

Addictions and Mental Health

2019-2020 Academic Year

Program	Year	Semester
JES-Emergency Services Fundamentals Certificate	1	1
JES-Protection, Security and Investigation Diploma	1	2

Course Code: ADMH 1301	Course Equiv. Code(s): ADMH 1381
Course Hours: 42	Course GPA Weighting: 3
Prerequisite: N/A	
Corequisite: N/A	
Laptop Course: Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>	
Delivery Mode(s): In class <input checked="" type="checkbox"/> Online <input type="checkbox"/> Hybrid <input type="checkbox"/> Correspondence <input type="checkbox"/>	
Authorized by (Dean or Director): Stephanie Ball	Date: June 2019

Prepared by		
First Name	Last Name	Email
Nycole	Harding	nycole.harding@durhamcollege.ca

Course Description:

Issues relating to Addictions and Mental Health are highly prevalent in Canadian Society. One in five Canadians will experience a mental illness in their lifetime. The remaining four will have a friend, family member or colleague who will. One in ten Canadians fifteen years of age and over report symptoms consistent with alcohol or illicit drug dependence. About 20% of people with a mental disorder have a co-occurring substance use problem. As first responders it is critical to possess knowledge, understanding and empathy about these topics.

This course will address issues relating to the development of addictions, effects, signs and symptoms and response. As well as seeking to provide a greater understanding to the differences between Mental Health, Mental Illness and Mental Disorders. Finally the course will familiarize students with concurrent disorders, a term used when a person has both a substance related disorder and a mental health disorder as it is common for someone to have both conditions, for a number of reasons.

Subject Eligibility for Prior Learning Assessment & Recognition (PLAR):

Prior Learning Assessment and Recognition (PLAR) is a process a student can use to gain college credit(s) for learning and skills acquired through previous life and work experiences. Candidates who successfully meet the course learning outcomes of a specific course may be granted credit based on the successful assessment of their prior learning. The type of assessment method (s) used will be determined by subject matter experts. Grades received for the PLAR challenge will be included in the calculation of a student's grade point average.

The PLAR application process is outlined in <http://www.durhamcollege.ca/plar>. Full-time and part-time students must adhere to all deadline dates. Please email: PLAR@durhamcollege.ca for details.

PLAR Eligibility

Yes No

PLAR Assessment (if eligible):

- Assignment
- Exam
- Portfolio
- Other

Course Learning Outcomes

Course Learning Outcomes contribute to the achievement of Program Learning Outcomes for courses that lead to a credential (e.g. diploma). A complete list of Vocational/Program Learning Outcomes and Essential Employability Skill Outcomes are located in each Program Guide.

Course Specific Learning Outcomes (CLO)

Student receiving a credit for this course will have reliably demonstrated their ability to:

- CLO1 Critically assess the efficacy of historical anti-stigma efforts and the impact stigma has on issues relating to Addictions and Mental Health.
- CLO2 Define and discuss key concepts related to substance abuse and dependency.
- CLO3 Recognize the signs of addiction, types of addiction and substances used and their prevalence in Canada.
- CLO4 Differentiate between Mental Health, Mental Illness and Mental Disorders.
- CLO5 Identify the contributing factors that influence addictions and mental health issues.
- CLO6 Identify the signs and symptoms exhibited by persons dealing with various addictions or mental health issues.
- CLO7 List the various treatment options and community programs available for people facing issues related to addictions or mental health.
- CLO8 Recognize principles for personal good mental health, well being, self awareness, resiliency and self care from an emergency responder perspective as it pertains to addictions, substance use and mental illness.

Essential Employability Skill Outcomes (ESSO)

This course will contribute to the achievement of the following Essential Employability Skills:

- EES 1. Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.
- EES 2. Respond to written, spoken, or visual messages in a manner that ensures effective communication.
- EES 3. Execute mathematical operations accurately.
- EES 4. Apply a systematic approach to solve problems.
- EES 5. Use a variety of thinking skills to anticipate and solve problems.
- EES 6. Locate, select, organize, and document information using appropriate technology and information systems.
- EES 7. Analyze, evaluate, and apply relevant information from a variety of sources.
- EES 8. Show respect for the diverse opinions, values, belief systems, and contribution of others.
- EES 9. Interact with others in groups or teams in ways that contribute to effective working relationships and the achievement of goals.
- EES 10. Manage the use of time and other resources to complete projects.
- EES 11. Take responsibility for one's own actions, decisions, and consequences.

