

Addiction Studies

**ADDICTION STUDIES – ADS**

Diablo Valley College is approved by the California Board of Registered Nurses for continuing education credits. All ADS courses can be used. (Provider # CEP 7992).

Tish Young, Dean  
 Biological and Health Sciences Division  
 Physical Sciences Building, Room 263

**Possible career opportunities**

Addiction studies students develop an in-depth understanding of the addiction process and how to motivate someone towards positive change. The addiction counseling certificate prepares students for a career as a substance abuse counselor, community services worker, or an addiction/prevention/intervention educator.

**Program-level student learning outcomes**

Program learning outcomes are subject to change. The most current list of program learning outcomes for each program is published on the DVC website at [www.dvc.edu/slo](http://www.dvc.edu/slo).

**Associate in science degree**

Addiction counseling

**Students completing the program will be able to...**

- A. compare and contrast the efficacy of various assessment tools, motivational strategies, and substance abuse treatment approaches.
- B. describe the importance of cultural competence and how it relates to becoming an effective addiction counselor.
- C. demonstrate basic listening skills.
- D. discuss the legal and ethical issues that workers may encounter in the addiction treatment field.
- E. explain how addiction affects family systems.
- F. compare and contrast various assessment tools, treatment plans and charting protocols.
- G. understand legal and ethical concerns for workers in the addiction field.

**Certificate of achievement**

Addiction counseling

**Students completing the program will be able to...**

- A. compare and contrast the efficacy of various assessment tools, motivational strategies, and substance abuse treatment approaches.
- B. describe the importance of cultural competence and how it relates to becoming an effective addiction counselor.
- C. demonstrate basic listening skills.
- D. discuss the legal and ethical issues that workers may encounter in the addiction treatment field.
- E. explain how addiction affects family systems.

**Associate in science degree**

Addiction studies

**Certificate of achievement**

Addiction studies

**Students completing the program will be able to...**

- A. compare and contrast the prevalence, impact, and cost of substance use, abuse, and dependence to the individual and society.
- B. identify the general terminology related to addiction and recovery.
- C. analyze common family patterns of behavior and the influence addiction has within the family system.
- D. describe ways addiction affects family systems.

**Associate in science degree -  
 Addiction counseling**

The associate degree program in addiction counseling provides students with the academic preparation needed for employment in the addiction counseling field. Earning this degree may also facilitate the student's transfer to a four-year college or university. Students who wish to transfer must consult with program faculty and college counselors to ensure that the requirements for transfer to appropriate institutions are met. To earn an associate in science degree, students must complete each course used to meet a major requirement with a "C" grade or higher. Certain courses may satisfy both major and general education requirements; however, the units are only counted once.

Upon completing this degree, a student may apply for any of the state recognized professional credentials offered by the following organizations: California Association of Alcoholism and Drug Abuse Counselors (CAADAC), California Association of Alcohol and Drug Educators (CAADE), and the California Association of Addiction Recovery Resources (CAARR). Each of these credentials has additional testing and/or field practicum hours required, but all of the educational coursework is completed when you finish the addiction counseling program at DVC.

<i>major requirements:</i>	<i>units</i>
ADS-102 Introduction to Motivational Interviewing Skills .....	3
ADS-151* Ethical and Legal Concerns for ADS Counselors .....	1.5
ADS-152 Relapse Prevention .....	3
ADS-154 Dual Disorders.....	3
ADS-155 Diverse Communities and Social Services .....	3
ADS-168* Group Process and Leadership.....	3
ADS-170 Introduction to Codependency and Family Issues .....	3
ADS-171* ADS Field Work I .....	5.5
ADS-172* ADS Field Work II .....	5.5
HSCI-127 Drugs, Health and Society .....	3
<b>total minimum required units</b>	<b>33.5</b>

*\*The above courses have specific prerequisites. See course descriptions for details.*

Addiction studies

**Associate in science degree -  
Addiction studies**

The associate degree program in addiction studies provides students with a broad general education while integrating an in-depth exploration of the skills and knowledge to work with people who have addiction problems. This degree will contribute significantly to those who want to work in occupational fields such as social services, criminal justice, youth services, education, clergy, nursing, and human resources. Earning this degree may also facilitate the student’s transfer to a four-year college or university. Students who wish to transfer must consult with program faculty and college counselors to ensure that the requirements for transfer to appropriate institutions are met. Certain courses may satisfy both major and general education requirements; however, the units are only counted once. To earn an associate in science degree, students must complete each course used to meet a major requirement with a “C” grade or higher.

