

Mental Health & Addictions (MHA) Certificate Program



Information Session*

* Note, completing this information session is a pre-requisite for entry into this program.
Upon completion, you will be asked to complete a short survey.





Territorial Acknowledgement

Camosun College is located in beautiful Victoria, British Columbia with campuses on the Traditional Territories of the Lekwungen and W̱SÁNEĆ peoples.

We acknowledge their welcome and graciousness to the students who seek knowledge here.

COVID-19

The health and well-being of students and staff remains the priority of Camosun College.

The college's COVID-19 Response Coordination Team is monitoring the situation and ensuring measures are in place to keep the college community safe.

We're ready for you. The college is planning for a mix in the delivery of courses following guidelines from the Provincial Health Officer, WorkSafe BC and the B.C. Government.

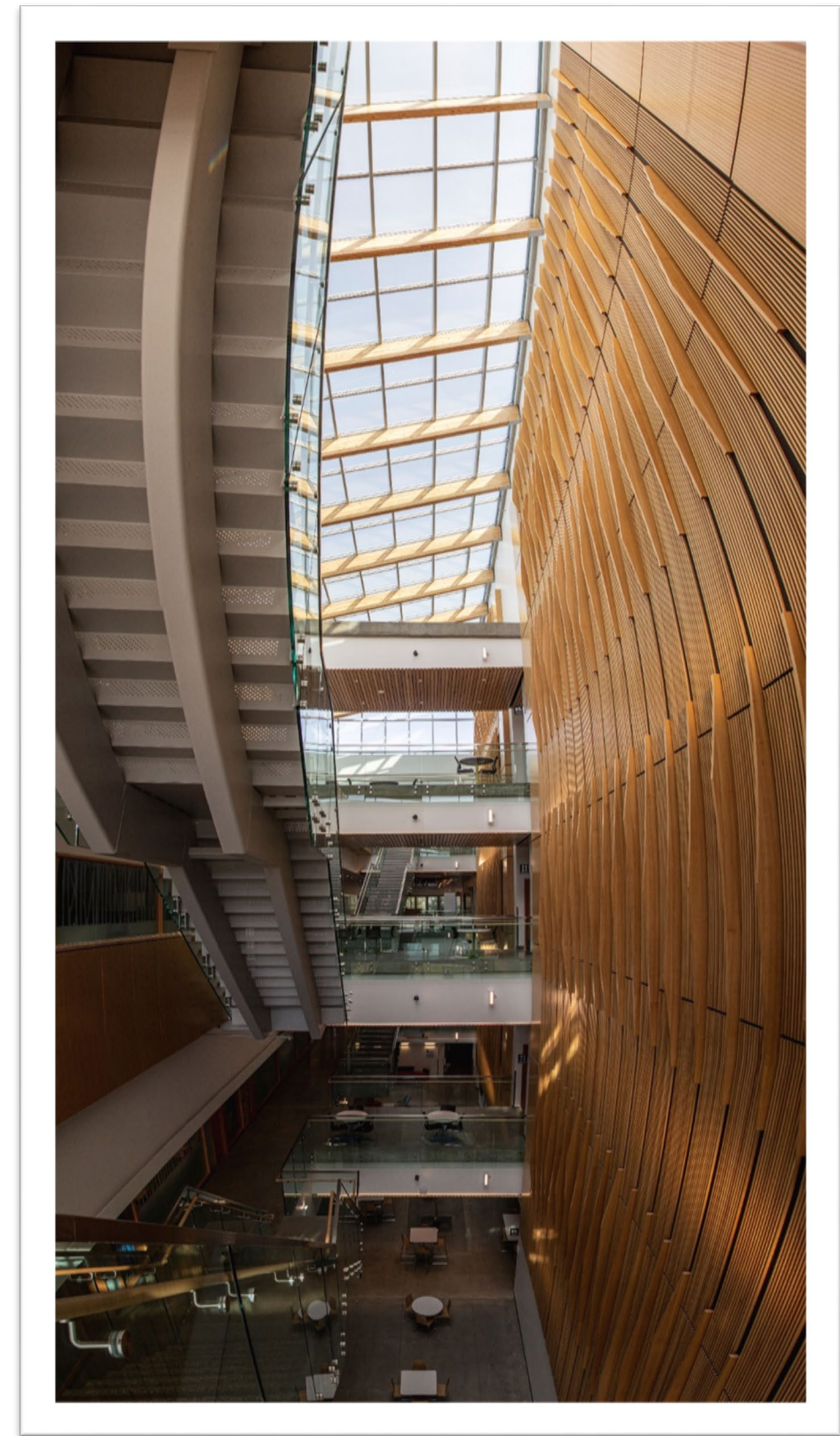
COVID-19 information and frequent updates are available at:

