

## **PROPOSAL FOR MINOR IN ADDICTION STUDIES**

**Revised September, 2007**

**Approved Dec. 19, 2007**

### **A. SUMMARY**

This curriculum is intended primarily for those students who are pursuing a career in one of the helping/counseling professions, (e.g. social work, psychology, human services, or criminal justice), who do not wish to specialize exclusively in the addictions field and who wish to find employment as a counselor before completion of a graduate degree. It is intended secondarily for those students who wish to obtain knowledge and expertise in addiction studies while they complete a degree in a discipline somewhat removed from the helping/counseling professions. (e.g. health services administration or nursing.)

It is anticipated that this minor will be attractive to those UDM students who wish to improve their knowledge about and ability to assist those in their care who suffer from an addictive disorder, in addition to other co-occurring disorders, (e.g. depression, diabetes, HIV). It is possible to use the coursework and internship to partially meet requirements for one of the Certified Addiction Counselor (CAC) credentials in the state of Michigan.

The 21 hour curriculum consists of courses about both substance and process addictions, assessment techniques, counseling skills, family dynamics, cultural diversity, and spirituality.

No new courses or unique delivery systems are being proposed, since the program is drawn from the already-existing curriculum for the B.S. in Addiction Studies. No additional resources will be required. This program will be subjected to the same rigorous assessment procedures as the major in ADS. The certificate program will remain intact.

## **B. DESCRIPTION OF THE MINOR**

### **1. UNIVERSITY CATALOG ENTRY**

#### **MINOR IN ADDICTION STUDIES**

This curriculum is intended for two types of undergraduate students: 1) **Primary Group: Clinical** Those who are majoring in one of the helping/counseling professions, such as Psychology, Social Work, Human Services, and Criminal Justice and wish to improve their therapeutic effectiveness and employment options short of a graduate degree by adding expertise in Addiction Studies; 2) **Secondary Group: Non-Clinical** Those who are pursuing a degree in an area somewhat removed from the helping/counseling professions, such as Health Services Administration or Nursing, where knowledge and expertise in addictions treatment and recovery are helpful adjuncts. There would be no major program excluded from this secondary group.

The Minor in Addiction Studies and the Certificate in Addiction Studies shall not be awarded to the same student.

#### **Addictions Counseling Certification**

The State of Michigan endorses the Certified Addictions Counselor (CAC) credentials. It is strongly recommended in this state and many others that any professional who counsels chemically dependent clients have one of these certifications. The Minor in Addiction Studies, coupled with a clinical major provides all the educational and internship hours required for the CAC. Additional requirements (examination and post –internship clinical hours) are the responsibility of the graduate.

#### **Admission Requirements**

1. Admission to undergraduate studies at UDM.
2. Declaration of a major.
3. Interview with Addiction Studies program director or designated faculty member and the filing of a statement of career goals, while not absolutely required, are highly recommended.

## Curriculum

The Curriculum has three components:

### 1. A core of four required courses totaling 12 credits:

	cr.	rec.	st.	cl.	lab.
<a href="#">ADS 100</a> * Introduction to Substance Abuse	3	X			
<a href="#">ADS 120</a> * Assessment, Referral, and Treatment Methods	3	X			
<a href="#">ADS 241</a> * Techniques of Individual Counseling	3	X			
<a href="#">ADS 436</a> * Family Theory and Therapy	3	x			

### 2. Two elective courses totaling 6 credits from the following:

	cr.	rec.	st.	cl.	lab.
<a href="#">ADS 417</a> * Chemical Dependence and Youth	3	x			
<a href="#">ADS 421</a> * Gambling and Sexual Addiction	3	x			
<a href="#">ADS 443</a> * Group Methods	3	x			
<a href="#">ADS 447</a> * Employee Assistance Programming	3	x			
<a href="#">ADS 460</a> * Spirituality and Recovery	3	X			
<a href="#">ADS 495</a> * Addictive Populations	3	X			

### 3. A clinical component totaling three credits to be fulfilled as a field placement of 300 hours.

	cr.	rec.	st.	cl.	lab.
<a href="#">ADS 242</a> * # Addiction Counseling Internship	3	x		x	

Total: 21 cr.

\* Already offered in Addiction Studies B.S. Curriculum

# An additional 400 level, non-independent study, course can be substituted when student's goals do not include clinical experience and certification..

## B. COURSE DESCRIPTIONS

Course	Credit Hours	Recitation /Lecture Hours	Studio Hours	Clinical Hours	Lab Hours
<b>ADS 100 Introduction to Substance Abuse</b> Prerequisites: none Introduction to the essential physiological, psychological	3	3	0	0	0

and social effects of drugs and chemical dependency taught from a general systems perspective. Basic psychopharmacology of the major drugs of addiction will be included.					
<b>ADS 120 Assessment, Referral and Treatment Methods</b> Prerequisites: ADS 100  Identification of medical and behavioral symptoms of alcohol/other drug abuse and addiction. Differential diagnosis emphasizing dual and multiple diagnoses, systemic referral, interviewing techniques and treatment methods.	3	3	0	0	0
<b>ADS 241 Techniques of Individual Counseling</b> Prerequisites: ADS 100  Theory and practice of one-to-one counseling and didactic lecturing with emphasis on substance abuse and mental illness. Concentration on professional ethics.	3	3	0	0	0
<b>ADS 242 Addiction Counseling Internship</b> Prerequisites: ADS 100, 120, 241  Supervised clinical experience of 300 hrs. in a substance abuse prevention or treatment agency. Seminar attendance required.	3	1	0	2	0
<b>ADS 417 Chemical Dependence and Youth</b> Prerequisites: ADS 100  Overview of adolescence with a special emphasis on alcohol/drug use, abuse and dependence. Discussion of	3	3	0	0	0