<i>major requirements:</i>		<i>units</i>
ADS-102	Introduction to Motivational Interviewing Skills .....	3
ADS-152	Relapse Prevention .....	3
ADS-154	Dual Disorders.....	3
ADS-155	Diverse Communities and Social Services .....	3
ADS-170	Introduction to Codependency and Family Issues .....	3
HSCI-127	Drugs, Health and Society .....	3
<b>total minimum required units</b>		<b>18</b>

**Certificate of achievement - Addiction counseling**

The addiction counseling certificate provides students with the academic preparation needed for employment in the addiction counseling field. Upon completing this certificate, a student may apply for any of the state recognized professional credentials offered by the following organizations: California Association of Alcoholism and Drug Abuse Counselors (CAADAC), California Association of Alcohol and Drug Educators (CAADE), and the California Association of Addiction Recovery Resources (CAARR). Each of these certificates has additional testing and/or field practicum hours required, but all of the educational coursework is completed when you finish the addiction counseling certificate at DVC.

To earn a certificate of achievement, students must complete each course used to meet a certificate requirement with a “C” grade or higher. Required courses are primarily available in the evening and late afternoon. Although students may start during any term and progress at their own pace, completion of the certificate will take approximately four terms.

<i>required courses:</i>		<i>units</i>
ADS-102	Introduction to Motivational Interviewing Skills .....	3
ADS-151*	Ethical and Legal Concerns for ADS Counselors .....	1.5
ADS-152	Relapse Prevention .....	3
ADS-154	Dual Disorders.....	3
ADS-155	Diverse Communities and Social Services .....	3
ADS-168*	Group Process and Leadership.....	3
ADS-170	Introduction to Codependency and Family Issues .....	3
ADS-171*	ADS Field Work I .....	5.5
ADS-172*	ADS Field Work II .....	5.5
HSCI-127	Drugs, Health and Society .....	3
<b>total minimum required units</b>		<b>33.5</b>

*\*The above courses have specific prerequisites. See course description for details.*

**Certificate of achievement -  
Addiction studies**

The addiction studies certificate is for students who want a specialized focus in addiction, treatment and recovery but are not preparing to become an addiction counselor. This certificate may be useful for teachers, human services personnel, or community service personnel who want to have a deeper understanding of the addiction process.

Important note: Once this certificate is completed, if you choose to continue in the addiction studies program, you may apply these units towards the more in-depth addiction counseling certificate. When a student has enough units to earn either certificate, they need to fill out an “application for a certificate” form during the term in which they will complete the units. This form must be picked up and turned in to the Admissions and Records Office. If the form is not filled out, a student will not receive the certificate from the college even if they have completed all the units.

To earn a certificate of achievement, students must complete each course used to meet a certificate requirement with a “C” grade or higher. Required courses are primarily available in the evening and late afternoon. Although students may start during any term and progress at their own pace, completion of the certificate requirements will take a minimum of two terms.

<i>required courses:</i>		<i>units</i>
ADS-102	Introduction to Motivational Interviewing Skills .....	3
ADS-152	Relapse Prevention .....	3
ADS-154	Dual Disorders.....	3
ADS-155	Diverse Communities and Social Services .....	3
ADS-170	Introduction to Codependency and Family Issues .....	3
HSCI-127	Drugs, Health and Society .....	3
<b>total minimum required units .....</b>		<b>18</b>

**Addiction studies****ADS-102 Introduction to Motivational Interviewing Skills**

3 units SC

- 54 hours lecture per term
- Recommended: Eligibility for ENGL-122 or equivalent

This course provides an overview of motivational interviewing and the stages of change. Essential communication and charting skills needed for working in the substance abuse and chemical dependency field will be explored. CSU

**ADS-150 Topics in Addiction Studies**

.3-4 units SC

- Variable hours

A supplemental course in addiction studies to provide a study of current concepts and problems in addiction studies and related subdivisions. Specific topics will be announced in the schedule of classes. CSU

**ADS-151 Ethical and Legal Concerns for ADS Counselors**

1.5 units SC

- 27 hours lecture per term
- Prerequisite: ADS-102 (may be taken concurrently) and HSCI-127 or equivalents
- Recommended: Eligibility for ENGL-122 or equivalent

