



## INTERPROFESSIONAL MENTAL HEALTH & ADDICTIONS (IMHA) POST-DEGREE DIPLOMA

### IMHA 513 INTERVENTION

Instructor: Dr. Michelle Bass  
Phone: 370-3204  
Email: D2L webmail  
Office Hours: By appointment

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#### Required Materials

Capuzzi, D. & Stauffer, M. (2012) Foundations of Addictions Counselling. Pearson, Toronto.

Frankel, A. J. & Gelman, S. R. (2012). Case management: An introduction to concepts and skills (3rd ed.). Chicago: Lyceum Books, Inc.

Kress, V. & Paylo, M. (2013). Treating those with mental disorders: A comprehensive approach to case conceptualization and treatment. Pearson Education, CA, Inc.

Miller, W. R., & Rollnick, S (2012). Motivational interviewing: Helping people change (3rd ed.) New York: Guilford Press.

#### Recommended

Wright, J.H., Basco M.R., & Thase, M.E. (2006). Learning cognitive behavior therapy. An illustrated guide. American Psychiatric Publishing Inc.

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#### Course Description

This course introduces students to evidence-based practices and effective counseling 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.

**Upon successful completion of this course, the student will be able to:**

1. Explicate the philosophical principles and theoretical orientations underlying different approaches to recovery from mental health and substance use challenges.
2. Apply evidence-based interventions, strategies, and best practice models for promoting positive change in individuals.
3. Apply appropriate interventions to support families affected by addiction and mental illness.
4. Demonstrate knowledge of the effects and purposes of physical and medical therapies, including psychotropic medications, in order to inform and educate individuals and families.
5. Apply case management processes to support individuals and families in recovery.
6. Evaluate the effectiveness of intervention plans and strategies, and make recommendations for change as needed.

**Student Evaluation**

Module	Assignment	Grade Value	Due Date	Post
Module 1- Intervention Frameworks	Activity	5%	Jan 8	Drop-box
Module 2 Substance Abuse Treatment	Paper	15%	Jan 15th	Drop-box
Module 4- Motivational Interviewing	Video Interview Reflection	15%	Jan 29	Drop-box
Module 5- Recovery Management	Discussion	15%	Feb 5	Discussion

Module 7- CBT	Case Study	15%	Feb 19	Drop-box
Module 8- Families	Research Paper	15%	March 5	Discussion/ Drop-box
Final Paper	Final Paper	20%	March 26	Drop-box

## Program Requirements

Students must obtain at least a B- in this course to proceed to practicum.

## Mandatory Participation

This course is delivered via a dynamic D2L format. Participation in all activities and the asynchronous online discussions is mandatory. Completion of all graded assignments is mandatory.

## Late Policy

In exceptional circumstances, students may arrange with the instructor for an extension of an assignment before the due date. A professional's note may be required.

## Student Assessment

Students are responsible for maintaining a hard copy or electronic copy of all submitted work. All assessment items must be successfully completed to pass this course.

## Grading Criteria

**A +, 90 -100%; A 85- 89%; A-, 80- 84; B +, 77- 79%; B-, 73-76%; B-, 70-72**

**C+ 65 - 69%; C, 60-64**

## Learning & Support Services for Students

There are a variety of services available for students to assist them throughout their learning. This information is available in the college calendar, student services or the college web site at <http://www.camosun.bc.ca>

**Student Conduct Policy**

It is the student's responsibility to become familiar with the content of this policy. The policy is available in each school administration office, registration, and on the college website in the policy section. <http://www.camosun.bc.ca/policies/policies.html>

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