



Addiction & Community Support Worker Diploma Program
1148 Hours/54 Weeks/61 Credits

COURSE OUTLINE

ACSW 1 - Intro to Community Support Work

(45 Hours) (3 Credit)

This module is an introduction to Community support work basic and all its expectations and responsibilities. It will strengthen and support their decision in becoming effective Community Service Workers.

The student will learn:

- What is a Support Worker?
- How does it differ from Social Workers and counsellors?
- What roles can a support worker play in supporting families and individuals?
- What specific skills are needed to be a Community Support Worker?
- What are some of the theories a CSW must understand in social work?
- What is intervention and what are some intervention techniques?

ACSW 2 - Case Management

(30 Hours) (2 Credits)

This course integrates theory and practice, providing students with the tools they will need to effectively assess, evaluate, and provide appropriate intervention for vulnerable children, youth, and families. Note: Seldom are Community Support Workers are case managers, but they must know the roles of one and the boundaries of their role within the team.

The student will learn:

- about and understand the Canadian Guide for Case Management in Social Work.
- the Core principles and theories of case management.
- about Solution Focused case management.
- How to work in a team when providing wrap-around client support.

ACSW 3 - Advocacy

(30 Hours) (2 Credits)

This module introduces students to the topic of Advocacy and how to best advocate for the community issues and the people they support.

The student will learn:

- What advocacy is?



- What kinds of advocacy is needed in social service support?
- How to start and promote a community campaign to advocate for systemic change.
- How to start the uncomfortable conversation on why change/service is needed.

ACSW 4 - Self-Care

(30 Hours) (2 Credits)

This module introduces students to the need for self-care as a support worker and how to implement good practice.

The student will learn:

- get a brief overview of the issues.
- understand healthy boundaries.
- develop and maintain a self-care plan/kit.

ACSW 5 - Ethics

(30 Hours) (2 Credits)

Community Support Workers must follow the guidelines and ethics outlined by the Canadian Association of Social Workers to serve their clients with respect, humanity, and professionalism.

The student will learn:

- Be able to define what ethics are and why they matter.
- Explore and study the Guidelines for Ethical Practice of the Canadian Association of Social Workers
- Explore and study the code of ethics of the Canadian Association of Social Workers
- Understand social work values.
- Explore various ethical dilemmas and how to avoid them.

ACSW 6 - Writing Skills for Community Workers

(60 Hours) (4 Credits)

This module will provide students with various documents used in social services.

The student will learn:

- Standards of Social Work Recording
- Daily logs, case notes and SOAP principles
- Police reports
- Incidents reports
- Proposals
- Papers with APA citation formats
- Paragraphs comparing object vs subjective formats.
- Updated forms required by Agencies/Facilities.



ACSW 7 - Communication

(45 Hours) (3 Credits)

This course's aim is to provide students with additional communication skills that will improve their connection with employers and families/individuals they support.

The student will learn:

- The importance of communication
- To explore various styles of communication
- About open-ended questioning
- Perception checking
- How emotions affect communications
- About verbal and nonverbal communication
- Barriers to communication and how to avoid them.

ACSW 8 - Behavior Analysis

(30 Hours) (2 Credits)

This module introduces students to the observation and initial analysis of the behaviours of the people around them.

The student will learn:

- of the history of behavioral analysis
- the theories of behavior analysis.
- how to observe and record behaviors
- to understand functional assessment principles.
- How to communicate to the agency and team what was observed.

ACSW 9 – Neurodiversity and Supporting Abilities

(45 Hours) (3 Credits)

This module introduces students to Developmental Disabilities.

The student will learn:

- About various types of developmental disabilities
- What Challenges the people with developmental disabilities face?
- The stressors for the families
- How to empower and best support a person with developmental disabilities.

ACSW 10 - Domestic Violence

(45 Hours) (3 Credits)

This course's aim is to provide students with the basics of domestic violence, child, and elderly abuse in Canada.



The student will learn:

- The basic types of family violence (e.g., child abuse, intimate partner violence, and elder abuse).
- Sociological theories of family violence.
- How to prevent family violence.
- What resources are available to help support families and individuals?

ACSW 11 – Pharmacology of Addiction

(30 Hours) (2 Credit)

This course studies the various drugs that are used by clients and drugs that can be misused. This course will be taught by a Pharmacologist or an LPN.

The student will learn:

- About common prescription drugs used by clients with various disabilities.
- Effects of various drugs when used inappropriately.
- Drugs used to wean addicts off opiates and in recovery.

ACSW 12 - Addictions and Mental Health (Psychology)

(75 Hours) (5 Credits)

This module introduces students to the theories and material for basic psychology. The module will focus on various mental health issues and issues of addiction.

The student will learn:

- Definitions of psychology, mental health, and addictions
- Core theories around psychology
- The importance of sleep patterns
- Effects of toxins on the brain
- Understanding memory and trauma
- Measuring intelligence
- Mental coping theories

ACSW 13 - Counselling

(48 Hours) (3 Credits)

This module introduces students to counselling skills needed when working with families a. These skills are also transferable when working with groups. The course explores the world of social justice through the lens of the family and supported individuals.

NOTE: Community Support Workers are NOT official counsellors, but they must understand the role and impact of good counselling.

The student will learn:



- About the various counselling fields
- The various theories and methods of counselling
- Be able to identify what skills are needed to be a good counsellor.
- And how to identify an ineffective or poor counsellor

ACSW 14 - Aboriginal Studies

(60 Hours) (4 Credits)

This module introduces students to the Aboriginal cultures and what they will need to know to best support them.

