
Prepared by the Department of Social Science, Behavioral Science & Human Service

Date of Departmental Approval: February 4, 2015

Date approved by Curriculum and Programs: March 9, 2015

Effective: Fall 2015

1. **Course Number:** HUS230 (formerly HUS102)
Course Title: Mental Health, Substance Abuse, and Families
2. **Description:** Mental Health, Substance Abuse, and Families reviews assessment, intervention, and treatment in dual diagnosis families, from a systems model. Topics include needs, concerns, and resistance in individual members and the family as a whole. Discussions revolve around the dynamics of codependency; a comparison of approaches to family recovery; treatment techniques appropriate to the different phases of family recovery; and strategies to help prevent family relapse.
3. **Student Learning Outcomes:**
Upon successful completion of this course, students are able to do the following:
 - Discuss basic framework of family systems
 - Describe the major characteristics of co-occurring mental illness and addiction within the family.
 - Identify commonly used approaches to family recovery and strategies to help prevent relapse.
 - Identify the difference between personal experience and academic knowledge regarding mental illness and addiction within the family system.
 - Apply knowledge of confidentiality and state regulations to classroom discussion and exercises.
 - Define role of counselor in working with families coping with mental illness and addiction(s).
 - Develop ethical solutions to the dilemmas that occur when working with clients and families coping with mental health and addiction issues.
4. **Credits:** 3 credits
5. **Satisfies General Education Requirement:** No
6. **Prerequisite:** PSY101 (General Psychology) or SOC106 (Principles of Sociology) and HUS101 (Introduction to Human Services) and HUS229 (Introduction to Social Welfare)
7. **Semester(s) Offered:** Spring
8. **Suggested General Guidelines for Evaluation:** The methods of assessment used to measure these outcomes may be written assignments, tests, class discussion, small group activity, and presentations.
9. **General Topical Outline (Optional):**
 - Introduction to families and family systems
 - Theoretical approaches to family treatment
 - Intervention strategies and goals
 - Family Diversity and Substance Abuse
 - Understanding the dynamics in a family coping with co-occurring issues.
 - Socioeconomic pressures on families
 - What to treat first? Basic needs, mental health issues, or addiction?
 - Defining the role of the counselor. Understanding pitfalls, such as triangulation, transference, and countertransference.
 - Guidelines and framework for documentation
 - Working with special circumstances such as health problems, criminal justice system, military, and others.