

Territorial Acknowledgement

Camosun College is located in beautiful Victoria, British Columbia with campuses on the Traditional Territories of the Lekwungen and t̓ə́w̓ E̓ ̓%̓ } %̓ 0 • X

We acknowledge their welcome and graciousness to the students who seek knowledge here.

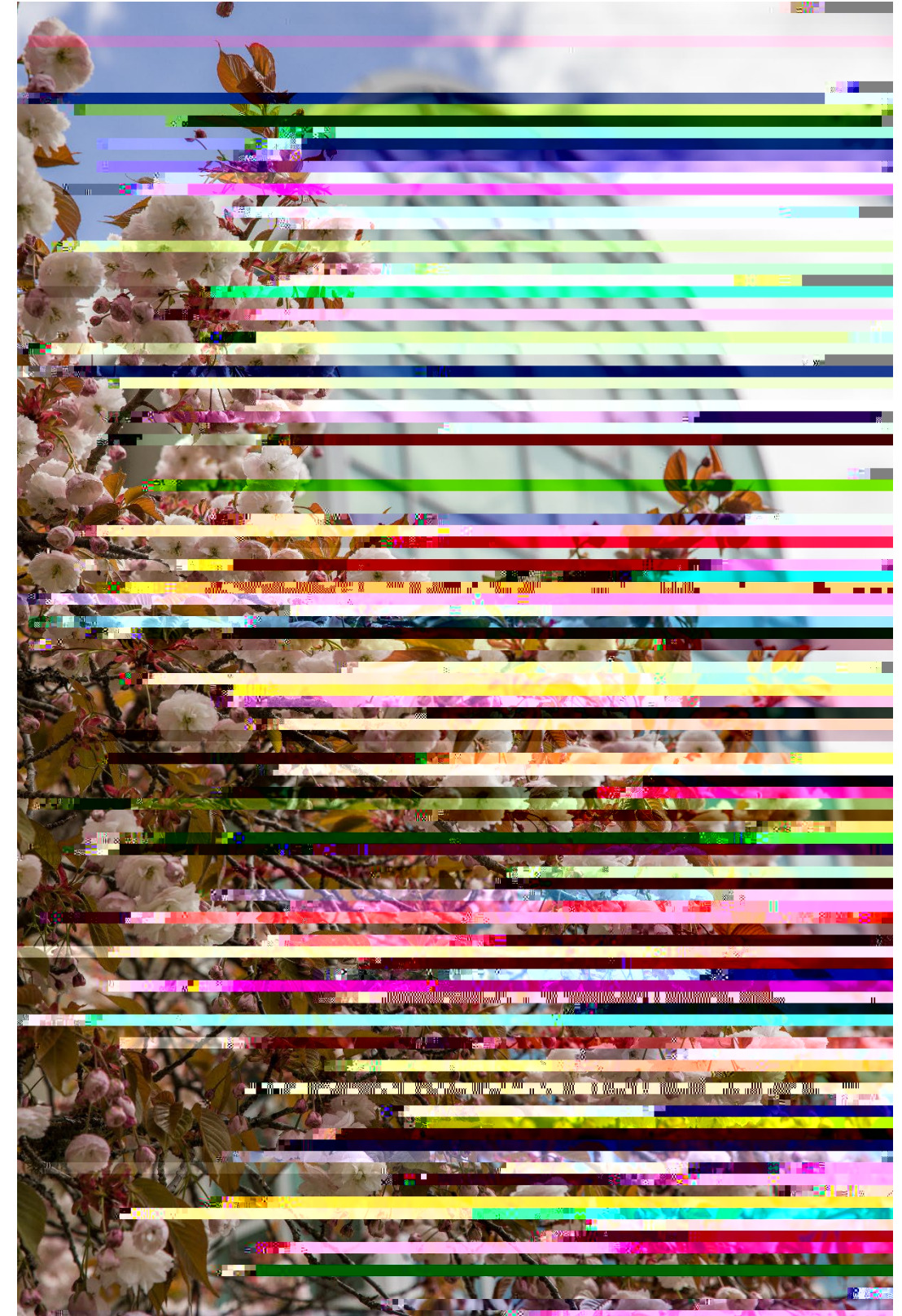
COVID19

The health and wellbeing of students and staff remains the priority of Camosun College.