[Camosun.ca/COVID19](https://camosun.ca/COVID19)



Camosun College

- Camosun College is B.C.'s largest public college
- 19,000+ students
- 1,200+ faculty and staff
- Programs range from arts and business to tech and trades to university transfer and continuing education
- Credentials include dual credits, certificates, diplomas, degrees, and post-degree diplomas



School of Health & Human Services (HHS)

- Camosun College offers more than 15 health and human services programs, including degrees, post-degree diplomas, certificates, diplomas, and university transfer courses.
- The School of HHS is a place of warmth and caring.
- Our goal is to educate and support “flourishing Individuals, families, and communities”.

Centre for Health and Wellness (CHW)

- All HHS Programs except Dental are delivered at the CHW at Interurban Campus
- The CHW brings together HHS Programs and allows a more interdisciplinary approach to teaching and learning
- The CHW provides dynamic learning environments including modern classrooms designed to foster active learning, hands-on labs, high technology simulation environments, and lots of collaboration spaces

Alex & Jo Campbell Centre for Health and Wellness

Education for outstanding health and wellness professionals

- \$63.8 million investment
- 89,000 sq. ft. facility at Interurban Campus
- 800+ students
- Latest in health education teaching
- Interdisciplinary approach is aligned with Island Health



Alex & Jo Campbell Centre for Health and Wellness

Education for outstanding health and wellness professionals



Camosun Mental Health & Addiction Programs

Interprofessional Mental Health & Addictions (IMHA) Post-Graduate Diploma

- full-time, masters level curriculum, degree admission requirement

Mental Health & Addictions (MHA) Certificate

- full-time, prepares for frontline support positions, admission requirements include high school diploma with C+ in English 12

New: Mental Health, Addictions, & Criminal Justice (MHACJ) Advanced Certificate

- interprofessional approach, enhancing services and supports for individuals with mental health &/or substance use challenges in contact with the criminal justice system

Mental Illness & Addiction Concepts

Mental Disorders

Mental illnesses are... disturbances in thoughts, feelings, and perceptions that are severe enough to affect day-to-day functioning.
- Canadian Mental Health Association, 2020

Addiction

... a complex disease, often chronic in nature, ... affects the functioning of the brain and body.... causes serious damage to families, relationships, schools, workplaces, and neighborhoods... most common symptoms ... severe loss of control, continued use despite serious consequences, preoccupation with using, failed attempts to quit, tolerance and withdrawal.

Addiction can be effectively prevented, treated and managed by healthcare professionals in combination with family or peer support.
- Center on Addiction, 2020

Homelessness

Mental health and addiction problems impair capacity to function adaptively; persons who are affected by severe forms of these conditions, particularly concurrently affected , are at significant risk for homelessness.

Concurrent Disorders

Prevalence

- People with a mental illness are twice as likely to have a substance use problem compared to the general population.
- At least 20% of people with a mental illness have a co-occurring substance use problem. For people with schizophrenia, the number may be as high as 50%.
- People with substance use problems are up to 3 times more likely to have a mental illness. More than 15% of people with a substance use problem have a co-occurring mental illness.

Centre for Addiction & Mental Health (CAMH) 2021

In BC

- An estimated 130,000 individuals meet the criteria for concurrent disorders) in BC alone
- Vancouver Police Department survey in the Downtown Eastside showed that 50% of all emergency calls were found to involve people with mental illness or substance use

Canadian Centre on Substance Abuse (CCSA)

Psychosocial Rehabilitation (PSR): A Foundation of Practice in the MHA Program

- A holistic approach that places the person – not the illness – at the center of all interventions
- Psychosocial is... the close relationship between psychological, social, and environmental effects
- The wishes of the person being served direct the rehabilitation process
- Effective rehabilitation **and recovery** builds on a person's strengths and helps the individual to compensate for the negative effects of the psychiatric disability

- Hughes & Weinstein, *Best Practices in PSR*, 2000

The concept of recovery is rooted in the simple yet profound realization that people who have been diagnosed with mental illness are human beings... The goal is to become the unique, awesome, never to be repeated human being that we are called to be... Those of us who have been labeled with mental illness are not de facto excused from this most fundamental task of becoming human... because many of us have experienced our lives and dreams shattering in the wake of mental illness, one of the most essential challenges that faces us is to ask, "who can I become and why should I say 'yes' to life?"

