

Area of Interest: Community and Social Services

Addictions and Mental Health

Ontario College Graduate Certificate

Program Code: 1829X01FSU

1 Year

Ottawa Campus

Our Program

This Ontario College Graduate Certificate program is primarily designed to enhance and further develop the skills of individuals who already work in health care or the social services field and who are interested in specializing in addictions and mental health. There is a growing need for coordinated services by professionals with the knowledge and skills to treat concurrent disorders. Students take an interdisciplinary approach to the study of mental health, mental illness, substance use including focus on holistic assessment and intervention strategies, recovery process, and promotion of ongoing mental health. Students acquire the knowledge, skills, and abilities required by mental health professionals to deliver responsive and effective substance use disorder treatment and mental health services, while promoting empowerment, self-determination, and optimum quality of life to individuals. Students gain practical experience through the supervised field placement where they can apply knowledge of best practices and further enhance their skillsets. During placement, students are paired with a Field Placement Liaison for support and guidance.

Upon completion of the program, students possess the knowledge and skills to work with vulnerable populations in a variety of community mental health and addictions services settings, dependent on their prior experience and credentials, and skills built in the program. These settings may include social service and government agencies, mental health agencies, residential treatment centres, group homes, homeless shelters, school boards, services for specific vulnerable populations, family counselling programs, crisis response services, community outreach programs, community justice programs, medical detox programs, long-term care facilities, hospices, and other establishments.

The Addictions and Mental Health Graduate Certificate (AMH) is recognized by the Canadian Addiction Counsellor Certification Federation (CACCF), Canada's Addiction Workforce Regulator. The CACCF affirms this program enables graduates to meet their certification requirements.

SUCCESS FACTORS:

This program is well-suited for students who:

- Are interested in improving the quality of life for those with mental health and/or substance use challenges
- Want to contribute as team members in a wide range of dynamic environments
- Are non-judgmental, flexible, mature and compassionate
- Like to support, empower, and encourage others
- Have patience and can handle stress and remain calm in difficult situations
- Are comfortable with self-reflective practice
- Possesses critical thinking and problem-solving skills
- Have an ability to practice self-care
- Can communicate clearly and set professional boundaries
- Are comfortable advocating for both self and others

Employment

Graduates may find employment opportunities in the addictions and mental health field as community support workers, team leaders, case managers, clinicians, mental health counsellors, crisis workers, program evaluation coordinators, addictions counsellors, intake coordinators, and mental health workers.

Learning Outcomes

The graduate has reliably demonstrated the ability to:

- Use a bio-psycho-social-spiritual framework when providing addictions and mental health services.

Program of Study

Level: 01	Courses	Hours
SSC1010F	Mental Health and Addiction Foundations	42.0
SSC1020F	Introduction to Counselling	42.0
SSC1030F	Chemical Dependency and Substance Use and Abuse	45.0
SSC1040F	Community Services and Supports in Addictions and Mental Health	45.0
SSC1050F	Holistic Assessment and Interventions: Determinants of Health	42.0
SSC1060F	Counselling Gender and Diversity	42.0
SSC1070F	Ethical Practice and Professionalism in Addictions and Mental Health	42.0
Level: 02	Courses	Hours
SSC2010F	Group Counselling for Addictions and Mental Health Practitioners	42.0
SSC2020F	Motivational Interviewing and Change Theory Practice	42.0
SSC2030F	Working with Youth and Families	45.0
SSC2040F	Impulse Control Disorders and Behavioural Addictions	45.0
SSC2050F	Introduction to Trauma-Informed Practice	45.0
SSC2060F	Community Capacity Building	42.0
SSC2070	Field Placement Preparation Course	28.0
Level: 03	Courses	Hours
FLD0020	Field Placement and Special Topics Seminar	300.0

Fees for the 2023/2024 Academic Year

Tuition and related ancillary fees for this program can be viewed by using the Tuition and Fees Estimator tool at <http://www.algonquincollege.com/fee-estimator>

Further information on fees can be found by visiting the Registrar's Office website at www.algonquincollege.com/ro

Fees are subject to change.

Admission Requirements for the 2024/2025 Academic Year

Program Eligibility

- Ontario College Diploma, Ontario College Advanced Diploma or Degree or equivalent in the human, health, or social sciences fields.
- Applicants with international transcripts must provide proof of the subject specific requirements noted above and may be required to provide proof of language proficiency. Domestic applicants with international transcripts must be evaluated through the International Credential Assessment Service of Canada (ICAS) or World Education Services (WES).
- IELTS-International English Language Testing Service (Academic) Overall band of 6.5 with a minimum of 6.0 in each band; OR TOEFL-Internet-based (iBT)-overall 88, with a minimum in each component: Reading 22; Listening 22; Speaking 22; Writing 22; OR Duolingo English Test (DET) Overall 120, minimum of 120 in Literacy and no score below 105.

