arts and Crafts Knowledge:
   - Acquire knowledge of traditional and contemporary arts and crafts created in New Brunswick, understanding their cultural significance.

8. Community History Research:
   - Compile a report on the history of their own community by interviewing elders and other knowledgeable individuals within their First Nations or chosen community.

9. Understanding Parental Behavior:
   - Demonstrate an understanding of parental behavior and effective communication strategies for addressing parents' concerns and problems.

10. Parental and Professional Communication:
   - Develop effective communication tools for engaging with parents and other professionals, including letters, newsletters, bulletin boards, and home or community visits.

11. Higher Needs and Interpersonal Relationships:
Develop an understanding of higher-level needs as they relate to other people, particularly in the context of relationships and community dynamics.

Activity/Assessments

Attendance:	20%
Participation Mark:	20%
Assignment:	40%
Test/Quiz:	20%

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Addictions and Mental Health Services Councilor Diploma Program

Course Title: 103 Behaviour and Drug dynamics
Course Length: 45 Hours (2 weeks course)
Delivery Mode: blended
Prerequisites: None

Course Description:
You will be introduced to the pharmacological and physiological effects of drugs on the body. You will also discuss six major drug classifications. You will examine, in detail, key drugs of abuse encountered as addictions workers. You will also practice presenting information on drugs to education groups.

Learning Outcomes

Upon completion of this course students will be able to

- Distinguish between the six major drug classifications
- Have a detailed understanding of the key drugs of abuse and encountered by addictions workers
- Have an understanding of the pharmacological effects of these drugs on the body
- Students will be proficient at presenting information on drugs to classmates

Textbook required
Perspective on Addiction - Chapter 5
Addiction counselling today - Chapter 1

Assignment 1: Prepare and present 1 hour presentation to educate your peers on either one of the 6 major drug classifications or on the types of additions or on the pharmacological effects on a baby.

Complete Quiz

Activity/Assessments

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Participation Mark:	20%
Assignment:	40%
Test/Quiz:	20%

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Addictions and Mental Health Services Councilor Diploma Program

Course Title: 104 Substance Use disorders/ Disorder Patterns
Course Length: 45 Hours (1 week course)
Delivery Mode: blended
Prerequisites: None

Course Description:
You will discuss the theories, etiology, and best practices of working with clients with substance use disorders. You will also review the addictions and recovery processes for alcohol, cocaine, and marijuana for adults and adolescents.

Learning Outcomes

Upon completion of this course students will be able to

- Create a recovery process for people with addictions
- Have an understanding of best practices when working with clients with substance abuse
- Review the addictions and recovery processes for alcohol, cocaine, and marijuana for adults and adolescents

Textbook required

Perspectives on Addiction - Chapter 1,2,3,4
Addiction Biopsychosocial Perspective -Chapter 3
Substance use Disorders and Addictions- Chapter 1
Addictions Counselling Today - Chapter 2

Assignment 1
Recovery Process
Create a recovery process for an adolescent and an adult. You will choose one of the following alcohol, marijuana, or cocaine to use as the addiction for the recovery process.

Assignment 2
Best Practices Paper
Write a paper on best practices of working with clients with substance use disorders

Assignment 3
Complete Quiz

Activity/Assessments

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Participation Mark:	20%
Assignment:	40%
Test/Quiz:	20%

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Addictions and Mental Health Services Councilor Diploma Program

Course Title: 105 Erosion of Addicted Families
Course Length: 45 Hours (1 week course)
Delivery Mode: blended
Prerequisites: None

Course Description:
You will examine the progressive erosion of family functioning as the effects of substance disorders progress. The effects on the addicted person's spouse, children, parents and adult children will be given specific attention.

Learning Outcomes

Upon completion of this course students will be able to

- You will learn how family members are affected by addiction
- You will learn how the functioning of families progressively erodes due to substance disorders
- You will be introduced to attachment theory and family systems theory
- How addiction impacts your children
- How teenage addiction effects the family
- How to reestablish family connections

Textbook required

Substance Use Disorders and Addictions - Chapter 7
Addictions Counselling Today - Chapter 7
Perspectives on Addictions - Page 168-178

Assignment

Case Study
Find a case study on a family fighting addictions. What was the process and the outcome. Do you agree? What did you like? What could be done differently

Complete Quiz

Activity/Assessments

Attendance:	20%
Participation Mark:	20%
Assignment:	40%

Test/Quiz: 20%

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Addictions and Mental Health Services Councilor Diploma Program

Course Title: 106 Detoxification and Recovery Processes
Course Length: 45 Hours (1 week course)
Delivery Mode: blended
Prerequisites: None

Course Description:
You will examine various detoxification programs, recovery wellness models, the dynamics of relapse, and medical interventions used in the recovery process across Canada. You will examine special considerations needed for withdrawal management (including treatment processes) as they relate to non-Indigenous and Indigenous traditional practices.

Learning outcomes

Upon completion of this course students will be able to

- have an understanding of detoxification programs
- Students will explore various recovery wellness models
- Have an understanding of relapse
- Be introduced to medical interventions used across Canada
- Gain an understanding of the special considerations required for withdraw management as they relate to no Indigenous and Indigenous traditional practices

Textbook required-

Perspective on Addiction - Chapters 6,7,8,9, 10, 11, 12
Substance use Disorders and Addictions – Chapter 4

Assignment 1
Resource File
Research and compile a resource file of all the detox programs and recovery wellness programs in all of Cananda. What is available to non-indigenous people? What is available to indigenous people? (Do they include traditional practices)?

Assignment 2
Complete Quiz

Activity/Assessments

Attendance:	20%
Participation Mark:	20%
Assignment:	40%
Test/Quiz:	20%

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Addictions and Mental Health Services Councilor Diploma Program

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Course Title: 107 Family Systems and Abuses
Course Length: 30 Hours (1 week course)
Delivery Mode: blended
Prerequisites: None

Course Description:
Your studies will focus on the structure, functions, individual roles, and values within the institution of the family. The Canadian family, the influence of family background, and family dynamics within a "systems theory" will be emphasized. You will examine the types of abuses that occur in a family and various referral strategies for families entering into the healing process.

Learning outcomes

Upon completion of this course students will be able to
- Have an understanding of the influence of family background and family dynamics within a "systems theory"
- You will examine the types of abuse that occur in a family struggling with addictions
- Have an understanding of the various referral strategies for families entering the healing process
- You will learn characteristics of the addicted family system
- You will learn the symptoms of codependency, and the characteristics of Codependency

Textbook required-

Perspectives on Addiction - Chapter 10
The Family Dynamic - Chapter 13, 14, (Resource book P.T.S.D workbook)

Assignment:

Poster/Booklet
Create poster or a booklet showing structure, functions, individual roles, and values that compare Functional families vs. Dysfunctional families.

