



LEWIS & CLARK COLLEGE
GRADUATE SCHOOL OF EDUCATION AND COUNSELING
Department of Counseling Psychology
Professional Mental Health Counseling-Addiction

MHCA 547-01: Addictions Treatment: Procedures, Skills, Case Management

Time & Day: 5:00-8:15 pm, Wednesdays from Sept. 7 to Dec. 14

Class Room: York Graduate Center #115

Instructor: Mark Douglass, LPC, CADC III, CGAC II

Email: mdouglass@lclark.edu

Office Hours: No office since I'm adjunct faculty. In-person or remote appointments scheduled as needed.

Phone: 971-570-2118 (voice or text)

CATALOG DESCRIPTION

This class provides an emphasis on developing a detailed understanding and foundation of skills in the use of specific strategies, procedures, and interventions in assessment, diagnosis, and treatment of addictive disorders and co-occurring disorders.

COURSE PURPOSE & OBJECTIVES

1. To develop a deeper knowledge and experience in conducting assessments, creating treatment plans, and documenting the treatment process, with particular attention to the American Society of Addiction Medicine (ASAM) Criteria, 3rd Edition
2. To learn more about conceptualizing treatment utilizing the Transtheoretical Model of change (TTM) and placement within the ASAM Levels of Care, with special attention to co-occurring disorders
3. To learn skills and treatment procedures specific to addiction treatment, particularly Motivational Interviewing (3rd Edition), as well as skills and practices to be applied in both individual and group contexts
4. To be well-versed in the safeguarding against infectious diseases encountered within the addiction treatment population (including HIV/AIDS)
5. To have a working knowledge of community resources for support, recovery, and aftercare of clients with addiction disorders

COURSE DETAILS

This is a practice-based class! You will have opportunities to hone your clinical, leadership, presentation, and feedback skills, as well as contribute to an effort to build a toolbox of practical intervention options that may be used with clients. This course will fulfill requirements for ASAM Criteria and Infectious Diseases needed to attain certification from the Mental Health and Addiction Counselor Board of Oregon (MHACBO) in addition to providing you with clinical skills and information for use in the field.

REQUIRED TEXT

William R. Miller and Stephen Rollnick, *Motivational Interviewing: Helping People Change (3rd Edition)*, © 2013 Guilford Press

CACREP ADDICTION COUNSELING OBJECTIVES & LEARNING OUTCOMES

AC.A.1.	Understands the history, philosophy, and trends in addiction counseling.
AC.A.7.	Recognizes the potential for addictive disorders to mimic a variety of medical and psychological disorders and the potential for medical and psychological disorders to coexist with addiction and substance abuse.
AC.A.9 .	Understands the impact of crises, disasters, and other trauma-causing events on persons with addictions.
AC.A.10.	Understands the operation of an emergency management system within addiction agencies and in the community.
AC.C.1.	Knows the principles of addiction education, prevention, intervention, and consultation.
AC.C.2.	Knows the models of treatment, prevention, recovery, relapse prevention, and continuing care for addictive disorders and related problems.
AC.C.5.	Knows a variety of helping strategies for reducing the negative effects of substance use, abuse, dependence, and addictive disorders.
AC.C.7.	Understands professional issues relevant to the practice of addiction counseling, including recognition, reimbursement, and right to practice.
AC.C.8.	Understands the principles of intervention for persons with addictions during times of crisis, disasters, and other trauma-causing events.
AC.D.4.	Demonstrates the ability to use procedures for assessing and managing suicide risk.
AC.G.1.	Understands various models and approaches to clinical evaluation for addictive disorders and their appropriate uses, including screening and assessment for addiction, diagnostic interviews, mental status examination, symptom inventories, and psychoeducational and personality assessments.
AC.G.2.	Knows specific assessment approaches for determining the appropriate level of care for addictive disorders and related problems.
AC.G.3.	Understand the assessment of biopsychosocial and spiritual history.
AC.I.1.	Knows models of program evaluation for addiction counseling treatment and prevention programs.
AC.I.2.	Knows evidence-based treatments and basic strategies for evaluating counseling outcomes in addiction counseling.
AC.K.1.	Knows the principles of the diagnostic process, including differential diagnosis, and the use of current diagnostic tools, such as the current edition of the <i>Diagnostic and Statistical Manual of Mental Disorders (DSM)</i> .
AC.K.3.	Understands the established diagnostic and clinical criteria for addictive disorders and describes treatment modalities and placement criteria within the continuum of care.