Application Information

ADDICTIONS AND MENTAL HEALTH **Program Code 1829X01FSU**

Applications to full-time day programs must be submitted with official transcripts showing completion of the academic admission requirements through:

ontariocolleges.ca
60 Corporate Court
Guelph, Ontario
N1G 5J3
1-888-892-2228

Applications are available online <http://www.ontariocolleges.ca/>.

Applications for Fall Term and Winter Term admission received by February 1 will be given equal consideration. Applications received after February 1 will be processed on a first-come, first-served basis as long as places are available.

International applicants applying from out-of-country can obtain the International Student Application Form at <https://algonquincollege.force.com/myACint/> or by contacting the Registrar's Office.

For further information on the admissions process, contact:

Registrar's Office
Algonquin College
1385 Woodroffe Ave
Ottawa, ON K2G 1V8
Telephone: 613-727-0002
Toll-free: 1-800-565-4723
TTY: 613-727-7766
Fax: 613-727-7632
Contact: <https://www.algonquincollege.com/ro>

Additional Information

Health Requirements and Documentation:

The physical and emotional health of each applicant to the program must be such that he or she can successfully cope with the program of instruction including the demands of field placement (e. g. stress and time management).

Students accepted into the Addictions and Mental Health program must meet the following requirements:

- All students must be cleared through Placement Pass (ParaMed) in order to be eligible for placement. Failure to complete these requirements will prevent students from participating in field placement. Students who do not successfully complete field placement are not eligible to

- All students must be cleared through Placement Pass (ParaMed) in order to be eligible for placement. Failure to complete these requirements will prevent students from participating in field placement. Students who do not successfully complete field placement are not eligible to graduate.

Course Descriptions

FLD0020 Field Placement and Special Topics Seminar

Students explore skillsets such as professional writing, community referrals, evaluate and explore both community resources and personal perspectives from people in recovery. Students receive support from a Field Placement Liaison through individual coaching sessions while completing on-site placement.

Prerequisite(s): SSC1010 (1) and SSC1020 and SSC1030 and SSC1040 and SSC1050 and SSC1060 and SSC1070 and SSC2010 and SSC2020 and SSC2030 and SSC2040 and SSC2050 and SSC2060 and SSC2070

Corerequisite(s):none

SSC1010F Mental Health and Addiction Foundations

This course provides an introduction to addictions, mental health and concurrent disorders, the unique features of each and the integration of services and supports in addictions and mental health. Students explore the prevention and treatment continuum in Canada, historical and cultural perspectives and frameworks and models. A bio-psycho-social-spiritual framework is addressed, and current practices are reviewed, including research and best practice guidelines.

Prerequisite(s): none

Corerequisite(s):none

SSC1020F Introduction to Counselling

Students study theoretical concepts and practical skills necessary to assist clients in recognizing concerns or issues and working toward desired outcomes. Students are introduced to the theoretical foundations of various models of counselling and develop active listening skills. A key focus is assisting clients to identify and highlight their strengths by finding positive outcomes that are related to their concerns or issues. Learning to facilitate client self-empowerment and development occurs by acquiring additional skills through the effective use of queries, observation, self-reflection and a comprehensive understanding of a client's behaviour and communication style. Students also examine information and assistances concerning crisis, grief and bereavement. Learning outcomes are achieved through the use of lecture, discussion, experiential exercises and presentation of audio and visual resources.

Prerequisite(s): none

Corerequisite(s):none

SSC1030F Chemical Dependency and Substance Use and Abuse

This course educates students about drug and alcohol use and the abuse of various substances in the body and how it affects one's behaviour. An introduction to the science of Pharmacology is included and students will study a number of drugs such as: alcohol, nicotine, prescription drugs, hallucinogens, cocaine, narcotics, and marijuana, inhalants, and steroids. They will also examine concepts of clinical practice and program design and learn how and when to apply them.

Prerequisite(s): none

Corerequisite(s):none

SSC1040F Community Services and Supports in Addictions and Mental Health

Access to mental health and addictions services can be challenging due to the complexity of the system of service, funding sources, and issues relating to stigma and barriers. In this course, students learn about the current issues, trends and developments in the integration of services in order to promote coordinated, efficient access to services while focusing on early intervention,

treatment and community supports. Students explore a range of services for children, youth, adults, older adults, and individuals with special needs. Workplace issues and supports are discussed.

