

CHANGING THE CULTURE OF CONSTRUCTION

Syllabus

Description

This eight hour course consists of fourteen learning modules. The modules include slides, videos, learning activities and quizzes. A pretest and posttest are also included to assess students' knowledge of the material presented. The purpose of this course is to provide a basic overview of employee assistance programs and their role in the prevention and treatment of substance abuse and mental health disorders. This course provides descriptions of several commonly abused substances including, heroin, marijuana, alcohol, designer drugs, etc., the short and long term effect of these drugs and finally evidenced based treatment approaches to treat substance abuse disorders. Models for treatment are explored including 12 step programs and levels of care from routine outpatient to inpatient treatment. Ethics and confidentiality in substance abuse and mental health treatment is also explained to provide an understanding of how records of treatment are kept confidential as well as exceptions to confidentiality (i.e. child abuse and duty to warn). Drug testing procedures and appropriate steps to take if there is suspicion of substance abuse are explained.

Expectations and Goals

The goal of this course is to increase awareness of the prevalence of substance abuse and co-occurring disorders and their impact on the individual, family and community as a whole. Student's possessing a more comprehensive understanding of these issues and the depth and breadth of their impact will be equipped with the skills to identify these issues in the workplace and develop the skill set to address these issues in an appropriate and effective manner. Expectations are to simultaneously increase awareness and reduce the stigma associated with behavioral health disorders and their treatment. By familiarizing staff and students with what to expect from treatment, the goal is to increase the likelihood of person's seeking and obtaining appropriate levels of care. Additionally, the goal is to help participants of this course to feel comfortable addressing these issues as they arise in the workplace as well as in their homes. By increasing access to treatment, the reduction of incidences of violence and drug related accidents in the workplace is the ultimate goal of this program.

Course Topics

1. What is an EAP: Employee Assistance Programs are defined. Their role and purpose for the workplace are explained.
2. Ethics and Confidentiality: Ethics and confidentiality as it applies to substance abuse and mental health treatment are explained. Limits and exceptions to confidentiality are also included. Case examples are provided for students to apply knowledge in real life settings.
3. Alcohol: The disease of alcoholism is explained. Effects of alcoholism are explored. Blood alcohol levels and their behavioral and cognitive effects on the individual are demonstrated. A case study is provided to illicit thoughts and discussion about the role alcoholism plays in family dynamics and generational issues that result.

4. Marijuana: Effects of marijuana use are defined. Health consequences of marijuana use are also explained as well as the behavioral impact of use of this substance. A case study is provided to illustrate the behavioral impact of long term marijuana use.
5. Prescription Drugs: The prescription drugs most commonly abused are identified. Symptoms of prescription drug abuse are defined. A case study is provided to assist in exploring how prescription drug abuse can begin and signs to look out for.
6. Cocaine: History of cocaine production is provided. The effects, dangers and pattern of cocaine use are described. A case study is included
7. Methamphetamine: The dangers of methamphetamine use and its highly addictive nature are described and illustrated. A case study is included.
8. Heroin: The history of heroin and its uses are described. The evolution of the drug and its current status as an epidemic is defined. Short and long term effects as well as physical and psychological dependence are also presented.
9. Designer Drugs: Popular designer drugs are identified. The effects of long term use and other potential side effects of the drug are also provided. A case study is included
10. Co-occurring: Co-occurring, the presence of both a mental health diagnosis as well as a substance abuse diagnosis is defined. The current research about the increased likelihood of these disorders existing together and the impact on the recovery process is described. Risk as well as protective factors are also identified. A case study is included to assist students in identifying issues specific to co-occurring disorders.
11. Process/ Behavioral Addictions: Behavioral addictions are defined. Several common behavioral/process addictions are identified. Signs and symptoms of the disorders are also included. A case study activity is provided for discussion.
12. Samples in Drug Testing: Methods of drug testing are described. Reasonable cause/probable suspicion testing procedures are demonstrated.
13. Treatment: Levels of care for treatment of substance abuse and mental health disorders are described. A match up activity is provided to assess student's knowledge of the material presented.
14. Medications for Treatment: Three types of medication-assisted treatment (MAT) are defined. How these MATs can assist in the recovery process as well as potential side effects are explained. The importance of traditional treatment methodologies such as 12 step programs and professional counseling in the success of this treatment form is emphasized. A match up activity is provided to assess student's knowledge of the material.