Activity/Assessments

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Participation Mark:	20%
Assignment:	40%
Test/Quiz:	20%

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Addictions and Mental Health Services Councilor Diploma Program

Course Title: 108 Valuing Diversity
Course Length: 30 Hours (1 week course)
Delivery Mode: blended
Prerequisites: None

Course Description:
You will be introduced to a philosophical approach that values diversity, blends multi-spiritual principles and emphasizes the strengths within community. You will examine what it means to be culturally competent when working with clients affected by mental health and substance use/abuse. You will also participate in cultural awareness activities with special consideration to Indigenous peoples of Canada.

Learning Outcomes

Upon completion of this course the students will be able to

- Be culturally competent when working with clients affected by mental health and substance use/abuse.
- Have an understanding of human diversity and cultural awareness with special consideration to the Indigenous peoples of Canada.
- Create a cultural awareness activity for the class.
- Find addictions groups that value diversity.

Textbooks Required-

A Topical Approach to Lifespan Development Chapter 11 & 15
Racial Healing Handbook – pg. 208
Substance Use Disorders in Addiction – pg. 102
Addictions Counselling Today Chapter 9 pg. 222

Competencies

- Discuss the main ways the self and understanding others are conceptualized and how to develop self-understanding and understanding others self-esteem, self-concept and self-regulation.
- How identify develops Eric Eriksons Theory contemporary on identity
- Describe personality and its development throughout the lifespan. Various the Big five factors of personality. Various views in adult personality development.
- Peer relationships and friendships across the lifespan and in various ethnicities and cultures
- Develop activities that create cultural development
- Know your racial identity

- Explore internalized racism
- Understanding racism in relationships
- Reclaiming your whole racial self
- Being a racial Ally
- Drumming group, talking circles, smudging
- Students will participate in cultural field trips and Healing Lodges, examples (picking bear root, moosehide skinning and tanning, collecting eagle feathers, potluck and Powwows)

Assignment

Pamphlet
Create a pamphlet for an addictions group that values diversity. Showcase how anyone from any culture would feel welcome. What will your group offer to ensure that this goal is met.

Activity/Assessments

Attendance:	20%
Participation Mark:	20%
Assignment:	40%
Test/Quiz:	20%

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Addictions and Mental Health Services Councilor Diploma Program

Course Title: 109 Critical Reading and Writing
Course Length: 45 Hours (3 week course)
Delivery Mode: blended
Prerequisites: None

Course Description:

You will develop basic skills in critical analysis and effective reading by analyzing and evaluating materials from various disciplines. You will also refine your understanding and practice of the structures of composition by writing a research paper on a topic of your choice using APA-style.

Learning Outcomes:

Upon completion of this course the student will be able to

- Read critically and look for different ways of thinking about the subject matter
- Develop the basic skills of critical analysis
- Refine your understanding and practice of the structures of composition
- Learn what critical reading and writing is
- Study various theorists and theories
- Study various subject matters pertinent to class topics
- Systematically evaluate a works effectiveness including what it does well and what it does poorly
- Utilize article for evaluation
- Basic writing skills
- Proper citation of academic articles and journals
- Recognize the stages of writing processes
- Examine a critical analysis template
- Review grammar and spelling basics
- Study 5 qualities of a good composition which are focus, development, unity, coherence and correctness.
- Write and APA style paper
- Basics rules on how to write an APA format paper
- Study 5 major sections of an APA paper which are the Title Page, Abstract, Main Paper, References and Citations
- Presentation by social worker
- Class trip to Harriet Irving Library UNB Campus

Independent study: 36 hours
Three websites: Google Scholar; Owl Purdue; Citation Machine

Competencies

- Format business letter and memos
- Format and informal agency report for staff presentations
- Prepare and manage electronic format reports
- Research and write formal reports for government and human services agencies
- Formal reports and proposals
- Communication needs
- Industry Documentation

Material Required:

- Google Scholar
- Owl Purdue
- Citation Machine

Assignment

Write a research paper on a topic of your choice relating to the field of mental health and/or addictions. The paper must be done in the APA style.

In APA format, you can cite a ChatGPT response as a personal communication, since the answers it gave you are not retrievable for other users. Cite it like this in the text: (ChatGPT, personal communication, February 11, 2023).

Activity/Assessments

Attendance:	20%
Participation Mark:	20%
Assignment:	40%
Test/Quiz:	20%

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Addictions and Mental Health Services Councilor Diploma Program

Course Title: 110 Personal Health Strategies
Course Length: 30 Hours (1 week course)
Delivery Mode: blended
Prerequisites: None

Course Description:
You will review the whole person model, time management, learning styles, study techniques, various types of stressors, and how they affect your mental well-being. You will then use the results to create individualized study and mental health plans needed to complete the program. You will explore the use of cultural activities to manage stressors.

Learning outcomes

Upon completion of this course students will be able to

- Identify various types of stressors plus know how they affect your mental well being.
- Create individual mental health plans
- Become familiar with the whole person model, time management, learning styles plus study techniques
- Explore the use of cultural activities to manage stressors

Textbook required-

Health the Basics - Chapter 2,3
Addictions Counseling Today - Chapter 1,8

Assignment
Study and Mental Health Plan

Create an individual study and mental health plan. Explore and include cultural types of activities to manage stressors. Your instructor will assign you a different country for you to research an use.

Activity/Assessments

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Assignment:	40%
Test/Quiz:	20%

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"Your Training – Your Future,
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Addictions and Mental Health Services Councilor Diploma Program

Course Title: 111 Mental Health and Addictions Professionals
Course Length: 45 Hours (2 week course)
Delivery Mode: blended
Prerequisites: None

Course Description:
You will explore personal and professional development as it relates to the addictions and mental health industry. You will be introduced to the concepts of personal and professional development in a holistic and multifaceted approach. You will learn practical ways of exploring self-concept, self-esteem, and raising one's self-esteem using focusing/mindfulness and a values clarification process to develop personal and professional goals.

Learning Outcomes

Upon completion of this course the students will be able to

- Gain an understanding of professional development as it relates to addictions and mental health
- You will explore self concept and self esteem
- Learn how to raise self esteem using mindfulness and values clarification
- Create 5 personal and 5 professional goals, outline what they are, why you need them, how you will achieve them and what is the expected outcome.

