

# ADDICTION STUDIES AND COUNSELING, AS

**Program code:** ASCP-AS

**Location:** Gateway, Manchester, Naugatuck Valley

## Program Description

The Addiction Studies and Counseling (formerly Drug & Alcohol Recovery Counselor) program provides the education and training needed to work effectively in the field of substance abuse disorders and recovery counseling. Students examine the techniques of professional counseling, current public health, trends and issues affecting the science of substance abuse disorders, counseling theories, continuum of care, environmental and familial risk factors contributing to substance use disorders, and counselor code of ethics. Students develop an understanding of the process of substance use disorders such as problem gambling, trauma-informed care, and knowledge of multicultural aspects of working with clients; and apply knowledge in a clinical setting by participating in two semesters of internships and seminar. The ASC program may also be ideal for professionals with advanced degrees who seek specialization in substance abuse counseling and certification as a Certified Addictions Counselor (CAC) from the Connecticut Certification Board (CCB) or licensure as a LADC (licensed alcohol and drug counselor) from the Department of Public Health (with a qualifying master's degree).

## Learning Outcomes

Upon successful completion of an ASC Program graduate should be able to:

1. Describe the physiological, emotional, physical, and psychological basis of substance abuse disorders.
2. Define the causes and characteristics of substance dependence and addiction relevant to various populations and cultures.
3. Define, examine, and apply counseling theories to substance abuse disorders counseling sessions.
4. Define, demonstrate, and apply ethical principles and practices according to the CCB, and professional behavior for working directly in the counseling field.
5. Demonstrate knowledge and skills related to relapse prevention education and strategies.
6. Describe the categories of drugs and effects on psychological functioning.
7. Describe characteristics of persons with a substance abuse disorder(s) and specific treatment strategies for working with this population.
8. Demonstrate the ability to develop, draft, and implement individual treatment plans.
9. Discuss the purpose of clinical supervision, participate in two internships, and co-facilitate group counseling sessions under supervision.
10. Describe and demonstrate the use of case management including screening, intake, evaluation, accurate records, treatment, and discharge in the treatment of persons with one or more substance abuse disorders.
11. Describe and demonstrate skills involved in crisis intervention.

12. Describe the purpose and availability of self-help groups for persons with substance abuse disorders.
13. Describe the effects of substance abuse on the family and community including education, health care, and the economy.
14. Describe the stages of change model and recovery for families and their application to treatment of substance abuse disorders.
15. Describe the use of multicultural counseling skills to assessment, treatment, and aftercare for persons of different gender/gender identity, ethnicity, disability, race, sexual orientation, ages including the elderly, and stages of life including homeless populations.
16. Describe the transdisciplinary foundations and competencies required of alcohol or drug counselor.
17. Describe the use of medication in the treatment of substance abuse.
18. Develop a comprehensive case study based on a biopsychosocial assessment, including diagnosis, treatment plan goals and interventions acceptable for submission to the Connecticut Certification Board (CCB).

## Courses

All ASC course instructors are licensed drug and alcohol counselors by the State of CT Department of Public Health. Additionally, while certification is preferred for ASC course instructors it is not required. All ASC courses have a didactic component and most include experiential skill building. Students intending to graduate with a degree in ASC should earn a minimum grade of C to be adequately prepared for a career in addiction counseling and successfully complete the Counselor Certification Examination through CCB (Connecticut Certification Board).

## Internships

Students must complete and submit a formal ASC internship application prior to the interview. Acceptance into an ASC internship with a seminar (ASC 2095 Counseling Internship I, ASC 2195 Counseling Internship II) is selective and not guaranteed. All interested students participate in a screening and interview process which is intended to evaluate whether the applicant possesses the skills, behaviors (practices), and attitudes necessary for work with individuals with a substance use disorder and/or co-occurring disorders. Interested applicants must have completed ENG 1010 Composition, ASC 1001 Public Health Issues and Addiction, ASC 1011 Addiction Counseling I, ASC 1012 Group Counseling Theory and Techniques and ASC 1058 Biology of Addiction with a grade of C or better and the restricted elective ASC 2011 Addiction Counseling II may be completed concurrently during the first or second semester of internship. ASC coursework older than 5 years need to be re-taken prior to the internship. After the interviews, students are formally notified regarding acceptance to internship and ability to register for ASC 2095 Counseling Internship I. Students who complete ASC 2095 Counseling Internship I successfully and without incidence are then eligible for ASC 2195 Counseling Internship II. During the internships, students are required to carry malpractice liability insurance (average yearly cost \$15.00). Students are billed separately for this coverage and will be asked to pay the premium at the time of registration.

## Articulation Agreements

There are active articulation agreements with the University of Bridgeport (Goodwin University) and the BSW program at Southern Connecticut State University.

## Employment

Graduates with an ASC associates degree are highly sought after for entry level opportunities as substance abuse counselors in public and private agencies such as community and residential health facilities, hospitals, prevention organizations, rehabilitation, youth services, government, and the criminal justice system. According to the Occupational Outlook Handbook (2016-17 Ed.), employment of addiction/substance abuse counselors is expected to grow by 22 percent from 2014-2024, much faster than average as addiction counseling services are increasingly covered by insurance. Connecticut is considered one of the states with the highest concentration of jobs in this field with a mean average wage of \$46,920.

## Degree Requirements

Code	Title	Credits
<b>General Education Courses</b>		
ENG 1010	Composition	3
MATH 1010	Intermediate Algebra (or higher)	3
Choose one of the following:		3
ARTH 1001	Global Art History Prehistory to 1500 CE	
ARTH 1003	Global Modern Art History 1850 to Present	
MUS 1001	Music History - Medieval-Baroque	
MUS 1002	Music History - Classical-Contemporary	
BIO 1100	Principles of the Human Body	3
PSY 1011	General Psychology I	3
COMM 1301	Public Speaking (recommended for transfer)	3
or COMM 1302	Interpersonal Communication	
ENG 1020	Composition II and Literature	3
CCS 1001	College and Career Success	3
<b>Program Courses</b>		
ASC 1001	Public Health Issues and Addiction	3
ASC 1011	Addiction Counseling I (this course must be taken in the student's first term)	3
ASC 1012	Group Counseling Theory and Techniques	3
ASC 1058	Biology of Addiction	3
ASC 2011	Addiction Counseling II	3
ASC 2095	Counseling Internship I	6
ASC 2195	Counseling Internship II	6
PHIL 1101	Ethics	3
PSY 2045	Abnormal Psychology	3
<b>Restricted Elective</b>		
Choose one of the following:		3
ASC 2020	Co-Occurring Disorders	
ASC 1017	Substance Abuse Prevention	
ASC 1019	Addiction Counseling in a Correctional Setting	
ASC 2012	Multicultural Addiction Counseling	

ASC 1014	Introduction to Family Systems
<b>Total Credits</b>	<b>60</b>

- Addiction Studies and Counseling Certificate