Addiction Studies (ADST) is an approved education provider with NAADAC, The Association for Addiction Professionals. ADST provides university-level education valuable for students in a variety of disciplines such as health education, criminal justice, social work, education, psychology, and other fields of study to enhance the effectiveness of their careers. ADST courses expose students to the multiple demands of working in a treatment agency that can be transferred to other work environments. Employers are especially eager to hire students with a foundation in Addiction Studies coursework as part of their major program.

The main focus of our Interdisciplinary Bachelor of Arts degree is to provide students the educational requirements to prepare them for Washington state certification as Chemical Dependency Professionals. Students who complete all state required courses for certification are eligible to take the NAADAC Exam before completing other state requirements.

Mission Statement

- Addiction Studies fosters the concept of Transformative Learning following the basic tenet: you cannot change anyone but yourself.
- Addiction Studies strives to provide opportunities for students to become aware and critical of their own and others’ assumptions and to recognize frames of reference using their sociological imaginations to redefine problems from a different perspective.
- As we change the way we react and behave in our environments, others around us may also be transformed, thereby enhancing community consciousness.

General Admission Requirements for Addiction Studies

Undergraduate students interested in completing one of our program options can schedule a meeting (either via email or phone) with the director of Addiction Studies. Transfer students from another addiction/chemical dependency program will want to contact the director to evaluate previous coursework for inclusion in the ADST program.

Required courses in the following program of study may have prerequisites. Reference the course description section for clarification.

BACHELOR OF ARTS (BA)

INTERDISCIPLINARY STUDIES: ADDICTION STUDIES

Addiction Studies (ADST) is an approved provider through NAADAC, The Association for Addiction Professionals. The ADST degree option provides students with the educational requirements necessary to become certified as a Chemical Dependency Professional in the state of Washington. Students who complete all state required courses for certification are eligible to take the NAADAC exam before completing other state requirements.

Our courses provide students with a theoretical knowledge base and practical skills for assessing the level of care needed for persons suffering from various addictive behaviors. The addiction field offers an excellent chance for graduates to make a significant impact on people and to help guide them toward healthy life styles.

Courses are prepared to provide students with:

- knowledge to understand addictions and approaches to intervention, including assessment, treatment, relapse prevention, and case management;
- individual and group counseling skills and techniques;
- the tools to explore specific needs of individuals and groups including, women, youth, the elderly, adult children of alcoholics, people with concurrent disorders or other disabilities and people with process addictions.

Required Courses

- ADST 300 Survey of Alcohol/Drug Problems (4)
- ADST 302 Counseling Theories for the Addiction Professional (4)
- ADST 303 HIV/AIDS and Addiction Treatment (2)
- ADST 308 Cultural Issues in Addiction Treatment and Behavioral Health (4)
- ADST 410 Community Prevention Methods (4)
- ADST 412 Physiology and Pharmacology of Addictions (4)
- ADST 420 Alcohol/Drug Case Management (4)
- ADST 430 Addiction Treatment with Families (4)
- ADST 440 Alcohol/Drug Group Counseling (3)
- ADST 442 Screening and Assessment for Co-Occurring Disorders (4)
- ADST 460 Law and Ethics for Addiction Professionals (4)
- ADST 462 Adolescent Addiction Assessment and Treatment (4)
- ADST 464 Relapse Prevention (2)

Optional Practicum Placement is available for students who are not currently working in addiction treatment.

ADST 350 Addiction Studies Practicum Seminar (1)
ADST 385 Practicum I (2)
ADST 485 Practicum II (2)

Students must complete a minimum of 20 additional upper division credits in a single approved subject area that is complementary to Addiction Studies.

One course each in Abnormal Psychology and Human Development are also required for state certification.

Additional Requirement for an Interdisciplinary Studies Bachelor of Arts is a Senior Capstone approved by program director.

Minimum total credits for above major

67 credits

Note: two years of a single high school foreign language or one year of a single college level foreign language is required

CERTIFICATE

ADDICTION STUDIES SUICIDE ASSESSMENT, TREATMENT AND MANAGEMENT CERTIFICATE

Student Learning Outcomes—students will:

- compare and contrast the different models of addiction and categories of drugs of abuse to understand the cycle of addiction and addictive drugs that increase use;
- identify factors related to the basic knowledge of the fundamental relationship between substance use disorders, mental health and suicide;
- demonstrate proficiency in assessing for suicide potential using an approved risk assessment tool;
- evaluate the role of the public health model data, etiology, risk and protective factors, and trends in the prevention of suicide.

