Mental Health and Addiction Studies, B.A.

Degree Offered

• Bachelor of Arts

Nature of the Program

The Mental Health and Addiction Studies Program is designed for students with broad-based interest in the human condition and serving their communities, as well as those who wish to pursue graduate studies in counseling, social work, public health or other health-related disciplines. Students who graduate from this program will also be qualified for entry-level occupations in addiction, mental health and family support services.

The bachelor’s degree in mental health and addiction studies is comprised of 120 credit hours, with coursework from key disciplines including counseling, child development and family studies, psychology and sociology, as well as study in diversity, aging, disabilities and wellness.

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.

Admissions

Students must be admitted to West Virginia University to become students in the Bachelor of Arts in Mental Health and Addiction Studies Program. Direct admission to the MHAS program requires incoming freshmen students to have a minimum cumulative high school GPA of 2.5 to be admitted to the program. Students transferring into the major must have a minimum cumulative college GPA of 2.5.

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.

General Education Foundations

F1 - Composition & Rhetoric

ENGL 101 & ENGL 102  Introduction to Composition and Rhetoric
or ENGL 103  Accelerated Academic Writing

F2A/F2B - Science & Technology

3-6

F3 - Math & Quantitative Reasoning

3

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.

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 to 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, including utilization of foundational motivational interviewing skills and the stages of change model.
6. Discuss the concept of recovery management and its applications with mental illness and addiction.
7. Describe the impact of stigma on those with mental disorders and apply strategies to address stigma in the community and professional settings.
8. Identify challenges for individuals from diverse cultures, backgrounds and communities, and describe the unique needs and barriers to care for these individuals.
COUN 201. Foundations of Mental Health Intervention. 3 Hours.
Introduction to mental health and mental disorders, including substance use and substance use disorders, and associated interventions across the lifespan. Emphasis on the evolution and composition of the modern mental health system with a survey of interventions from prevention to psychopharmacology.

COUN 230. Life Choices. 3 Hours.
Students will examine lifestyle choices typically dictated by unconscious customs rather than research. Covers areas of attitude, relationships, physical lifestyle, health and spirituality. The class consists of lectures and required student participation.

COUN 240. Introduction to Addiction Studies. 3 Hours.
Overview of core concepts related to substance use and substance use disorders. Topics include the history of drug use/addiction, effects on societal members, pharmacology of common psychoactive drugs, theories of addiction, treatment approaches, mutual support, recovery and relapse.

COUN 250. Addiction Screening & Assessment. 3 Hours.
PR or CONC: COUN 240 with a minimum grade of C-. Skills, techniques and tools necessary for preliminary and in-depth evaluation for the presence of substance use disorders. Emphasis on establishing rapport, interviewing skills, diagnostic criteria, recognition of common co-occurring disorders, treatment planning and clinical writing.

COUN 301. Interpersonal Communication Skills. 3 Hours.
Overview of interpersonal communication skills, including how these skills affect individuals and groups in society. Emphasis on personal and interpersonal strategies for understanding, appreciating, and managing communication in personal and career relationships. Attention is given to the nature of communication, verbal and non-verbal communication, interpersonal relationships, and leadership skills.

COUN 303. Introduction to Helping Professions. 3 Hours.
To assist in evaluating students potential for a career in the helping professions. Exposure is provided to client populations served by helping professionals, along with a selection of intervention strategies used in those professions.

COUN 305. Wellness and Self-Care. 1 Hour.
This course provides undergraduates with an opportunity to establish self-care practices. Students engage in mindfulness meditation and explore the role of nutrition, exercise, and sleep in mood and stress.

COUN 320. Prevention in Mental Health. 3 Hours.
PR: COUN 201 and COUN 240 with a minimum grade of C- in each. Overview of core concepts related to the prevention of mental illness and addiction. Topics include the evolution of prevention practices, risk and preventive factors, psychosocial and environmental determinants, selecting and evaluating evidence-based models, and health equity.

COUN 340. Counseling Techniques. 3 Hours.
PR: COUN 240 with a minimum grade of C-. Overview of basic individual and group helping skills with a focus on the helping relationship, therapeutic dialogue, the stages and tasks of helping, and motivational techniques. Introduction to behavioral addictions and their connection to substance use disorders. Exploration of personal characteristics essential to working in mental health and addiction settings.

COUN 350. Families & Addiction. 3 Hours.
PR: COUN 240 with a minimum grade of C-. Overview of the impact addiction has on the family unit and the process of family recovery. Emphasis on the family as a system, attachment, adaptation, enabling and enmeshment, and techniques to support family healing.

COUN 400. Diversity and Human Relations. 3 Hours.
Overview of diversity and relationships. Examination of genetic/cultural diversity. Attention to problems related to diversity in a changing world.

COUN 405. Career and Lifespan Development. 3 Hours.
Overview of lifespan career development theories, including impact of personal growth and life stages. Emphasis on understanding job choices and personal strategies for career decision making.

COUN 415. Human Services Capstone Experience. 3 Hours.
PR: COUN 303 and COUN 400 and COUN 405 and COUN 410. Field experience in Human Services designed to expose students to the work involved in the human services field(s).

