YC215

Mental Health/Substance Abuse

3 Credits

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Original Developer: Dr. Jason Dewling
Current Developer: Nina Barrett
Reviewer: Joanne McDonald
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The Implementation Date for this Outline is 01/09/2020
Mental Health/Substance Abuse

Calendar Description

This course provides students with an overview of addictions and substance abuse and related health issues. It provides students with an opportunity to openly explore such areas as attitudes and values, principles, issues, models of addiction, assessment, treatment, intervention, recovery, and health promotion as they pertain to Child and Youth Care practice with children, youth, families, and communities.

Rationale

This is a required course for the Child and Youth Care program. Working in the child and youth care field, one may encounter children, adolescents, adults and families who are experiencing substance abuse issues. This course gives the student a brief introduction to the main theories, concepts, issues and intervention and assessment approaches to enable them to respond appropriately to such situations.

Prerequisites

None

Co-Requisites

None

Course Learning Outcomes

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

1. describe a brief history of addictions.
2. explain the relevant theories and causes of addictions.
3. summarize the effects of various substances including alcohol and nicotine.
4. recognize the signs and symptoms of substance abuse.
5. examine societal trends in drug use and addictions.
6. present on a topic relevant to addictions and CYC practice.
7. analyze the impact of substance dependence on the individual and the family
8. identify the environmental factors associated with addictions including trauma and foreign practices.
9. describe the relevance of stages of change to determine effective intervention strategies.
10. apply some of the assessment, intervention and therapeutic techniques used to treat addictions.
11. compare substance abuse treatment options, such as harm reduction, strength based, client centered and culturally relevant approaches.

Resource Materials

On-line material TBA

Conduct of Course

This course uses lectures, PowerPoints, discussion, debate, readings, D2L, videos, guest lectures, student presentations and site visits to professional addiction service agencies to facilitate the exploration of addiction issues relevant to child and youth care practice.

Evaluation Procedures

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Grade Equivalents and Course Pass Requirements

A minimum grade of D (50%) (1.00) is required to pass this course.

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Students must maintain a cumulative average grade of C (GPA - Grade Point Average of 2.00) in order to qualify to graduate.

Attendance

Regular attendance is essential for success in any course. Absence for any reason does not relieve a student of the responsibility of completing course work and assignments to the
satisfaction of the instructor. Frequent absences may result in the student being probation. Further absences may result in suspension from the program.

In cases of repeated absences due to illness, the student may be requested to submit a medical certificate.

_Instructors have the authority to require attendance in classes._

**Course Units/Topics**

1. **The Role of Mental Health Professional in Prevention and Treatment**
   a. philosophical orientation
   b. attitudes and beliefs
   c. helping attitudes and behavior

2. **Factors that Influence Drug Use**
   a. know the signs and symptoms of drug abuse
   b. identify the early signs that may predict later drug abuse
   c. what are the highest risk period during adolescence
   d. definitions
   e. understand a variety of models and theories of addictions and other problems related to substance use

3. **Pharmacology**
   a. seven different drug types, and each has its own set of effects and risks:
      - Stimulants
      - Depressants
      - Hallucinogens
      - Dissociatives
      - Opioids
      - Inhalants
      - Cannabis
   b. understand how the drug presents and influences the biological systems
   c. route of administration
4. Prevention
   a. why are prevention efforts needed
   b. what works in prevention
   c. what is appropriate for different age levels
   d. evaluate interventions using evidence-informed practices in the areas of therapeutic
      milieu and programming

5. Assessment and Diagnosis
   a. definitions
   b. psychosocial history and understand addiction as a continuum
   c. signs of adolescent substance abuse
   d. self-report inventories and coping patterns
   e. referral and diagnosis and addictive patterns

6. Children and Families
   a. exposure to alcohol and other drugs
   b. intergenerational transmission of addictions
   c. family interventions
   d. addictions impact on relational styles
   e. codependency

7. Client Engagement and Treatment
   a. motivational interviewing
   b. treatment strategies and techniques
   c. relapse prevention and recovery
   d. gain awareness of the need for strength-based, client centered and culturally relevant
      approaches
   e. understand the relevance of stages of change to determine effective intervention
      strategies
8. Special Issues
   a. media and substance abuse
   b. post traumatic stress disorder and trauma informed practices
   c. cultural diversity and addictions
   d. understand the role of harm reduction in the field of substance dependency
   e. spiritual component of addictions
   f. develop and implement self-care strategies using self inquiry and reflection processes
to promote self awareness and to enhance practices as a child and youth care practitioner
Appendix A

Definition of Class Participation

Participation is evaluated based on the following criteria:

− arriving on time for class and staying until completion of class.
− contributing to class discussions through appropriate verbal interaction, cooperation, sharing resources and showing respect for alternative opinions.
− involvement in class activities, such as in-class assignments, etc.
− attending class work periods and presentations.
− being flexible with needs of peers/faculty.