Introduction

- Overview of the importance of ongoing professional development
- Connection between personal well-being and professional effectiveness

Self-Concept and Self-Esteem

- Understanding and defining self-concept in the context of mental health professions
- Exploring the impact of self-esteem on professional interactions
- Strategies tor building and maintaining a positive self-concept

Mindfulness in Professional Practice

- Introduction to mindfulness and its relevance to mental health and addictions work
- Mindfulness techniques for stress reduction and enhanced focus
- -Application of mindfulness in client interactions and self-reflection

Values Clarification

- Defining personal and professional values
- Exploring the alignment between personal values and professional ethics
- Techniques for values clarification and maintaining ethical integrity

Personal and Professional Goal Setting

- Setting SMART goals for personal and professional growth
- Integrating short-term and long-term goals into professional practice
- Monitoring progress and adapting goals as needed

Case Studies and Reflection

- -Analyzing real-life case studies to apply concepts learned
- Reflective exercises to enhance self-awareness and critical thinking
- Group discussions for sharing experiences and insights

Resources and Continued Support

- Providing resources for further reading and skill development
- Encouraging ongoing support through supervision, mentorship, or peer networks
- Suggesting avenues for continued learning and professional engagement

Remember, the design of this module can be adapted based on the specific needs and preferences of the target audience.

Activity/Assessments

Attendance:	20%
Participation Mark:	20%
Assignment:	40%
Test/Quiz:	20%

Note: All course passing mark is 70%, otherwise, student will be marked as fail.

Academic Standing

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Addictions and Mental Health Services Councilor Diploma Program

Course Title: 112 Communications in Mental Health and Addictions
Course Length: 45 Hours (2 week course)
Delivery Mode: blended
Prerequisites: None

Course Description:
You will practice communication skills needed to develop effective interpersonal communication within the mental health and addictions profession. Skills learned will include verbal and non-verbal communication, self-disclosure, trust building, demonstrating respect, summarizing, giving and receiving feedback, and paraphrasing. You will also examine the role addictions, co-dependency, and cultural diversity play in communications from a client's view and from the skilled helper's view.

Learning Outcomes

Upon completion of this course the student will

- Learn skills including verbal and nonverbal communication, self-disclosure, trust building, demonstrating respect, summarizing, giving, and receiving feedback and paraphrasing
- Examine the role addictions, co-dependency and cultural diversity play in communications from a client's view and from the skilled helper's view

Textbooks:

Addictions Counselling Today Chapters 5, 6, & 7
Theory and Practice of Addiction Counselling p. 25
Substance Use Disorders and Addictions p. 133-144

Assignment 1:
Create a poster to demonstrate the verbal and non-verbal skills required for communication with clients. Also reflect cultural diversity and co-dependency.

Assignment 2:
Share a time during a personal crisis or major event when the problem/issue got worse due to communication breakdown and reflect how it could have been better handled.

Activity/Assessments

Attendance:	20%
Participation Mark:	20%
Assignment:	40%
Test/Quiz:	20%

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Addictions and Mental Health Services Councilor Diploma Program

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Course Title: 113 Human Relations in Mental Health and Addictions
Course Length: 30 Hours (2 week course)
Delivery Mode: blended
Prerequisites: None

Course Description:
You will examine the importance of interpersonal competence and communication in one's personal and professional life. You will study self-disclosure and the various levels needed for personal and professional use. The course content includes trust building, active listening, verbal and non-verbal communication, and building relationships with individuals from diverse backgrounds.

Learning Outcomes

Upon completion of this course the student will

- Study self disclosure and the various levels needed for personal and professional life
- Learn how to use trust building
- Be an active listener and use verbal and non-verbal communication
- Learn how to build relationships with individuals from diverse backgrounds

Textbooks:

Perspectives on Addictions, Pages 237-237

Assignment

Complete Quiz

Activity/Assessments

Attendance:	20%
Participation Mark:	20%
Assignment:	40%
Test/Quiz:	20%

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Addictions and Mental Health Services Councilor Diploma Program

Course Title: 114 Conflict Resolution in Mental Health and Addictions
Course Length: 45 Hours (2 week course)
Delivery Mode: blended
Prerequisites: None

Course Description:
You will be introduced to theory and skills for effective anger, fear, and conflict management. You will learn how to identify sources of anger, fear, and conflicts. You will be given opportunities to practice assertiveness, conflict resolution, confrontation, and negotiation skills. You will also explore the implications that arise when working with people affected by addictions and from various cultural backgrounds.

Learning Outcomes

Upon completion of this course the student will learn

- How to identify sources of anger, fear and conflicts
- To practice assertiveness, conflict resolution confrontation and negotiation skills
- Explore the implications that arise when working with people affected by addictions from various cultural backgrounds

Textbooks Required-

Addiction: A Biopsychosocial Perspective pgs. 11-12
Substance Use Disorders and Addictions pg. 102

Assignments:

1. Complete pages from The Complex PTSD Workbook pages 95-113
2. Journal Exercise -What are some of the relationship patterns and conflicts that occur in your life? Look over strategies associate with successful conflict resolution. In what ways can you use these tools to strengthen the relationships in your life?

Activity/Assessments

Attendance:	20%
Participation Mark:	20%
Assignment:	40%
Test/Quiz:	20%

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Addictions and Mental Health Services Councilor Diploma Program

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Course Title: 115 Fetal Alcohol Spectrum Disorder
Course Length: 15 Hours (1 week course)
Delivery Mode: blended
Prerequisites: None

Course Description:
You will be introduced to the basic concepts of Fetal Alcohol Syndrome (FAS) and partial Fetal Alcohol Syndrome (PFAS). The course emphasizes the importance of identifying those at risk for FASO neurodevelopmental disorder, early intervention, and strategies for working with clients and their families affected by Fetal Alcohol Spectrum Disorder (FASD).

Learning Outcomes

Upon completion of this course the student will learn
- To identify those at risk for FASD neurodevelopment disorder
- Early intervention
- Strategies for working with clients and families affected by FASD

Textbooks Required-

Addictions Counselling Today - Page 225
Health--The Basics- Page 291-292

Assignments:

1. Create a pamphlet on Fetal Alcohol and its effects on child/family and the challenges faced as they grow up.
2. Research early intervention strategies for working with clients and families. Create an information session for the class and do a 15-minute presentation.

Activity/Assessments

Attendance:	20%
Participation Mark:	20%
Assignment:	40%
Test/Quiz:	20%

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Addictions and Mental Health Services Councilor Diploma Program

Course Title: 116 Special Needs in Mental Health and Addictions
Course Length: 45 Hours (1 week course)
Delivery Mode: blended
Prerequisites: None

Course Description:
You will study the role sex and sexuality play in addictions. You will examine a number of core challenges surrounding special needs clients including the elderly, grieving clients, physically challenged, clients with chronic infectious diseases, clients on probation or parole and street youth. You will also study addictions issues specific to the sub-group populations with gender issues.