Patricia Deegan (2001). *Recovery as a Journey of the Heart*

MHA Practice

The support worker works side-by-side, in the context of a therapeutic relationship, with individuals who are living with mental health &/or substance use challenges... includes supporting individuals in daily activities such as leisure & recreation, nutrition & meal preparation, physical self-care, budgeting, housecleaning, medication monitoring, and social skill development.

Learning and applying self-management skills can assist people to recognize and manage their illnesses, with the assistance of specialized services and professionals when required.

Graduates are not qualified to work as counsellors unless they have other training or post-secondary credentials

MHA Program Courses

Knowledge & Skills: MHA 110, 111, 115, 120, 125, 126, 135,
HLTH 110, HLTH 111, ENG 151

Practicum: MHA 140

- opportunity to integrate knowledge & skills to assist individuals in mental health &/or addiction settings
- opportunity to explore the role of the mental health & substance use worker as a member of an agency team
- Practicum Coordinator and Program Leader assign placements to students based on student demonstration of skills and knowledge, performance in courses, past experience, personal suitability, & available modes of transportation
- the intention is not to obtain employment at the practicum site, but to develop and apply transferable skills and knowledge

MHA Courses

MHA 110 - Foundations for Practice

MHA 111 - Mental Illness & Interventions

MHA 115 - Therapeutic Relationships

MHA 120 - Support Strategies

MHA 125 & 126 - Professional Practice 1 & 2

MHA 135 - Addictions & Interventions

ENGL 151 - Academic Writing Strategies

HLTH 110 - Health & Wellness in Contemporary Society

HLTH 111 - Indigenous Peoples' Health

MHA 140 - Practicum: days, evenings, & weekends (depending on site)

Schedule

- Blended delivery
 - **on-campus** face-to-face (f2f)
 - **online** Desire2Learn (D2L)
- Full-time: September – June
- Practicum 6 wks - May/June (regular offering) 26 hrs./wk
Hours include on-site, course activities, and group/individual supervision time
- Classes Mon-Fri (may include weekend days)

Note: hours and dates subject to change

Full-Time Schedule

Fall: September – December

MHA 110	<i>Foundations for Practice</i>	3 credits	45 hrs.
MHA 111	<i>Mental Illness & Interventions</i>	3 credits	75 hrs.
MHA 115	<i>Therapeutic Relationships</i>	3 credits	75 hrs.
MHA 125	<i>Professional Practice 1</i>	3 credits	30 hrs.
ENGL 151*	<i>Academic Writing Strategies</i>	3 credits	45 hrs.

Winter: January – April

MHA 120	<i>Support Strategies</i>	3 credits	60 hrs.
MHA 126	<i>Professional Practice 2</i>	3 credits	30 hrs.
MHA 135	<i>Addictions and Interventions</i>	3 credits	75 hrs.
HLTH 110*	<i>Health & Wellness in Cont'y Soc.</i>	3 credits	45 hrs.
HLTH 111*	<i>Indigenous Peoples' Health</i>	3 credits	45 hrs.

Spring : May - June

MHA 140	<i>Practicum</i>	6 credits	144 hrs.
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**can take before becoming a MHA Program student*

The MHA Program prepares you with:

- Entry level knowledge, judgment, abilities, and skills to work in the field of community mental health & substance use services
- Relevant learning opportunities focused on interactions among students and experienced faculty
- An integrated approach to learning: classroom theory combined with practicum experience
- Valuable links to future employers - during practicums

Review the MHA program pages online:

Program at a Glance



Program Overview



What if you are in recovery from mental illness or substance use?

- Students may find the content elicits strong emotions; this can be difficult for those managing unresolved issues or are recovering from addiction/mental illness.
- Discussions and activities to learn support strategies will be about self-harm, disordered eating, weight management and nutrition, abuse and trauma, and substance use.
- Those actively using illegal substances, or substances other than for prescribed conditions, are strongly advised to delay starting the Program.
- Students are encouraged to take advantage of services at Camosun and to be pro-active in self-care:
 - Center for Accessible Learning (CAL)
 - Counselling

Is MHA work for you?

