

# Alcohol and Other Drug Studies

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The Alcohol and other Drug Studies program provides students with the comprehensive course work and training needed to succeed in one of the most challenging and demanding careers in the healthcare field. This program provides the required education, necessary knowledge, training and skills needed to be effective in the treatment of alcohol and other drug dependency and abuse. The competency based educational program meets certification standards of the California Consortium of Addiction Programs and Professionals (CCAPP) for certification. The course topics in the curriculum are consistent with TAP 21 and the 12 Core functions as required by state regulations and IC&RC standards. After satisfactorily completion of all courses and completion of the required 255 hours of supervised externship, students will be able apply for the IC&RC Alcohol/Drug Counselor (ADC) written examination. Upon passing the exam and completing an additional 3000 hours of documented work experience in the field, students will receive the status of CADC-I (Certified Alcohol/Drug Counselor – Level 1).

The program's goal is to provide the alcohol and drug treatment field with knowledgeable and skilled counselors. The objective is to meet the requirement and demand for certified counselors, secure employment, and provide the student with advancement opportunities. Upon completion of this program the student will receive a certificate of completion and official transcript.

**TO EARN THE CERTIFICATE** students must complete 21 (semester) units of study consisting of 7 required courses including the practicum companion course (total of 315 instructional hours). The practicum companion course consists of 45 educational hours that occur during the additional 255 hours spent working in the field. A grade of C or better is the minimum academic requirement for all courses. In addition to meeting requirement to earn the certificate, the coursework also meets the educational and training requirements of the California Consortium of Addiction programs and Professionals (CCAPP) for certification as a Certified Alcohol/Drug Counselor I (CADC I).

## COURSE OUTLINE

<b>COURSE #</b>	<b>COURSE NAME</b>	<b>CLOCK HOURS</b>	<b>CREDIT HOURS</b>
AOD101	Introduction and Overview of Alcohol & Drugs	45	3
AOD102	Physiology and Pharmacology of Alcohol & Drugs	45	3
AOD103	Law and Ethics	45	3
AOD104	Case Management	45	3
AOD105	Counseling Theories and Techniques	45	3
AOD106	Personal and Professional Growth	45	3
AOD120	Supervised Practicum Companion Course	45	3
AOD121	Supervised Internship	255	N/A
	<b>TOTAL</b>	<b>570</b>	<b>21</b>

# Course Descriptions

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## **AOD101: Introduction and Overview of Alcohol & Drugs – 3 Credit Units**

This course will examine the history of alcohol and other mood changing drugs in the US, the myths and stereotypes of alcohol and drug use, sociocultural factors that contribute to the use of drugs, and the patterns and progression of alcoholism. Special focus will be given to cultural and lifestyle considerations, issues specific to special populations, theories of personality, emotional states, and motivation, and treatment modalities. Students will gain a broad understanding of many facets of the addiction process, which will serve as a foundation for information presented in all other courses in the program.

## **AOD102: Physiology and Pharmacology of Alcohol & Other Drugs – 3 Credit Units**

This course presents an overview of the physiological processes and impacts of psychoactive drugs on the brain and body. Topics include basic principles of physiology and pharmacology, neurobiological modes of action of commonly abused drugs, and disease models of addiction. Students will gain a deep understanding of the pharmacodynamic and pharmacokinetic properties of drugs, and will be able to apply this knowledge to improve treatment of substance use disorders.

## **AOD103: Law and Ethics – 3 Credit Units**

This course will introduce the national and state standards for the profession and will examine laws and regulations governing ethics and conduct. Topics include clinical confidentiality, patient rights, professional liability, drug abuse prevention in the community, and legal sanctions. Furthermore, students will gain an understanding of legal and ethical issues associated with screening, crisis counseling, and interventions.

## **AOD104: Case Management – 3 Credit Units**

This course will examine the fundamentals of case management, including intake, assessment, orientation, treatment planning, record keeping, and aftercare. Topics relevant to each stage of the case management process will be discussed, and students will gain a familiarity with and competency for the techniques of case management.

## **AOD105: Counseling Theories & Techniques – 3 Credit Units**

This course will examine a variety of counseling approaches, including theories and techniques associated with individual, family, and group counseling. Special focus will be given to counseling theories with proven efficacy in treating substance use disorders. This course will include practical applications of counseling techniques in a role-play setting.

## **AOD106: Personal and Professional Growth – 3 Credit Units**

This course will introduce common personal and professional issues faced by counselors, and it will provide strategies for dealing with these problems. Topics include professional standards of conduct, counselor burnout, recognizing personal strengths and limitations, stress management, self-care, and wellness. Special focus will be given to the limitations and liability associated with being a “recovering counselor.” Additionally, this course will familiarize students with the CCAPP career ladder so they can establish a tentative professional plan for the next two years.

## **AOD120: Supervised Practicum Companion Course – 3 Credit Units**

This 15-week course meets for 3 hours each week to discuss issues and experiences that arise during the co-occurring supervised internship. By actively analyzing these issues and experiences, students will gain a deep understanding of the 12 Core Functions of an Alcohol and Other Drug Counselor, as defined by the International Certification & Reciprocity Consortium (IC&RC): screening, intake, orientation, assessment, treatment planning, counseling, case management, crisis intervention, client education, referral, report and record keeping, and consultation with other professionals.

## **AOD121: Supervised Internship – *Co-requisite for AOD120***

The student will obtain a minimum of 255 hours of practical experience at an approved agency/site. Each core function requires a minimum 21 hours of practice (21 hours x 12 core skills = 252 hours + 3 hours for site orientation, in total 255 hours). The fieldwork is the route by which students learn to apply the acquired knowledge and values and to refine the skills that were taught in the classroom. The application of knowledge and skills in a practical setting is essential to professional counseling.

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