The college's COVID Response Coordination Team is monitoring the situation and ensuring measures are in place to keep the college community safe

We're ready for you. The college is planning for a mix in the delivery of courses following guidelines from the Provincial Health Officer, WorkSafe BC and the B.C. Government.

COVID19 information and frequent updates are available [Camosun.ca/COVID19](https://www.camosun.ca/COVID19)



Camosun College

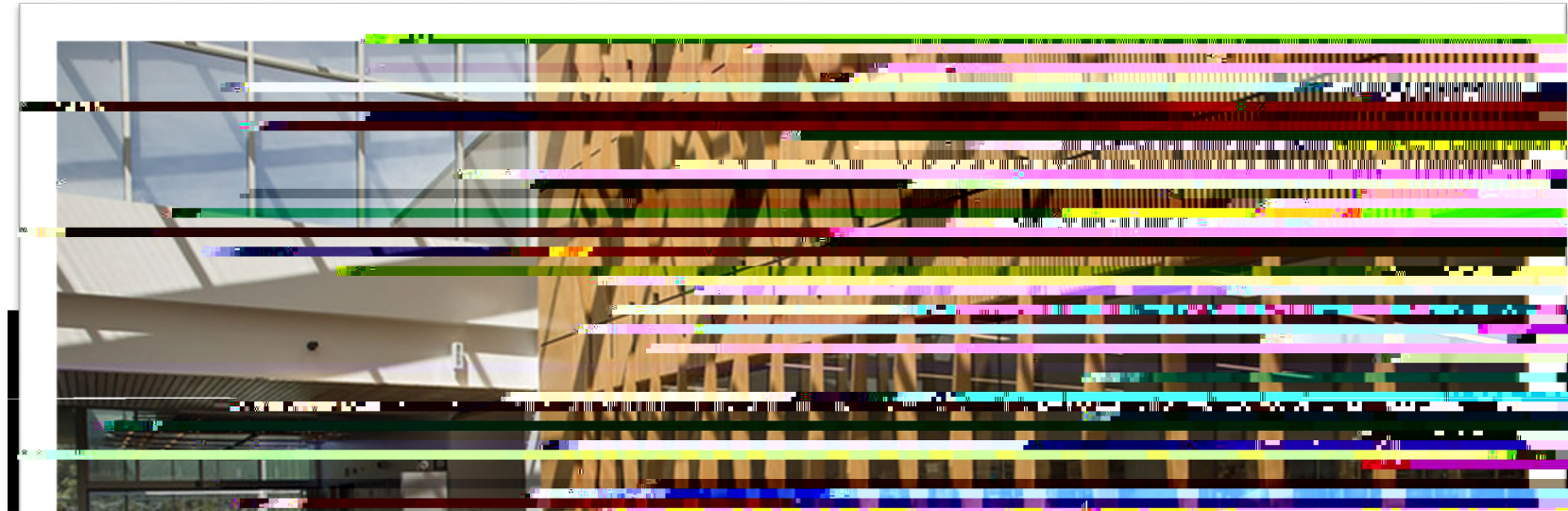
- Camosun College is B.C.'s largest public college
- 19,000+ students
- 1,200+ faculty and staff
- Programs range from arts and business to tech and trades to university transfer and continuing education
- Credentials include dual credits, certificates, diplomas, degrees, and post-degree diplomas

School of Health &

Centre for Health and Wellness (CHW)

- All HHS Programs except Dental are delivered at the ~~CHW~~ Interurban Campus
- The CHW brings together HHS Programs and ~~allows~~ more interdisciplinary approach to teaching and learning
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Camosun Mental Health & Addiction Programs