Prerequisite(s): none
Corerequisite(s):none

SSC1050F Holistic Assessment and Interventions: Determinants of Health

Bio-psycho-social-spiritual assessment, interventions and the determinants of health are explored in this course. Students will examine Holistic interventions and current practices such as mindfulness, nutrition, exercise, selfcare and continuing care. Interdisciplinary practice and interprofessional collaboration is emphasized. Students will also explore the role of the family in holistic intervention.

Prerequisite(s): none
Corerequisite(s):none

SSC1060F Counselling Gender and Diversity

Students enhance their capacity in working with members of non-dominant populations. Students facilitate development of self-awareness, theoretical knowledge, and skill acquisition. Assignments entail a strong component of personal reflection and self assessment. Students develop knowledge and skills necessary to inform work with multicultural and diverse individuals and groups identified by age, ability, gender, sexual orientation, race and ethnicity, and socioeconomic status. Students critically examine the concept of diversity, stigmatized social identities, and the impact on services and supports.

Prerequisite(s): none
Corerequisite(s):none

SSC1070F Ethical Practice and Professionalism in Addictions and Mental Health

In this course, students develop their knowledge of ethical guidelines and practice in addictions and mental health within an inter-professional context. Students reflect on their individual scope of practice and build on their understanding and practice of effective and professional teamwork. Inter-professional and ethical challenges and dilemmas are analyzed in case scenarios, and ethical approaches are discussed. Students review certification options after graduation and develop personal plans and professional portfolios.

Prerequisite(s): none
Corerequisite(s):none

SSC2010F Group Counselling for Addictions and Mental Health Practitioners

Students develop knowledge and skills in facilitating counselling groups with individuals who are experiencing issues related to addictions and mental health. Students examine group theory, group dynamics, and group processes and apply their knowledge to group facilitation. Practical application is emphasized and each student is given the opportunity to experience leading, facilitating and participating in simulated groups.

Prerequisite(s): none
Corerequisite(s):none

SSC2020F Motivational Interviewing and Change Theory Practice

Motivational Interviewing (MI) is a client-oriented, collaborative, evidence-informed approach to counselling which is focused on exploring and resolving ambivalence and enhancing motivation to change. Students study the application of MI in addictions and mental health. Practical skills, concepts and essential strategies of MI are integrated into clinical practice in order to promote behaviour change and maintenance of gains. Through case studies, demonstrations, and experiential learning, students develop their MI skills.

Prerequisite(s): none
Corerequisite(s):none

SSC2030F Working with Youth and Families

Youth are a highly diverse group and vary in age, development, culture, religion, sexual orientation, skills, capacities, interests, and strengths. Students examine youth in a system of relationships such as family, peers, their community, and others and the ways the members of this system can have a significant impact on substance use, as well as other addictions and mental health. Students are introduced to current issues in addiction and mental health in youth, risk factors and other considerations for assessment, treatment counselling, relapse prevention, maintenance, and other supports including harm reduction and skill building strategies.

Prerequisite(s): none
Corerequisite(s):none

SSC2040F Impulse Control Disorders and Behavioural Addictions

Students critically review disorders characterized by diminished control over behaviour such as gambling, internet use, and gaming. These disorders have historically been conceptualized as impulse control disorders and/or non-substance or behavioural addictions. An overview of disordered eating and sexual addiction is also covered. Students study the classification of DSM.

Prerequisite(s): none
Corerequisite(s):none

SSC2050F Introduction to Trauma-Informed Practice

Students explore trauma-informed practices at the individual, organizational and systemic levels. Students develop an understanding of the diverse needs of trauma survivors and how women, men, children and youth experience trauma differently. The effect of trauma on the brain is studied and the way service may be adapted is discussed. An overview of services for people with trauma, substance use, and mental health including parenting, child welfare, and supports for children are examined.

Prerequisite(s): none
Corerequisite(s):none

SSC2060F Community Capacity Building

Building the capacity in individuals, families and the community in early identification and intervention in addictions and mental health, is essential in providing integrated service and supports. Students examine theory and practice of knowledge exchange (KE) and capacity building including current research, networks, and effective and efficient processes to bring theory to practice. Students design and develop a product that may be used in education and capacity building.

Prerequisite(s): none
Corerequisite(s):none

SSC2070 Field Placement Preparation Course

Students learn what they need to do in order to complete their field placement experience in the final term by examining both practical and necessary skills and activities. Students engage in building professional writing skills, self reflection, and explore their career goals.

Prerequisite(s): none
Corerequisite(s):none