ATTENDANCE

Because you are expected to show up and be on time for your sessions with clients, you will also be held accountable for your attendance in class. This includes both being in class, but also being on time for class.

Please read the MHCA department attendance policy:

MHCA Departmental Attendance Policy

Class attendance is expected and required. Any missed class time will be made up by completing extra assignments designed by the instructor. Missing more than ten percent of class time may result in failure to complete the class. This would be 4.5 hours of a 45-hour class (3 credits), 3.0 hours for a 30-hour class (2 credits) or 1.5 hours for a 15-hour class (1 credit.) In case of extreme hardship and also at the discretion of the instructor, a grade of incomplete may be given for an assignment or the entire course. In such cases, the work to be submitted in order to remove the incomplete must be documented appropriately and stated deadlines met. Students are expected to be on time to class and tardiness may be seen as an absence that requires make-up work.

ASSIGNMENTS:

1. Class Participation (25 points)
2. ASAM Assessment (25 points)
3. Change Project (25 points)
4. Group Curriculum Review (12.5 points) and Class Activity (12.5 points)

Total Points = 100

CLASS PARTICIPATION – We'll have a variety of exercises and ungraded assignments to be completed both during and outside of class. Your participation, completion, and evaluation of these experiential activities will be noted for a total of 25 points toward your grade for class.

ASAM ASSESSMENT - You may assess a client of your choice using the American Society of Addiction Medicine Assessment and Placement Criteria ("ASAM Criteria" for short). This "client" can be a real client you have assessed for practicum/internship (with identifying details removed), a composite drawn from prior clinical experiences, or a subject drawn from an outside source (a recovery memoir or novel, a podcast or video, etc). In all cases, the "client" should manifest sufficient complexity for you to fill out all dimensions of the assessment. The assessment should be completed in a narrative style, with headings as indicated on the style sheet. (An assessment example as well as a style sheet will be provided on the Moodle website.)

Completed assessments may be uploaded to the appropriate assignment module on Moodle as a Word doc or PDF, and will be due no later than **Wednesday, October 19, 11:59 pm**, for a total of 25 points. You are welcome to submit a draft for review anytime prior to **Wednesday, October 12 (one week prior)**, for me to review – I am happy to suggest improvements for you to incorporate. As an incentive, I will provide **5 extra credit points** for draft reviews submitted.

CHANGE PROJECT - In order to better understand the Motivational Interviewing skills presented in this course, will identify and work toward creating a targeted change in their own lives and habits. This process includes:

1. Identifying a behavior change target. The behavior can be a habit that is given up (e.g. consuming caffeine, sugar, etc.) or a habit to adopt (e.g. regular exercise, regular bedtime, etc.). The targeted behavior should:
 - Elicit ambivalence – This should be a change that you feel you could, should, or ought to accomplish...but have not yet succeeded in making!
 - Provide material for sharing, both in small and large groups. Do not choose a change target about which you would feel embarrassed or humiliated to discuss with classmates.
 - Not be an addiction for which treatment is needed. Please seek professional help if you are struggling with drugs, alcohol, or a behavioral addiction.
2. Creating the change plan based on the style sheet and example in the assignment folder on Moodle. Your efforts to implement the changes in your plan should begin no earlier than 10/1 and run no longer than 11/12 (about 4 to 6 weeks total). You are welcome to turn in a change plan draft by **Wednesday, October 5, 11:59 pm for 5 extra-credit points if you would like feedback and suggestions.**
3. Tracking the change. Utilizing the "StickK" app/website, students will track progress toward their change goal, utilize their cohort and instructor for accountability, and add "stakes" as needed to enhance motivation.

