

College of Social Work  
Professional and Community Education (PACE)

**Alcohol and Drug Abuse Treatment Training Program**  
**UNDERGRADUATE CERTIFICATE PROPOSAL – Updated 1/25/06**

The College of Social Work is requesting that the Alcohol and Drug Abuse Treatment Training Program be granted status as an official University Undergraduate Certificate Program.

The current program was established in 1982 in cooperation with the Utah Division of Substance Abuse, and the University's Division of Continuing Education within the College of Social Work. The program has a long history of academic rigor and excellence. All classes are held in the evenings, beginning at 5:00 p.m. Initially designed to train individuals from the community to meet the educational and practicum requirements for licensure as a Substance Abuse Counselor, in the last several years the program has experienced a significant increase in the number of matriculated University of Utah student enrollments. These students view completion of this program as increasing their knowledge/skill base, and enhancing their employment prospects.

**Need:** Studies conducted through the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA), document the prevalence, impact and costs of substance abuse in the U.S. Data collected since 2001 indicate almost 20 million Americans are regular users of illicit drugs. Six million more abuse prescription drugs. Sixteen million abuse alcohol and this number has been increasing since 2000. It is estimated that 17.1 % of unemployed adults aged 18 or older are current illicit drug users, compared to 6.9 % of those employed full time and 9.1 % of those employed part time (SAMHSA, 9/4/02). Employed substance abusers cost their employers approximately twice as much in medical and worker compensation claims as non-using workers (SAMHSA, 9/24/94).

Substance abuse cuts across all segments of the population and impacts individuals/families and employees/employers. Many fields of study include cursory and introductory information on substance abuse, but do not provide in-depth training. Since issues of substance abuse frequently arise in any problem-solving arena, this type of intensive training is essential to understanding treatment options and legal implications. Substance abuse can fall under the American Disabilities Act and requires very specific additional levels of confidentiality to be maintained.

The Alcohol and Drug Abuse Treatment Training Program enables students to enhance their education and prospects for employment upon graduation. Completion of the College of Social Work Alcohol and Drug Abuse Treatment Training Program fulfills the educational and practicum requirements for licensure as an entry-level substance abuse counselor in the state of Utah; hence, completion of this program can lead directly to employment in the field. Fields of study where students would benefit from obtaining a Substance Abuse Treatment Certificate include, but are not limited to, the “helping fields” of social work, psychology, educational psychology, sociology, family and

consumer studies, health, and recreational therapy. In addition, since substance abuse has such a significant impact on employment and productivity, students majoring in business and human resource management would clearly benefit from increased knowledge in this area.

**Educational Objectives:** The mission of the Alcohol and Drug Abuse Treatment Training Program is to enhance the quality of substance abuse treatment and care delivery in the state of Utah, by providing basic through advanced training in drug and alcohol treatment. This University-based program is open to practitioners working in settings in which substance abuse problems are prevalent, to those persons interested in pursuing a career in substance abuse counseling, or those who wish to enhance their professional careers with additional knowledge/skills in this area.

Since 1982, the Alcohol and Drug Abuse Treatment Training Program has provided an opportunity for students to learn directly from the knowledge and experience of professionals and specialists in the substance abuse and chemical dependency field. Through the application of college-level didactic instruction and experiential techniques, instructors present a broad range of subjects including: the addiction process and its mental health connections, pharmacology, core counselor functions, strategies for addressing addiction, professional development, and in-field training. Students must successfully complete the 23-credit hour program, which includes 300 hours of field training, in order to receive a certificate that attests to the completion of the program curriculum. Additional requirements must be met to become a Licensed Substance Abuse Counselor (LSAC).

**Impact on Existing Programs:** All the courses for this certificate proposal already exist. The Alcohol and Drug Abuse Treatment Training Program has been operating for over twenty years and has a reputation of excellence and integrity. The enrollment has ranged from 30 to 40 undergraduate students and 10-20 graduate students per year. Undergraduate and graduate sections of each class are taught separately, and course content and rigor reflect the requirements for each level. Currently, this program confers a certificate of completion that students can present to the state Division of Occupational and Professional Licensing certifying they have met the academic and practicum requirements for licensure, but is not noted on an individual's transcript as a certificate.

