Course Outline

SOCIAL WORK DIPLOMA PROGRAM

SOWK 130A
ADDICTIONS AND MENTAL HEALTH

Fall 2014

3 CREDITS
3 HOURS PER WEEK

INSTRUCTOR: Stephanie Brake MSW, RSW
**INSTRUCTOR:** Stephanie Brake

**PHONE NUMBER:** (780) 791-4993

**E-MAIL:** Stephanie.brake@keyano.ca

**OFFICE NUMBER:** S113B

**OFFICE HOURS:**
- Monday 11:00-12:00noon
- Tuesday 1:00-2:00pm
- Wednesday 1:00-2:00pm
- Thursday 1:00-2:00pm
- Friday 1:00-2:00pm

**HOURS OF INSTRUCTION:**
- Monday 12:00noon –2:50 PM  Room 233

**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.

**PRE-REQUISITE(S):**
There are no pre-requisites for this course.

**LEARNING OBJECTIVES:**
At the completion of the course, students will be able to understand the impact of addictions and mental illness on the individual, family and community and be aware of current therapeutic interventions to decrease the impact of addictions and mental illness on individuals, families and communities. Students will also understand the significance of addressing the recovery issues for the family who is impacted by a family member’s addiction and/or mental health issues.
LEARNING OUTCOMES:
At the completion of the course, students will 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.

REQUIRED RESOURCES:


### TOPICS TO BE COVERED:

<table>
<thead>
<tr>
<th>Week</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 01 - Sept 8</td>
<td>Review of course outline and introduction to the course and textbooks</td>
</tr>
<tr>
<td>Week 02 - Sept 15</td>
<td>Addictions Chapter 1 The Nature of Addictions; Mental Health Chapter 1 The Impact of Psychiatric Disorders</td>
</tr>
<tr>
<td>Week 03 - Sept 22</td>
<td>Addictions Chapter 3 Substance Misuse, Dependence, and the Body (pages 109-175 only)</td>
</tr>
<tr>
<td>Week 04 - Sept 29</td>
<td>Mental Health Chapters 2 &amp; 3 Nature and Nurture: Explanatory Models in Psychiatry &amp; Mental Disorders and Classification and Criteria. Quiz #1 Review Addictions Chapter 1 &amp; 3 Mental Health Chapters 1, 2, 3.</td>
</tr>
<tr>
<td>Week 05 - Oct 6</td>
<td>Quiz #1 20% Covering Addictions Chapters 1, 3 and Mental Health Chapters 1, 2, 3. Followed by class covering Addictions Chapter 6 Addiction Across the Lifespan.</td>
</tr>
<tr>
<td>Week 06 Oct 13 (College Closed)</td>
<td>College Closed Thanksgiving</td>
</tr>
<tr>
<td>Week 07 - Oct 20</td>
<td>Addictions Chapter 7 Screening and Assessment, followed by Midterm Exam Review Covering Addictions Chapter 1, 3, 6, 7 and Mental Health Chapters 1, 2, 3</td>
</tr>
<tr>
<td>Week 08 - Oct 27</td>
<td>Midterm Exam 25% Covering Addictions Chapter 1, 3, 6, 7 and Mental Health Chapters 1, 2, 3</td>
</tr>
<tr>
<td>Week 09 - Nov 3</td>
<td>Addictions Chapter 8 Strengths and Evidence-Based Helping Strategies; Mental Health Chapter 7 The System: Mental Health Programs in Canada.</td>
</tr>
<tr>
<td>Week 10 - Nov 10</td>
<td>Mental Health Chapters 6 &amp; 10 Best Practices and Evidence-based Interventions and Assessment and Medical Management. Quiz #2 Review Addictions Chapter 8 Mental Health Chapters 6, 7, 10.</td>
</tr>
<tr>
<td>Week 11 - Nov 17</td>
<td>Quiz #2 20% Covering Addictions Chapter 8 and Mental Health Chapters 6, 7, 10. Followed by class covering Addictions Chapter 9 &amp; 10 Substance Misuse with a Co-occurring Mental Disorder or Disability and Family Risks and Resiliencies.</td>
</tr>
<tr>
<td>Week 12 - Nov 24</td>
<td>Mental Health Chapters 11 &amp; 13 Education, Skills Training, and Cognitive-Behavioral Approaches and The Legal and Ethical Context of Mental Health Practice.</td>
</tr>
<tr>
<td>Week 15 – Dec 1</td>
<td>Final Exam Review Covering Addictions Chapters 8, 9, 10 and Mental Health Chapters 6, 7, 10, 11, 13.</td>
</tr>
<tr>
<td>December 8-17</td>
<td>Final Exam 30% Covering Addictions Chapters 8, 9, 10 and Mental Health Chapters 6, 7, 10, 11, 13.</td>
</tr>
</tbody>
</table>
**Evaluation**