This certificate enhances development and promotion of effective clinical and professional practice of assessment, treatment and management of suicidal behaviors. Courses provide an overview of the addiction process and issues related to suicide and mental health and explores the prevention public health model.

Required Courses

- ADST 300 Survey of Alcohol/Drug Problems (4)
- ADST 480 Where Suicide and Mental Health Meet (4)
- ADST 482 Suicide Assessment, Treatment and Management (4)
- ADST 484 Suicide Prevention (3)

Total credits for above certificate

15 credits
MINOR

ADDITION COUNSELING AND PREVENTION MINOR
Completion of the ADST Minor is geared toward preparing students for work in both the addiction treatment and prevention arenas.

Note: *Minor option available without practicum for students who do not plan to work in the field of Addiction Treatment or Prevention. Contact program director for approval.

Required Courses (29 credits)
- ADST 300 Survey of Alcohol/Drug Problems (4)
- ADST 302 Counseling Theories for the Addiction Professional (4)
- ADST 303 HIV/AIDS and Addiction Treatment (2)
- ADST 410 Community Prevention Methods (4)
- ADST 412 Physiology and Pharmacology of Addictions (4)
- ADST 420 Alcohol/Drug Case Management (4)
- ADST 430 Addiction Treatment with Families (4)
- ADST 440 Alcohol/Drug Group Counseling (3)

Practicum (5 credits)*
- ADST 350 Addiction Studies Practicum Seminar (1)
- ADST 385 Addiction Studies Practicum I (2)
- ADST 485 Addiction Studies Practicum II (2)

Total minimum credits for above minor 34 credits

GRADUATE CERTIFICATE

ADDITION STUDIES GRADUATE CERTIFICATE
Student Learning Outcomes—students will:

- demonstrate the competency-based knowledge and skills required for working in addiction treatment;
- understand the underlying causes of addictions and approaches to intervention, including assessment, treatment, relapse prevention, case management and self-help;
- recognize the potential for substance-use disorders to mimic a variety of medical and mental health conditions and the potential for medical and mental health conditions to co-exist with addiction and substance abuse;
- describe the behavioral, psychological, physical health and social effects of psychoactive substances on the person using and significant others;
- recognize the social, political, economic and cultural context within which addiction and substance abuse exist, including risk and resiliency factors that characterize individuals and groups in their living environments.

The Addiction Studies Graduate Certificate is designed for persons who have completed a bachelor or master’s degree with a background in social work or a related field who are interested in obtaining coursework leading to certification as a Chemical Dependency Professional in Washington state.

Students without a background in social work, or related field, may need to complete additional coursework to qualify for Washington state certification. State certification as a Chemical Dependency Professional in Washington also requires: 1500 hours in a state approved treatment agency and passing the NAADAC exam. After completing all courses for state certification students are eligible to take the NAADAC exam. Contact ADST for more information.

Students from other states may need to check with their local certification boards to be sure this program will meet their state requirements.

In an effort to accommodate students from across Washington state or other states all courses are taught online. Addiction Studies faculty and staff are available for personal academic advising for prospective and current student needs.

A practicum option is available for students but is not required for the certificate.

Optional Practicum
- ADST 595 Alcohol/Drug Practicum I (2)
- ADST 695 Alcohol/Drug Practicum II (2)

Students who are not currently working in a treatment agency may benefit from the practicum experience. Practicum hours may count toward Washington state certification required hours.

Admission Requirements
Completion of a bachelor’s or master’s degree with a cumulative GPA ≥3.0.

Prerequisite
Students pursuing Washington state certification as Chemical Dependency Professionals may need to take additional coursework to qualify. Washington state requires students to have 45 quarter or 90 semester credits in addiction related coursework to cover required competencies. ADST provides the bulk of those competencies in the Graduate Certificate as many times students have taken other courses to cover the additional requirements.

Additional requirements necessary for state certification as a Chemical Dependency Professional: hours in a state approved treatment agency (1500 for state certification, 2000 for BA degree), Group Counseling, Counseling Theories and HIV/AIDS Brief Risk Intervention, Passing a National Examination NAADAC Level I or II or the IC&RC

Additional requirements include: ADST 303 HIV/AIDS (2), ADST 440 Group Counseling (3), ADST 502 Counseling Theories for Addiction Professionals (2), Coursework in Human Development

Note: student transcripts are evaluated to determine if these additional course competencies are covered in previous coursework.