4. Engaging in discussion about change. Students will participate in small-group practice sessions acting as both “client” and “counselor.” During their role as “client” each student will have an opportunity to engage the goals of their change plan. These practice sessions will be included on Moodle as class participation assignments – you will be required to record these sessions, save them, and provide a link for the professor to review.
5. Writing a concluding reflection paper of no less than 5 pages addressing the following questions:
 - What was your overall experience of the change process?
 - Did your change plan work as expected, or did you need to make modifications along the way?
 - Reflecting on your progress utilizing StickK, what do you notice about the process of change that stands out for you? Did tracking your progress using an app help or hinder your engagement in changing?
 - Which interventions worked for you? Which didn't work?
 - Did you find it easy or difficult to discuss your progress toward change with others, both in class and in your daily life?
 - How will this experience affect your work with clients in the future?
 - If you succeeded at making a stable change, do you intend to continue with it or will you return to your previous behavior at some point?
 - If you did not succeed at making a stable change, do you think you will try again in the future?

Students will turn in the change plan and reflection paper by **Wednesday, November, 16, 11:59 pm** for a maximum of 25 points.

GROUP MANUALIZED TREATMENT REVIEW AND CLASS ACTIVITY – Students will assign themselves to cohort groups of 3-4 at the start of the term to accomplish online Moodle assignments together. This group will also select and review one of the manualized treatment resources listed below. The professor will provide the treatment manuals for your group to choose, or you may identify a manual not on this list with the instructor’s approval:

Integrated Treatment for Dual Disorders , Kim T. Mueser et al, © 2003	DBT Skills Training Manual, Second Edition , Marsha M. Linehan, © 2015	Seeking Safety: Treatment for PTSD and Substance Abuse , Lisa M. Najavits, © 2002
Mindfulness-Based Relapse Prevention for Addictive Behaviors , Sarah Bowen et al, © 2011	The Radically Open DBT Workbook for Eating Disorders , Hall et al., © 2022	The Beyond Addiction Workbook for Family and Friends , Foote et al., © 2022
Sexual Health in Drug and Alcohol Treatment , Douglas Braun-Harvey, © 2009	The Red Road to Wellbriety in the Native American Way , White Bison Inc, © 2002	Group Treatment for Substance Abuse, A Stages-of-Change Therapy Manual (2nd Edition) , Carlo DiClemente et al, © 2015

1. Create and record a 15-20 minute video and slide presentation providing the following information about your chosen curriculum, indicating the following:
 - Origins and history of the particular curriculum, including information about the developers
 - Specific client base(s) for whom the treatment was developed
 - Theoretical base for the treatment
 - Overview of the curriculum structure, including skills developed and expected outcomes for completion

2. Upload the video presentation (into Google drive, dropbox, etc). Submit the following by e-mail to the professor by **Wednesday, November 2, 11:59 pm**:

- A link to your video presentation, with permissions set for professor and students to view.
- A copy of your slide presentation in PowerPoint, Google Slides, or PDF format

These materials will be incorporated into a Moodle assignment for students to complete as learning activities between Nov. 9 and Dec. 7.

3. Create a 15-20 minute group experience that involves either learning a new skill or learning new information. Learning cohorts will take turns leading the class in their group experiences on **Wednesday, December 7**.

Groups will be given a group grade for the video, slides, and group experience for a maximum of 25 points.

GRADE CALCULATION (percentages of total points)