This course is designed to familiarize students with the legal and ethical issues related to addiction counseling in the state of California. Reporting laws, requirements related to maintaining client confidentiality and boundaries, and recognizing the differing levels of legal and ethical obligations for licensed mental health practitioners and certified addiction counselors versus other voluntary recovery support providers will also be examined. CSU

**ADS-152 Relapse Prevention**

3 units SC

- 54 hours lecture per term

This course examines the research that describes the progressive and predictable warning signs of relapse in addicts and alcoholics. Students will study and practice the skills and techniques used to develop a relapse prevention program. CSU

**ADS-154 Dual Disorders**

3 units SC

- 54 hours lecture per term

This course addresses the common preexistent or concurrent psychiatric disorders that may surface in the area of substance abuse. The relationships between mental health and substance abuse facilities will be examined. CSU

**ADS-155 Diverse Communities and Social Services**

3 units SC

- 54 hours lecture per term
- Recommended: Eligibility for ENGL-122 or equivalent

This course investigates the impact of health status, lifestyle/behavior patterns and personal and cultural beliefs on individual and group access to social services. Groups studied will include Asian Americans, African Americans, Hispanic/Latino Americans, Native Americans, and Pacific Rim cultures, among others. The course will examine in detail effective strategies for cross- and inter-cultural work in social services, with particular emphasis on addiction prevention, intervention, and treatment services. CSU

**ADS-168 Group Process and Leadership**

3 units SC

- 54 hours lecture per term
- Prerequisite: ADS-102 and HSCI-127 or equivalents
- Recommended: ADS-151 and 170 or equivalents

This course explores the theory and practice of group process, group dynamics, and group facilitation. Students will study various types of groups and the stages of group cohesion. They will have the opportunity to develop basic observation and communication skills needed for facilitating support groups for people with histories of substance abuse, codependence, and other addictive behaviors. Administrative tasks related to group leadership responsibilities will also be examined. CSU

**ADS-170 Introduction to Codependency and Family Issues**

3 units SC

- 54 hours lecture per term
- Recommended: HSCI-127 and eligibility for ENGL-122 or equivalents

This course examines the biological, psychological, and sociological aspects of family systems and the influence of addiction on the family. Close examination of family system variables, such as family structure, communication, and emotional bonding with a focus on how addiction impacts functional and dysfunctional patterns of behavior are included. The role of family members in addiction treatment will also be explored. CSU

**Addiction studies**

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**ADS-171 ADS-Field Work I**

5.5 units SC

- 54 hours lecture/135 hours laboratory per term
- Prerequisite: ADS-102, HSCI-127 and eligibility for ENGL-122 or equivalents
- Note: It is highly recommended that a student have at least 10 units completed in the addiction studies program before entering the Field Work class.

In this course students will have the opportunity to work in community clinical settings that serve clients with substance abuse problems. They will gain first-hand experience and develop clinical competency by observing and assisting in assessment, treatment planning, group facilitation, record-keeping, and general agency procedures. The course will consist of seminar and clinical experiences. Students will have supervision on-site, and then debrief their experiences with fellow students, sharing what they learned as well as the challenges of providing substance abuse services in a community clinic setting. Additionally, students will explore possible locations for employment and interviewing skills. They will also develop skills in treatment planning and understanding all the necessary requirements for state and other professional certification. CSU

**ADS-172 ADS-Field Work II**

5.5 units SC

- 54 hours lecture/135 hours laboratory per term
- Prerequisite: ADS-171 or equivalent
- Co-requisite: ADS-151 or equivalent (may be taken previously)

In this course students will have the opportunity to enhance their work in community clinical settings that serve clients with substance abuse problems. They will gain first-hand experience and develop clinical competency by facilitating groups, developing case-management skills, and examining the clinical procedures related to addiction treatment in community settings. The course will consist of seminar and clinical experiences. Students will have supervision on-site, and then debrief their experiences in class, sharing both what they learned and the challenges they faced. Students will also prepare for state certification and employment. CSU

**ADS-299 Student Instructional Assistant**

.5-3 units SC

- Variable hours
- Note: Applications must be approved through the Instruction Office. Students must be supervised by a DVC instructor.

Students work as instructional assistants, lab assistants and research assistants in this department. The instructional assistants function as group discussion leaders, meet and assist students with problems and projects, or help instructors by setting up laboratory or demonstration apparatus. Students may not assist in course sections in which they are currently enrolled. CSU