Program Requirements: meet Graduate Studies admission requirements
www.ewu.edu/Grad/Application-Procedures, consult with ADST director or advisor to discuss program requirements, contact Addiction Studies at 509.359.2250 for further information or visit our web site at www.ewu.edu/adst.

Required Courses
- ADST 501 Relapse Prevention (2)
- ADST 504 Adolescent Addiction Assessment and Treatment (4)
- ADST 512 Pharmacological Actions of Alcohol and Other Drugs (4)
- ADST 520 Case Management (4)
- ADST 530 Addiction Treatment with Families and Diverse Populations (4)
- ADST 535 Law and Ethics for Addiction Professionals (4)
- ADST 542 Screening and Assessment of Co-Occurring Disorders (4)
- ADST 544 Treating Co-Occurring Disorders (4)

Total credits for above graduate certificate 30 credits
Addiction Studies Courses

Terms offered: fall, winter, spring, summer (FWSU).
If no terms are indicated, check with the department or EagleNET.

ADST 300 Survey of Alcohol/Drug Problems (4) FWSU
Students will learn international and current definitions of alcohol and drug use, abuse and addiction. Recognition of misuse as a social problem and the evolution of social policy and attitudes. Socio-cultural and cross-cultural aspects of chemical dependency, including vulnerable populations—women, youth, elderly and ethnic-cultural groups. Identification and progression of symptoms and disease including the impact on individuals, family and society. Special focus on addressing drug problems personally and professionally with an overview of contemporary treatment modalities.

ADST 302 Counseling Theories for the Addiction Professional (4) F
Students study the principal theories and techniques of therapeutic and counseling relationships with particular attention to the clinical and professional aspects of addressing defense mechanisms and resistance characteristic of addiction.

ADST 303 HIV/AIDS and Addiction Treatment (2) FU
This course presents the study of the impact of air- and blood-borne pathogens and the role of the human service clinician. Students will review the theory and technique for effectively addressing issues of alcohol and drug use for the at-risk person and issues of risk of exposure for the drug abusing individual. Physiology, epidemiology, risk assessment, legal/ethical issues and societal implications of HIV and other pathologies will be presented. This course is appropriate for students of any discipline but is approved by the DSHS/DASA for state chemical dependency counselor qualification.

ADST 304 Psychology of Addiction (3) W
This course develops knowledge and fundamental understanding of addiction and the treatment of addiction as supported by the most recent professional theories being presented to date. The concepts of the destructive behaviors associated with addiction are all explored. Some of the addictions to be reviewed will be chemicals, gambling, food, sex, relationship and exercise. This course will explore the ideas of causality and social implication in addictions. The history of addictions in our nation will be discussed. The various approaches to treatment, alternatives and social issues are investigated.

ADST 308 Cultural Issues in Addiction Treatment and Behavioral Health (4) FW U
Prerequisite: EN 100.
Satisfies: cultural and gender diversity university graduation requirement.
Students examine issues regarding the treatment of persons of all types of cultural and ethnic backgrounds—persons with disabilities (physical, cognitive), GLBTQ individuals, women and the elderly—by the mainstream culture of the U.S. in health care, addiction treatment, educational settings and other social venues.

ADST 350 Addiction Studies Practicum Seminar (1) FWS
Note: graded Pass/Fail.
Prerequisite: ADST 300, ADST 302 and ADST 412 or permission of instructor.
This course is designed to prepare students to enter into the ADST practicum experience. Students will make an application to practicum, obtain proper state required paperwork and review practicum assignments.

ADST 385 Addiction Studies Practicum I (2) successful completion of or currently enrolled in ADST 350 or permission of instructor.
Students will obtain an opportunity to integrate and develop their knowledge and skills in an appropriate and relevant setting that will assist in their development as addiction treatment or prevention professionals.

ADST 399 Alcohol/Drug Special Studies (1–5) FWS
Prerequisites: permission of the instructor, department chair and college dean.
The subjects vary relative to faculty and student interests.

ADST 410 Community Prevention Methods (4) S
This course explores the role the media plays in prevention, such as media advocacy, mediacy, social marketing and social norms marketing. This course will also discuss the requirements for prevention credentialing in Washington state.