Evaluation Criteria:

The Course Learning Outcomes and Essential Employability Skills Outcomes are evaluated by the following evaluation criterion.

Evaluation Description	Course Learning Outcomes	EESOs	Weighting
Research Assignment	CLO1, CLO2, CLO7	EES1, EES6, EES7, EES10, EES11	10
Awareness Video Project	CLO4, CLO5, CLO6, CLO7, CLO8	EES1, EES2, EES6, EES7, EES8, EES9, EES10, EES11	15
Discussions and Debates	CLO1, CLO2, CLO3, CLO4, CLO5, CLO6, CLO7	EES1, EES2, EES8, EES9, EES11	20
Midterm Test	CLO1, CLO2, CLO4, CLO5, CLO6, CLO7, CLO8	EES1, EES2, EES7, EES11	20
Final Test	CLO2, CLO3, CLO4, CLO5, CLO6, CLO8	EES1, EES2, EES7, EES11	25
In-class work and activities	CLO1, CLO2, CLO3, CLO4, CLO5, CLO6, CLO7, CLO8	EES1, EES2, EES6, EES7, EES8, EES9, EES10, EES11	10
Total			100%

Notes:

1. An interim mark will be determined for all first year students to identify their academic progress. This mark will be based on the results of the first test, the Research Assignment and the in process grade up to the mid-term date.
2. Assignments are to be submitted on the due date at the beginning of class, unless otherwise directed by the professor. Late assignments will be attributed a "0", acknowledging a heavy penalty in keeping with the importance placed on deadlines within the workplace environment.
3. All assignments must be neat and legible or type written and submitted in the assigned format.
4. Tests will be closed book.
5. Specific details for the Research Assignment and the Video Project will be provided by the professor as a separate hand-out.
6. In-class work will consist of two case studies to be done during class time; students must be in class in order to participate in the case studies and receive a mark. There will be no make-up opportunities for missed in-class work. The dates for the in-class work will be provided in advance.
7. Discussion and Debate work will consist of five (5) activities to be done in-class and/or on-line as per instructions. Students must be in class in order to participate in the class activities and receive a mark. A grading rubric will be provided for the online activities. There will be no make-up opportunities for missed in-class work. The dates and instructions for these activities will be provided in advance.
8. All written assignments are to be submitted using DC Connect Dropbox by the due date. Specific assignment instructions will be posted in Dropbox.
9. A detailed handout outlining expectations and evaluation criteria will be distributed for all assignments. Some assignments involve partner and/or group work. If a student cannot work collaboratively within a group the student will receive a grade of "0" for this assignment.

Required Text(s) and Supplies:

Recommended Resources (purchase is optional):

N/A

Policies and Expectations for the Learning Environment:

General Policies and Expectations:

General College policies related to	General policies related to
+ Acceptable Use of Information Technology	+ attendance
+ Academic Policies	+ absence related to tests or assignment due dates
+ Academic Honesty	+ excused absences
+ Student Code of Conduct	+ writing tests and assignments
+ Students' Rights and Responsibilities can be found on-line at http://www.durhamcollege.ca/academicpolicies	+ classroom management can be found in the Program Guide (full time programs only) in MyCampus http://www.durhamcollege.ca/mycampus/

Course Specific Policies and Expectations:

Campus Conflict Resolution Services (CCRS): This course specifically endorses and will use where appropriate Campus Conflict Resolution Services. For details regarding the policy for CCRS, please refer to the School of Justice and Emergency Services' policies contained in your program guide.

Core Values: This course adheres to the program's core values: Honesty, Integrity, Commitment, Respect, Accountability, Teamwork and Leadership.