Interprofessional Mental Health & Addictions (IMHA) Postgraduate Diploma

- full-time, masters level curriculum, degree admission requirement

Mental Health & Addictions (MHA) Certificate

- full-time, prepares for frontline support positions, admission requirements include high

Mental Illness & Addiction Concepts

Mental Disorders

Mental illnesses are... disturbances in thoughts, feelings, and perceptions that are severe enough to affect day functioning.
- Canadian Mental Health Association, 2020

Addiction

... a complex disease, often chronic in nature, ... affects the functioning of the brain and body.... causes serious harm to families, relationships, schools, workplaces, and neighborhoods... most common symptoms ... severe loss of control, continued use despite serious consequences, preoccupation with using, failed 3 (aus)-0b (h)0.8r((e1 Tfg1c40gdr

Concurrent Disorders

Prevalence

- People with a mental illness are twice as likely to have a substance use problem compared to the general population.
- At least 20% of people with a mental illness have a co-occurring substance use problem. For people with schizophrenia, the number may be as high as 50%.
- People with substance use problems are up to 3 times more likely to have a mental illness. More than 15% of people with a substance use problem have a co-occurring mental illness.

Centre for Addiction & Mental Health (CAMH) 2021

In BC

- An estimated 130,000 individuals meet criteria for concurrent disorders in BC.

Psychosocial Rehabilitation (PSR): A Foundation of Practice in the MHA Program

- A holistic approach that places the person—not the illness—at the center of all interventions
- Psychosocial is... the close relationship between psychological, social, and environmental effects
- The wishes of the person being served direct the rehabilitation process
- Effective rehabilitation and recovery builds on a person's strengths and helps the individual to compensate for the negative effects of the psychiatric disability

- Hughes & Weinstein, Best Practices in PSR, 2000

The concept of recovery is rooted in the simple yet profound realization that people who have been diagnosed with mental illness are human beings... The goal is to become the unique, awesome, never to be repeated human being that we are called to be... Those of us who have been labeled with mental illness are not de facto excused from this most fundamental task of becoming human... because many of us have experienced our lives and dreams shattering in the wake of mental illness, one of the most essential challenges that faces us is to ask, "who can I become and why should I say 'yes' to life?"

Patricia Deegan (2001) Recovery as a Journey of the Heart

MHA Practice

The support worker works side-by-side, in the context of a therapeutic relationship, with individuals who are living with mental health &/or substance use challenges... includes supporting individuals in daily activities such as leisure & recreation, nutrition & meal preparation, physical care, budgeting, housecleaning, medication monitoring, and social skill development

Learning and applying self-management skills can assist people to recognize and manage their illnesses, with the assistance of specialized services and professionals when required.

Graduates are not qualified to work as counsellors unless they have other training or postsecondary credentials

MHA Program Courses

Schedule

- Blended delivery
 - on-campus face-to-face (f2f)
 - online Desire2Learn (D2L)
- Full-time: September – June
- Practicum 6 wks- May/June (regular offering) 26 hrs./wk
Hours include on-site, course activities, and group/individual supervision time
- Classes Mon-Fri (may include weekend days)

Note: hours and dates subject to change

Fall: September–December

MHA 110 Foundations for Practice	3 credits	45 hrs.
MHA 111 Mental Illness & Interventions	3 credits	75 hrs.
MHA 115 Therapeutic Relationships	3 credits	75 hrs.
MHA 125 Professional Practice 1	3 credits	30 hrs.
ENGL 151* Academic Writing Strategies	3 credits	45 hrs.