Learning Outcomes

Upon completion of this course the student will learn

- To examine a number of core challenges surrounding special needs clients including the elderly, grieving clients, physically challenged, clients with chronic infectious diseases, clients on probation or parole and street youth.
- To study addictions issues that are specific to Indigenous peoples.
- To study addictions issues specific to the sub-group populations with gender issues.

Textbooks Required-

Addictions Counselling Today - Chapter 16

Activities:

1. Scenario Roleplay - Page 496
2. Classroom Debates - Page 507
3. Counselling Scenario - Pages 506-507
4. Read Page 496 and answer questions.

Assignments:

A. Watch the movie "Addicted" and discuss what you find most interesting about the movie.
B. Interview a person on sex addiction.
   Questions 1-10- Page 492.

Activity/Assessments

Attendance:	20%
Participation Mark:	20%
Assignment:	40%
Test/Quiz:	20%

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Addictions and Mental Health Services Councilor Diploma Program

Course Title: 117 Ethics in Mental Health and Addictions
Course Length: 30 Hours (1 week course)
Delivery Mode: blended
Prerequisites: None

Course Description:
You will examine the purpose and ethical basis for being a skilled helper with particular emphasis in the addictions industry. You will be introduced to the Problem Management Approach to Helping. You will learn how to apply the codes of ethics and confidentiality in the human services industry, notably the addictions industry.

Learning Outcomes

Upon completion of this course the student will be

- Introduced to the Problem Management Approach to helping
- Learn how to apply the code of ethics and confidentiality in the human services industry

Textbooks Required- Addiction Counselling Today Chapters 5, 6 and 7

Activity/Assessments

Attendance:	20%
Participation Mark:	20%
Assignment:	40%
Test/Quiz:	20%

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Addictions and Mental Health Services Councilor Diploma Program

Course Title: 118 Life Span Issues
Course Length: 45 Hours (1 week course)
Delivery Mode: blended
Prerequisites: None

Course Description:
Welcome to the module on Life Span Issues in Indigenous Addictions and Mental Health Counseling. In this module, we will explore the holistic approach to understanding the influence of substance use and mental health issues across different stages of the life span within indigenous communities. We will examine how culture shapes human development and affects individuals' experiences with addiction and mental health.

Learning Outcomes

- Understand the holistic approach to addictions and mental health counseling within indigenous communities.
- Explore the influence of culture on human development and its impact on substance use and mental health.
- Examine the relationship between substance use/abuse and mental health issues at each stage of the life span in indigenous populations.
- Identify culturally sensitive strategies for addressing addictions and mental health issues in indigenous communities.

Assignment

1. Watch the movie Now and Then and write a reflection on how the movies identify life span issues.
2. Watch and write reflection about YouTube Ted Talk – "How childhood trauma affects health across a lifetime I Nadine Burke Harris"
3. 3. Complete Quiz

Activity/Assessments

Attendance:	20%
Participation Mark:	20%
Assignment:	40%
Test/Quiz:	20%

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Addictions and Mental Health Services Councilor Diploma Program

Course Title: 119 Concurrent Disorders
Course Length: 45 Hours (1 week course)
Delivery Mode: blended
Prerequisites: None

Course Description:
You will be provided with foundational knowledge regarding the relationship between mental health and substance use, risk factors, and treatment models for concurrent disorder clients. You will study prevalence rates of concurrent disorders. You will be introduced to the New Brunswick Mental Health Act. You will use brief screening instruments and referral procedures.

Learning Outcomes

Upon completion of this course the student will have an understanding of

- The prevalence rates of concurrent disorders.
- Will be introduced to the New Brunswick Mental Health Act.
- You will use brief screening instruments and referral procedures.

Assignments:

1. Read *A Family Guide to Concurrent Disorders* from CAMH
2. Complete Quiz

Activity/Assessments

Attendance:	20%
Participation Mark:	20%
Assignment:	40%
Test/Quiz:	20%

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Addictions and Mental Health Services Councilor Diploma Program

Course Title: 120 Process Addictions
Course Length: 30 Hours (1 week course)
Delivery Mode: blended
Prerequisites: None

Course Description:
You will examine the nature and extent of process addictions including problem gambling and Internet use, the phases of problem use, and the signs and characteristics of individuals who experience problem use. You will be introduced to entry level screening, assessment tools and referral sources used for process addictions, relapse and the recovery process. You will recognize the differences, similarities, and relationships between gambling, other addictions, and mental health issues.

Learning Outcomes

Upon completion of this course, students

- will be able to recognize and understand the nature and extent of process addictions
- will be able to recognize the phases of problem use
- will recognize the signs of problem use
- will have an understanding of entry level screening and assessment tools
- will have an understanding of referral sources used for process addictions, relapse, and
- recovery
- will be able to distinguish the differences and similarities between addictions and mental health
- issues.

Textbooks:
Substance Use Disorder and Addictions pages. 16-17, 52, 73-78.
Addictions Counselling Today pages 558-577.

Assignment:
Research and define the concept of process addictions. Provide examples of common process addictions such as gambling, internet addiction and shopping addiction. Explore the impact of process addiction on mental health and well-being, specifically in the context of indigenous cultures and traditions.

Activity/Assessments

Attendance:	20%
Participation Mark:	20%
Assignment:	40%

Test/Quiz: 20%

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Addictions and Mental Health Services Councilor Diploma Program

Course Title: 121 Mental Health Disorders and Medical Issues
Course Length: 45 Hours (1 week course)
Delivery Mode: blended
Prerequisites: None

Course Description:
Students will examine the history, services, the diagnostic and statistical manual of mental disorders (DSM-V) and the Canadian Mental Health Strategy, including the continuum of mental health and mental well-being and the concept of the "Recovery Model". They will examine the effects of stigma as it relates to mental health and substance use disorders and its effect upon the client. They will study pharmacological treatment of mental health issues, indigenous philosophical approaches to medication, and issues that may arise between conflicting philosophies of indigenous peoples and the medical model.

Learning Outcomes

Upon completion of this course, students
- will have an understanding of DSM-V
- will have examined the Canadian Mental Health Strategy
- will have an understanding of the recovery model
- will have examined the stigma as it relates to mental health and substance use disorders
- will have an understanding of pharmacological treatment of mental health issues
- will gain an understanding of indigenous philosophical approaches to medication and issues between indigenous people and the medical model

Course Assignments:

1. Research indigenous approaches to medication. What issues may arise between them and the medical model? Write a one-page paper to explain. Addiction textbook Page. 75 and on.

