

SOWK 130A, Addiction and Mental Health

3 credits, 3 hour lecture

Official course description:

This course will examine current addictions and mental health theories, the relationship between mental disorders and addictions and the role of the social worker in these areas of practice. The learner will also explore the impacts addictions and mental health disorders have on individuals, families and communities.

Prerequisites and/or co-requisites"

N/A

Instructor

Stephanie Brake

CC 244

780-791-4991

stephanie.brake@keyano.ca

Office Hours

Monday 1:00 – 2:00pm

Tuesday 2:00 – 3:00pm

Wednesday 9:00 – 10:00am

Thursday 10:00-11:00am

Friday 2:00-3:00pm

Hours of Instruction

Monday 10:00am – 12:50pm

Required Resources

Davis, S., (2014). *Community Mental Health in Canada: Revised and Expanded Edition: Theory, Policy, Practice*. Vancouver: UBC Press.

Csiernik, R., (2016) *Substance Use and Abuse* (2nd Edition). Toronto, Ontario: Canadian Scholars' Pre.

Course Outcomes

Upon successful completion of this course, the student shall be able to:

- Understand the nature of addictions and mental health disorders; origins, theories, and characteristics of addictions.
- Understand the biology of addictions and mental health disorders; substance misuse, dependence, classification of mental disorders.
- Understand the relationship between addictions and mental health disorders; dual diagnosis / concurrent disorders.
- Understand the social aspects of addictions and mental health; Family risks and resiliencies.
- Examine personal values about addiction and mental health.
- Understand the helping strategies for the treatment of addictions and mental health disorders from a biological, behavioral and societal perspective.
- Understand the issues of addictions and mental health disorders among specific populations.

Evaluation

Assignments	40%
Midterm Exam	30%
Final Exam	30%
Total	100%

A grade of C- is required for progression or transfer.

Midterm Exam (30%) October 15, 2018 covering Addictions Chapters 1-7.

Tested on topics covered in class and in the assigned readings.

Explanation paper (15%) explaining the large group anti-stigma project “Language Matters” October 29, 2018. Each group will submit an explanation paper that introduces the instructor to the group’s project ideas and delivery plans. The paper must provide sufficient information for the instructor to have a clear understanding of what the group plans to focus their anti-stigma Language Matters project on and how their 45-minute presentation will be developed and delivered. Additionally, the paper needs to indicate the role of each group member from the beginning to end of the project. It is expected that this explanation paper will show a well thought out and analyzed ‘road map’ of the actual project that is to be delivered in class on November 26.

Large group anti-stigma project “Language Matters” (25%) which includes a 45 minute presentation per group. November 26, 2018; 3 in-class project deliveries. Attendance is mandatory. Groups will be assigned by the instructor. Please see grading rubric for details on how the project will be graded however, key areas to consider are: creativity, evidence of group unity and good group work (including group problem solving), evidence of fairness in group member role distribution, quality, quantity, relevance and significance of information collected and relayed to the class, and quality of the presentation.

Final Exam (30%) Final Exam Period Dec 10-18, 2018 covering Mental Health Chapters 1, 2, 3, 4, 6, 7, 11, 14, 16, 18. Tested on topics covered in class and in the assigned readings.

Grading System

Descriptor	Alpha Grade	4.0 Scale	Percent	Rubric for Letter Grades
Excellent	A+	4.0	> 92.9	Work shows in-depth and critical analysis, well developed ideas, creativity, excellent writing, clarity and proper format.
	A	4.0	85 – 92.9	
	A-	3.7	80 – 84.9	
Good	B+	3.3	77 – 79.9	Work is generally of high quality, well developed, well written, has clarity, and uses proper format.
	B	3.0	74 – 76.9	
	B-	2.7	70 – 73.9	
Satisfactory Progression	C+	2.3	67 – 69.9	Work has some developed ideas but needs more attention to clarity, style and formatting.
	C	2.0	64 – 66.9	
	C-	1.7	60 – 63.9	
Poor Minimum Pass	D+	1.3	55 – 59.9	Work is completed in a general way with minimal support, or is poorly written or did not use proper format.
	D	1.0	50 – 54.9	
Failure	F	0.0	< 50	Responses fail to demonstrate appropriate understanding or are fundamentally incomplete.