Diversity: This course also specifically acknowledges pluralism and that through distinctions in race, creed, place of origin or sexual orientation, there are many ways of making meaning in this world. This course specifically endorses where possible, the use of readings, discussions and case studies that enable students to adapt to differences with real empathy, recognize the legitimacy of those differences and develop tolerance and support for new concepts of compatibility.

General Course Outline Notes:

1. Students should use the course outline as a learning tool to guide their achievement of the learning outcomes for this course. Specific questions should be directed to their individual professor.
2. The college considers the electronic communication methods (i.e. DC Mail or DC Connect) as the primary channel of communication. Students should check the sources regularly for current course information.
3. Professors are responsible for following this outline and facilitating the learning as detailed in this outline.
4. Course outlines should be retained for future needs (i.e. university credits, transfer of credits etc.)
5. A full description of the Academic Appeals Process can be found at <http://durhamcollege.ca/gradeappeal>.
6. Faculty are committed to ensuring accessible learning for all students. Students who would like assistance with academic access and accommodations in accordance with the Ontario Human Rights Code should register with the Access and Support Centre (ASC). ASC is located in room SW116, Oshawa Campus and in room 180 at the Whitby Campus. Contact ASC at 905-721-3123 for more information.
7. Durham College is committed to the fundamental values of preserving academic integrity. Durham College and faculty members reserve the right to use electronic means to detect and help prevent plagiarism. Students agree that by taking this course all assignments could be subject to submission either by themselves or by the faculty member for a review of textual similarity to Turnitin.com. Further information about Turnitin can be found on the Turnitin.com Web site.

Learning Plan

The Learning Plan is a planning guideline. Actual delivery of content may vary with circumstances.

Students will be notified in writing of changes that involve the addition or deletion of learning outcomes or evaluations, prior to changes being implemented, as specified in the Course Outline Policy and Procedure at Durham College.

Wk.	Hours:	3	Delivery:	In Class	
1	Course Learning Outcomes				
	CLO1, CLO2				
	Essential Employability Skills				
	Taught:		EES1, EES9, EES10, EES11	Practiced: EES1, EES9, EES10, EES11	
	Intended Learning Objectives				
	Course Management; (Review of course outline, learning outcomes, evaluation criteria and classroom policies and expectations) Section One; Introduction to Addictions - Prevalence of issue in society - Relevance to first responders - Social stigma				
Intended Learning Activities					
May include - PPT guided lectures; Small group activities; Q&A; Class discussion/debates; Research & independent study					
Resources and References					
Course Outline Evaluation Handouts Videos PPT					
Evaluation			Weighting		
In Class throughout semester - 10% Discussions and Debates throughout semester Research Assignment Due Week 4 Midterm Test in Week 7 Awareness Video Project Due Week 12 Final Test in Week 14			10%		

Wk.	Hours: 3	Delivery: In Class
2	Course Learning Outcomes CLO1, CLO4	
	Essential Employability Skills	
	Taught: EES1, EES2, EES8, EES9	Practiced: EES1, EES2, EES8, EES9
	Intended Learning Objectives Defining Substance Abuse & Dependence; - DSM - Diagnostic & Statistical Manual - Appropriate terminology and social impact - Biopsychosocial Model - Causes - Tolerance - Withdrawal - Tolerance	
	Intended Learning Activities May include - PPT guided lectures; Small group activities; Q&A; Class discussion/debates; Research & independent study	
	Resources and References Course Outline Evaluation Handouts Videos PPT	
Evaluation Discussions and Debates throughout semester - 20% Research Assignment Due Week 4 Midterm Test in Week 7 Awareness Video Project Due Week 12 Final Test in Week 14		Weighting 20%

