

ADDICTION STUDIES *College of Social & Behavioral Sciences and Social Work*

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Minor	Certificate	BA (in Interdisciplinary Studies with an Option in Addiction Studies)

Faculty:

B. Camp, H. Lake. The majority of Addiction Studies faculty are practitioners in the addiction treatment field in and around our community.

UNDERGRADUATE PROGRAM

Addiction Studies (ADST) is a NAADAC, The Association for Addiction Professionals, approved education provider with the primary focus of preparing students for Washington state certification as chemical dependency professionals.

ADST also provides university-level education valuable for students in a variety of disciplines such as health education, criminal justice, social work, psychology which can enhance effectiveness in personal and career endeavors. Employers are especially eager to hire students with a foundation in Addiction Studies coursework as part of their major expertise.

General Admission Requirements for Addiction Studies: Students should meet with the Director of Addiction Studies following the completion of ADST 300. Transfer students will need to meet with the director to evaluate previous coursework for inclusion in the ADST program.

Students may complete coursework in Addiction Studies that will meet the Washington state certification standards for the chemical dependency profession. Contact your Addiction Studies advisor for a course list.

Required courses in the following program of study may have prerequisites. Reference the course description section for clarification.

CERTIFICATE

STUDENT LEARNING OUTCOMES – STUDENTS WILL:

- be able to demonstrate basic knowledge of the fundamental relationship between substance use disorders and suicide;
- be able to demonstrate basic proficiency in assessing for suicide potential using an approved risk assessment tool;
- be able to demonstrate the ability to contract for safety;
- be able to demonstrate basic knowledge of the relationship of crisis to the client's stage of change;
- be able to demonstrate listening skills and the appreciation of the importance of empathy in the face of feelings of hopelessness or suicidal thoughts and feelings;
- be able to demonstrate basic knowledge of the role of the public health model in the prevention of suicide.

SUICIDE RISK ASSESSMENT, TREATMENT AND PREVENTION CERTIFICATE (14 CREDITS)

The Certificate Program in Suicide Risk Assessment, Treatment and Prevention has been adapted to meet the needs of persons who intend to work in the fields of behavioral health, human services and health care providers. It will provide students with skills and ability to work confidently and ethically with suicidal persons.

- ADST 300 Survey of Alcohol/Drug Problems (4)
- ADST 480 Suicide Risk Assessment (3)
- ADST 482 Treatment Strategies for the Suicidal Person (3)
- ADST 484 Suicide Prevention (4)

Total credits for above certificate

14 credits

MINOR

ADDICTION COUNSELING AND PREVENTION MINOR (32 CREDITS)

Completion of the ADST Minor begins to prepare students for work in both the prevention and treatment arenas.

- Required Courses (27 credits)**
- ADST 300 Survey of Alcohol/Drug Problems (4)
 - ADST 302 Alcohol/Drug Counseling Techniques (3)
 - ADST 303 Counseling in the Age of AIDS and Selected Pathogens (2)
 - ADST 410 Community Prevention Methods (4)

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- ADST 412 Physiology and Pharmacology for Addictions (4)
- ADST 420 Alcohol/Drug Case Management (4)
- ADST 430 Alcohol/Drug Family Counseling (3)
- ADST 440 Alcohol/Drug Group Counseling (3)

Practicum (5 credits)

- ADST 385 Addiction Studies Practicum I (2)
- ADST 450 Practicum Seminar (1)
- ADST 485 Addiction Studies Practicum II (2)

Required program credits

27 credits

Practicum credits

5 credits

Total credits for above minor

32 credits

INTERDISCIPLINARY STUDIES: ADDICTION STUDIES

Note: see Interdisciplinary Studies.

CERTIFICATE

STUDENT LEARNING OUTCOMES – STUDENTS WILL:

- obtain the competency-based knowledge and skills required for working in addiction treatment;
- understand the underlying causes of addictions and approaches to intervention, including assessment, treatment, relapse prevention, case management and self-help;
- recognize the potential for substance-use disorders to mimic a variety of medical and mental health conditions and the potential for medical and mental health conditions to co-exist with addiction and substance abuse;
- describe the behavioral, psychological, physical health and social effects of psychoactive substances on the person using and significant others;
- recognize the social, political, economic and cultural context within which addiction and substance abuse exist, including risk and resiliency factors that characterize individuals and groups in their living environments.