COUN 440. Addiction Studies Capstone. 3 Hours.
PR: COUN 240 and COUN 250 and COUN 340 and PR or CONC: COUN 350 with a minimum grade of C- in each. Integration of addiction studies coursework through study of ethics, selected population research, and community-based service learning, culminating in a research paper and oral presentation.

COUN 455. Ethics in Mental Health and Addiction Settings. 3 Hours.
PR: COUN 201 and COUN 240 with a minimum grade of C- in each and senior standing. Professional helpers face ethical dilemmas on a regular basis. This course prepares students with foundational knowledge necessary for understanding the complexity and ambiguity of ethical dilemmas while exploring critical thinking and ethical decision-making. The course surveys the codes of ethics from a variety of helping professions including human services, counseling, and addictions.
COUN 483. Workshop in Counseling and Guidance. 1-12 Hours.
PR: Consent. To take care of credits for special workshops and short intensive limit courses on methods, supervision, and other special topics.

COUN 483A. Workshop in Counseling and Guidance. 1-12 Hours.
PR: Consent. To take care of credits for special workshops and short intensive limit courses on methods, supervision, and other special topics.

COUN 483B. Workshop in Counseling and Guidance. 1-12 Hours.
PR: Consent. To take care of credits for special workshops and short intensive limit courses on methods, supervision, and other special topics.

COUN 483C. Workshop in Counseling and Guidance. 1-12 Hours.
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COUN 483D. Workshop in Counseling and Guidance. 1-12 Hours.
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COUN 483E. Workshop in Counseling and Guidance. 1-12 Hours.
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COUN 483F. Workshop in Counseling and Guidance. 1-12 Hours.
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COUN 483G. Workshop in Counseling and Guidance. 1-12 Hours.
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COUN 483H. Workshop in Counseling and Guidance. 1-12 Hours.
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COUN 483I. Workshop in Counseling and Guidance. 1-12 Hours.
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COUN 483J. Workshop in Counseling and Guidance. 1-12 Hours.
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COUN 483K. Workshop in Counseling and Guidance. 1-12 Hours.
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COUN 483L. Workshop in Counseling and Guidance. 1-12 Hours.
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COUN 483M. Workshop in Counseling and Guidance. 1-12 Hours.
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COUN 483N. Workshop in Counseling and Guidance. 1-12 Hours.
PR: Consent. To take care of credits for special workshops and short intensive limit courses on methods, supervision, and other special topics.

COUN 483O. Workshop in Counseling and Guidance. 1-12 Hours.
PR: Consent. To take care of credits for special workshops and short intensive limit courses on methods, supervision, and other special topics.

COUN 483P. Workshop in Counseling and Guidance. 1-12 Hours.
PR: Consent. To take care of credits for special workshops and short intensive limit courses on methods, supervision, and other special topics.

COUN 483Q. Workshop in Counseling and Guidance. 1-12 Hours.
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COUN 483R. Workshop in Counseling and Guidance. 1-12 Hours.
PR: Consent. To take care of credits for special workshops and short intensive limit courses on methods, supervision, and other special topics.

COUN 483S. Workshop in Counseling and Guidance. 1-12 Hours.
PR: Consent. To take care of credits for special workshops and short intensive limit courses on methods, supervision, and other special topics.

COUN 483T. Workshop in Counseling and Guidance. 1-12 Hours.
PR: Consent. To take care of credits for special workshops and short intensive limit courses on methods, supervision, and other special topics.

COUN 483U. Workshop in Counseling and Guidance. 1-12 Hours.
PR: Consent. To take care of credits for special workshops and short intensive limit courses on methods, supervision, and other special topics.

COUN 483V. Workshop in Counseling and Guidance. 1-12 Hours.
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COUN 483W. Workshop in Counseling and Guidance. 1-12 Hours.
PR: Consent. To take care of credits for special workshops and short intensive limit courses on methods, supervision, and other special topics.

COUN 483X. Workshop in Counseling and Guidance. 1-12 Hours.
PR: Consent. To take care of credits for special workshops and short intensive limit courses on methods, supervision, and other special topics.

COUN 483Y. Workshop in Counseling and Guidance. 1-12 Hours.
PR: Consent. To take care of credits for special workshops and short intensive limit courses on methods, supervision, and other special topics.
COUN 483Z. Workshop in Counseling and Guidance. 1-12 Hours.
PR: Consent. To take care of credits for special workshops and short intensive limit courses on methods, supervision, and other special topics.

COUN 485. Capstone in Mental Health and Addiction Studies. 3 Hours.
PR: COUN 201 and COUN 240 and PR or CONC: COUN 455 with a minimum grade of C- in all and senior standing. Integration of MHAS coursework through assessment of one’s knowledge and skills as a mental health and addictions professional, preparation and presentation of qualifications through a career portfolio, and investigation into a selected mental health and addictions setting or issue culminating in a research paper and oral presentation.

COUN 493. Special Topics. 1-6 Hours.
PR: Consent. Investigation of topics not covered in regularly scheduled courses.

COUN 494. Seminar. 1-3 Hours.
PR: Consent. Presentation and discussion of topics of mutual concern to students and faculty.

COUN 495. Independent Study. 1-6 Hours.
Faculty supervised study of topics not available through regular course offerings.