Winter: January–April

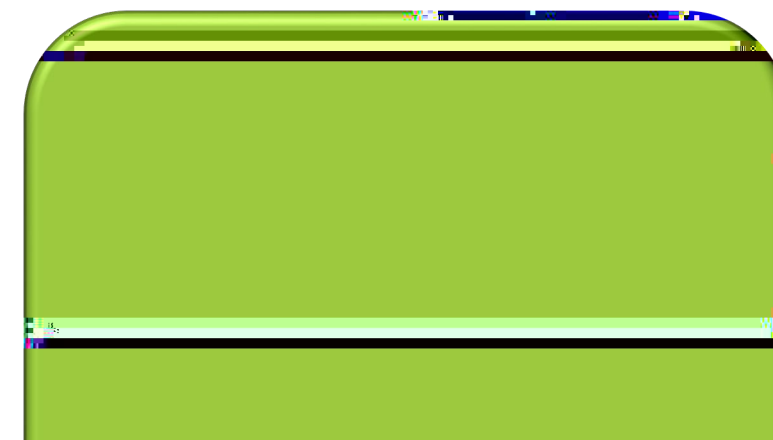
MHA 120 Support Strategies	3 credits	60 hrs.
MHA 126 Professional Practice 2	3 credits	30 hrs.
MHA 135 Illness & Interven		

The MHA Program prepares you with:

- Entry level knowledge, judgment, abilities, and skills to work in the field of community mental health & substance use services
- Relevant learning opportunities focused on interactions



Review the MHA program pages online:



What if you are in recovery from mental illness or substance use

- Students may find the content elicits strong emotions; this can be difficult for those managing unresolved issues or are recovering from addiction/mental illness.
- Discussions and activities to learn support strategies will be about self harm, disordered eating, weight management and nutrition, abuse and trauma, and substance use.
- Those actively using illegal substances, or substances other than for prescribed conditions, are strongly advised to delay starting the Program.
- Students are encouraged to seek support from campus resources.

Is MHA work for you?

If you like the idea of participating in client-focused treatment and recovery supports for persons with mental illness &/or substance use challenges, perhaps work in the field of mental health & addictions is right for you.

Is your answer "yes"?

- Do you value working in fluctuating, recovery-focused settings?
- Are you willing to assist with personal and physical care?
- Are you willing to effectively respond to crisis situations (e.g., escalating behavior, potential overdose, active substance use)?
- Do you have or want to develop good communication skills?
- Do you enjoy working on a team yet can work independently?
- Do you cope effectively with personal issues?

The work is challenging, active, and requires good time management and self-care. One needs to be self-reflective, open-minded, and self-directed.

Asa [helper], I can only take you as far as I have been willing to go in my own life

(author unknown)

Potential Practicum Sites and Employers

Are you ready to be an MHA Student?

Is your life organized so that you can...

- attend 12-24 hrs of classes each week?
- complete 1/2-2 hrs of reading and/or assignments every day?
- focus your energy and thoughts on your course work
- practice good self-care and time management?
- participate in practicum shifts that start early in the morning, run into the late evening, occur on weekends, and may require travel?

Are you able to:

- Provide practice sites with a clear criminal record check
- Work in a blended (partially online) program of study?
You can check out Camosun's [Online Learning](#) page

Have you considered delivery options:

Full-time: comprehensive 40 hrs/wk classes & learning activities

Part-time: if available: less intense, 20 hrs/wk classes & learning activities,
better option if you intend to work while pursuing your studies

RegistrationProcess

- Submit an application with your admission requirement(s) and registration fee
- Applications are date stamped
- The first fully qualified students are offered seats in the program
- A \$175 nonrefundable deposit is required when offered a seat, applies to first term tuition

MHA Admission Requirements & Recommendations

- A letter grade of “C+” or higher in English 10 or TPC 12 or assessment
- Submit a minimum 300-word statement of intention outlining career goals and motivation for entering the program by email in PDF file directly to

Required and Strongly Suggested

Required

- A negative TB skin test or a negative chest x-ray-Evidence must be dated no more than six months before practicum start date. Students are responsible for the cost of testing.
 - o BCTE Clinic- 1902 Fort St.- (250)519-1510
 - o Nova Travel & Immunization Clinic- #206, 1964 Fort St
 - o TMVC Victoria 771 Vernon Ave. #206 Gateway Plaza
- Evidence of immunization status Failure to comply with immunization guidelines could result in... barring the individual from practicum setting until proof of immunity is provided ... could impact a student's ability to successfully complete the ... practicum placement course.
- Criminal Record Check

