

# Mental Health and Addiction Studies, B.A.

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## Degree Offered

- Bachelor of Arts

## Nature of the Program

The Mental Health and Addiction Studies Program is designed for students with a broad-based interest in the human condition and serving their communities. Graduates are qualified for entry-level occupations in addiction, mental health and family support services, and are also prepared for graduate studies in counseling, occupational therapy, public health or other health-related disciplines.

The core coursework explores the history, theories and concepts of mental health and mental illness, as well as investigation of the structures and service delivery mechanisms for prevention, intervention, and treatment of mental disorders, with a concentrated focus on addiction and recovery. Through selection of certain elective groups, students also have the opportunity to build deeper knowledge in disabilities, aging, wellness, and/or diversity.

## Admissions for 2025-2026

- First-time students who meet university requirements are directly admitted to the Mental Health and Addiction Studies major
- Students transferring into the major from another institution must have a minimum cumulative college GPA of 2.0
- Students seeking admission from other majors within WVU must have a minimum cumulative college GPA of 2.0

Major Code: 5003

## General Education Foundations

Please use this link to view a list of courses that meet each GEF requirement. (<http://registrar.wvu.edu/gef/>)

NOTE: Some major requirements will fulfill specific GEF requirements. Please see the curriculum requirements listed below for details on which GEFs you will need to select.

Code	Title	Hours
<b>General Education Foundations</b>		
F1 - Composition & Rhetoric		3-6
ENGL 101 & ENGL 102 or ENGL 103	Introduction to Composition and Rhetoric and Composition, Rhetoric, and Research Accelerated Academic Writing	
F2A/F2B - Science & Technology		4-6
F3 - Math & Quantitative Reasoning		3-4
F4 - Society & Connections		3
F5 - Human Inquiry & the Past		3
F6 - The Arts & Creativity		3
F7 - Global Studies & Diversity		3
F8 - Focus (may be satisfied by completion of a minor, double major, or dual degree)		9
Total Hours		31-37

Please note that not all of the GEF courses are offered at all campuses. Students should consult with their advisor or academic department regarding the GEF course offerings available at their campus.

## Curriculum Requirements

Code	Title	Hours
	University Requirements	60
	Mental Health and Addiction Studies Major Requirements	60
Total Hours		120

## University Requirements

Code	Title	Hours
General Education Foundations (GEF) 1, 2, 3, 4, 5, 6, 7, and 8 (31-37 Credits)		
Outstanding GEF Requirements 1, 2, 3, 5, 6, and 8		24
CAHS 191	First-Year Seminar	2
General Electives		34
Total Hours		60

## Mental Health and Addiction Studies Major Requirements

Code	Title	Hours
A minimum grade of C- is required in all CDFS and COUN courses.		
PSYC 101	Introduction to Psychology (GEF 8)	3
SOC 101	Introduction to Sociology (GEF 8)	3
CDFS 110	Families Across the Life Span (GEF 4)	3
PSYC 281	Introduction to Psychological Disorders (GEF 7)	3
CAHS 300	Career Exploration in Applied Human Sciences	3
COUN 201	Foundations of Mental Health Intervention	3
COUN 240	Introduction to Addiction Studies	3
COUN 301	Interpersonal Communication Skills	3
COUN 303	Introduction to Helping Professions	3
COUN 320	Prevention in Mental Health	3
COUN 330	Addiction Screening & Assessment	3
COUN 340	Counseling Techniques	3
COUN 350	Families & Addiction	3
COUN 400	Diversity and Human Relations	3
CDFS 416	Trauma, Resiliency, and Children	3
COUN 485	Capstone in Mental Health and Addiction Studies	3
Select any combination of four of the following courses:		12
Disability-Related Courses:		
DISB 304	Special Education in Contemporary Society	
DISB 380	Disability and the Family	
DISB 381	Lifespan Disability Policy	
DISB 385	Disability and Society	
Aging-Related Courses:		
GERO 212	Introduction to Gerontology	
GERO 410	Rural Gerontology	
GERO 412	Public Policy of Aging	
GERO 418	Aging, Women and Culture	
COMM 317	Communication and Aging	
SOC 312	Death and Dying	
Wellness-Related Courses:		
HWB 224	Enhancing Health and Well-being	
HWB 359	Mindfulness for Health and Well-being	
HN&F 200	Nutrition/Activity/Health	
SEP 283	Introduction to Exercise Psychology	
Diversity-Related Courses:		
ASP 220	Introduction to Africana Studies	
ENGL 254	African American Literature	
ENGL 154	African American Literature	
NAS 200	Introduction: Native American Studies	
SOC 235	Race and Ethnic Relations	

WGST 170	Introduction to Women's and Gender Studies	
WGST 225	Women in Appalachia	
WGST 260	Perspectives on Lesbian, Gay, Bisexual, Transgender, and Queer Studies	
Total Hours		60

## Suggested Plan of Study

### First Year

Fall	Hours	Spring	Hours
CAHS 191		2 SOC 101 (GEF 8)	3
ENGL 101 (GEF 1)		3 CDFS 110 (GEF 4)	3
PSYC 101 (GEF 8)		3 ENGL 102 (GEF 1)	3
GEF 2		6 GEF 8	3
General Elective		3 GEF 3	3
		17	15

### Second Year

Fall	Hours	Spring	Hours
COUN 201		3 PSYC 281 (GEF 7)	3
GEF 5		3 COUN 240	3
GEF 6		3 COUN 301	3
General Elective		3 General Elective	3
General Elective		3 General Elective	3
		15	15

### Third Year

Fall	Hours	Spring	Hours
COUN 303		3 COUN 340	3
COUN 330		3 COUN 350	3
Major Elective 1		3 CAHS 300	3
General Elective		3 Major Elective 2	3
General Elective		3 General Elective	3
		15	15

### Fourth Year

Fall	Hours	Spring	Hours
COUN 400		3 CDFS 416	3
COUN 320		3 COUN 485	3
Major Elective 3		3 Major Elective 4	3
General Elective		3 General Elective	3
General Elective		2 General Elective	2
		14	14

Total credit hours: 120

## Major Learning Outcomes

### MENTAL HEALTH AND ADDICTION STUDIES

At the completion of this program, students will be able to:

1. Describe the impact of mental health, mental disorders and recovery on individuals, families, and communities.
2. Describe the vulnerabilities, resiliencies, protective factors, and prevention strategies for mental health across the lifespan.
3. Describe the foundations of the services and structures of the modern behavioral health system.
4. Explain the impact of trauma on development and integrate trauma-informed theory and concepts when addressing issues of mental health.
5. Demonstrate appropriate interpersonal skills for engaging those with mental disorders.

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6. Identify challenges for individuals from diverse cultures, backgrounds, and communities, and describe the unique needs and barriers to care for these individuals.
7. Apply ethical principles and ethical decision-making models in mental health settings.