



# Program Planning Guide

## Addiction and Recovery Studies Certificate (C4538E)

**Program Length:** 2 semesters

**Program Sites:** Lee Main Campus, Day; Distance Education

**Career Pathway Options:** Associate in Applied Science in Human Services Technology: Addiction and Recovery Studies; Addiction and Recovery Studies Certificate

The Human Services Technology/Addiction and Recovery certificate prepares students to assist in drug and alcohol counseling, prevention-oriented educational activities, rehabilitation with recovering clients, managing community-based programs, and counseling in residential facilities. Coursework includes classroom and experiential activities oriented toward an overview of chemical dependency, psychological/sociological process, the twelve Core Functions, intervention techniques with individuals in groups, and follow-up activities with recovering clients. Certificate earners can then apply to the NC Addictions Board for their CADC.

The practice of a Certified Alcohol and Drug Counselor (CADC) consists of Twelve Core Functions, including screening, intake, orientation, assessment, treatment planning, counseling, case management, crisis intervention, client education, report, and record-keeping, consultation with other professionals in regard to client treatment and services, and referral to treat an addictive disorder or disease and help prevent relapse.

Who May Apply? The Certificate program is designed for those individuals already working in the Social Services field. Interested persons must contact the Director of the Human Services Technology department to request acceptance into this program and verify their work history.

Suggested Course Schedule		Class	Lab	Work	Credits	Notes:
<b>1st Semester (fall)</b>						
SAB 125	SA Care Management	2	2	0	3	
SAB 140	Pharmacology	3	0	0	3	
SAB 210	Addiction & Recovery Counseling	2	2	0	3	
	<b>Total Semester Hours</b>	<b>8</b>	<b>4</b>	<b>0</b>	<b>9</b>	
<b>2nd Semester (spring)</b>						
SAB 120	Intake and Assessment	3	0	0	3	
SAB 135	Addictive Process	3	0	0	3	
SAB 240	SAB Issues in Client Services	3	0	0	3	
	<b>Total Semester Hours</b>	<b>9</b>	<b>0</b>	<b>0</b>	<b>9</b>	
<b>Total Semester Hours Required for Graduation: 18</b>						

Students should contact the North Carolina Addictions Specialists Practice Board for a complete list of certification requirements. Visit <https://www.ncsappb.org/> to learn more.



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## Course Descriptions

### **SAB 120 Intake and Assessment**

This course develops processes for establishment of client rapport, elicitation of client information on which therapeutic activities are based, and stimulation of client introspection. Topics include diagnostic criteria, functions of counseling, nonverbal behavior, collaterals and significant others, dual diagnosis, client strengths and weakness, uncooperative clients, and crisis interventions. Upon completion, students should be able to establish communication with clients, recognize disorders, obtain information for counseling, and terminate the counseling process.

### **SAB 125 SA Case Management**

This course provides case management activities, including record keeping, recovery issues, community resources, and continuum of care. Emphasis is placed on establishing a systematic approach to monitor the treatment plan and maintain quality of life. Upon completion, students should be able to assist clients in the continuum of care as an ongoing recovery process and develop agency networking.

### **SAB 135 Addictive Process**

This course explores the physical, emotional, psychological, and cultural aspects of the addictive process. Emphasis is placed on addictions to food, sex, alcohol, drugs, work, gambling, and relationships. Upon completion, students should be able to identify the effects, prevention strategies, and treatment methods associated with addictive disorders.

### **SAB 140 Pharmacology**

This course covers the pharmacology of psychoactive drugs and abused chemicals and treatment options. Emphasis is placed on the use of psychoactive drugs and related psychological and social complexities, including models for prevention and treatment. Upon completion, students should be able to understand and identify theories of addiction, major classes of drugs, treatment alternatives, and social repercussions.

### **SAB 210 Sub Abuse Counseling**

This course provides theory and skills acquisition by utilizing intervention strategies designed to obtain therapeutic information, support recovery, and prevent relapse. Topics include counseling individuals and dysfunctional families, screening instruments, counseling techniques and approaches, recovery and relapse, and special populations. Upon completion, students should be able to discuss issues critical to recovery, identify intervention models, and initiate a procedure culminating in cognitive/behavioral change.

### **SAB 240 SAB Issues in Client Services**

This course introduces systems of professional standards, values, and issues in substance abuse counseling. Topics include confidentiality, assessment of personal values, professional responsibilities, competencies, and ethics relative to multicultural counseling and research. Upon completion, students should be able to understand and discuss multiple ethical issues applicable to counseling and apply various decision-making models to current issues.