The Alcohol and Drug Abuse Treatment Training Program's impact on related degree programs is one of educational and employment enhancement. This program does not confer a degree of any kind, but rather, enhances and/or supplements students' educational goals by giving them information and practical experiences (through field training), which will better enable them to interact positively and effectively with people who have substance abuse problems. No profession or area of employment is exempt from the dilemma of substance abuse by its employees. Having individuals who are prepared to recognize and understand treatment options and legal implications will be beneficial in maintaining a healthy and productive workforce.

Meetings have been held with the Dean of the College of Social and Behavioral Science and the administrators of the Utah Addiction Center. Both departments are supportive of

this Certificate application and do not view this as a conflict with, or duplication of, any programming in their areas. Their letters of support are attached. Additionally, the College of Social Work has been involved in a year long process with Utah Valley State College and Southern Utah University, in their inter-university articulation process to develop an online distance education alcohol and drug program targeting students in Central and Southern Utah. The U of U College of Social Work will continue to collaborate in these efforts. The UVSC/SUU program will be offered as a minor in alcohol and drug through their Colleges of Behavioral Science.

**Courses: (To Be Taken in Sequence – all classes offered Tuesday or Thursday 5:00-9:00 p.m.)**

**Fall Semester**

**Social Work 5703 – Neurochemistry/Pharmacology (2 cr.)**

Students will learn basic neurochemistry of the processes of addiction. This will be followed by an overview of pharmacology of psychoactive drugs. A review of classes of psychotropic medications and pain medications will be provided.

**Social Work 5704 – Dynamics of Addiction (2 cr.)**

This course will provide students an opportunity to look at the dynamics of substance abuse as they impact on and are impacted by, intrapsychic development, family relationships, treatment and prevention programs, and federal policy makers across the lifespan.

**Social Work 5705 – Applied Skills and Professional Ethics (2 cr.)**

This hands-on, experiential course gives students basic knowledge and an overview of the addictions field, placing a strong emphasis on the critical standards that guide practice.

**Social Work 708 – Alcohol and Drug Abuse Addiction Severity Index (N/C)**

This two-Saturday workshop is designed to train students in the use of the nationally recognized and state mandated assessment tool for addictions. The Addiction Severity Index is administered in all state-funded substance abuse treatment programs. Students are also introduced to the ASAM level of care placement criteria, linking placement decisions to ASI data and eventual treatment planning.

**Social Work 5711 – Functions and Recovery III (2 cr.) and Social Work 5710 – Field Training III (3 cr.)** Note: These courses are only for students unable to complete the required 300 practicum hours within the three semester program. They are listed here because they are only offered during fall semester.

**Spring Semester**

**Social Work 5701 – Individual Counseling (2 cr.)**

Students will be introduced to individual counseling strategies such as counseling and interviewing methods, values and ethics, effective intervention techniques, developing psychosocial substance abuse

assessments, and the overall process and strategy of individual counseling. Exercises will demonstrate skills, with case examples will be included.

**Social Work 5707 – Group Approaches (2 cr.)**

Students will be introduced to basic group counseling strategies and provided with

the knowledge and skills to effectively lead a group counseling session for substance abusers including instruction in the efficacy of group counseling, facilitation skills, the therapeutic process, and outcome research on group processes.

**Social Work 5712 – Functions and Recovery I (2 cr.)**

This course provides students with the key concepts and proficiency skills necessary to serve as substance abuse counselors in their practicum placements, and in the field upon graduation. These include the twelve core functions of substance abuse counseling, and a thorough understanding of prevention strategies. This course must be taken in conjunction with SW 5709 Field Training I.

**Social Work 5709 – Field Training I (3 cr.)**

This course is designed to provide supervised field experience with alcohol/drug cases in a community substance abuse services agency. Students will be required to apply the key concepts of this course series and will demonstrate an understanding and proficient level of skill in the twelve core functions of substance abuse counseling. *Students are required to complete 100 hours of their 300 hour practicum requirement during this semester.*

**Social Work 708 – Self Awareness Lab (N/C)**

This two-Saturday workshop is designed to enhance self-awareness, as well as group dynamics and process skills. This experiential workshop is an adjunct to understanding theoretical principles of treatment learned in the core curriculum.

**Summer Semester**

**Social Work 5702 – Professional Development (3 cr.)**

This course is designed to help students begin the career-long task of ongoing professional development. Students will work to build their level of skill in areas such as professional communication, network building, multidisciplinary team membership, documentation/writing, and research. Students will be given the opportunity to practice solution-oriented approaches to working as professionals in the field of substance abuse counseling, with an ongoing emphasis on ethical decision making.