2. Research the pharmacological treatment of mental health. Create a list of the types of medications that may be prescribed. Include both the benefits and side effects of each.

3. Create a poster that shows the effects of stigma as it relates to mental health and substance use disorder.

Activity/Assessments

Attendance:	20%
Participation Mark:	20%
Assignment:	40%

Test/Quiz: 20%

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"Your Training – Your Future,
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Addictions and Mental Health Services Councilor Diploma Program

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Course Title: 122 Brief Screenings
Course Length: 30 Hours (1 week Practicum)
Prerequisites: None

Course Description:
Students will examine and practice using various brief screening instruments. They will practice administering, scoring, interpreting, and presenting brief screening results.

Learning Outcomes

Upon completion of this course, students
- will gain knowledge and practice using screening instruments
- will have had an opportunity to practice administering, scoring, interpreting, and presenting brief screening within the classroom
- will practice administering brief screening results
- will practice interpreting brief screening results
- will present brief screening results

Textbook Required:

Substance Use Disorder and Addictions, Pages 20-22, 25-55
Addictions Counselling Today, Pages 194-195, 217-219, 257, 288-291.

Assignment:

Interview 5 people with provided screening tools.
Prepare a Ted Talk to present to class

Activity/Assessments

Attendance:	20%
Participation Mark:	20%
Assignment:	40%
Test/Quiz:	20%

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Addictions and Mental Health Services Councilor Diploma Program

Course Title: 123 Suicide Interventions
Course Length: 15 Hours (1 week course)
Delivery Mode: blended
Prerequisites: None

Course Description:
You will receive information on suicide, and suicide prevention and intervention. The course content includes recognizing suicidal behaviour, assessing risk and practicing prevention and intervention techniques. You will also discuss addictions centre protocol.

Learning Outcomes

Upon completion of this course the student will

- Be able to recognize suicidal behaviour
- Assess risk and practicing prevention and intervention techniques
- You will discuss addictions centre protocol
- Gain an understanding of addiction centre protools
- Gain knowledge on how to recognize suicidal behaviour and how to assess risk
- Have practiced prevention and intervention techniques in a classroom setting

Textbooks Required-

Addiction Counselling Today pg. 130-131
Perspectives on Addiction pg. 132, 139
Health the Basics pg. 44-48; 442-443

Activity/Assessments

Attendance:	20%
Participation Mark:	20%
Assignment:	40%
Test/Quiz:	20%

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Addictions and Mental Health Services Councilor Diploma Program

Course Title: 124 Addictions Counselling Theory
Course Length: 45 Hours (2 weeks course)
Delivery Mode: blended
Prerequisites: None

Course Description:
Students will receive an orientation to the complete skilled helping process using the Eagan three stage problem management approach and the opportunity development approach to helping. You will examine establishing rapport, foundational counselling skills, assessing client problems, the process of facilitating client self exploration, assisting a client in developing new perspectives and setting goals. Students will learn how to challenge clients when they are stuck, the role of challenging denial and codependent and addicted clients, and the process of facilitating clients and designing their treatment plans.

Learning Outcomes

Upon completion of this course students will be able to

- Students will gain an understanding of the Egan 3 stage problem management approach and the opportunity development approach
- Students will examine how to establish rapport with clients
- Students will gain an understanding of foundational counselling skills
- Students will learn how to assess client problems
- Students will learn how to facilitate clients self exploration
- Students will learn to assist clients in developing new perspectives and goal setting
- Students will learn how to facilitate clients in designing their own treatment plans
- Students will gain an understanding of dealing with codependent and addicted clients

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Activity/Assessments

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Participation Mark:	20%
Assignment:	40%
Test/Quiz:	20%

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Addictions and Mental Health Services Councilor Diploma Program

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Course Title: 125 Motivational Interviewing
Course Length: 30 Hours (1 week course)
Delivery Mode: blended
Prerequisites: None

Course Description:
Students will examine the elements and process of motivational interviewing. Students will also explore what motivates a person to change, in particular, to seek and maintain recovery from various conditions. Students will practice the motivational interviewing process and working with resistant clients.

Learning Outcomes

Upon completion of this course, students
- will have an understanding on the elements and process of motivational interviewing
- will gain an understanding of how to motivate clients to seek change
- will have had the opportunity to practice motivational interviewing in class
- will have role played on how to work with resistant clients in class

Textbook:
Addictions Counselling Today pg. 121-123, 233

Activity/Assessments

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Participation Mark:	20%
Assignment:	40%
Test/Quiz:	20%

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Addictions and Mental Health Services Councilor Diploma Program

Course Title: 126 Assessments and Recovery Plans
Course Length: 45 Hours (1 week course)
Delivery Mode: blended
Prerequisites: None

Course Description:
You will examine various comprehensive assessment instruments, the process of assessing clients using the whole person model in treatment modalities, case management procedures, risk assessment and best practices. You will practice both paper and electronic documentation and record keeping.

Learning Outcomes

Upon completion of this course the student will

- Learn the process of assessing clients using the whole person model in treatment modalities.
- Proper case management procedures.
- Risk assessment and best practices as related to assessment and recovery plans.
- Practice both paper and electronic documentation and record keeping.

Assignment:

- Write a paper on what you get out of the module
- Create our own recovery plan.

Activity/Assessments

Attendance:	20%
Participation Mark:	20%
Assignment:	40%
Test/Quiz:	20%

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Addictions and Mental Health Services Councilor Diploma Program

Course Title: 127 Detoxification Practicum
Course Length: 80 Hours (2 weeks practicum)
Prerequisites: None

Course Description:
You will apply the theory and skills you learned in the program in a real-life social/medical detoxification setting. You will be evaluated based on the core functions an addictions worker performs in a detox setting and on your ability to monitor and assist clients in the withdrawal management process.

Learning Outcomes

Upon completion of this practicum the student will

- Practiced theory and skills learned in the program in an actual hands on setting with clients.
- Practice core functions alongside professional detox workers and be evaluated.
- Assist clients going through a withdrawal management process.

Activity/Assessments

Attendance:	20%
Participation Mark:	20%
Assignment:	40%
Test/Quiz:	20%

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Addictions and Mental Health Services Councilor Diploma Program

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Course Title: 128 Administrative Functions
Course Length: 40 Hours (1 week course)
Delivery Mode: blended
Prerequisites: None

Course Description:
Students will become familiar with the administrative functions required of addiction service agencies. They will examine organizational structure, management styles, working with community-based organizations, and measuring outcomes. Students will also practice time management and job search skills.

