

**MH 202**  
**Concurrent Disorders**  
**3 Credits**

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Created: 20/09/2013

Revised: 04/04/2016

Approval: 06/04/2016

The Implementation Date for this Outline is 11/04/2016

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## 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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