Suggested

Food Safe

Drivers license required for Island Health practicum and employment; lack of a license will not be a barrier to practicum yet it may limit employment opportunities

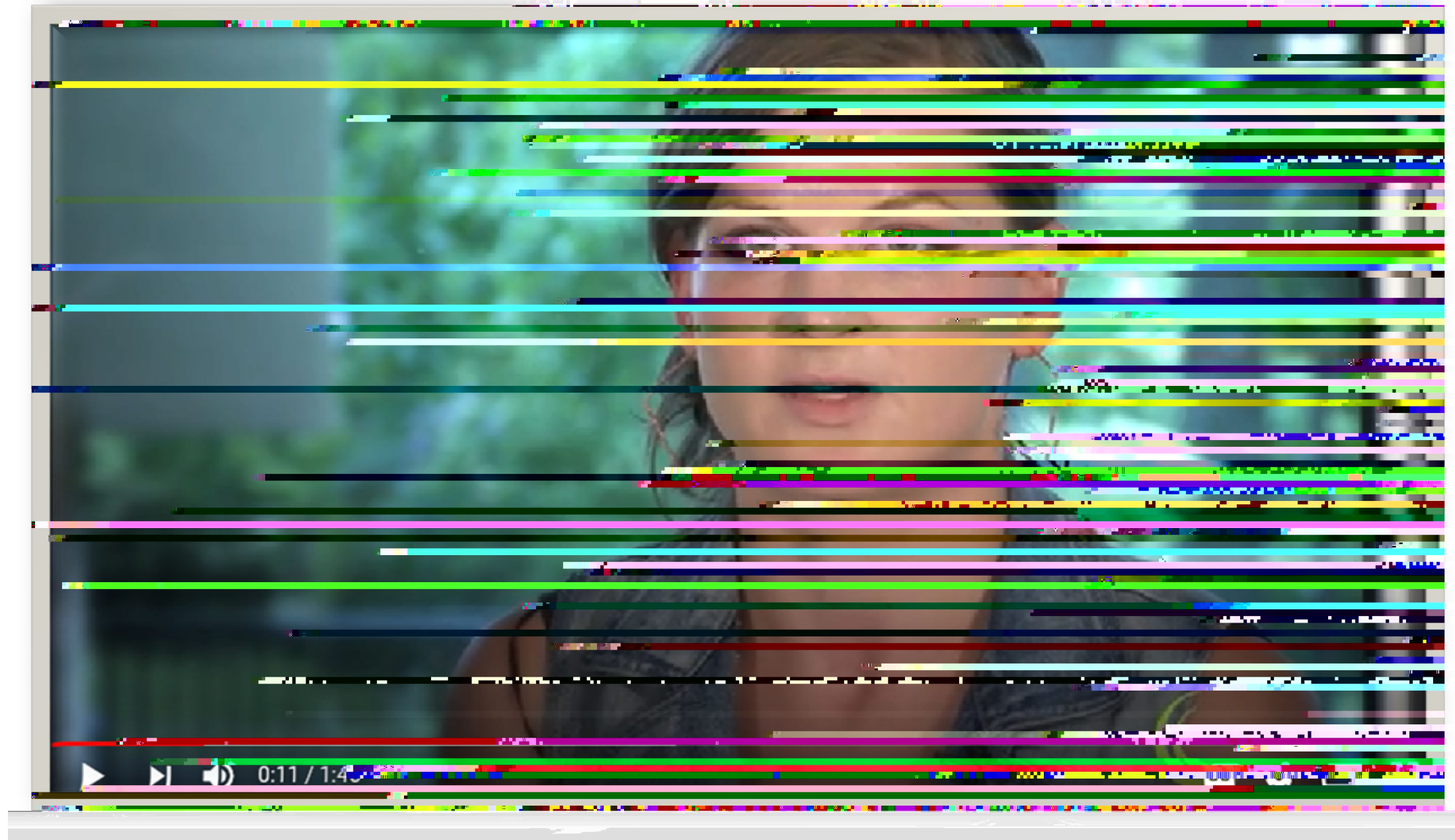
Standard First Aid & CPR Level C

See MHA website and Academic Calendar for more information:

