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## **Mental Health Technician Program Courses**

### **MHT 100: Study of Alcohol Use and Addiction**

This course provides an introduction to alcohol use disorder and addictive nature of ethyl alcohol. Students will explore the history of alcohol use, basic knowledge of the medical effects of alcohol use and abuse, the basic premise behind the biopsychosocial model, the continuum of care and personal risk for alcohol problems.

### **MHT 101: Study of Drug Use and Addiction**

Fundamentals of mood-altering chemicals other than ethyl alcohol and the symptomatology and treatment of the use and addiction to them. Provides facts and insights concerning the abuse of a wide variety of "legal" and "illegal" mood-altering chemical substances and approaches to treatment and prevention of substance use disorders.

### **MHT 102: Fundamental Skills of Individual Counseling for Addiction**

An introduction to multicultural counseling theories and skills. The student will develop basic communication and individual helping skills appropriate in dealing with a person with a substance use disorder.

### **MHT 103: Fundamental Skills of Group Counseling for Addiction**

Introduces basic theories and dynamics of counseling groups. Develops the facilitative skills appropriate to working with those groups in the management of substance abuse disorders.

### **MHT 104: Ethical and Legal Issues in the Addiction Profession**

This course will explore the ethical and legal issues within the addiction field. This course will include an opportunity for identification and discussion of ethical and legal issues frequently encountered by prevention and treatment professionals.

### **MHT 105: Addictive Family System's & Family Counseling**

Traditional and contemporary theories of family counseling will be studied and applied to addictive families. The role of the partner/family in the onset, progression, treatment, and prevention of substance use and addiction will be reviewed.

### **MHT 106: Substance Use and Addiction in Diverse Populations**

Substance use among diverse groups such as adolescents, people of color, women, elderly, and the LGBTQ population will be studied. Strategies for effective treatment and prevention in addictions will be examined.

### **MHT 107: Substance Use and Addiction Treatment Continuum**

The concepts that addiction treatment is a continuum from intervention through continuing care is emphasized along with students learning and demonstrating clinical treatment procedures. Students also practice the administration of screening and assessment instruments to identify addiction and other related problems in conjunction with developing an individualized treatment/continued care plan.