ADST 412 Physiology and Pharmacology of Addictions (4) SW
Prerequisite: completion of ADST 300 or permission of instructor.
This course covers information on the physical impact and the response of the human body to alcohol, psychoactive substances and addictive behaviors through the study of fundamentals of pharmacokinetics, neurological functions and current research findings. Concepts and terminology essential for working on a professional addiction treatment team and for communicating with patients and families are covered. There is special focus on effective intervention strategies for each class of drug and for working with a variety of addictive behaviors.

ADST 420 Alcohol/Drug Case Management (4) FW
Prerequisites: completion of ADST 300 and ADST 302 or permission of the instructor.
This course builds on the theoretical and technical principles and skills addressed in ADST 302. Thorough review of approaches and philosophies of case management and its essential role in effectively addressing the complexity of multiple- issue recovery, including dual-diagnosis, gender and sexuality issues, suicide and relapse. Includes established national and regional standards of care in treatment planning, record keeping and discharged and aftercare planning.

ADST 430 Addiction Treatment with Families (4) FW
Prerequisites: completion of ADST 300 or ADST 412.
This course examines the dynamics of family in relationship to chemical dependency and models of family counseling, including overviews of structural, strategic, transgenerational, growth-oriented, behavioral and solution-focused theories as applied to chemical dependency.

ADST 440 Alcohol/Drug Group Counseling (3) FS
Prerequisite: Permission of instructor.
Students will review the theoretical foundations of group dynamics and therapy as applied to alcohol/ drug treatment settings. The first half of this course is designed to assist social work, mental health counseling students and chemical dependency professional trainees (students) in obtaining the skills needed to conduct an accurate substance abuse assessment/evaluation and to determine the appropriate level of treatment by understanding accepted criteria for diagnosis by understanding placement criteria (ASA/M), utilizing assessment instruments, analyzing and interpreting data, documenting assessment findings and making appropriate treatment recommendations.

ADST 444 Treating Co-Occurring Disorders (4)
This course will establish a better understanding of the inherent complexities of co-occurring disorders (COD) and develop a variety of clinical skills necessary in the treatment of COD. We will focus on clinical interventions and the methods of evidence-based treatment modalities that will be taught and practiced for both group work and individual therapy. Clinical approaches, treatment planning, placement and interventions used to treat COD will also be discussed.

ADST 446 Best Practices in Substance Abuse and Mental Health Intervention (4) U
Motivational interviewing (MI) is an effective evidence-based approach to identifying the factors that keep people from making desired changes in their lives, even after seeking or being referred to professional treatment. The first half of this course will also discuss the requirements for treatment plan approval and liability regarding chemical dependency professional trainees (students). In the second half of this course, students will be exposed to traditional motivational interviewing (DBT) and how it can be applied when working with chemically dependent clients. Each of the four skill modules will be covered. Students will also become familiar with techniques such as commitment strategies, diary cards and coaching.

ADST 452 Topics in Continuing Education (1) Note: Graded Pass/Fail.
These courses are designed to reach behavioral health, chemical dependency, and healthcare providers with legal responsibilities for the assessment, management and care of consumers/patients.

ADST 460 Law and Ethics for Addiction Professionals (4) S
Prerequisite: ADST 300 or ADST 302.
Students will be exposed to fundamental and technical study of the law, policy, malpractice and liability regarding chemical dependency prevention and treatment practice. Strong focus will be on the contemporary issues of the field related to current policy and practice. They will review the theoretical foundations of professional knowledge and skills that support ethical and effective practice.

ADST 462 Adolescent Addiction Assessment and Treatment (4) F
Prerequisite: ADST 300 or ADST 302.
This course emphasizes the development of skills in adolescent assessment and treatment, including the developmental stages of adolescence and the ways in which substance use/abuse/dependency harm the adolescent’s worldview. The various methods used when providing interventions and treatment will be explored along with assessment requirements specified by the state. This course expands the understanding of the family system as context for recovery using traditional resources and innovative approaches in adolescent chemical dependency treatments.
ADST 464 Relapse Prevention (2) S
Relapse is not a single event but a process that takes place over time. This class will investigate that process by examining the principles and procedures of relapse prevention therapy. It will also focus on the developmental model of recovery to explore major causes of relapse in each stage of recovery. Another major focus of this class will be to address client relationships with family, employment, education, spirituality, health concerns and legal needs.