Wk.	Hours: 3	Delivery: In Class
3	Course Learning Outcomes CLO4, CLO5	
	Essential Employability Skills Taught: EES1, EES2, EES8, EES9 Practiced: EES1, EES2, EES8, EES9	
	Intended Learning Objectives Factors Impacting Substance Abuse & Dependency; - Risk factors - Protective factors Continuum of Dependency - Experimental, Social, Problematic and Dependence	
	Intended Learning Activities May include - PPT guided lectures; Small group activities; Q&A; Class discussion/debates; Research & independent study	
	Resources and References Course Outline Evaluation Handouts Videos PPT	
	Evaluation Discussions and/or debates activity Research Assignment Due Week 4 Midterm Test in Week 7 Video Project Due Week 12 Final Test in Week 14	

Wk.	Hours:	3	Delivery:	In Class
4	Course Learning Outcomes CLO5, CLO6, CLO7			
	Essential Employability Skills			
	Taught:	EES1, EES7, EES8, EES9, EES11	Practiced:	EES1, EES7, EES8, EES9, EES11
	Intended Learning Objectives Effects of Substance Abuse & Dependency; - Effects on the mind and body. - Effects on family. - Signs and symptoms of substance abuse and dependency			
	Intended Learning Activities May include - PPT guided lectures; Small group activities; Q&A; Class discussion/debates; Research & independent study			
	Resources and References Course Outline Evaluation Handouts Videos PPT			
Evaluation In-Class Case study 1 Discussions and/or debates activity Research Assignment Due Week 4 Midterm Test in Week 7 Video Project Due Week 12 Final Test in Week 14			Weighting 10%	

Wk.	Hours: 3	Delivery: In Class
5	Course Learning Outcomes CLO6, CLO7	
	Essential Employability Skills Taught: EES1, EES2, EES8, EES9 Practiced: EES1, EES2, EES8, EES9	
	Intended Learning Objectives Drugs of Abuse; - Alcohol & Other Depressants - Opiates & Opioids - Psychostimulants - Hallucinogens - Club drugs	
	Intended Learning Activities May include - PPT guided lectures; Small group activities; Q&A; Class discussion/debates; Research & independent study	
	Resources and References Course Outline Evaluation Handouts Videos PPT	
	Evaluation Discussions/Debates participation Midterm Test in Week 7 Video Project Due Week 12 Final Test in Week 14	

Wk.	Hours: 3	Delivery: In Class
6	Course Learning Outcomes CLO5, CLO7	
	Essential Employability Skills	
	Taught: EES1, EES2, EES8, EES9	Practiced: EES1, EES2, EES8, EES9
	Intended Learning Objectives Treatment Options; - Community Outreach and Resources - Harm Reduction - Moderation Management - Abstinence	
	Intended Learning Activities May include - PPT guided lectures; Small group activities; Q&A; Class discussion/debates; Research & independent study	
	Resources and References Course Outline Evaluation Handouts Videos PPT	
Evaluation Discussions/Debates participation Midterm Test in Week 7 Video Project Due Week 12 Final Test in Week 14		

Wk.	Hours: 3	Delivery: In Class
7	Course Learning Outcomes CLO1, CLO2, CLO4, CLO5, CLO6, CLO7	
	Essential Employability Skills	
	Taught:	Practiced:
	Intended Learning Objectives Mid-term Test	
	Intended Learning Activities Closed book written test on all content covered to date.	
	Resources and References Course Outline Evaluation Handouts Videos PPT	
Evaluation Midterm Test in Week 7 Video Project Due Week 12 Final Test in Week 14		Weighting 20%

Wk.	Hours: 3	Delivery: In Class
8	Course Learning Outcomes CLO2, CLO3	
	Essential Employability Skills	
	Taught: EES1, EES2, EES8, EES9	Practiced: EES1, EES2, EES8, EES9
	Intended Learning Objectives Section Two; Introduction to Mental Health - Prevalence of issue in society - Relevance to first responders - Social stigma Understanding the terminology; - Mental Health - Mental Illness - Mental Disorders	
	Intended Learning Activities May include - PPT guided lectures; Small group activities; Q&A; Class discussion/debates; Research & independent study	
	Resources and References Course Outline Evaluation Handouts Videos PPT	
Evaluation Discussions/Debates participation Video Project Due Week 12 Final Test in Week 14		