<https://camosun.ca/programs/sources/findprogram/mentalhealth-and-addictionscertificate>



Hear What Our Grads Have to Say!



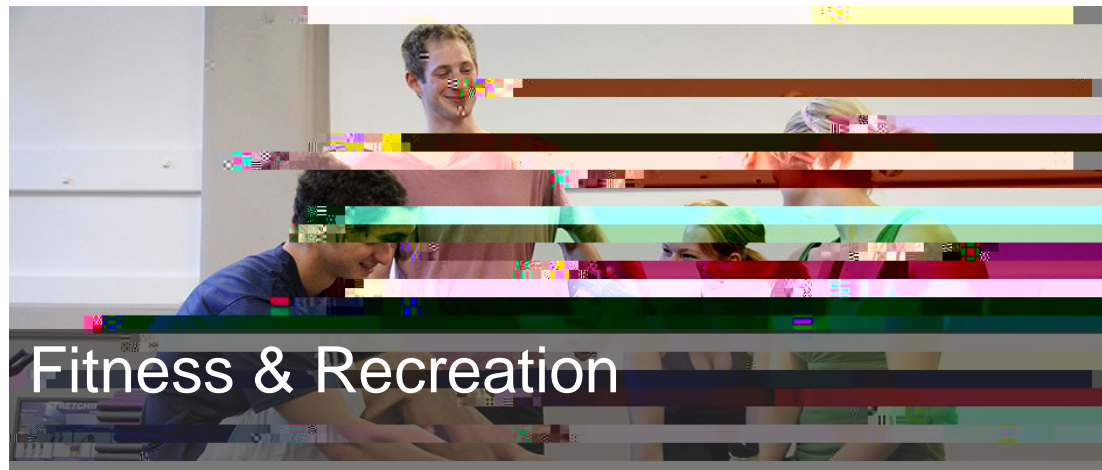


TRANSFER CREDITS

Completion of this certificate provides you with transfer credits towards: Community, Family and Child Studies Diploma program.

[CFCS Diploma Program](#)

