

MH 202
Concurrent Disorders
3 Credits

Instructor: Derek Collins
780 853 8627

Original Developer: Amber Bell

Current Developer: Derek Collins

Reviewer: Joanne McDonald

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2602 - 59 Avenue, Lloydminster, Alberta, Canada T9V 3N7. Ph: 780 871 5700
5707 College Drive, Vermilion, Alberta, Canada T9X 1K5. Ph: 780 853 8400
Toll-free in Canada: 1 800 661 6490



MH 202 Version: 2



Concurrent Disorders

Calendar Description

This course provides students with the skill set to identify signs and symptoms associated with addiction and mental health disorders. It also provides the students the knowledge in accessing supportive recovery and treatment options. Students gain an understanding of mental health and addictions prevention and health promotion best practices.

Rationale

This is a required course for students in the Community Mental Health certificate program. Professionals in the Human Services field may encounter clients who have addiction and/or mental health concerns or diagnoses.

Prerequisites

None

Co-Requisites

None

Course Learning Outcomes

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

1. define terms related to addiction.
2. compare models of addiction.
3. define the term concurrent disorder.
4. describe mental health concerns that are associated with addiction.
5. define terminology associated with concurrent disorders.
6. identify needs and barriers for people experiencing concurrent disorders.
7. demonstrate the principles of effective treatment and need for integrated services.
8. describe the significance of the screening process in identifying populations with concurrent disorders, and examine screening tools available.
9. define the concept of recovery.

10. identify treatment and rehabilitation models, and systems and services that support recovery.
11. compare risk and protective factors, and how the effects of trauma relate to addiction and mental health disorders.
12. research principles, concepts and theories of mental health promotion and addiction prevention programming and services.

Resource Materials

Readings are digital readings that can be found in the course timeline and D2L modules.

Conduct of Course

The course content is delivered using a combination of online content and discussion.

Evaluation Procedures

| | |
|------------|------|
| Quiz 1 | 20% |
| Quiz 2 | 25% |
| Case Study | 25% |
| Quiz 3 | 25% |
| Discussion | 5% |
| Total | 100% |

Grade Equivalents and Course Pass Requirements

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

| | | | | | | | | | | | | |
|---------------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|
| Letter | F | D | D+ | C- | C | C+ | B- | B | B+ | A- | A | A+ |
| Percent Range | 0-49 | 50-52 | 53-56 | 57-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 | 85-89 | 90-94 | 95-100 |
| Points | 0.00 | 1.00 | 1.30 | 1.70 | 2.00 | 2.30 | 2.70 | 3.00 | 3.30 | 3.70 | 4.00 | 4.00 |

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

Attendance

Because this course is on-line, attendance is demonstrated by keeping up with readings and assignments, participation in dialogue on the discussion board and completing course work and assignments to the satisfaction of the instructor.

In cases where illness impedes participation, the student may be requested to submit a medical certificate.

Course Units/Topics

I. Understanding Addiction

What is addiction? Perceptions, definitions, signs and symptoms of addiction

Dependency – definitions and DSM diagnoses

Continuum of Use

Models of Addiction

II. Understanding Concurrent Disorders

Definitions

Connecting mental health and addiction

Substance-induced mental health disorders

Common occurrence and combinations of concurrent disorders

III. Needs and Barriers

Prevalence and epidemiology of concurrent disorders

Identifying risk and protective factors

Key determinants of health

Need for integrated services, and barriers to successful treatment

IV. Introduction to Screening and Assessment

Introduction to the screening process

Brief screening instruments

Two levels of screening

V. Supporting Recovery

What is recovery?

Treatment and rehabilitation models

Systems and services that support treatment and rehabilitation

VI. Therapeutic and Counseling Models

Motivational Interviewing
Harm reduction
Individual, Group and Family therapy
Cognitive Behavioural Therapy
Relapse Prevention
Pharmacotherapy

VII. Prevention and Promotion

Risk and Protective Factors
Trauma and the Stress Response
Resilience

VIII. Mental Health Promotion and Addiction Prevention

Health promotion and illness prevention frameworks
Effective strategies, techniques and activities
Fostering resiliency and reduction of risk factors



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