Understanding personal biases, appropriate use of self disclosure, maintaining professional boundaries, and self-care will be emphasized. This course is essential in the formation of the “professional” self, i.e. making the transition from sponsor to the helping professional.

**Social Work 5713 – Functions and Recovery II (2 cr.)**

This course provides students with the key concepts and proficiency skills necessary to serve as substance abuse counselors in their practicum placements and in the field upon graduation. These include the twelve core functions of substance abuse counseling, and a thorough understanding of prevention strategies. This course must be taken in conjunction with SW 5706 Field Training II.

**Social Work 5706 – Field Training II (3 cr.)**

This course is designed to provide supervised field experience with alcohol/drug cases in a community substance abuse service agency. Students will be required to apply the key concepts of this course series and will demonstrate an understanding and proficient level of skill in the twelve core functions of substance abuse counseling. *Students are required to complete the remaining 200 hours of their practicum requirement during this semester.*

***Student Eligibility and Admission Criteria:***

- 1) Applicants must have 1) an undergraduate GPA of at least 3.0 (exceptions may be granted based on individual circumstances), 2) strong application materials, which include transcripts, a personal essay, and professional and/or academic letters of recommendation, and, 3) recommendation of the program admission committee of the Professional and Community Education Program, within the College of Social Work. An applicant may be a matriculated undergraduate student or a non-matriculated student at the University of Utah.
- 2) Students must receive a grade of “C-“ or better in all classes, in order to continue, or remain, in the program. As courses are sequential, student’s who do not pass a class with a grade of “C-“ or better, are not allowed to return to the program, until they can repeat the failed course a year later. Readmission is not necessary, but a letter of readiness and intent to return to the program is. Students must complete the entire program within two years. After two years, the student must fully and formally reapply for program re-admission.
- 3) Greater flexibility than that found in undergraduate degree admission requirements is built into the Alcohol and Drug Abuse Treatment Training

Program so the needs of the target student populations may be met, if appropriate to do so. Primarily, this includes allowing an individual working in the field, but not seeking a bachelor's degree, to be admitted into the program as a non-credit student. There is also an option for current, matriculated University of Utah students to take up to two courses within the program without seeking full admission to the program.

- 4) Successful completion of the Alcohol and Drug Abuse Treatment Training Program is not viewed as a guaranteed means of entry into the University of Utah or any degree program. Courses in the program are all offered at the upper division level and can be counted toward the upper division credit hour requirement for graduation.

**Assessment and Evaluation:** The Alcohol and Drug Abuse Treatment Training Program is

fully integrated into the College of Social Work's academic and administrative structures, which have been established and approved by the College Council (listed below under Advisory Levels).

**Program and Curriculum:** The initial curriculum was developed by faculty teaching in the program, representatives from the State Division of Substance Abuse, faculty and administrators in the College of Social Work, and representatives from the Utah Division of Professional and Occupational Licensing. The program is evaluated yearly, with faculty assessing current research in the substance abuse field, including newest recommended best practices, the needs of service provision agencies, and professional licensing requirements. From these assessments, recommendations may be made concerning curricular changes and program or admissions requirements. These recommendations are reviewed by the program's Advisory Committee, then forwarded to the College's Curriculum Committee for discussion and approval, and finally to the College Council, for approval.

**Faculty:** All faculty in the program hold adjunct appointments through the College of Social Work. Course evaluations are reviewed each semester by the Dean, the Associate Dean, and all the academic program directors. Yearly, the executive committee of the PACE Advisory Committee reviews program faculty, and makes recommendations concerning retention, which is forwarded to the Program Directors Committee for approval, and then to the Dean for final approval.

**Advisory Levels:**

**Program:** The faculty of the Alcohol and Drug Abuse Treatment Training Program serve as the program's Advisory Committee and meet each semester.

**Unit:** In addition, the College of Social Work's Professional and Community Education Program, where the Alcohol and Drug Abuse Treatment Training Program is administratively housed, has an advisory committee of three faculty, two professionals from the social work community, the associate director of the Utah Addiction Center, two staff, and the College's Dean (ex officio). The executive committee of the Program Advisory Committee consists of the program director and the tenured faculty members. It is the executive committee that conducts the annual faculty reviews and makes retention recommendations.