ADDICTION STUDIES GRADUATE CERTIFICATE (27 CREDITS)

The Addiction Studies Graduate Certificate is designed for persons who have completed a bachelor's or master's degree with a background in social work or a related field who are interested in obtaining coursework that can lead to certification as a Chemical Dependency Professional. Students without a background in social work or related field may need to complete prerequisite coursework to qualify for state certification.

To accommodate students who are employed, all courses are taught in the evening, online or in a weekend format. Addiction Studies faculty and staff are available for personal academic advising for prospective and/or current student needs.

A practicum option is provided for students but is not required for the certificate.

Optional Practicum:

- ADST 595 Alcohol/Drug Practicum I (2)
- ADST 695 Alcohol/Drug Practicum II (2)

Students who are not currently working in a treatment agency may benefit from the practicum experience. Practicum hours may count toward state certification required hours.

Admission Requirements

1. Satisfy general Graduate Studies admission requirements described in the front section of this catalog.
2. Meet with ADST director/advisor to discuss program requirements.
3. Bring one copy of transcripts for all college work completed to meeting with director/advisor.

All previous coursework will be evaluated to determine whether prerequisite courses are necessary in order to fulfill requirements for Chemical Dependency Professional certification. Applicants must completed ADST 303 *Counseling in the Age of AIDS and Selected Pathogens* (2) or equivalent. These credits will count toward state certification for chemical dependency.

Contact Addiction Studies at 509.359.2250 for further information or visit our web site at www.ewu.edu/ADST

- ADST 501 Relapse Prevention (2)
- ADST 504 Adolescent Addiction Assessment and Treatment (3)
- ADST 512 Pharmacological Actions of Alcohol and Other Drugs (4)
- ADST 520 Case Management (4)
- ADST 530 Addiction Treatment with Families and Diverse Populations (3)
- ADST 535 Law and Ethics for Addiction Professionals (4)
- ADST 542 Screening and Assessment of Co-Occurring Disorders (3)
- SOEWK 576 Addiction: A Biopsychosocial Approach (4)

Total credits for above graduate certificate

27 credits

Addiction Studies Courses

Terms offered: fall, winter, spring, summer (FWSU). If no terms are indicated check with the department or EagleNET.

ADST 300 Survey of Alcohol/Drug Problems (4) FWSU

Students will learn international and current definitions of alcohol and drug use, abuse and addiction. Recognition of misuse as a social problem and the evolution of social policy and attitudes. Socio-cultural and cross-cultural aspects of chemical dependency, including vulnerable populations—women, youth, elderly and ethnic-cultural groups. Identification and progression of symptoms and disease including the impact on individuals, family and society. Special focus on addressing drug problems personally and professionally with an overview of contemporary treatment modalities.

ADST 302 Alcohol/Drug Counseling Techniques (3) FS

Students will study the principal theories and techniques of therapeutic and counseling relationships with particular focus on those designed for or adept in addressing defense mechanisms and resistance characteristic of addiction. The curriculum includes diagnostic drug use assessment, effective behavioral change strategies and fundamental counseling techniques from a variety of theoretical perspectives including traditional cognitive models.

ADST 303 Counseling in the Age of AIDS and Selected Pathogens (2) F

This course presents the study of the impact of air- and blood-borne pathogens and the role of the human service clinician. Students will review the theory and technique for effectively addressing issues of alcohol and drug use for the at-risk person and the issues of risk of exposure for the drug abusing individual. Physiology, epidemiology, risk assessment, legal/ethical issues and societal implications of HIV and other pathogens will be presented. This course is appropriate for students of any discipline but is approved by the DSHS/DASA for state chemical dependency counselor qualification.

ADST 304 Psychology of Addiction (3) W

This course develops knowledge and functional understanding of the psychology of addiction as supported by the most recent professional theories being presented to date. The concepts of the destructive behaviors associated with addictions of all types are explored. Some of the addictions to be reviewed will be chemicals, gambling, food, sex, relationship, work and exercise. This course will explore the ideas of causality and social implication in addictions. The history of addictions in our nation will be discussed. The various approaches to treatment, alternatives and social issues are investigated.

ADST 308 Cultural Diversity and Chemical Dependency (2) W

This course examines issues regarding the treatment of clients from different cultural/ethnic backgrounds. It also discusses issues specific to treating women, elderly, gay, lesbian, bisexual, transgendered and questioning (GLBTQ) people and people with disabilities.