Learning Outcomes

Upon completion of this course, students
- will gain an understanding of organizational structures, management styles, and working with community-based organizations
- will learn how to measure outcomes
- will have practiced time management and job search skills
- will gain an understanding of administrative functions in addiction service agencies

Read attachments and complete Quiz

Activity/Assessments

Attendance:	20%
Participation Mark:	20%
Assignment:	40%
Test/Quiz:	20%

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Addictions and Mental Health Services Councilor Diploma Program

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Course Title: 129 Industry Documentation
Course Length: 30 Hours (1 week course)
Delivery Mode: blended
Prerequisites: None

Course Description:
Students will learn how to write formal business letters, memos, and informal agency reports for staff presentations. Students will also learn how to prepare and manage electronic formal reports such as research and formal reports for government and human services agencies.

Learning Outcomes

Upon completion of this course, students
- will have learned how to write formal business letters, memos, and formal agency reports
- will have learned how to do staff presentations and how to prepare formal and electronic formal reports

Assignment: Given in class

Activity/Assessments

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Participation Mark:	20%
Assignment:	40%
Test/Quiz:	20%

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Addictions and Mental Health Services Councilor Diploma Program

Course Title: 130 Presentation Skills
Course Length: 30 Hours (1 week course)
Delivery Mode: blended
Prerequisites: None

Course Description:
You will apply various presentation delivery formats ranging from formal speeches to preparing and facilitating interactive public education presentations.

Learning Outcomes

Upon completion of this course, students will be able to
- prepare and present a formal speech
- facilitate interactive public education presentations

Activity/Assessments

Attendance:	20%
Participation Mark:	20%
Assignment:	40%
Test/Quiz:	20%

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Addictions and Mental Health Services Councilor Diploma Program

Course Title: 131 Trauma and Addictions
Course Length: 45 Hours (1 week course)
Delivery Mode: blended
Prerequisites: None

Course Description:
Students will examine the prevalence and relationships between trauma, addictions/substance abuse, and mental health including the impact of residential schools on indigenous peoples. Students will examine the impact on service providers working with trauma survivors and the healing process of trauma survivors.

Learning Outcomes

Upon completion of this course, students will

- gain an understanding of trauma in relation to addiction and substance abuse
- learn the prevalence between trauma and mental health
- gain an understanding of the impact of residential schools and the impact on indigenous people
- have examined the impact on service providers working with trauma survivors
- gain an understanding of the healing process of trauma survivors

Textbook:
Perspectives On Addiction: pages 88, 138, 166-168, 205, 217, 244
Theory and Practice of Addiction Counselling: pages 146-158

Assignment

- Complete readings
- Write a one-page paper on the pros and cons of The Jean Tweed Centre
- Complete Quiz
- Write a one-page paper on one of the Trauma Types according to The National Child Traumatic Stress Network (NCTSN). Resource: nctsn.org

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Activity/Assessments

Attendance:	20%
Participation Mark:	20%
Assignment:	40%
Test/Quiz:	20%

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Addictions and Mental Health Services Councilor Diploma Program

Course Title: 132 Addictions Counselling Practice
Course Length: Practicum 4 weeks 120 Hours
Prerequisites: None

Course Description:
You will conduct one-to-one counselling sessions using the Egan Three-Stage Problem Management Approach and Opportunity Development Approach to Helping. You will practice foundational counselling skills, assist clients (both chemically dependent and their family members) with identifying, exploring, and clarifying problem situations. You will also assist clients in setting recovery goals and creating and implementing treatment plans. You will learn how to challenge denial, establish rapport, close helping sessions, and adhere to the addictions worker code of ethics.

Learning Outcomes

Upon completion of this practicum, students will

- Conduct a one-on-one counselling session using the Egan Three Stage Problem Management Approach
- Conduct a session using the Opportunity Development Approach to Helping
- Assist clients with identifying, exploring and clarifying problem situations
- Will assist clients in setting recovery goals and creating and implementing treatment plans
- Learn how to challenge denial, establish rapport, close helping sessions and adhere to the addictions worker code of ethics

Textbooks Required

1. Addiction -A Biopsychosocial Perspective p. 10-11
   "Developmental Factors" p. 157 Stages of Changes
2. Substance Use Disorders: Addictions p. 242-244
3. PTSD Workbook p. 48

Activity/Assessments

Attendance:	20%
Participation Mark:	20%
Assignment:	40%
Test/Quiz:	20%

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Addictions and Mental Health Services Councilor Diploma Program

Course Title: 133 Addictions Group Counselling
Course Length: 30 Hours (1 week course)
Delivery Mode: blended
Prerequisites: None

Course Description:
Students will examine the principles of designing, facilitating, and evaluating personal growth groups. Addictions education and recovery groups will be emphasized. The areas that students will explore include the nature and purpose of group counselling, models, and stages of group growth and development, leadership/facilitator styles and skills, critical incidents, intervention techniques, and designing groups using the developmental model of recovery.

Learning Outcomes

Upon completion of this course, students
- will learn how to facilitate and evaluate multiple types of groups-addictions and recovery groups will be emphasized
- will gain in understanding of group growth and development
- will have explored the purpose and nature of group counselling
- will have explored leadership/facilitator styles
- will gain an understanding of critical incident intervention
- will learn how to design groups using the DMR

Textbooks Required
1. Addiction -A Biopsychosocial Perspective p. 10-11
   "Developmental Factors" p. 157 Stages of Changes
2. Substance Use Disorders: Addictions p. 242-244
3. PTSD Workbook p. 48

Assignment
Complete Quiz

Activity/Assessments

Attendance:	20%
Participation Mark:	20%
Assignment:	40%
Test/Quiz:	20%

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Addictions and Mental Health Services Councilor Diploma Program

Course Title: 134 Counselling Modalities
Course Length: 30 Hours (1 week course)
Delivery Mode: blended
Prerequisites: None

Course Description:
Students will be introduced to various counselling techniques that can be used to accompany the Eagan three stage problem management approach and opportunity development approach to helping. He will review the important link between counselling and 12 step programs. Students will discuss the techniques as they apply to addictions counseling. Students will have an opportunity to present a counselling modality.

Learning Outcomes

Upon completion of this course students will be able to

- Students will review the link between counselling and 12 step programs
- Students will be introduced to counselling techniques the Egan 3 stage problem management approach
- Students will present a counselling modality in class

Activity/Assessments

Attendance:	20%
Participation Mark:	20%
Assignment:	40%
Test/Quiz:	20%

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Academic Standing
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Addictions and Mental Health Services Councilor Diploma Program

Course Title: 135 Community Engagement
Course Length: 30 Hours (1 week course)
Delivery Mode: blended
Prerequisites: None

Course Description:
This course explores the intersection of addiction, recovery, and Indigenous communities, with a focus on culturally sensitive approaches to prevention, treatment, and community involvement.