ADST 467 Practicum I (2 FW)
Prerequisites: ADST 300 or permission of instructor.
Students will complete 100 hours of supervised field experience in a chemical dependency setting. Readings focus on chemical dependency and case management. Students will observe, assist and participate in the delivery of chemical dependency services. This course requires prior committee approval. Contact the department chair and college dean.

ADST 472 Practicum II (2 FW)
Prerequisites: ADST 300 or permission of instructor.
Students will complete 100 hours of supervised field experience in a chemical dependency setting. Readings focus on chemical dependency and case management. Students will observe, assist and participate in the delivery of chemical dependency services. This course requires prior committee approval. Contact the department chair and college dean.

ADST 501 Relapse Prevention (2) S
Relapse is not a single event but a process that takes place over time. This class will investigate that process by examining the principles and procedures of relapse prevention therapy. It will also focus on the developmental model of recovery to explore major causes of relapse in each stage of recovery. Another major focus of this class will be to address client relationships with family, employment, education, spirituality, health concerns and legal needs.

ADST 502 Counseling Theories for Addiction Professionals (2)
This course is intended to provide students with specific counseling theory information necessary to meet state requirements for Chemical Dependency Professional certification.

ADST 504 Adolescent Addiction Assessment and Treatment (4) F
This course will use an integrated developmental approach to look at the unique developmental stages of adolescence and the ways in which substance use/abuse/dependency harm the adolescent's worldview. The various methods used when providing assessment and treatment will be explored along with assessment requirements specified by the state. This course will expand the issues of the family system as context for recovery using traditional resources and innovative approaches in adolescent chemical dependency treatments.

ADST 512 Pharmacological Actions of Alcohol and Other Drugs (4) W
Students will review the physical impact and the response of the human body to alcohol and other drugs through study of the fundamental principles of pharmacokinetics, neurologic functioning and current research findings. They will also learn concepts and terminology essential for working on a professional treatment team and for communicating with patients and families. There will be special focus on effective intervention strategies for each class of drug.

ADST 520 Case Management (4) FW
This course provides a thorough review of approaches and philosophies of case management and its essential role in effectively addressing the complexity of multiple-issues recovery, including: dual-diagnosis, gender and sexuality issues, suicide and relapse. Includes established national and local standards of care in treatment planning, record keeping and discharged and aftercare planning.

ADST 530 Addiction Treatment with Families and Diverse Populations (4) W
This course uses the Addiction Counseling Competencies to explore the complex issues of family in relation to addiction and models of family counseling. Additionally, this class will include information on diverse cultures to incorporate the relevant needs of culturally diverse groups, as well as people with disabilities, into clinical practice.

ADST 535 Law and Ethics for Addiction Professionals (4) S
Students will be exposed to fundamental and technical study of the law, policy, malpractice and liability regarding chemical dependency prevention and treatment practice. Strong focus will be on the contemporary issues of the field relative to current policy and the development of professional knowledge and skills that support ethical and effective practice. Application of ethics for chemical dependency clinicians.

ADST 546 Best Practices in Substance Abuse and Mental Health Intervention (4) F
Motivational interviewing (MI) is an effective evidence-based approach to overcoming the factors that keep people from making desired changes in their lives. The second half of this course will be an overview of dialectical behavioral therapy (DBT), how it can be applied when working with chemically dependent clients. Each of the four skills modules will be covered.

ADST 547 Special Topics (1–4)
Various topics of concern to addiction professionals in the field of addiction treatment and prevention will be presented to educate students about emerging or recurring issues and concerns.

ADST 595 Alcohol/Drug Practicum I (1–4) FWSU
Prerequisites: permission of the instructor, department chair and college dean.
Individual learning and career development course with placement in an alcohol/drug treatment or prevention facility coordinated through the Addiction Studies Program.

ADST 596 Experimental Course (1–5)
Individual learning and career development course with placement in an alcohol/drug treatment or prevention facility coordinated through the Addiction Studies Program.

ADST 695 Alcohol/Drug Practicum II (1–4) FWSU
Prerequisites: permission of the instructor, department chair and college dean.
Individual learning and career development course with placement in an alcohol/drug treatment or prevention facility. Placement in an alcohol/drug treatment or prevention facility supports the opportunity to learn knowledge and skills by providing direct service with agency supervision. Regular seminars are held for processing and integrating concepts and techniques and addressing professional issues. When practicum placement is in a state-certified alcohol/drug treatment facility, the hours may also apply toward chemical dependency counselor state certification.