HUSV 96 Course Outline as of Fall 2020

CATALOG INFORMATION

Dept and Nbr: HUSV 96 Title: CO-OCCURRING DISORDERS
Full Title: Co-Occurring Disorders
Last Reviewed: 1/27/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	3.00	17.5	Lecture Scheduled	52.50
Minimum	3.00	Lab Scheduled	0	6	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 105.00 Total Student Learning Hours: 157.50

Title 5 Category:	AA Degree Applicable
Grading:	Grade Only
Repeatability:	00 - Two Repeats if Grade was D, F, NC, or NP
Also Listed As:	
Formerly:	

Catalog Description:
This course examines co-occurring disorders, in the context of addiction counseling. It explores the relationship between substance use disorders and mental health conditions, including an introduction to the Diagnostic and Statistical Manual of Mental Disorders (DSM). Emphasis on developing practical strategies and interventions for working with individuals with co-occurring disorders.

Prerequisites/Corequisites:

Recommended Preparation:
Eligibility for ENGL 1A or equivalent

Limits on Enrollment:

Schedule of Classes Information:
Description: This course examines co-occurring disorders, in the context of addiction counseling. It explores the relationship between substance use disorders and mental health conditions, including an introduction to the Diagnostic and Statistical Manual of Mental Disorders (DSM). Emphasis on developing practical strategies and interventions for working

with individuals with co-occurring disorders. (Grade Only)
Prerequisites/Corequisites:
Recommended: Eligibility for ENGL 1A or equivalent
Limits on Enrollment:
Transfer Credit: CSU;
Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	**Area**			Effective:	Inactive:
CSU GE:	**Transfer Area**			Effective:	Inactive:
IGETC:	**Transfer Area**			Effective:	Inactive:
CSU Transfer:	Transferable	Effective:	Fall 2020	Inactive:	
UC Transfer:		Effective:		Inactive:	

CID:

Certificate/Major Applicable:
Both Certificate and Major Applicable

COURSE CONTENT

Student Learning Outcomes:
At the conclusion of this course, the student should be able to:
1. Demonstrate a working knowledge of the Diagnostic and Statistical Manual for Mental Disorders (DSM).
2. Describe the separate operations of mental health and addiction agencies and how this separation affects persons with both psychiatric and substance abuse disorders.
3. Explain how substance use can mimic or mask mental health disorders and the importance of differential diagnosis.
4. Demonstrate strategies useful in identifying individuals with co-occurring diagnoses.

Objectives:
Students will be able to:
1. Differentiate between symptoms of substance abuse and mental health disorders.
2. Describe relationships between trauma, substance use disorders, and mental health disorders.
3. Describe the terminology and treatment modalities for co-occurring disabilities.
4. Demonstrate competency regarding appropriate referrals of clients for mental health care.
5. Identify key issues and concerns in co-occurring disorders for addiction counselors.
6. Define and explain the issues related to scope of practice for addiction counselors working with clients with co-occurring disorders.

Topics and Scope:

I. Definition of Co-Occurring Disorders
   A. Prevalence of co-occurring disorders
   B. Relationship between substance use disorder and mental health disorders
   C. Substance use disorder classification, treatment, and recovery

II. Overview of Recovery from Co-Occurring Disorders
- A. Physical and lifestyle issues
- B. Psychological and behavioral issues
- C. Social, interpersonal, and family issues
- D. Spiritual issues
- E. Tailoring recovery to co-occurring disorders

III. Review Best Practices from Substance Abuse and Mental Health Service Administration (SAMSHA)
- A. 12 steps in the assessment process
- B. Mental Health Screening Form-Ill
- C. Simple Screening Instrument for Substance Abuse Screening Form

IV. Review Models of Substance Use Disorder Treatment
- A. SAMSHA, Integrated Treatment Model
- B. Minkoff, Integrated Treatment Model
- C. The Recovery Model