Learning Outcomes

Upon completion of this course students will be able to
Introduction to Indigenous Perspectives on Addiction
- Understanding Indigenous worldviews
- Historical context and the impact of colonization
- Overview of addiction issues in Indigenous communities

Cultural Competence and Sensitivity
- Building cultural awareness and humility
- Cultural competence in addiction counseling
- Role of cultural safety in recovery

Traditional Healing Practices
- Indigenous healing traditions
- Elders' role in recovery
- Integration of cultural practices into treatment

Substance Use Disorders and Mental Health
- Co-occurring disorders in Indigenous populations
- Dual diagnosis and treatment approaches
- Stigma reduction within the community

Community-Based Approaches to Prevention
- Strengths-based prevention strategies
- Engaging families and youth
- Role of community leaders and organizations

Holistic Wellness and Recovery

- Indigenous models of wellness
- Mindfulness, spirituality, and healing
- Life skills for sustained recovery

Trauma-Informed Care
- Understanding historical trauma
- Trauma-informed approaches in treatment
- Building resilience in individuals and communities

Advocacy and Policy
- Addressing systemic issues
- Advocacy at local, regional, and national levels
- Policy changes and community empowerment

- Reflection and sharing of experiences

Capstone Project and Community Presentation
- Students develop a community-focused project
- Presentation of projects to the class
- Feedback and discussion

Assessment Methods:
- Participation and engagement in class discussions
- Weekly reflections and journaling
- Group projects and presentations
- Final capstone project
- Instructor and peer evaluations

This course outline provides a foundation for addressing Indigenous perspectives on addictions and fostering community engagement. Be sure to consult with experts and Indigenous community members to ensure the course respects and incorporates cultural diversity and sensitivity.

Activity/Assessments

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Participation Mark:	20%
Assignment:	40%
Test/Quiz:	20%

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Addictions and Mental Health Services Councilor Diploma Program

Course Title: 136 Prevention Programs
Course Length: 30 Hours (1 week course)
Delivery Mode: blended
Prerequisites: None

Course Description:
Indigenous communities in Canada face unique challenges when it comes to addiction and mental health issues. These challenges are rooted in historical traumas, socio-economic disparities, and cultural disconnect. In response, various prevention programs have been developed to address these issues, promoting healing and well-being within Indigenous communities. This module explores some of these programs and their approaches.

Learning Outcomes

1. Cultural Healing and Reconnection:
Many prevention programs emphasize the importance of reconnecting Indigenous individuals with their cultural heritage as a means of healing and preventing addiction and mental health issues. These programs often involve traditional ceremonies, language revitalization, and cultural teachings. The cultural reconnection helps individuals build a stronger sense of identity and belonging.

2. Land-Based Healing:
Land-based healing programs encourage individuals to connect with the natural environment, often through activities like traditional hunting, fishing, or camping. The connection to the land is seen as a source of strength and healing, helping to reduce stress and promote mental well-being.

3. Traditional Healing Practices:
Indigenous healing practices, such as the use of smudging, sweat lodges, and traditional medicines, play a significant role in prevention programs. These practices address both physical and mental health issues, offering holistic approaches to healing.

4. Peer Support and Community Engagement:
Many prevention programs emphasize the importance of peer support and community engagement. They create safe spaces where individuals can share their experiences, seek guidance, and receive support from their peers. These programs encourage a sense of community and belonging.

5. Educational Initiatives:
Prevention programs often include educational components to raise awareness about the risks associated with addiction and mental health issues. They focus on providing information about the effects of substance abuse and mental health challenges while also teaching coping strategies.

6. Residential Treatment Centers:
Some Indigenous communities have established residential treatment centers that offer culturally sensitive rehabilitation programs. These centers provide a structured and supportive environment for individuals seeking recovery from addiction and mental health issues.

7. Trauma-Informed Care:
Trauma-informed care is a critical aspect of many Indigenous prevention programs. They recognize the impact of historical trauma on Indigenous communities and provide care that acknowledges and addresses this trauma.

8. Holistic Health Promotion:
Prevention programs often adopt a holistic approach to health, recognizing the interconnectedness of physical, mental, emotional, and spiritual well-being. This approach includes nutrition, exercise, and stress reduction strategies.

9. Access to Mental Health Services:
Many Indigenous prevention programs work to improve access to mental health services, particularly in remote and underserved communities. They advocate for culturally competent mental health professionals and work to reduce barriers to care.

10. Collaboration and Partnerships:
Successful prevention programs often involve partnerships with Indigenous organizations, governments, healthcare providers, and non-profit organizations. Collaboration helps to pool resources and expertise to support Indigenous communities effectively.

Indigenous prevention programs for addiction and mental health issues in Canada are diverse and tailored to the unique needs of each community. By focusing on cultural healing, land-based approaches, community engagement, and holistic care, these programs aim to address the root causes of addiction and mental health issues and promote well-being within Indigenous communities. Continuous support and resource allocation are essential to ensuring the success of these initiatives and the long-term health of Indigenous individuals.

Textbooks Required

Theory and practice of Addiction Counseling p. 172
Substance Use Disorders and Addictions p. 235
Addictions Counselling Today p. 180-187

Assignment
Choose an indigenous prevention program about addiction or mental health program/technique or aid and write a 3 pages research paper outlining program.

Activity/Assessments

Attendance:	20%
Participation Mark:	20%
Assignment:	40%

Test/Quiz: 20%

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Addictions and Mental Health Services Councilor Diploma Program

Course Title: 137 Addictions and Intervention Strategies
Course Length: 60 Hours (2 weeks course)
Delivery Mode: blended
Prerequisites: None

Course Description:
This course explores addiction within Indigenous communities and focuses on culturally sensitive intervention strategies.

