

## Justice Institute of British Columbia COURSE OUTLINE

**Course Code:** AD216

**Course Title:** Integrating Treatment for Substance Use, Mental Health Problems and Trauma in Women

**Prerequisite Courses:**

**Sponsoring Division:** Community and Social Justice Division, Centre for Counselling and Community Safety

**Previous Course Code & Title:**

**Course Effective Date:**

<b># of Credits:</b>	<b>0.5</b>
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### **Course Description:**

This course provides an overview of current knowledge about the links between the experience of violence and trauma, mental health problems, and substance use problems in women. It offers principles and promising practices arising from programming designed for women facing these connected concerns. The course introduces a range of research and program evaluation findings and program resources that will support further study and application of relevant strategies. It will also link efforts to make services “trauma-informed” to key treatment approaches and concepts raised in other courses.

### **Course Goal(s):**

At the end of this one day, 7 hour course, participants will leave with an overview of current research and practice that addresses the interconnections between women’s substance use, experience of trauma/violence and mental health concerns. Participants will have had the opportunity to consider how integrated, empowering counselling practices and service policies might be applied in the context of their work.

### **Course Learning Objectives:**

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

1. Describe the multiple & complex links between trauma, mental health concerns & addiction for women
2. Describe the integrated models for treating women with substance use problems and trauma histories, symptoms or posttraumatic stress disorder arising from the Women and Co-Occurring Disorders and Violence Study, as well as the adaptations of these models currently being used in BC
3. Articulate principles and best practices for working with women that draw from trauma informed, harm reduction-oriented, and recovery-oriented stances.
4. Identify where to find more information and support for implementing these models/practices in the context of the learners’ work settings.
5. Discuss strategies that community, provincial and national governments and organizations are/might employ to address to support this work.

**Course Topics/Content:**

- The links
- What works in counselling on substance use
- Trauma-informed and substance-informed brief intervention
- Trauma-specific supports
- System level work

**Text and Resource Materials:** Use APA style; specify chapters where applicable. ([APA Style Guidelines](#))

**Required:**

1. Finkelstein, N., VandeMark, N., Fallot, R., Brown, V., Cadiz, S., & Heckman, J. (2004). *Enhancing Substance Abuse Recovery Through Integrated Trauma Treatment*. Sarasota: National Trauma Consortium.
2. Harris, M., & The Community Connections Trauma Work Group. (1998). *Trauma Recovery and Empowerment: A Clinician's Guide for Working with Women in Groups*. New York: The Free Press
3. Haskell, L. (2003). *First Stage Trauma Treatment: A guide for mental health professionals working with women*. Toronto, ON: Centre for Addiction and Mental Health.
4. Najavits, L. M. (2002). *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse*. New York, NY: Guilford Press.

**Recommended:**

1. Bland, P., J. (October 2001). *Screening Chemically Dependent Battered Women In NOT Out of Our Programs*. The A Files Washington State Coalition Against Domestic Violence Newsletter, 3(3), 127-138.
2. Covington, S. (1999). *Helping Women Recover: A Program for Treating Addiction*. San Francisco, CA: Jossey-Bass.
3. Miller, D., & Guidry, L. (2001). *Addictions and Trauma Recovery: Healing the Body, Mind and Spirit*. New York, NY: W.W. Norton.
4. Harris, M., & Fallot, R., D. (2001). *Using Trauma Theory to Design Service Systems*. San Francisco, CA: Jossey Bass.
5. Humphreys, C., Regan, L., River, D., & Thiara, R. K. (2005). *Domestic Violence and Substance Use: Tackling Complexity*. *British Journal of Social Work*, 35(8), 1303-1320.
6. The Stella Project. (2005). *Domestic Violence, Drugs and Alcohol Toolkit*. London, UK: Greater London Domestic Violence Project (GLDVP) and Greater London Alcohol and Drug Alliance (GLADA).

**Course Level:**

<b>X</b>	First Year		Second Year		Third Year		Fourth Year
Other (describe):							

**Equivalent Course(s) within the JIBC:**

**Class Delivery Methods:**

Some courses are delivered using a range of methods within one class (course section) or alternative methods in different classes. Please outline the most common delivery options used for this course. The total class hours should be the same for each option.

Delivery Methods	Class Option A (Hours)	Class Option B (Hours)	Class Option C (Hours)	Class Option D (Hours)
Classroom/Lecture/Discussion	7.0			
Simulation/Lab	N/A			
Practicum/Fieldwork	N/A			
Online	N/A			
Correspondence	N/A			
<b>Total Class Hours</b>	7.0			

**Comments on Delivery Methods:**

**Related Program(s):** (where applicable)

**Credit Transfer exists at:** (List Institutions with official transfer agreements and name equivalent courses)

**Course Grading System:**

Check the system that applies to this course:

<input type="checkbox"/>	Letter Grades	<input type="checkbox"/>	Percentage	<input checked="" type="checkbox"/>	Pass/Fail	<input type="checkbox"/>	Credit/No Credit
<input type="checkbox"/>	Complete/Incomplete	<input type="checkbox"/>	Attendance Only	<input type="checkbox"/>	Not Applicable		

<b>Passing Grade:</b>	Pass
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*JIBC Standard Grading Scale for Letter, Grade Point and % Grades:*

Letter Grade	Grade Points	% Range
A+	4.33	90-100
A	4.00	85-89
A-	3.67	80-84
B+	3.33	76-79
B	3.00	72-75
B-	2.67	68-71

Letter Grade	Grade Points	% Range
C+	2.33	64-67
C	2.00	60-63
C-	1.67	56-59
D	1.00	50-55
F	0.00	0-49

**Evaluation Activities and Weighing:** (complete the %'s which apply – total must equal 100%)

Final Exam	%	Assignments	%	Project	%	Capstone Project	%
Midterm Exam	%	Portfolio	%	Participation	%	Other	%
Quizzes/Test	%	Simulations	%	Practicum	%	TOTAL	100%

**Comments on Evaluation:**

100% attendance in all classes.

Active contribution to small and large group discussions and activities.

**Other Course Guidelines, Procedures and Comments:**

**View the Justice Institute of BC Policies listed below at:**

<http://www.jibc.bc.ca/studentServices/main/AcademicServices/policies.htm>

Access Policy  
Harassment Policy  
Prior Learning Assessment Policy  
Student Code of Conduct

Academic Appeals Policy  
Intellectual Property Rights Policy  
Research on Human Subjects: Ethics  
Student Records