- 93-100 = A
- 90-92 = A-
- 88-89 = B+
- 83-87 = B
- 80-82 = B-
- 78-79 = C+
- 73-77 = C
- 70-72 = C-

COURSE SCHEDULE

Date	Large Group Presentation/Readings and Assignments Due	Class Activities
1	9/7 Class introductions, syllabus review, group signups. Presentation: Creating a Change Plan	None
2	9/14 ASAM 1 – Assessment • Read Miller & Rollnick, Chapters 1-3	Case Study #1 (in-class, Moodle, small group)
3	9/21 ASAM 2 – Levels of Care Treatment Planning for Substance Use • Read Miller & Rollnick, Chapters 4-7	Case Study #2 (in-class, Moodle, small group)
4	9/28 ASAM 3 – Treatment Planning and Special Topics • Read Miller and Rollnick, Chapters 8-9	Case Study #3 (in-class, Moodle, small group)
5	10/5 ASAM 4 – Special Topics • Read Miller and Rollnick, Chapters 10-11 • <u>Optional</u> Change Plan Draft Due	“World Café” Case Study Exercise (in-class)
6	10/12 Motivational Interviewing 1 – The Spirit of MI • Read Miller & Rollnick, Chapters 12-15 • <u>Optional</u> ASAM Assessment Draft Due	Video – The Suspicious Smoker (outside class, Moodle, individual)

7	10/19	Motivational Interviewing 2 – Engaging and Focusing <ul style="list-style-type: none"> • Read Miller & Rollnick, Chapters 16-18 • ASAM Assessment Due 	Video – The Silent Man (outside class, Moodle, individual)
8	10/26	Motivational Interviewing 3 – Evoking <ul style="list-style-type: none"> • Read Miller & Rollnick, Chapters 19-22 	Video – The Confirmed Smoker (outside class, Moodle, individual)
9	11/2	Motivational Interviewing 4 – Planning <ul style="list-style-type: none"> • Read Miller & Rollnick, Chapters 23-24 • Group Curriculum Review and Assignment Due 	Video – The Rounder (outside class, Moodle, individual)
10	11/9	Motivational Interviewing 5 – Further Practice and Application <ul style="list-style-type: none"> • Read Miller & Rollnick, Chapters 25-26 	Video – Working with a Mandated Client (outside class, Moodle, individual)
11	11/16	Infectious Diseases – Common Diseases for Clients with Substance Use Disorders, Educating Clients <ul style="list-style-type: none"> • Change Project Due 	Curriculum Review and Assignment (outside class, Moodle, individual)
12	11/23	No Class – Happy Thanksgiving!	Curriculum Review and Assignment (outside class, Moodle, individual)
13	11/30	Consultation and Crisis Management Treatment Referrals and Standards Medical and Case Management	Curriculum Review and Assignment (outside class, Moodle, individual)
14	12/7	Class Activity – Group Treatment Experience	
15	12/14	Moderation, Harm Reduction, Abstinence Relapse Prevention, Aftercare, Support, Spirituality (Documentary: “The Anonymous People” - Time Permitting) Course Reviews	

NON-DISCRIMINATION POLICY/SPECIAL ASSISTANCE

Lewis & Clark College adheres to a nondiscriminatory policy with respect to employment, enrollment, and program. The College does not discriminate on the basis of race, color, creed, religion, sex, national origin, age, handicap or disability, sexual orientation, or marital status and has a firm commitment to promote the letter and spirit of all equal opportunity and civil rights laws.

PARTICIPATION IN THE LEARNING COMMUNITY

Students are required to attend and actively participate in all scheduled class meetings. This includes being on time, being prepared, following through on group projects, and otherwise engaging with colleagues as fellow professionals. Becoming a counselor/therapist involves looking closely at values, our beliefs, biases, and ourselves. This can be a very personal, and sometimes emotional, process. Treating colleagues with respect, listening deeply to their experiences, and being open to diverse world views encourages a collaborative milieu of care in which we can all challenge ourselves and each other to critically examine and develop our skills and perspectives. In order to prepare for each class, students should carefully read and study all assigned materials to be ready to discuss, debate, and apply the content of readings. If you must be absent or late, please email the instructor as soon as possible prior to class.

I realize that we are all living in a unique, and uniquely stressful, global situation at this time. **Take care of yourselves** – get rest and exercise, mind your diet, connect with others socially as you are able. If at any point you feel that your ability to complete the class may be impacted, please contact me right away and we can discuss options.

SPECIAL ASSISTANCE

The Student Support Services Office, located in the Templeton Student Center, is a resource for students with disabilities. A variety of services are available through this office according to the particular needs of each student. Students interested in such services may contact Student Support Services at 503-768-7191. This contact is the necessary first step for receiving appropriate accommodations and support services. Please inform me if you need accommodations in class.