Learning Outcomes

Introduction to Indigenous Perspectives on Addiction
- Understanding Indigenous worldviews
- Historical trauma and its impact on addiction
- Cultural factors contributing to addiction

Substance Abuse in Indigenous Communities
- Substance use statistics among Indigenous populations
- Traditional Indigenous healing practices
- Factors influencing addiction in Indigenous contexts

Models of Addiction and Recovery
- Bio-psycho-social-spiritual model
- Medicine wheel approach
- Holistic healing methods

Cultural Competency in Addiction Counseling
- Developing cultural sensitivity
- Importance of trust and relationship-building
- Case studies and role-playing

Indigenous Healing Practices
- Sweat lodges and purification ceremonies
- Talking circles and storytelling
- Herbal medicine and holistic healing

Family and Community Support
- The role of family in recovery
- Community-based healing initiatives

- Restorative justice approachesIntervention Strategies
- Motivational interviewing
- Harm reduction approaches
- Culturally tailored interventions

Trauma-Informed Care
- Recognizing trauma in clients
- Healing trauma through cultural practices
- Culturally competent trauma interventions

Relapse Prevention
- Identifying relapse triggers
- Building resilience and coping skills
- Building a support network

Ethical and Legal Considerations
- Ethical guidelines for working with Indigenous clients
- Indigenous rights and legal issues
- Advocating for Indigenous clients

Community Engagement and Resources
- Collaborating with Indigenous organizations
- Accessing community resources
- Building partnerships for holistic care

Assignment
Student to develop culturally sensitive intervention plan and present in class.

Activity/Assessments

Attendance:	20%
Participation Mark:	20%
Assignment:	40%
Test/Quiz:	20%

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Addictions and Mental Health Services Councilor Diploma Program

Course Title: 138 Addictions Group Design
Course Length: 30 Hours (1 week course)
Delivery Mode: blended
Prerequisites: None

Course Description:
You will examine, design, present, and evaluate various addictions and personal growth group designs. The course will emphasize the developmental model of recovery and the trans-theoretical model of change.

Learning Outcomes

Upon completion of this course, students will
- Examine, design, present and evaluate various addictions and personal growth group designs.
- Become familiar with the developmental model of recovery.
- Become familiar with the trans-theoretical model of change.

Textbooks Required

Addictions Counselling Today pp.26, 154-162, 188-189
Theory and Practice of Addiction Counselling pp. 16, 107-109, 129-132, 135-13 7, 165-166, 199-214, 267, 342-345, 347-349, 353-359, 364, 367
Handouts to read

Activity/Assessments

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Participation Mark:	20%
Assignment:	40%
Test/Quiz:	20%

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Addictions and Mental Health Services Councilor Diploma Program

Course Title: 139 Addictions Group Facilitation
Course Length: 90 Hours (4 weeks course)
Delivery Mode: blended
Prerequisites: None

Course Description:
Your studies will focus on the skills needed to facilitate a group process, manage critical incidents, conduct third-party mediations, present planned theory inputs, facilitate structured experiences, and assess group progress. The activities are designed to replicate a typical addictions education/counselling group according to the Developmental Model of Recovery. All activities will be videotaped with extensive feedback on your participation and facilitation skills.

Learning Outcomes

Upon completion of this practicum the student will
- Be able to manage critical incidents
- Conduct third party mediation
- Present planned theory inputs
- Facilitate structured experiences and assess group progress
- Learn the Developmental model of recovery and how it is used in a typical addictions education/counselling group

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Activity/Assessments

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Participation Mark:	20%
Assignment:	40%
Test/Quiz:	20%

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Addictions and Mental Health Services Councilor Diploma Program

Course Title: 140 Assessments in Addictions Services
Course Length: Practicum 12 weeks
Prerequisites: None

Course Description:
In this practicum you will apply the core functions as an addictions professional within a clinical and Community education setting. You will practice the functions related to interpersonal competence, administration skills, screening, intakes, orientation, assessments and treatment planning. You will also examine and design treatment plan activities based on the Developmental Model of Recovery.

Learning Outcomes
Upon completion of this practicum, students will

- Have practiced the functions related to interpersonal competence, administration skills, screening, intakes, orientation, assessments, and treatment planning.
- Examine and design treatment plan activities based on the Developmental Model of Recovery

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Activity/Assessments

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Addictions and Mental Health Services Councilor Diploma Program

Course Title: 141 Treatment Planning in Addictions Services
Course Length: Practicum 6 weeks 225 hours
Prerequisites: None

Course Description:

You will apply the core functions as an addictions professional within a clinical and community education setting.

Learning Outcomes

You will practice the functions of interpersonal competence, administration skills, one-to-one and group counselling, case management, intervene in crisis situations, present client education, refer clients, manage files and client records and consult with other professionals. You will also examine and facilitate counselling.

Activity/Assessments

Attendance:	20%
Participation Mark:	20%
Assignment:	40%
Test/Quiz:	20%

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Addictions and Mental Health Services Councilor Diploma Program

Course Title: 141 Treatment Planning in Addictions Services
Course Length: 48 Lecture Hours (3 weeks course)
Delivery Mode: blended
Prerequisites: None

Course Description:
This module focuses on equipping Indigenous students in a Mental Health and Addictions Counseling Diploma Program with the knowledge and skills necessary for effective treatment planning in addictions services. The module emphasizes culturally sensitive approaches and considerations when working with Indigenous clients.

Learning Objectives

1. Understand the unique challenges faced by Indigenous individuals in accessing and receiving addiction treatment.
2. Learn the principles and components of effective treatment planning in addictions services.
3. Explore culturally competent strategies for engaging and supporting indigenous clients in the treatment planning process.
4. Develop skills in creating individualized treatment plans that align with the cultural values and needs of Indigenous clients.

Topics Covered:

1. Introduction to Addiction Services for Indigenous Communities
2. Understanding the Impact of Colonialism and Intergenerational Trauma on Addiction
3. Principles of Culturally Sensitive Treatment Planning
4. Assessment and Diagnosis in Indigenous Contexts
5. Engaging Indigenous Clients in the Treatment Planning Process
6. Developing Individualized Treatment Plans
7. Integrating Traditional Healing Practices in Treatment Planning
8. Collaborating with Indigenous Communities and Elders
9. Ethical Considerations in Working with Indigenous Clients
10. Evaluation and Monitoring of Treatment Progress

- Lectures and Discussions
- Case Studies and Role-Playing
- Field Visits to Indigenous Treatment Centers
- Group Projects and Presentations
- Case Studies Analysis
- Treatment Plan Development Project
- Participation in Class Activities

- Textbook Reading Recommended Readings and Articles
- Online Resources on Indigenous Health and Addiction
- Cultural Competency Training
- Community Resources and Support Services

Textbook Required:
Addictions Counseling Today: pg. 6, 39-42, 76, 132-133, 192.
Theory and Practices of Addictions Counseling: pg. 2-6.
Substance Use Disorders and Addictions: pg. 86-89, 92-98, 102-112.

By the end of this module, students will be equipped with the knowledge, skills, and cultural competence required to effectively plan and deliver addiction services to Indigenous clients in a respectful and inclusive manner.

Activity/Assessments

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Participation Mark:	20%
Assignment:	40%
Test/Quiz:	20%

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