

# ADDICTIONS AND MENTAL HEALTH FOR HEALTH CARE PROFESSIONALS (ADMC)

This program is designed for people working in the health care field to help them identify and address the growing mental health and addiction needs in their work. The micro-credential includes four fully asynchronous courses to consider mental health and addictions across the lifespan and in diverse populations, approaches to behaviour addictions and impulse control disorders, and to increase awareness of mental health and addictions community services and integration.

## Program highlights

- Examine the various age- and cohort-specific mental health and addictions issues such as FAS, dementia, delirium, etc.
- Contrast impulse control disorders and behavioural addictions such as gambling disorder, internet addiction, exercise dependence, work addiction, and addictive sexual behaviour
- Examine various therapeutic and treatment approaches for working with equity deserving groups within the helping profession, and how to provide more culturally competent and person-centered care
- Explore community integration as a foundational approach to mental health and addictions care and rehabilitation to empower individuals in their journey towards mental health and addictions recovery
- For graduates of the new curriculum (OSS): Ontario Secondary School Diploma (30 credits) or equivalent or mature student status.

Note: The program is geared to those working in the health care field

## Admission requirements

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Code	Title	Credits
ADC 1200	Lifespan and Special Populations	1
ADC 1201	Behavioural Addictions and Impulse Control Disorders	1
ADC 1202	Diversity Informed Practices	1
ADC 1203	Community Services and Integration	1
<b>Total Credits</b>		<b>4</b>

To apply to this program, please email [continuing@CambrianCollege.ca](mailto:continuing@CambrianCollege.ca) with your request. Our team will be happy to assist you with the application process.

## Course delivery

Please visit Cambrian College's eStore (<https://CambrianCollege.ca/estore/flywire.com/products/?storeCatalog=10752>) to see which courses from this program are available for registration at this time.

Courses are delivered asynchronously online. This means you do not have to log in at a specific day or time to complete your coursework. However, you are responsible for meeting all course due dates as posted within the course. Most courses will have weekly modules or assignments to complete. We recommend that students budget a minimum of 5 hours per week per 3-credit course they are taking online to be successful.

**Important Note:** Cambrian College reserves the right to cancel the offering of courses in certain terms.