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## **Learning Hub: Mental Health Competency 3: Substance Use Awareness**

Substance use and its connection to mental health is a critically important topic. In Mental Health Competency 3: Substance Use Awareness, you will gain insight into some of the most commonly used types of substances, risk and protective factors for substance use, and practical ways you can help someone find support that can lead to recovery. Based on up-to-date statistics from governing bodies and relevant scholarly articles, this course provides a deeper understanding of substance use disorders and various treatment options. The instructional design is learner-focused and approachable to nearly all individuals with an interest in improving their competency in substance use awareness.

*NOTE: We recommend completing Mental Health Competency 1 before taking any other Mental Health Ally Series courses.*

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## LEARNING HUB OVERVIEW

- **Estimated Course Length:** 1 hour
- **CE Credits:** 1.00 CE
- **Target Audience:** Mental Health and Medical Providers, Healthcare Staff, Case Managers, Employers, Caregivers, Coaches, First Responders, Teachers, Attorneys, and other pertinent professionals
- **Level of Instruction:** Introductory
- **Prerequisite(s):** None
- **Instructional Method:** Self-paced; interactive; hybrid of audio, text, video, and learning checks
- **Accessibility Accommodations:** Color contrast; transcripts of video components; closed captioning of audio and video components. *In order to request further accessibility accommodations, please email [support@psychhub.com](mailto:support@psychhub.com).*
- **Registration:** To enroll in this or any other Psych Hub Learning Hub, go to [lms.psychhub.com](https://lms.psychhub.com), click “Log In” to create a new account or access your existing account, return to [lms.psychhub.com](https://lms.psychhub.com) to access a list of Learning Hubs, click the title of the Learning Hub in which you are interested, and follow the instructions on the page.

## LEARNING HUB PACKAGES & PRICING

This Learning Hub is available individually or as part of different packages as well as with or without supplementary videos. Continue reading to learn what each purchase option includes.

### ***Mental Health Competency 3: Substance Use Awareness (Learning Hub) ★*** ***Substance Use (Micro-Certification) ★***

- **Course sections:** 13 sections with components in each section (components consist of a mixed media approach with lived experience testimonials, animation explainer videos, and a knowledge game)
- **Supplementary PDFs:** 6 downloadable PDFs expanding on relevant course topics
- **Supplementary videos:** 10 companion videos created for enhanced learning on key course topics in Mental Health Competency 3: Substance Use Awareness; over 120 mental health literacy videos on a host of mental health topics

### ***Mental Health Ally Series (Master Certification) ★***

- **Course sections, supplementary PDFs, and supplementary videos** of ALL *Mental Health Ally* Learning Hubs

### ***Psych Hub Subscription ★***

- **Course sections, supplementary PDFs, and supplementary videos** of ALL Psych Hub Learning Hubs

## Learning Solutions for Organizations

To learn about options for organizations, including bulk purchases, Learning Hub customization, and Learning Hub co-development, email [info@psychhub.com](mailto:info@psychhub.com).

PACKAGES & PRICING	MENTAL HEALTH COMPETENCY 3: SUBSTANCE USE AWARENESS	SUBSTANCE USE	MENTAL HEALTH ALLY SERIES	PSYCH HUB SUBSCRIPTION
	LEARNING HUB	MICRO-CERTIFICATION	MASTER CERTIFICATION	ALL LEARNING HUBS
COURSE SECTIONS	✓		✓	✓
SUPPLEMENTARY PDFS & VIDEOS	✓		✓	✓
ALL MENTAL HEALTH ALLY MODULES	X		✓	✓
ALL PSYCH HUB LEARNING HUBS	X		X	✓
COST	\$15/year		\$99/year	\$360/year \$30/month

## LEARNING OBJECTIVES

After completing this course, you will be able to describe and employ the following:

1. Describe at least 3 behaviors or symptoms shown by people with substance use disorders.
2. Relate three substances that are commonly used, and the various risk factors that contribute to the development of substance use disorders.
3. Summarize skills that can be used when responding to someone who may have a substance use disorder. The summary must cover communication skills, using the stages of change as a guide, and the various treatment options and forms of support available.

## COURSE COMPLETION REQUIREMENTS

To complete the course, learners must do the following:

- Take the pre-course assessment (no score requirements)
- Review all sections
- Take the post-course assessment (passing score: 85% or higher\*)

- Complete the course evaluation

*\*Learners may attempt the post-course assessment as many times as necessary to receive a passing score.*

## MENTAL HEALTH ALLY CERTIFICATION

Psych Hub has partnered with the nation's top subject matter experts to develop a certification training – for anybody. Understanding that everyone has a role to play when it comes to recognizing signs and symptoms of mental health, we have developed our content to ensure that it is easily understandable by anyone, regardless of their prior knowledge. We recognize the benefit of equipping everyone with the ability to learn about critical mental health topics and gain actionable skills to help someone or themselves during difficult times.

### ***Mental Health Ally Master Certification***

Once an individual successfully completes all modules in The Mental Health Ally series, they will earn a master certification and receive a certificate of completion as well as a digital badge. The badge can be placed in an email signature block and shared on social media to let people know they are a safe person to talk to when it comes to issues related to mental health, suicide prevention, substance use, and diversity. *Mental Health Competency 3: Substance Use Awareness is one of eight modules in the Mental Health Ally master certification.*

### ***Mental Health Ally Micro-Certifications***

The Mental Health Ally series is also available in stackable learning tracks called micro-certifications, which allow individuals to gain skills and knowledge in subsets of mental health outside of the wider certification. Psych Hub offers 5 micro-certifications: Mental Health Fundamentals, Substance Use, Suicide Prevention, Diversity and Bias, and Motivational Interviewing. *Mental Health Competency 3: Substance Use Awareness is the only module in the Substance Use micro-certification.*

## CONTINUING EDUCATION INFORMATION

For more information on Psych Hub's continuing education programs, email [ce@psychhub.com](mailto:ce@psychhub.com).

