



Selkirk College

Mental Health & Addictions

If you are already studying or working in the human service or health care fields, you can earn an associate certificate in Mental Health and Addictions to take your career to a new level. Focused on the specific needs of clients coping with mental health and substance use challenges, you'll be versed for a variety of workplace settings and challenges.

This certificate is designed for those who wish to focus their practice in the area of Mental Health and Addictions and may be of interest to:

- Human Service students
- Human Service workers
- Degree holders looking for work-related skills and/or credentials
- Nurses wishing to practice in the area of Mental Health and Addictions

PROGRAM

In this program, you will complete two online courses that examine current research about the causes and treatment of mental health and substance use challenges for marginalized populations as well as participate in a two day experiential workshop focused on motivational interviewing skills.

ADD184: INTRODUCTION TO ADDICTION (3 credits)

Fall: online, winter: in-class

This introductory course studies substance and behavioural addictions, current research in the biological, psychological, social and spiritual causes of addiction, and models for understanding dependence, recovery and relapse.

HSER257: MENTAL HEALTH ISSUES: PRACTICAL RESPONSES (3 credits)

Winter: online

This course provides instruction in a variety of rehabilitative and treatment modalities used in work with marginalized populations. Attitudes toward mental health and substance use problems and how they impact helper effectiveness are explored in a supportive milieu.

MOTIVATIONAL INTERVIEWING WORKSHOP: BRIEF INTERVENTIONS AND SUPPORT STRATEGIES

Spring TBA: lecture and practice format in two 6-hour modules over 2 days.

This lecture and experiential workshop is designed to provide practitioners and students with basic Motivational Interviewing (MI) skills in order to enhance the effectiveness of their work with mental health, addiction and concurrent populations in a variety of settings. Students have the option to complete an accredited Motivational Interviewing Workshop in their own community.

TRANSFER CREDIT

You can receive transfer credit for the theory courses from the University of Victoria and Thompson Rivers University.

ADMISSION REQUIREMENTS

One of the following criteria must be met in order to be considered for the Mental Health & Addictions Associate Certificate.

Diploma in Human Services or a related field including:

- Evidence of graduation (diploma or transcripts)
- Two letters of reference if your transcripts are not from Selkirk College
- Copy of resume that summarizes training and work experience

Certificate in Human Services or a related field including:

- Two years of subsequent work in the Human Service field
- Two letters of reference
- Computer literacy
- Copy of resume that summarizes training and work experience

Individuals with no post-secondary or related field of education are expected to have:

- Five years of experience working in the field
- Two letters of reference, (one or more must present proof of five years work in the field)
- Completion of an Language
- Copy of resume that summarizes training and work experience

AT A GLANCE

LENGTH OF STUDY:

3 Terms

ACCREDITATION:

Associate Certificate

CAMPUS:

Castlegar