ADST 385 Addiction Studies Practicum I (2)

Prerequisites: successful completion of or currently enrolled in ADST 450 or permission of instructor.

Students will obtain an opportunity to integrate and develop their knowledge and skills in an appropriate and relevant setting that will assist in their development as addiction treatment or prevention professionals.

ADST 399 Alcohol/Drug Special Studies (1-5) FWS

Prerequisites: permission of the instructor, department chair and college dean.

The subjects vary relative to faculty and student interests.

ADST 410 Community Prevention Methods (4) W
Students will learn about the history of prevention and will gain a working understanding of the risk and protective factor framework, the resiliency model, the developmental asset model and the principles of effectiveness. Students will be able to understand the importance of program planning and evaluation. They will familiarize themselves with best practices and promising practices through the WestCapt website. Students will gain an understanding of the importance of delivering programs in a culturally and developmentally appropriate context. Media literacy and media advocacy will be discussed and students will be able to design their own media-related projects. The Washington state model of prevention will be presented, including the role of the "Synar" amendment. The skill standards for substance abuse and violence prevention as well as the requirements for prevention certification will be reviewed.

ADST 412 Physiology and Pharmacology for Addictions (4) SW

Prerequisite: ADST 300 or permission of instructor.

This course covers information on the physical impact and the response of the human body to alcohol, psychoactive substances and addictive behaviors through the study of fundamentals of pharmacokinetics, neurological functions and current research findings. Concepts and terminology essential for working on a professional addiction treatment team and for communicating with patients and families are covered. There is special focus on effective intervention strategies for each class of drug and for working with a variety of addictive behaviors.

ADST 415 Substance Abuse and the Elderly (3) S

This course develops an enriched understanding of the psychological, social and health problems associated with chemical dependency and the elderly. Substance abuse, particularly of alcohol and prescription drugs, among people 60 and older is one of the fastest-growing health problems facing the country. The various treatment approaches, alternatives and social issues are discussed. This course explores addictions and will explore the ideas of causality with social implications.

ADST 420 Alcohol/Drug Case Management (4) FW

Prerequisites: completion of ADST 300 and 302 or permission of the instructor.

This course builds on the theoretical and technical principles and skills addressed in ADST 302. Thorough review of approaches and philosophies of case management and its essential role in effectively addressing the complexity of multiple-issue recovery, including dual-diagnosis, gender and sexuality issues, suicide and relapse. Includes established national and regional standards of care in treatment planning, record keeping and discharged and aftercare planning.

ADST 430 Alcohol/Drug Family Counseling (3) FW

This course examines the dynamics of family in relationship to chemical dependency and models of family counseling, including overviews of structural, strategic, transgenerational, growth-oriented, behavioral and solution-focused theories as applied to chemical dependency. Students will also be exposed to theories of family roles and children of alcoholics (COA) and adult children of alcoholics (ACA) issues. They will look at what constitutes a healthy family system.

ADST 440 Alcohol/Drug Group Counseling (3) WS

Students will review the theoretical foundations of group dynamics and therapy as applied to alcohol/drug treatment clientele. They will explore the design, leadership and applications of therapy groups via a combination of lecture readings and experimental lab activities. Emphasis will be placed on learning to observe, understand and guide the group dynamics as they occur.

ADST 442 Screening and Assessment for Co-Occurring Disorders (3) W

Prerequisite: ADST 300 or permission of the instructor.

This course is designed to assist social work, mental health counseling students and chemical dependency professional trainees (students) in obtaining the skills needed to conduct an accurate substance abuse assessment/evaluation and to determine the appropriate level of treatment. Further, students gain an understanding of mental health diagnosis utilizing screening, assessment and diagnostic tools. Students explore specific skills such as building rapport, gathering data, determining the client's readiness for change, understanding accepted criteria for diagnosis (DSM-IV-TR), understanding placement criteria (ASAM), utilizing assessment instruments, analyzing and interpreting data, documenting assessment findings and making appropriate treatment recommendations.

ADST 450 Practicum Seminar (1) FS

Prerequisite: completion of 20 ADST credit hours.

This course is designed to prepare students to enter into the ADST practicum experience. Students will make application to practicum, obtain proper state-required paperwork and review practicum assignment.

ADST 452 Topics in Continuing Education (1)

These courses are designed to teach behavioral health, chemical dependency, and healthcare providers with legal responsibilities for the assessment, management and care of consumers/patients.