**Program Directors Committee:** Chaired by the College Dean, this committee consists of the Associate Deans, and full faculty who serve as directors of the BSW, MSW, and PhD programs. Other programs, directed by full time professor/lecturer individuals include Professional and Community Education, International Program, the Social Research Institute, and Development.

**Curriculum Committee:** Chaired by the MSW director, membership consists of all program directors, domain chairpersons, and field training directors.

**College Council:** Chaired by the College Dean, membership consists of all full time faculty of the College of Social Work and student representation from the BSW, MSW and PhD programs.

***Director:***

Farríña Coulam, MSW, LCSW, Professional and Community Education; Assistant Professor/Lecturer, College of Social Work.

***Program Administrative Coordinator:***

Irene M. Ota, MPA, Alcohol and Drug Abuse Treatment Training Program, Professional and Community Education; and, Diversity Coordinator, College of Social Work.

***Faculty:***

Tracy Anderson, MSW, LCSW – Therapist, Vista Treatment Centers

Douglas Bunker, PhD – Family Preservation Therapist, Salt Lake County Youth Services

Michael Dusoe, PhD, LCSW – Executive Director, A/D Psychotherapy & Clinical Consultants, Inc.

David Felt, MSW, LCSW, CAC – Therapist, Odyssey House of Utah

Glen Lambert, MSW, LCSW – Executive Director, Odyssey House of Utah

Eric Schmidt, MBA, LCSW – Assistant Director, Odyssey House of Utah

Joel Millard, DSW, LCSW – Executive Director, Project Reality  
Alice Parkinson, MS, APRN – Assistant Professor, College of Nursing, University of Utah

Utah  
Beverly Roesch, MSW, LSCW – Clinical Director, Cirque Lodge  
Christopher Stock, Pharm D – Clinical Pharmacist, Substance Abuse Programs, Veterans Affairs Regional Medical Center  
Sabine Weil, MS, LPC – Therapist, First Step House

***Student Advisement:***

The University of Utah College of Social Work, Professional and Community Education Program, coordinates the Alcohol and Drug Abuse Treatment Training Program. The program has a full time director who is an associate professor/lecturer within the College, and a .75 FTE administrative program coordinator specifically assigned to the program. This individual provides all administrative support for the program, functions as student advisor, and holds positions at both the College and University level on appropriate advisory committees. The program coordinator is available for evening hours to accommodate students the needs of students while they are on campus.

***Library Resources:***

The J. Willard Marriott Library has sufficient resources to support the program and student educational needs in the program. A simple search of library holdings for “alcohol and drug abuse” instantly yields 1,854 titles. Another for “alcohol and drug abuse treatment” yields 457 titles. Faculty in the program utilize the electronic reserve system each semester. A letter from the Marriott Library certifying sufficient library resources is attached.

***Budget:***

The program has a long history of stable funding. Salaries of program faculty and staff are funded by the College of Social Work and through SCH generated income. All other expenses, e.g. copy costs, supplies, orientation, graduation, certificates, etc., are covered by the \$30.00 application fee required from each applicant and funding generated by tuition (SCH's).

***Alternative Delivery Systems:***

The possibility of program delivery using distance education approaches has been considered and, in the Fall of 2000, was offered as a distance education program; however, even though great interest was shown by potential students in Southern Utah, only four students enrolled. This number was not sufficient to cover program costs and this method of delivery was placed on hold. The College of Social Work continues to be open to other viable distance education options. The

UVSC/SUU program will have Central and Southern Utah as their target population. It would be advantageous to have the U of U College of Social Work providing this program in a distance education format to Eastern and Northern Utah, and this will be considered in future planning.

## REFERENCES

SAMHSA (2002). Results from the 2001 National Household Survey on Drug Abuse: Volume I.

Summary of National Findings (Office of Applied Studies, NHSDA Series H-17 ed.) (DBD461, SMA 02-3758). Washington, DC: U.S. Government Printing Office, Chapter 2; September 4, 2002.

SAMHSA, National Institute on Drug Abuse (2002). NIDA InfoFacts: Workplace Trends.

Washington, DC: U.S. Government Printing Office, September 24, 2002.

SAMHSA (2002). Results from the 2001 National Household Survey on Drug Abuse: Volume I.

Summary of National Findings (Office of Applied Studies, NHSDA Series H-17 ed.) (DBD461, SMA 02-3758). Washington, DC: U.S. Government Printing Office, Chapter 3; September 4, 2002.