Wk.	Hours: 3	Delivery: In Class
9	Course Learning Outcomes CLO2, CLO5, CLO6	
	Essential Employability Skills	
	Taught: EES1, EES2, EES8, EES9	Practiced: EES1, EES2, EES8, EES9
	Intended Learning Objectives Suicide & Self Harm - Incidence and Prevalence - Factors contributing to suicide - Self-harm Behaviour Trauma & Traumatic Grief - Nature and prevalence of trauma reactions - Types of trauma response	
	Intended Learning Activities May include - PPT guided lectures; Small group activities; Q&A; Class discussion/debates; Research & independent study	
	Resources and References Course Outline Evaluation Handouts Videos PPT	
Evaluation Discussions/Debates participation Video Project Due Week 12 Final Test in Week 14		

Wk.	Hours: 3	Delivery: In Class
10	Course Learning Outcomes CLO2, CLO4, CLO6	
	Essential Employability Skills	
	Taught: EES1, EES2, EES8, EES9	Practiced: EES1, EES2, EES8, EES9
	Intended Learning Objectives Schizophrenia & Psychotic Illness and Depression & Mania - Nature - Prevalence and incidence - Contributing factors Symptoms & challenges	
	Intended Learning Activities May include - PPT guided lectures; Small group activities; Q&A; Class discussion/debates; Research & independent study	
	Resources and References Course Outline Evaluation Handouts Videos PPT	
Evaluation Discussions/Debates participation Video Project Due Week 12 Final Test in Week 14		

Wk.	Hours: 3	Delivery: In Class
11	Course Learning Outcomes CLO2, CLO5, CLO6	
	Essential Employability Skills	
	Taught: EES1, EES2, EES8	Practiced: EES1, EES2, EES8
	Intended Learning Objectives Anxiety, Personality Disturbance and Delirium & Dementia - Nature - Prevalence and incidence - Contributing factors - Symptoms & challenges	
	Intended Learning Activities May include - PPT guided lectures; Small group activities; Q&A; Class discussion/debates; Research & independent study	
	Resources and References Course Outline Evaluation Handouts Videos PPT	
Evaluation In-Class Case study Video Project Due Week 12 Final Test in Week 14		

Wk.	Hours: 3	Delivery: In Class
12	Course Learning Outcomes CLO2, CLO4, CLO5, CLO6	
	Essential Employability Skills	
	Taught: EES1, EES2, EES7, EES8, EES9, EES10, EES11	Practiced: EES1, EES2, EES7, EES8, EES9, EES10, EES11
	Intended Learning Objectives In-class presentation of Video Awareness Projects	
	Intended Learning Activities May include - PPT guided lectures; Small group activities; Q&A; Class discussion/debates; Research & independent study	
	Resources and References Course Outline Evaluation Handouts Videos PPT	
Evaluation Video Awareness Project Due Week 12 Final Test in Week 14		Weighting 15%

Wk.	Hours:	3	Delivery:	In Class
13	Course Learning Outcomes CLO5, CLO6			
	Essential Employability Skills			
	Taught:	EES1, EES2, EES8, EES9	Practiced:	EES1, EES2, EES8, EES9
	Intended Learning Objectives Basic Overview of Mental Health Law in Canada Concurrent Disorders - Definition - Coexisting Implications Treatment Options - Community Outreach and Resources			
	Intended Learning Activities May include - PPT guided lectures; Small group activities; Q&A; Class discussion/debates; Research & independent study			
	Resources and References Course Outline Evaluation Handouts Videos PPT			
Evaluation Discussions/Debates participation Final Test in Week 14				
Wk.	Hours:	3	Delivery:	In Class
14	Course Learning Outcomes CLO2, CLO3, CLO4, CLO5, CLO6, CLO7			
	Essential Employability Skills			
	Taught:	EES1, EES2, EES10, EES11	Practiced:	EES1, EES2, EES10, EES11
	Intended Learning Objectives Final Test			
	Intended Learning Activities Final test on mental health - Closed book			
	Resources and References Course Outline Evaluation Handouts Videos PPT			
Evaluation Final Test in Week 14				Weighting 25%