ADST 460 Chemical Dependency Ethics and the Law (4) S

Students will be exposed to fundamental and technical study of the law, policy, malpractice and liability regarding chemical dependency prevention and treatment practice. Strong focus will be on the contemporary issues of the field relative to current policy and the development of professional knowledge and skills that support ethical and effective practice.

ADST 462 Alcohol/Drug Youth Chemical Dependency Counseling, Screening and Assessment (3) F

This course will emphasize the unique developmental stages of adolescence and the ways in which substance use/abuse/dependency harm the adolescent's worldview. The various methods used when providing interventions and treatment will be explored along with assessment requirements specified by the state. This course will expand the issues of the family system as context for recovery using traditional resources and innovative approaches in adolescent chemical dependency treatments.

ADST 464 Alcohol/Drug Relapse Prevention (2) S

Relapse is not a single event but a process that takes place over time. This class will investigate that process by examining the principles and procedures of relapse prevention therapy. It will also focus on the developmental model of recovery to explore major causes of relapse in each stage of recovery. Another major focus of this class will be to address client relationship with family, employment, education, spirituality, health concerns and legal needs.

ADST 480 Suicide Risk Assessment and Management (3) WU

This course will explore the theoretical foundation in suicide risk assessment and clinical management with a special emphasis on the Surgeon General's national strategy. It will cover the epidemiology of suicide in the U.S. and evidenced-based risk factors. Emphasis will be placed on the relationship of mental illness and substance abuse to suicide with particular focus on relapse prevention and suicide risk management. The class will include instructions for interviewing suicidal patients and include role-playing exercises. Students will learn about suicide aftercare interventions (postventions) and best practices for avoiding claims of suicide malpractice.

ADST 482 Treatment Strategies for Suicidal Persons (3) S

Prerequisite: ADST 480.

This course will explore the theoretical foundation in the treatment and case management of suicidal persons with a special emphasis on the Surgeon General's national strategy. It will briefly review the epidemiology of suicide in the U.S. and evidenced-based risk and protective factors and the relationship of mental illness and substance abuse to suicide with particular focus on relapse prevention and clinical treatment strategies. This course will provide instructions in evidenced-based and best practices for the interviewing, treatment and case management of suicidal persons and will include role-play exercises. Students will role-play suicide aftercare interventions (postventions) and review best practices for avoiding claims of suicide malpractice. Students will be expected to choose a specific evidenced-based or best practice modality or specific at risk population, to investigate more rigorously.

ADST 484 Suicide Prevention (4) F

Prerequisite: ADST 480.

This course is an introduction into the field of suicide prevention. After introducing a brief history of suicidal beliefs in western culture, students will be confronted with present-day suicidal issues that are considered a public health problem. The goals, objectives and strategies of the Surgeon General's National Strategy for Suicide Prevention and the public health model will be discussed.

ADST 485 Addiction Studies Practicum II (2)

Prerequisite: ADST 450 or permission of instructor.

Students will build on experience and strengths developed in Practicum I to prepare them to work independently in the addiction or prevention field.

ADST 496 Experimental Course (1-5)

ADST 497 Workshops, Short Courses, Conferences (1-4) FWS

Subjects vary according to faculty and student interest.

ADST 499 Directed Study (1-4) FWSU

Prerequisites: permission of the instructor, department chair and college dean.

ADST 501 Relapse Prevention (2) S

Relapse is not a single event but a process that takes place over time. This class will investigate that process by examining the principles and procedures of relapse prevention therapy. It will also focus on the developmental model of recovery to explore major causes of relapse in each stage of recovery. Another major focus of this class will be to address client relationship with family, employment, education, spirituality, health concerns and legal needs.

ADST 504 Adolescent Addiction Assessment and Treatment (3) F

This course will emphasize the unique developmental stages of adolescence and the ways in which substance use/abuse/dependency harm the adolescent's worldview. The various methods used when providing interventions and treatment will be explored along with assessment requirements specified by the state. This course will expand the issues of the family system as context for recovery using traditional resources and innovative approaches in adolescent chemical dependency treatments.

ADST 512 Pharmacological Actions of Alcohol and Other Drugs (4) W

Students will review the physical impact and the response of the human body to alcohol and other drugs of abuse through study of the fundamentals of pharmacokinetics, neurologic functioning and current research findings. They will also learn concepts and terminology essential for working on a professional treatment team and for communicating with patients and families. There will be special focus on effective intervention strategies for each class of drug.

