

ADDICTIONS AND MENTAL HEALTH (ADTD)

Transform lives with a rewarding career in mental health care

Empower yourself with the knowledge and skills you need to be the catalyst for change in the lives of those struggling with addiction and mental health issues. In this client-centred and culturally relevant program, courses in addiction, mental health disorders, treatment, prevention, counselling, and case management will give you the tools to deliver frontline care to diverse groups and individuals.

Your third semester is a six-week field placement or capstone project where you will apply your skills to real-world active cases and become part of a professional care team supporting those living with mental health and addiction concerns.

Program highlights

- Combination of theory and practical learning
- Choice of placement or capstone project in the final semester, followed by a debriefing
- Optional opportunities to participate in training relevant to the field, which may include Applied Suicide Intervention Skills Training, Nonviolent Crisis Intervention Training, and Naloxone training
- Complete all formal education hours required for voluntary certification with the Canadian Addiction Counsellors Certification Federation (CACCF) (<https://www.caccf.ca/certifications/>), please note that additional clinical hours are required for certification

Program of study for 2025-26 Academic Year

Semester 1		Credits
PSY 1003	Concurrent Disorders, Mental Health & Addictions	3
ADC 1001	Case Management in Professional Practice	3
ADC 1100	Foundations of Therapeutic Counselling	3
ADC 1105	Community Integration: Addictions and Mental Health	3
SSC 1201	Diversity Informed Practices	3
ADC 1250	Impulse Control Disorders and Behavioral Addictions	3
Credits		18
Semester 2		Credits
LDS 1010	Concurrent Disorders and Mental Health II	3
HEA 1061	Wellness Coaching	3
LDS 1100	Trauma Informed Practices	3
LDS 1500	Cognitive-Behavioral Strategies in Practice	3
ADC 1350	Addictions and Mental Health Lifespan and Special Populations	3
ADC 1401	Field Preparation Seminar	2
Credits		17

Semester 3		Credits
ADC 1412 or ADC 1411	Field Placement or Capstone Course	5
Credits		5
Total Credits		40

Admission requirements

Applicants must be graduates of a diploma, advanced diploma, or degree program from an Ontario College or equivalent.

OR

Applicants must possess five years of work experience in a related field (or combination of education and work experience) as judged by the College to be equivalent. Applicants must submit a resume detailing their related experience and a cover letter outlining their competencies and preparedness for the program (any and all post-secondary transcripts must still be submitted).

Program delivery

2025-2026

Winter term start

SEMESTER 1: Winter 2026

SEMESTER 2: Spring 2026

SEMESTER 3: Fall 2026

Specific program pathways

College or university degree opportunities

If you are a graduate of this program, you may continue your studies at a college or university, and you may receive credit(s) for your prior college education. Refer to Cambrian's college and university agreements (<https://cambriancollege.ca/supports-services/articulation-agreements/universities-in-canada/>)t (<https://cambriancollege.ca/supports-services/articulation-agreements/>) details for further information.

Employment opportunities

Graduates of this one-year graduate certificate program will be positioned to pursue careers as addictions and mental health workers within a variety of settings, including but not limited to:

- Community-based mental health agencies/organizations
- Hospitals
- Addictions treatment and recovery settings
- Social welfare agencies
- Private counselling settings
- Seniors mental health agencies
- Youth and children's mental health organizations
- Jails and correctional settings
- Live-in and community aftercare programs
- Land-based treatment