The student will learn:

- Historical guidelines for Aboriginal people in Canada
- The impacts of colonization
- Some Aboriginal approaches are still being used to build better relations and understanding.
- The role of government involvement and the Indian Act
- The difference between Metis, First Nations, and Inuit people.
- To increase community connection
- How to connect with the key support system within the Aboriginal community
- Go for field trips.

ACSW 15 - Child and Youth Development

(45 Hours) (3 Credits)

This course will help the community support worker better understand the development of children, the challenges they today and what needs to be in place to best support them.

The student will learn:

- Life span development through exploring ages and stages
- About the issues of gender and sexuality
- About gangs and group influence
- About issues facing immigrant youth
- About eating disorders in youth
- Building self-confidence
- Creating support systems

ACSW 16 - Supporting Youth at Risk

(45 Hours) (3 Credits)

This course is a continuation of the Child and Youth Development Course and the issues the youth face.



The student will learn:

- Define youth at Risk.
- About Alberta laws impacting youth
- About laws regarding youth employment
- Discuss why youth drop out of school.
- About the issues around teen sexuality
- Understand issues around teen pregnancy and teen parenthood.
- How to describe anti-social behavior.
- To explore community programs to support youth at risk.

ACSW 17 - The Family

(60 Hours) (4 Credits)

This course covers the dynamics of a family and how to best understand them in the context of society and how to best support them.

The student will learn:

- What is a family?
- History and Culture of Canadian families.
- Marriage
- Children
- Empty nesting
- The lone parent
- Divorce and separation
- Caregiving issues
- Work-life balance
- Poverty

ACSW 18 - Sociology

(60 Hours) (4 Credits)

This module introduces students to the theories of Sociology and how about various social approaches when supporting people.

Students will learn:

- Culture and ethnocentrism
- About globalization
- Class stratification
- Issues of race, gender, and age in society
- Issues of economy
- About social deviance
- Impact of fads and mob mentality



ACSW 19 - Computer Basics

(30 Hours) (2 Credits)

The student will review basic computer skills and program features to introduce them to various software programs used in the social services field of work.

The student will learn:

- Keyboarding
- Microsoft Words
- Microsoft Excel
- Microsoft PowerPoint
- Software Programs

ACSW 20 – Practicum

(200 Hours) (5 Credits)

This is a mandatory 5-week full-time practicum. The student will experience the practical side needed to perform effectively in the community. Students will be assigned to any Adult Care Services (i.e., Addiction Treatment Centres, Group Homes, Nursing Homes, Residential Care, Rehabilitation Centres, Shelters, Assisted Living) or any Child/Youth Care Services. Students must provide a clear criminal record and vulnerable sector check prior to attending practicum.

WORKSHOPS

1. Trauma Informed Care (TIC)

(15 Hours) (0 Credits)

The TIC E-Learning Modules are presented by Alberta Health Services. Students must complete all 6 modules at their own pace before practicum.

The student will learn:

- What is Trauma Informed Care?
- What is Trauma?
- Disaster Response
- Loss and Grief after Trauma
- Trauma in Human Service Workers
- Emotional Literacy



2. Job Search Strategies (15 Hours) (0 Credit)

The student will explore the hidden job market and know how to impress potential employers with knowledge and skills.

The student will learn:

- How to make a professional resume
- Interview strategies

3. Nonviolent Crisis Intervention Training (15 Hours) (0 Credit)

Nonviolent Crisis Intervention® training equips the student with skills, confidence, and an effective framework to safely manage and prevent difficult behavior.

The student will learn:

- How to handle clients who act out
- How to practice a proactive approach in difficult situations
- Early intervention and nonphysical approaches for preventing and controlling unruly behaviors.

4. Applied Suicide Intervention Skills Training (ASIST) or Suicide Prevention, Risk Assessment & Management (SPRAM) (15 Hours) (0 Credit)

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety (<https://www.suicideinfo.ca/workshop/asist/>)

Suicide Prevention, Risk Assessment & Management (SPRAM) is an eLearning series that provides foundational competence in suicide prevention, risk assessment and management for health practitioners working in Addiction and Mental Health (AMH). The course consists of seven sequential modules that include four distinct character profiles depicting a client's journey through a specific practice domain. (www.ahs.ca/spram)

The student will learn:

- The significance of suicide and its importance as a public health issue
- How to intervene with a person who is thinking about suicide
- How to create a plan and help a person at risk stay safe



- How to recognize a person with thoughts of suicide. Identify warning signs and potential risk factors.
- The importance of Self Care

5. First Aid & CPR Training (15 Hours) (0 Credit)

This training is delivered by a Red Cross First Aid Instructor. This is a full two-day course. The participants will be trained on how to respond to emergencies at home and at their workplace. A 3-year certification will be issued to all participants.

The student will learn:

- How to save a life
- How to prevent medical emergencies from getting worst
- How to stabilize the person until EMS arrives

6. Brain Story (30 Hours) (0 Credit)

The Alberta Family Wellness Initiative developed this course, which provides a deeper understanding of brain development and its lifelong health consequences.

The student will learn:

- How the brain develops
- How addiction and mental health are related to brain development.
- How toxic childhood experiences affect brain development which can increase the risk for mental health and addiction problems and other concerns.