If you like the idea of participating in client-focused treatment and recovery supports for persons with mental illness &/or substance use challenges, perhaps work in the field of mental health & addictions is right for you.

Is your answer “yes”?

- Do you value working in fluctuating, recovery-focused settings?
- Are you willing to assist with personal and physical self-care?
- Are you willing to effectively respond to crisis situations (e.g., escalating behavior, potential overdose, active substance use)?
- Do you have or want to develop good communication skills?
- Do you enjoy working on a team yet can work independently?
- Do you cope effectively with personal issues?

The work is challenging, active, and requires good time management and self-care. One needs to be self-reflective, open-minded, and self-directed.

As a [helper], I can only take you as far as I have been willing to go in my own life

(author unknown)

Potential Employment Considerations

There are a variety of roles and programs in mental health and addictions, as well as much diversity in those you will be supporting. Although there is no specific job title for our graduates, this list includes potential types of positions you may be qualified for:

- Addiction & Recovery Worker
- Community Mental Health Worker
- Community Worker
- Mental Health & Addiction (MHA) Worker
- MHA Rehabilitation Worker
- Mental Health Worker
- Mental Health Support Worker
- (Mental Health) Activity Worker
- Psychiatric Mental Health Assistant
- Psychiatric Rehabilitation Worker
- Psychosocial Rehabilitation Worker
- Social Support Worker
- Emergency Shelter Support Worker

Employment postings may indicate a length of time for experience (e.g., two years), it is important not to let that dissuade you from applying. Most postings indicate the ideal qualifications and in the mental health and addiction fields there is a shortage of trained workers. On the next page you will find information on organizations you may be qualified to work for with the MHA certificate, depending on the specific position and your education and experience.

We encourage potential students to check out the Island Health website (www.viha.ca) when exploring the mental health and addiction field and our programs for career choices. You can see the various postings under Public Postings in the Careers link. There are many employers of MHA graduates; Island Health (formerly VIHA) and affiliates are the main organizations.

Potential Practicum Sites and Employers - qualifications vary regarding education and experience

- **Island Health** www.viha.ca
- **Island Community Mental Health** www.islandcommunitymentalhealth.ca
- **Our Place Society** <https://www.ourplacesociety.com/careers/>
- **Salvation Army Addictions & Rehab Centre** www.victoriaarc.org/about-us.html
- **Umbrella Society** www.umbrellasociety.ca
- **Victoria Cool Aid Society** www.coolaid.org
- **Victoria Native Friendship Centre** www.vnfc.ca

Volunteer Opportunities (in addition to opportunities in above organizations)

Volunteer Resources, Island Health

<https://www.islandhealth.ca/volunteer-resources/volunteer-opportunities/volunteer-mental-health-and-substance-use-services>

Volunteer Victoria

www.volunteervictoria.bc.ca

Is the MHA Program a good fit at this time?

Students are expected to...

- be open, willing to give and receive feedback, critically evaluate their own performances, and make themselves available for group work and study outside of scheduled class hours.
- engage in interpersonal communication, resolve conflict, and negotiate in a context of diverse beliefs, values, and learning styles through mature and productive processes.

When considering ability to handle the physical and emotional demands of the Program and human/health services, students should consider the realities such as...

- Classes are 2-4 hours and practicum shifts are 7-12 hours, requiring mental focus and physical stamina
- If employed during practicum, avoid graveyard shifts as you must be rested and alert at the practicum site
- Student and professional roles...
 - include small group/team work and public speaking
 - require conceptualization and clear written communication skills (e.g., grammar, spelling, & punctuation)
 - include comprehensive assignments and document formats (e.g., journal article reviews, reflective essays, research papers, & funding proposals)
 - **require personal phones/devices be silenced, out-of-reach**

Are you ready to be an MHA Student?

Is your life organized so that you can...

- attend 12-24 hrs of classes each week?
- complete ½ - 2 hrs of reading and/or assignments every day?
- focus your energy and thoughts on your course work?
- practice good self-care and time management?
- participate in practicum shifts that start early in the morning, run into the late evening, occur on weekends, and may require travel?