### ***Program Goal***

The goal of this continuing education program is to provide professionals such as licensed or certified social workers, CCM® board-certified case managers, and national board certified health & wellness coaches with information on some of the most commonly used types of substances, risk and protective factors for substance use, stages of change, and practical ways to help someone find support that can lead to recovery. Please note that this content is introductory, so it is best suited for professionals who are early in their career or looking to ensure that their foundational knowledge is up-to-date and accurate.

## Current Approvals

### Association of Social Work Boards (ASWB)



Psych Hub, #1750, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Psych Hub maintains responsibility for this course. ACE provider approval period: 08/20/2020 – 08/20/2021. Social workers completing this course receive **1.00** continuing education credits.

### Commission for Case Manager Certification (CCMC)



This program has been pre-approved by The Commission for Case Manager Certification to provide continuing education credit to CCM® board certified case managers. The course is approved for **1.00** CE contact hour(s). Activity code: **H00044371** Approval Number: **200139285**

To claim these CEs, log into your CCMC Dashboard at [www.ccmcertification.org](http://www.ccmcertification.org).

### National Board for Health and Wellness Coaching (NBHWC)



This CE course is approved by NBHWC for **1.00** continuing education units (CEP # 100190).

## CE Credit Calculation

Continuing education credits are calculated by averaging pilot test times, rounded down to the nearest quarter hour. This allows for inclusion of interactive elements (e.g., assessments) and learner variance. However, regardless of pilot test times, the number of continuing education credits will never exceed 2 hours more than the combined video and voiceover length.

**Average Pilot Test Length: 1 hour 13 minutes**

**Combined Video and Voiceover Length: 1 hour 2 minutes**

## Timed Course Outline

Since the course is interactive and each learner will proceed at their own pace, timing is not exact. These are approximations based on average pre/post-test time of pilot testers as well as the run-time of course videos and voiceover. This course does not have to be completed in one session.

### Course Activities for CE Credit ( $\geq 1$ hour 10 minutes)

- Course Overview & Introduction (4+ minutes)
- What Are Substance Use Disorders? (2+ minutes)

- What is Addiction? (9+ minutes)
- Diagnostic Criteria (3+ minutes)
- Substances (7+ minutes)
- Dispelling Stigma (2+ minutes)
- The Increased Stigma of Substance Use for BIPOC (2+ minutes)
- Language Matters (13+ minutes)
- Risk and Protective Factors (6+ minutes)
- Stages of Change (5+ minutes)
- Warning Signs (1+ minute)
- Help and Hope (3+ minutes)
- Treatment (1+ minute)
- Knowledge Check (1+ minute)
- Discussion Summary & Course Outro (2+ minutes)
- References
- Post-Course Assessment (9+ minutes)

### **Course Activities NOT for CE Credit**

- Participant Evaluation (5-10 minutes)
- (OPTIONAL) Companion Video and Downloadable PDF Review

### **Obtaining Certificates of Completion**

After reviewing all modules, completing the post-course assessment with a score of at least 85%, and completing the participant evaluation, learners will automatically receive a certificate of completion.

## **ACCESSIBILITY ACCOMMODATIONS, GRIEVANCES, & REFUNDS**

Psych Hub's [Grievance Policy](#), which includes information on filing grievances, requesting a refund, and requesting accessibility accommodations, can be found in the footer of [lms.psychhub.com](https://lms.psychhub.com).

## **COURSE AUTHOR**

To submit questions or comments for the course author, email [ce@psychhub.com](mailto:ce@psychhub.com).

### **Emily St. Amant, MA, LPC-MHSP**

*Clinical Manager, Psych Hub*

Emily serves as the Clinical Manager at Psych Hub, helping to bridge the gap between research and academia to the practical real-life application of theory and therapeutic interventions. She assists the team throughout the content development process by reviewing and creating content to ensure it will resonate with her fellow clinicians and be beneficial to all audiences.

Emily is a licensed professional counselor, mental health service provider. She completed her Master's in Counseling with an emphasis in Mental Health at MidAmerica Nazarene University. She is a Tennessee counseling licensure board approved supervisor and has been designated as a mandatory pre-screening agent.

Before joining Psych Hub, she gained many years of experience in the mental health and substance abuse treatment field, much of which was spent serving as a therapist to a diverse caseload in a community mental health setting. She also has experience in crisis counseling and assessment, intake evaluations for level of care placement, outpatient and inpatient treatment, and utilization review.

## ACKNOWLEDGEMENTS

Psych Hub would like to sincerely thank the Editors, Contributors, Researcher, and Voiceover Artist of this Learning Hub:

### ***Editors***

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### ***Contributors***

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### ***Voiceover Artist***

Terrence White

### ***Researcher***

Ryan Richards

## SYSTEM REQUIREMENTS

Accessing this Learning Hub requires an internet connection. The following technology can be used for access:

### **Operating Systems**

- Windows 7/8/10, any edition
- macOS 10.6 and above
- Any phone or tablet with an internet browser and connection

### **Internet Browsers**

- Any standard internet browser (i.e. Chrome, IE, Firefox, Edge, Safari)

## ADDITIONAL INFORMATION

### ***Conflict of Interest Disclaimer***

Psych Hub receives financial support from organizations in the healthcare industry, but these entities do not control or direct course content. Psych Hub's [Conflict of Interest Policy](#) can be found in the footer of [lms.psychhub.com](https://lms.psychhub.com).

### ***Course Creation Date***

8/31/20

### ***Psych Hub Contact Information***

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