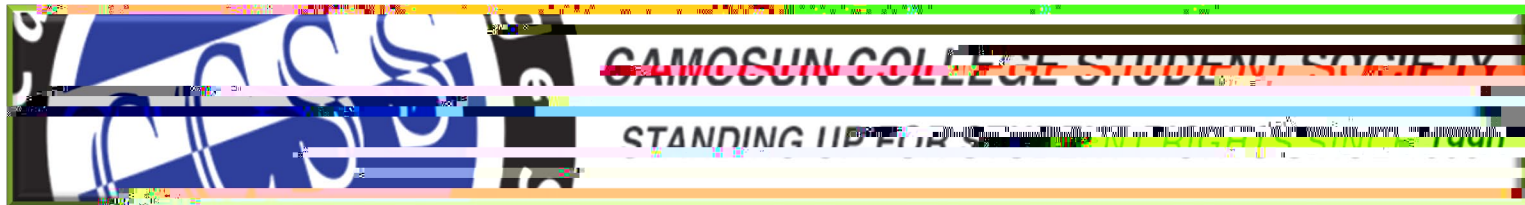
Further education possibilities



Fitness & Recreation

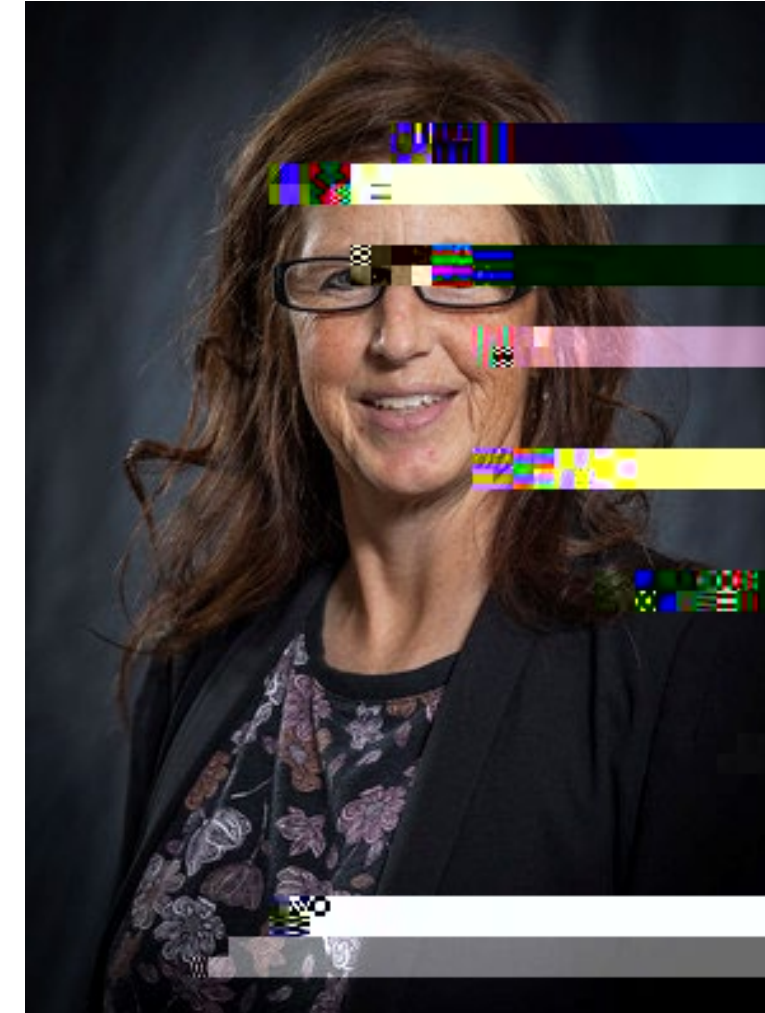
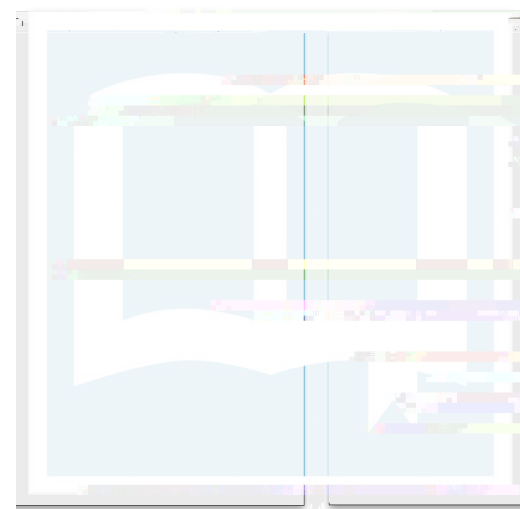


