

# Are you interested in...

- supporting individuals with mental health and addiction challenges?
- learning to promote emotional, mental, physical, social, & spiritual well-being?
- enhancing your knowledge and skills for a career in mental health and addictions?



SCHOOL of HEALTH and HUMAN SERVICES

## Mental Health & Addictions

### Mental Health & Addictions (MHA)

- Provides the foundational knowledge and skills to support those who face mental health and addiction challenges
- Prepares graduates to participate in providing person-focused psychosocial rehabilitation and support for individuals
- The preferred qualification to work within Island Health and its mental health affiliates
- Blended program (face-to-face and online) September to June yearly
- Part-time option available
- Tuition fees are \$4025 (approx) plus ancillary fees
- Admission requirements:
  - "C+" or higher in English 12 or assessment
  - statement (minimum 300 words) outlining career goals and motivation for entering the program
  - attendance at a scheduled Mental Health & Addictions program Information Session
- Program requirements:
  - current Criminal Record Check obtained through Camosun process
  - participation in orientation to online learning

### Interprofessional Mental Health & Addictions (IMHA) Post-Degree Diploma

- Provides graduate-level skills and knowledge in assessment and intervention planning to address the complex needs of individuals living with mental health and addiction challenges
- Prepares graduates with degrees in the arts and sciences for a specialization in mental health and substance use
- A cutting edge interprofessional program informed by evidence-based practices
- Knowledge and skills to build therapeutic alliances through Motivational Interviewing, Cognitive Behavioural Therapy, and Case Management
- Knowledge of trauma-informed approaches to practice
- 11-month program suitable for local and distance learners. Includes a 13-week practicum with opportunity to develop a work-based placement
- Blended delivery - combination of face-to-face and online coursework
- Program starts in September of each year
- Tuition fees are \$3600 (approx) plus ancillary fees
- Admission requirements:
  - Baccalaureate degree in Child & Youth Care, Education, Nursing, Psychology, or Social Work from a recognized post-secondary institution. Other degrees and experience in a helping role may be considered
  - Resumé listing work and volunteer experience
  - Statement of Intention: a 400-500 word statement outlining career goals and motivation for entering the program



## MHA Program Courses

### MHA 110 Foundations for Practice

- This course introduces students to frameworks for practice in mental health and addictions, including values, philosophies, and multicultural and indigenous perspectives. The course examines, current trends, issues, roles, and community resources that impact individuals, families, and communities

### MHA 111 Mental Illness & Interventions

- This course provides an introduction to theories and application of a bio-psycho-social-spiritual framework related to mental health issues and illnesses. Emphasis will be on recognizing behaviors and identifying intervention strategies for common conditions.

### MHA 115 Therapeutic Relationships

- This course assists students to develop knowledge and skills to engage in therapeutic relationships and promote facilitative communication. Students will develop self-awareness and communication styles to enhance interpersonal relationships.

### MHA 120 Support Strategies

This course introduces students to strategies to support individuals in home, school, work, and community settings. Students will design and implement practical plans to facilitate positive change.

### MHA 125 Professional Practice 1

- This course introduces students to the basic skills, knowledge, attitudes, and values necessary for professional practice in mental health & addiction (MHA) services. Students will begin to examine the responsibilities and obligations of the MHA professional

### MHA 126 Professional Practice 2

- This course builds on the knowledge and skills introduced in MHA 125 A, with an emphasis on self-reflective and ethical evidence-based practice. Students will develop skills for working on interprofessional teams, and explore strategies for engaging in personal and professional development.

### MHA 130 Health Care Basics

- This course provides an introduction to holistic lifestyle and health care planning, including developing personal care assessment skills and applying a stress-vulnerability model. Basics of medication and universal precautions will be examined.

### MHA 135 Addictions and Interventions

- This course assists students to develop knowledge and skills to effectively respond to addiction challenges and co-existing issues of substance use and mental illness. Emphasis will be on understanding addiction processes and illness, facilitating intervention strategies, and promoting recovery.

### MHA 140 Practicum

- This course offers students the opportunity to integrate and practice knowledge and skills to assist individuals in mental health and addiction settings. Emphasis will be on developing self as a reflective practitioner within an interprofessional team.

### HLTH 111 Indigenous Community Health

- This course will introduce students to present realities of and future possibilities for Indigenous community health and will explore traditional Indigenous health and healing processes. A brief overview of the impact of colonization on Indigenous health will also be explored.

### ENGL 175 Professional Writing for Community Services\*

*\* subject to approval*

## IMHA Program Courses

### IMHA 510 Foundations for Practice

- This course provides students with foundational knowledge to support individuals and families experiencing mental health and substance use challenges. Students critically evaluate current frameworks of practice and service delivery with a focus on interprofessional practice. Diversity and cultural sensitivity in relation to mental health and addictions are discussed.

### IMHA 511 Therapeutic Relationships

- This course introduces learners to effective counselling skills and strategies to facilitate recovery and change. It includes the study and application of advanced communication skills to establish effective therapeutic alliances. The influence of personal values, beliefs, and effectual use of self are examined

### IMHA 512 Assessment & Planning

- This course presents an overview of the knowledge and skills needed to assess acute and persistent mental health and substance use challenges. Applying a biopsychosocial lens and strength-based collaborative approach to assessment, students learn to conduct a social history, develop a written biopsychosocial assessment, and create a plan that matches services to the goals and needs of the individual.

### IMHA 513 Intervention & Counselling Strategies

- This course introduces students to evidence-based practices and effective counselling strategies to support recovery from mental health and substance use challenges. Through the use of case studies and experiential learning, students acquire skills and competencies to facilitate recovery. Students will learn specific approaches including stages of change theory, motivational interviewing, cognitive behavioral therapy, trauma-informed practice, and relapse management.

### IMHA 514 Interprofessional Practice

- This course focuses on skills, knowledge, and values necessary for interprofessional practice in mental health & substance abuse services. Students will examine the responsibilities and obligations of the professional with emphasis on self-reflective and ethical evidence-based practice, including legislation and policies affecting the care of persons with mental health and/or substance use challenges

### IMHA 515 Practicum

- Students will develop an advanced level of practice by integrating newly acquired knowledge and skills in acute, tertiary or community settings.

## Free info sessions

Find out more about these programs and employment opportunities at an Information Session.  
[camosun.ca/learn/infosessions/hhs](http://camosun.ca/learn/infosessions/hhs)

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