children of alcoholics, family, assessment and treatment with applications for school, community and criminal justice system.					
<b>ADS 421 Gambling and Sexual Addiction</b> Prerequisites: Advanced undergraduate standing, ADS 100  Introduction to addiction theory. Preparation to assess and treat problem and compulsive gambling, as well as at risk and compulsive sexuality, in present and future clients.	3	3	0	0	0
<b>ADS 436 Family Theory &amp; Therapy</b>  Prerequisites: Advanced undergraduate standing, ADS 100  Systems and other approaches to the family as a diagnostic and treatment entity. Exploration of family of origin through genogram. Particular emphasis on the chemically dependent family.	3	3	0	0	0
<b>ADS 443 Group Methods</b> Prerequisites: ADS 241  Theory and practice of group counseling/psychotherapy with particular emphasis on addictive and dually-diagnosed populations. Class includes practicum lab and visit to Twelve Step Group meeting.	3	2			1
<b>ADS 447 Employee Assistance Programming</b> Prerequisites: ADS 100  Design and implementation of programs for businesses and	3	3	0	0	0

other organizations that will effectively help employees and family members with personal problems that may be affecting their job performance.					
<b>ADS 460 Spirituality and Recovery</b> Prerequisites: Advanced undergraduate  Exploration of the connection between spirituality, addiction and recovery. Particular emphasis on pastoral counseling approaches and recovery as a process of spiritual growth.	3	3			
<b>ADS 495 Addictive Populations</b> Prerequisites: Advanced Undergraduate Standing  Capstone course integrating previous ADS course material with a multi-cultural focus and concentrating on special populations of addicts (ethnic, gender, age, disability, sexual orientation, etc.) as well as special addictive behaviors (gambling, eating, sexual, work, religion, etc.)	3	3	0	0	0

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### 3. DELIVERY FORMAT

There are no new courses to be developed for the program. All courses are currently offered in the Bachelor of Science curriculum. On-line course delivery is not currently available.

### 4. ACADEMIC INTEGRITY

Based as it is in the curriculum of the ADS major, it shares in the academic integrity and intellectual merit of the major. The ADS major has stood the test of 29 years of program evaluation and prioritization and continues to enroll and graduate students who fill a crucial niche in the health fields. The B.S. curriculum consists of 30 hours of coursework in Addiction Studies and 19 hours of support courses, primarily from Psychology, but also from Biology,

Social Work or Criminal Justice and Statistics. Joined as it will be to UDM majors, also subjected to rigorous evaluation, the minor in combination with those majors curriculum will have comparable integrity.

An undergraduate certificate in Addiction Studies has been offered at UDM for several years. It resembles this proposed minor in that it requires almost as many credit hours (18 vs. 21) and is to be awarded only in conjunction with a compatible degree. The proposed minor, however, will have greater academic credibility in that it is part of an actual degree from UDM, coupled with a solid major and the UDM core curriculum. The Certificate is frequently awarded to students whose degree is from another institution perhaps without a comparable core curriculum and with academic standards over which UDM has no control.

## **5. UNIQUENESS**

There is nothing unusual about the delivery of these courses. The packaging of the minor with the various majors is unique and the only such offering in this part of Michigan.

## **6. EFFECT ON RELATED DEPARTMENTS**

All of the major departments involved should see a greater attractiveness to their programs. Rather than competing for student-majors we are more likely to share them.

## **C. MISSION**

The program responds to a crucial need in urban America. Many of our graduates have been choosing to serve in the city of Detroit, indeed in the inner city. Addiction is conceptualized in the program as holistic in nature, a bio-psycho-social-spiritual condition. The journey to recovery, then, encompasses those same dimensions. UDM's mission is to educate students in those very holistic dimensions so that they can be effective helpers. It is a great match with the University's mission.

## **D. ASSESSMENT**

The learning outcomes and assessment methods for the Minor in Addiction Studies will be the same as for the Major. They follow the designated assessment procedures of the University. They utilize both reports from internship supervisors, who are asked to evaluate the student-interns academic preparation, and an analysis of student performance in the classroom. The utilization of clinical internship sites and supervisor evaluation of intern preparation, while ideal for the Primary Group of minors, i.e. those who complete an ADS clinical internship, it is not workable for the Secondary Group, who will not choose to do an ADS internship. The program assessment for this second group will rely almost exclusively on performance in those courses which pertain to the major learning outcomes of both the Major and the Minor.

The major learning outcomes of the minor are:

- a) an ability to respond to individual clients with cultural sensitivity;
- b) an ability to judge and act ethically in the delivery of services to the population in question;
- c) an ability to function professionally in an agency that treats addictive disorders, utilizing counseling skills and other techniques appropriate to the student's level of education.

**E. NO NEW RESOURCES REQUIRED**