Indigenous Student Support
Find your way and feel like you belong with our help





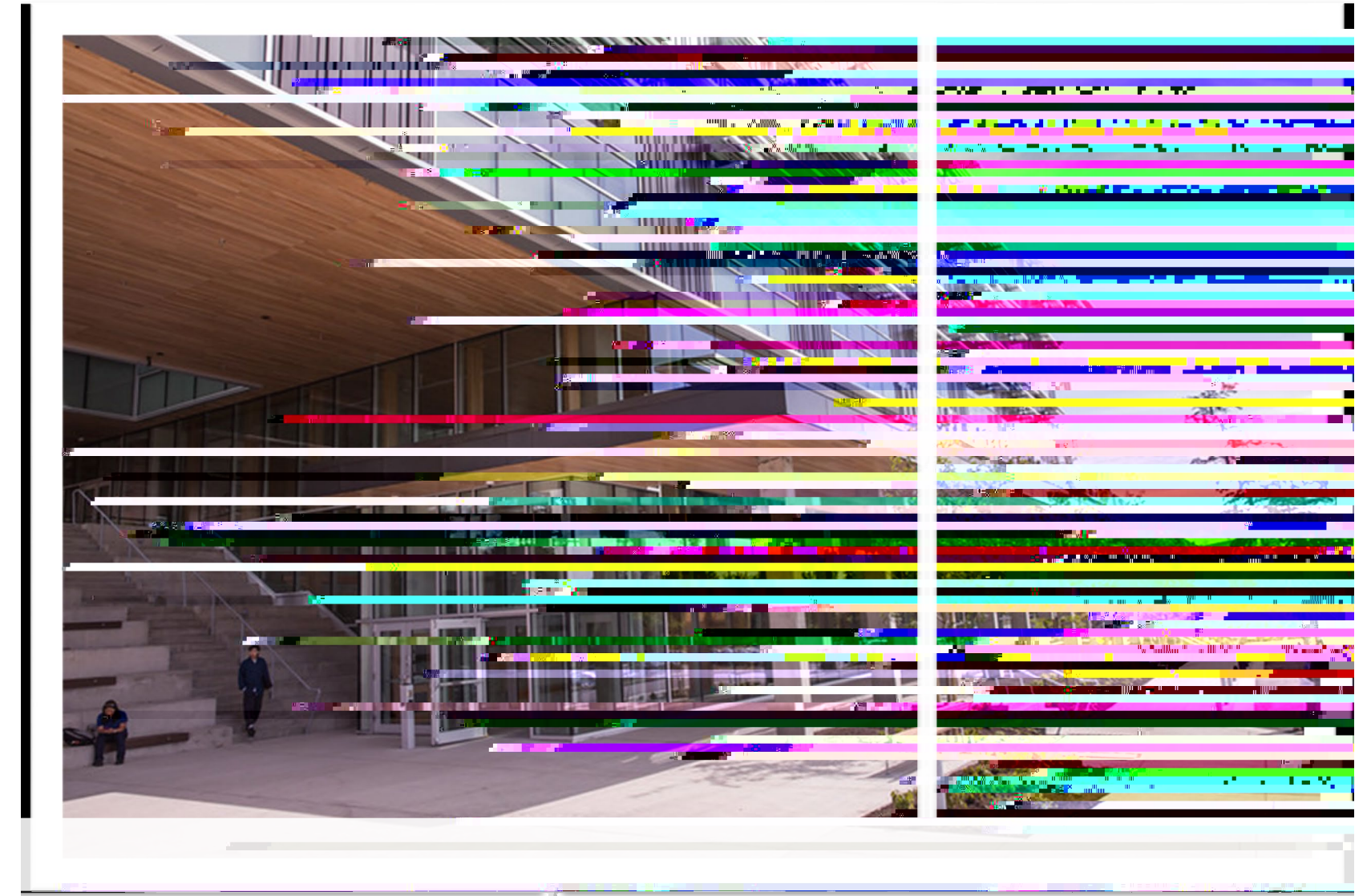
View the Dean's
Welcome and the
School of Health &
Human Services (HHS)
Student Handbook
online



Lori Zehr, EdDMSc

NEXT STEPS

Completion of an Info Session is a prerequisite for entry into the MHA program. Applicants must also complete the student declaration portion of the survey to be given consideration.



FOR MORE INFORMATION

Generaladmissions	admissions@Camosun.ca	Phone:250-370-3550
MHA AdmissionsAdvisor, Maggie Messer	MesserM@Camosun.ca	Phone:250-370-4851
MHA Program Lead,JodyWatson	WatsonJ@Camosun.ca	