V. Substance Use Disorder and Mental Health Issues Connected to Various Populations
- A. Teens, adults, and elders
- B. Individuals of color
- C. Individuals of varying sexual identities
- D. Socio-economic factors such as poverty and racism

VI. Mood Disorders and Substance Use Disorders
- A. DSM assessment criteria for
  1. Depressive disorders
  2. Anxiety disorders
  3. Bi-polar disorder
- B. Counseling issues, continuum of care, and medications
- C. Suicide risk in co-occurring disorders treatment

VII. Psychotic Disorders and Substance Use Disorder
- A. DSM assessment criteria for
  1. Schizophrenia
  2. Schizo-affective
  3. Psychotic disorders not categorized
- B. Counseling issues, continuum of care, and medications

VIII. Cognitive Disorders and Substance Use Disorder
- A. DSM assessment criteria for:
  i. Delirium
  ii. Dementia
  iii. Amnestic disorders
- B. Counseling issues, continuum of care, and medications

IX. Posttraumatic Stress Disorder and other Trauma-Related Disorders - DSM assessment criteria
- A. Posttraumatic stress disorder
- B. Physiology of trauma
- C. Drug use and severe trauma

D. Regulating reaction to trigger of trauma

X. Behavioral Addictions and their Relationship to Mental Health - Symptoms of Behavioral Versus Alcohol and other Drug-Related Addictions
A. Gambling addiction
B. Sex addiction
C. Food addiction

XI. Mental Health Diagnoses and their Relationship to Particular Drugs
A. Stimulants and ADD/ADHD
B. Depressants and depressive mood disorders
C. Alcohol and bi-polar disorder

XII. Awareness and Limitations in the Diagnostic Process - Limitations, Ethically Mandated Consultation, Supervision or Referral

XIII. Integrated Treatment Strategies for Co-Occurring Disorders
A. Effective intake and interviewing skills of the addiction counselor
B. Co-occurring diagnoses and the process of assessment

XIV. Treatment Plan for Clients with Co-Occurring Disorders
A. Individual treatment
B. Group treatment
C. Referrals

XV. Barriers to Treatment
A. Myths and beliefs
B. Mental health treatment versus substance use disorder treatment
C. Client-centered treatment
D. Stages of change model
E. Requirements for integrated treatment

XVI. Typical Challenges Faced by Addiction Counselors Treating Co-Occurring Individuals
XVII. Legal and Ethical Requirements of Addiction Counselors related to Scope of Practice and Scope of Competence

Assignment:

1. Read textbook and other instructional material (25-30 pages per week) and complete written chapter homework assignments
2. Write 3-5 page research paper on co-occurring disorders
3. Write a case analysis to evaluate identification of co-occurring disorders
4. Write 1-3 page reaction paper after attending recovery anonymous meeting
5. Role play working with clients with co-occurring disorders
6. Develop an integrated treatment plan for co-occurring disorders
7. Chapter quizzes (0-3), midterm, and final exam

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Written chapter homework, reaction paper, research paper	Writing 20 - 40%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Homework problems, case analysis, treatment plan	Problem solving 20 - 40%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Role play intake and interview	Skill Demonstrations 5 - 35%

Exams: All forms of formal testing, other than skill performance exams.

Chapter quiz(zes), midterm and final exam	Exams 15 - 40%

Other: Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation	Other Category 5 - 25%

Representative Textbooks and Materials:
Dual Disorders: Counseling Clients with Chemical Dependency and Mental Illness. 3rd ed. Daley, Dennis and Moss, Howard. Hazelden Publishing. 2002 (classic)

Integrated treatment for co-occurring disorders: Treating people, not behaviors. Klott, J. John Wiley and Sons. 2013 (classic)

Diagnostic and Statistical Manual of Mental Disorders. 5th ed. America Psychiatric Press. American Psychiatric Association. 2013 (classic)

Substance Abuse Treatment for Persons with Co-Occurring Disorders. Treatment Improvement Protocol (TIP) Series #42. Center for Substance Abuse Treatment. Center for Substance Abuse Treatment. 2005 (classic)