ADST 520 Case Management (4) FW

This course provides a thorough review of approaches and philosophies of case management and its essential role in effectively addressing the complexity of multiple-issue recovery, including: dual-diagnosis, gender and sexuality issues, suicide and relapse. Includes established national and regional standards of care in treatment planning, record keeping and discharged and aftercare planning.

ADST 530 Addiction Treatment with Families and Diverse Populations (3) W

This course uses the Addiction Counseling Competencies to explore the complex issues of family in relation to addiction and models of family counseling. Additionally, this class will include information on diverse cultures, to incorporate the relevant needs of culturally diverse groups, as well as people with disabilities, into clinical practice.

ADST 535 Law and Ethics for Addiction Professionals (4) S

Students will be exposed to fundamental and technical study of the law, policy, malpractice and liability regarding chemical dependency prevention and treatment practice. Strong focus will be on the contemporary issues of the field relative to current policy and the development of professional knowledge and skills that support ethical and effective practice. Application of ethics for chemical dependency clinicians.

ADST 540 Advanced Pharmacology for Co-Occurring Disorders (3) F

The students will receive a review and clinical update of commonly abused drugs as well as commonly used psychotropic medication. Pharmacodynamics of stimulants, opiates, marijuana/hallucinogens and club drugs will be reviewed. Content includes pharmacology of major classes of psychotropic medications including indications for use under FDA guidelines, dosing considerations and common chemically abusing (MICA) patient populations and implications for their treatment. Uniqueness of other special-needs populations is included in course content.

ADST 542 Screening & Assessment for Co-Occurring Disorders (3) W

This course is designed to assist master's-level social workers, mental health counseling students and chemical dependency professional trainees (students) in obtaining the skills needed to conduct an accurate substance abuse assessment/evaluation and to determine the appropriate level of treatment. Further, students will gain an understanding of mental health diagnosis utilizing screening, assessment and diagnostic tools. Students will explore specific skills such as building rapport, gathering data, determining the client's readiness for change, understanding accepted criteria for diagnosis (DSM IVTR), understanding placement criteria (ASAM), utilizing assessment instruments, analyzing and interpreting data, documenting assessment findings and making appropriate treatment recommendations.

ADST 544 Treating Co-Occurring Disorders (4) S

This class will establish a better understanding of the inherent complexities of co-occurring disorders (COD) and develop a variety of clinical skills necessary in the treatment of COD. We will explore the principles of cognitive-behavioral therapy, solution-focused therapy, motivational enhancement therapy and brief therapy approaches to both substance abuse and mental illness. Selected clinical interventions from each of these evidence-based treatment modalities will be taught and practiced for both group work and individual therapy. Clinical approaches, treatment planning, placement and medications used to treat COD will also be discussed.

ADST 546 Best Practices in Substance Abuse & Mental Health Intervention (4) U

Motivational interviewing (MI) is an effective evidence-based approach to overcoming the factors that keep people from making desired changes in their lives, even after seeking or being referred to professional treatment. The first half of this course reviews the conceptual and research background supporting MI and the transtheoretical model-stages of change (SOC) and provides practice in implementing the skills involved in their approaches. The second half of this course will be an overview of dialectical behavioral therapy (DBT) and how it can be applied when working with chemically dependent clients. Each of the four skill modules will be covered. Students will also become familiar with techniques such as commitment strategies, diary cards and coaching.

ADST 595 Alcohol/Drug Practicum I (1-4) FWSU

Prerequisites: permission of the instructor, department chair and college dean.

Individual learning and career development course with placement in an alcohol/drug treatment or prevention facility coordinated through the Alcohol/Drug Studies Program.

ADST 596 Experimental Course (1-5)

ADST 695 Alcohol/Drug Practicum II (1-4) FWSU

Prerequisites: permission of the instructor, department chair and college dean.

Individual learning and career development course with placement in an alcohol/drug treatment or prevention facility. Placement in an alcohol/drug treatment or prevention facility supports the opportunity to learn knowledge and skills by providing direct service with agency supervision. Regular seminars are held for processing and integrating concepts and techniques and addressing professional issues. When practicum placement is in a state-certified alcohol/drug treatment facility, the hours may also apply toward chemical dependency counselor state certification.