

# 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?



SCHOOL of HEALTH and HUMAN SERVICES

## Mental Health & Addictions

### Community Mental Health (CMH) Certificate Program

- Provides the foundational knowledge and skills to support those who face various mental health challenges
- Prepares graduates to participate in providing client-focused psychosocial rehabilitation and support for individuals
- The preferred qualification to work as a Community Mental Health Worker within the Vancouver Island Health Authority (VIHA) and its mental health affiliates
- Full-time face-to-face program, May to September yearly
- Part-time face-to-face & web-based program, September to May yearly
- Tuition fees are \$1300 (approx) plus ancillary fees
- Admission requirement: "C" or higher in English 12 or assessment
- Practicum requirement: current Criminal Record Check

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

- Addresses the complex needs of the older teen and adult individual living with mental health and addiction challenges
- Focus will be the application of advanced knowledge and skills in collaborative practice
- IMHA graduates may work in acute, tertiary, and community settings as members of an interprofessional team
- Part-time 12-month program suitable for local and distance learners
- Combination of face-to-face and web-based delivery
- Program starts in June of each year
- Tuition fees are \$3150 (approx) plus ancillary fees
- Admission requirements:
  - baccalaureate degree in Child & Youth Care, Education, Nursing, Occupational Therapy, or Social Work
  - other baccalaureate degree with experience in helping/supporting roles

### Free info sessions

Find out more about these programs and employment opportunities at an information session.

Call 250-370-3912 for dates and times.



## CMHW Program Courses

### CMHW 110 Community Mental Health Worker 1

- This course provides an introduction to the role of the CMHW in the delivery of mental health and addiction services. Pertinent legislation, trends, and issues impacting mental health services are examined. The principles of Psychosocial Rehabilitation (PSR) will be explored.

### CMHW 111 Community Mental Health Worker 2

- This course provides an introduction to theory related to common mental health issues and illnesses. Emphasis will be on recognizing behaviors and identifying intervention strategies for common conditions. Determinants of health and basic human needs will be discussed.

### CMHW 115 Communications

- This course assists students to develop skills and techniques to promote facilitative communication. The impact of self and communication style on individuals with mental health and addiction issues, their families and members of the mental health team will be emphasized.

### CMHW 120 Support Strategies

- This course explores a variety of approaches to support individuals and families through a framework of Psychosocial Rehabilitation. The role of the CMHW in relation to facilitating change, goal planning, and implementation is discussed, as well as the process of identifying and accessing community resources.

### CMHW 125 Professional Issues

- This course prepares the student to be an effective member of the interdisciplinary team through the exploration and development of self in relationship with others. Topics include self-care theory and practice related to stress management, the role of self-evaluation, and philosophy of lifelong learning. Ethical principles of practice will be discussed.

### CMHW 130 Health Care Basics

- This course provides an introduction to healthy lifestyle and physical care planning, including developing personal care skills that promote and maintain comfort, safety, and independence. Basics of medication and universal precautions will be examined.

### CMHW 135 Substance Use & Mental Health Issues

- This course will assist students to develop knowledge and skills to effectively respond to coexisting issues of substance use and mental illness. Emphasis will be on understanding addictions, the process of change, intervention approaches and prevention. Strategies for maintaining healthy choices will also be explored.

### CMHW 140 Practicum – 144 hours

- This course offers students the opportunity to integrate their knowledge and skills to assist individuals in mental health settings. Emphasis will be on the role of the CMHW as a member of the community health team.

## IMHA Program Courses

### IMHA 510 Cultural & Care Contexts

- This course introduces students to program outcomes and expectations and provides a broad overview of the field of mental health and addictions, including the roles of key disciplines. Diversity and cultural sensitivity in relation to mental health and addictions are discussed.

### IMHA 511 Therapeutic Relationships

- This course includes the study and application of advanced communication skills to establish and maintain effective therapeutic alliances and collaborative partnerships, to facilitate conflict negotiation and resolution, and to provide leadership and supervision of others. The influence of personal values, beliefs and effectual use of self are examined.

### IMHA 512 Assessment and Planning

- This course presents models and approaches for the assessment of acute and persistent mental health and addiction challenges in older teen, adult, and older adult individuals. Foundational knowledge includes the development and manifestation of challenges in these age groups, including cultural, environmental, and personal influences.

### IMHA 513 Interventions

- This course presents models and approaches for evidence-based goals and treatment interventions for teens, adults and older adults experiencing acute and persistent mental health and/or addiction challenges. Treatment, planning, consultation, referral, and case management are discussed in the context of principles of psychosocial rehabilitation.

### IMHA 514 Interprofessional Issues

- This course presents legislation and policies affecting the care of persons with mental health and/or addiction challenges. The unique and shared scopes of practice and codes of ethics of various disciplines will be explored. Team and leadership roles, including maintaining compliance and advocacy for clients / families, are also discussed.

### IMHA 515 Practice – 420 hours

- This course provides students the opportunity to develop an advanced level of practice through the integration of newly acquired knowledge and skills. Students will participate in one or more acute, tertiary or community settings, in a process of experiencing and responding to increasingly more complex situations.

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