Proposed Schedule of Topics

Week	Activity
Sept 10	Review of course outline and introduction to the course and textbooks. Addictions Chapter 1 and 2
Sept 17	Addictions Chapter 3 and 4
Sept 24	Addictions Chapter 4 and 5
Oct 1	Addictions Chapter 6 and 7 Midterm exam review
Oct 8 (No Class)	STAT HOLIDAY
Oct 15	Midterm exam 30% covers Addictions Chapters 1-7
Oct 22	Mental Health Chapter 1, 2, 3
Oct 29	Mental Health Chapter 4, 6 and 7. Explanation paper due in class today regarding the large group anti-stigma project "Language Matters" – 15%
Nov 5	Mental Health Chapter 11
Nov 12 (No Class)	STAT HOLIDAY
Nov 19	Mental Health Chapter 14 and 16
Nov 26	Large group anti-stigma project "Language Matters" 45 minutes per group – 25%
Dec 3	Mental Health Chapter 18 Final exam review
Dec 10- 18 (Final Exam Period)	Final Exam 30% Covering Mental Health Chapters 1, 2, 3, 4, 6, 7, 11, 14, 16, 18.

Please Note:

Date and time allotted to each topic is subject to change.

Performance Requirements**Student Responsibilities**

It is your responsibility as a student to contact the Office of the Registrar to complete the forms for Withdrawal or Change of Registration, and any other forms. Please refer to the list of important dates as noted in the Academic Schedule in the Keyano College credit calendar.

More specific details are found in the Student Rights and Student Code of Conduct section of the Keyano College credit calendar. It is the responsibility of each student to be aware of the guidelines outlined in the Student Rights and Student Code of Conduct Policies.

Student Attendance

Class attendance is useful for two reasons. First, class attendance maximizes a students' learning experience. Second, attending class is a good way to keep informed of matters relating to the administration of the course (e.g., the timing of assignments and exams). Ultimately, you are responsible for your own learning and performance in this course.

It is the responsibility of each student to be prepared for all classes. Students who miss classes are responsible for the material covered in those classes and for ensuring that they are prepared for the next class, including the completion of any assignments and / or notes that may be due.

Academic Misconduct

Students are considered to be responsible adults and should adhere to principles of intellectual integrity. Intellectual dishonesty may take many forms, such as:

- Plagiarism or the submission of another person's work as one's own
- The use of unauthorized aids in assignments or examinations (cheating)
- Collusion or the unauthorized collaboration with others in preparing work
- The deliberate misrepresentation of qualifications
- The willful distortion of results or data
- Substitution in an examination by another person
- Handing in the same unchanged work as submitted for another assignment
- Breach of confidentiality.

The consequences for academic misconduct range from a verbal reprimand to expulsion from the College. More specific descriptions and details are found in the Student Rights and Student Code of Conduct section of the Keyano College credit calendar. It is the responsibility of each student to be aware of the guidelines outlined in the Student Rights and Student Code of Conduct Policies.

In order to ensure your understanding of the concept of plagiarism, you must successfully complete the online tutorial found on ilearn.keyano.ca. Then print the certificate, sign it, and show it to each of your instructors. Your course work will not be graded until you show this signed certificate.

Specialized Supports

The Student Academic Support Services (SASS) department: Accessibility Services, Skill Centre and Wellness Services, work together to support student success at Keyano College.

Accessibility Services (CC167) supports student success through group and individualized instruction of learning, study and test taking strategies, and adaptive technologies. Students with documented disabilities, or who suspect a disability, can meet with the Learning Strategists to discuss accommodation of the learning barriers that they may be experiencing. Students who have accessed accommodations in the past are encouraged to visit our office at their earliest opportunity to discuss the availability of accommodations in their current courses. Individual appointments can be made by calling 780-791-8934

Skill Centre (CC119) provides a learning space where students can gather to share ideas, collaborate on projects and get new perspectives on learning from our tutorial staff. Students visiting the centre have access to one-to-one or group tutoring, facilitated study groups, and assistance in academic writing. The Skill Centre's Peer Tutor program provides paid employment opportunities for students who have demonstrated academic success and want to share what they have learned. Tutoring is available free to any students registered at Keyano College on a drop in basis, from 9:00 am to 5:00 pm Monday through Friday. Additional evening hours are subject to tutor availability and are posted in the Skill Centre.

Wellness Services (CC260) offers a caring, inclusive, and respectful environment where students can access free group and individual support to meet academic and life challenges. Mental Health Coordinators offer a safe and confidential environment to seek help with personal concerns. The Mindfulness Room in CC260 is available as a quiet space for students to relax during regular office hours. Wellness Service welcomes students to participate in any of the group sessions offered throughout the academic year addressing such topics as Mindfulness and Text Anxiety. Individual appointments can be made by calling 780-791-8934.

Please watch your Keyano email for workshop announcements from our Student Academic Support Services team.