**In class participation and group Work (5%)**
Adult learners are self-directed. However, there are certain mandatory expectations of you as a student in this course and this included attendance in all classes. Participation will optimize your learning experience. Your presence serves as an additional resource in the classroom, which lends itself to greater experiential learning for everyone. As well, consistent attendance and participation increases individual growth, group dynamics, develops professionalism and good personal work ethic. However, if you are unable to attend due to illness, it is the expectation that you will telephone or email at the earliest possible time to advise your instructor. You are also expected to keep current with the course material and get copies of any missed assignments or lectures. Marking will be based on your attendance and individual participation including:

- Participation and contributions to in-class group work
- Engaging positively in class discussions
- Participation in all class activities individually, in pairs, or in groups
- Demonstrating active listening skills
- Demonstrating respect for others by listening and accepting each person’s contribution to class discussion in a positive and supportive manner.
- Attending class prepared to participate in discussions of the assigned readings

**Quiz #1 (20%)** October 6, 2014 covering Addictions Chapters 1 & 3 and Mental Health Chapters 1, 2, 3. Quizzed on topics covered in class and in the assigned readings.

**Midterm Exam (25%)** October 27, 2014 covering Addictions Chapters 1, 3, 6, 7 and Mental Health Chapters 1, 2, 3. Exam on topics covered in class and in the assigned readings.

**Quiz #2 (20%)** November 17, 2014 covering Addictions Chapter 8 and Mental Health Chapters 6, 7, 10. Quizzed on topics covered in class and in the assigned readings.

**Final Exam (30%)** December 8-17, 2014 covering Addictions Chapters 8, 9, 10 and Mental Health Chapters 6, 7, 10, 11, 13. Exam on topics covered in class and in the assigned readings.
**IMPORTANT DATES TO REMEMBER:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 3</td>
<td>First Day of Classes</td>
</tr>
<tr>
<td>September 9</td>
<td>Last day to add for academic programs</td>
</tr>
<tr>
<td>September 16</td>
<td>Last day to drop courses for academic programs.</td>
</tr>
<tr>
<td>October 13</td>
<td>Thanksgiving Day – College Closed</td>
</tr>
<tr>
<td>October 24</td>
<td>Last day to withdraw without academic penalty.</td>
</tr>
<tr>
<td>November 11</td>
<td>No Classes – Remembrance Day</td>
</tr>
<tr>
<td>December 5</td>
<td>Last day of classes for students in Certificate, Diploma, and University Programs</td>
</tr>
<tr>
<td>December 8-17</td>
<td>FINAL EXAM PERIOD.</td>
</tr>
</tbody>
</table>

**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
- 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

Penalties for academic offences may range from a verbal reprimand to dismissal from the College, and in certain circumstances may involve legal action. Please refer to the 2014-2015 Credit Calendar for more information.

**Accommodation for Students with Disabilities:**
The College will provide reasonable accommodation to students with disabilities in order to promote academic success. If you require accommodation, please contact the SKILL Centre or Counselling and Disability Services to initiate the process for documenting, assessing and implementing your individual accommodation needs. In addition, tutoring services are available at the SKILL Centre.

**Student Rights and Responsibilities:**
Students should consult the Keyano College Credit Calendar pages 34-38.
Course Outline

SOCIAL WORK DIPLOMA PROGRAM

SOWK 130A
ADDITION AND MENTAL HEALTH

Fall, 2014

3 CREDITS
3 HOURS PER WEEK

_______________________________________   ________________________________________
Stephanie Brake, Instructor   Date

Reviewed and approved by:

_______________________________________   ________________________________________
Vincella Thompson, Dean   Date