Are you able to:

- Provide practice sites with a clear criminal record check?
- Work in a blended (partially online) program of study?
You can check-out Camosun's [Online Learning Info](#) page

Have you considered delivery options:

Full-time: comprehensive, 40 hrs/wk classes & learning activities

Part-time: if available: less intense, 20 hrs/wk classes & learning activities,
better option if you intend to work while pursuing your studies

Registration Process

- Submit an application with your admission requirement(s) and registration fee
- Applications are date-stamped
- The first fully-qualified students are offered seats in the program
- A \$175 non-refundable deposit is required when offered a seat, applies to first term tuition

MHA Admission Requirements & Recommendations

- A letter grade of “**C+**” or higher in **English 12** or TPC 12 or assessment
- Submit a minimum **300-word statement** of intention outlining career goals and motivation for entering the program, by email in **PDF** file directly to:
Program Leader: Jody Watson watsonj@camosun.ca
- Completion of CFCS Mental Health & Addiction **Program Information Session** prior to the first day of class and completion of information session attendance survey.
 - **Complete** Student Readiness Survey at the bottom of the information attendance survey.
- Because the MHA Program is blended delivery students must participate in an **orientation to online Desire2Learn (D2L)** system and tools prior to & during the first week of classes
- **Criminal Record Check** (next page)
- **Computer skills** including keyboarding, word processing, Internet access and navigation, and email management.
- Involvement in **volunteer** or work experience in human services prior to entering the program is encouraged
- Please consult the [Student Success](#) to help you determine if you are ready to become a student, and where to find the appropriate support resources on campus

Current Criminal Record Check & Vulnerable Sector Search

During this program, you may be working with vulnerable adults.

In order to participate in practicum, you must complete a Criminal Record Check (CRC) through the Ministry of Public Safety & Solicitor General's Criminal Records Review Program (CRRP).

Upon registration, Camosun will email you information on how to complete the [CRC process](#). You are responsible for all associated costs (CRCs obtained by other methods will not be accepted).

For more information on Criminal Records Checks, check out the link below:

<https://camosun.ca/registration-records/student-records/criminal-record-check>

CrimRecChk@camosun.ca - 250-370-3570



Required and Strongly Suggested

Required

- A negative TB skin test or a negative chest x-ray. Evidence must be dated no more than six months before practicum start date. Students are responsible for the cost of testing.
 - BCTB Clinic - 1902 Fort St. - (250) 519-1510
 - Nova Travel & Immunization Clinic - #206, 1964 Fort St.
 - TMVC Victoria - 771 Vernon Ave. #206 Gateway Plaza
- Evidence of immunization status. Failure to comply with immunization guidelines could result in... barring the individual from practicum setting until proof of immunity is provided ... could impact a student's ability to successfully complete the ... practicum placement course.
- Criminal Record Check

Suggested

FoodSafe

Drivers license: required for Island Health practicum and employment; lack of a license will not be a barrier to practicum yet it may limit employment opportunities

Standard First Aid & CPR Level C

See MHA website and Academic Calendar for more information:

<https://camosun.ca/programs-courses/find-program/mental-health-and-addictions-certificate>

Hear What Our Grads Have to Say!





TRANSFER CREDITS

Completion of this certificate provides you with transfer credits towards: Community, Family and Child Studies Diploma program.

[CFCS Diploma Program](#)

Further education possibilities



Student Services at Camosun



Admissions & Recruitment
The right start at Camosun



The Writing Centres
How can we help?



Centre for Accessible Learning
Supporting your learning experience



Academic Advising
Guiding you on your educational journey



Academic Upgrading
Whatever your need, we have an option for you



Indigenous Student Support
Find your way and feel like you belong – with our help



Fitness & Recreation
Make time for your well-being



Financial Aid & Awards
Funding your education



Counselling Centre
Supporting you through life's challenges





**View the Dean's
Welcome and the
School of Health &
Human Services (HHS)
Student Handbook
online**



Lori Zehr, EdD MSc
Dean, School of Health
and Human Services

NEXT STEPS

Completion of an Info Session is a pre-requisite for entry into the MHA program. Applicants must also complete the student declaration portion of the survey to be given consideration.



Thank you

We look forward to seeing you soon

FOR MORE INFORMATION:

General admissions

MHA Admissions Advisor, Maggie Messer

MHA Program Lead, Jody Watson

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