
COURSE: WORKPLACE MENTAL HEALTH

COMPETENCY 3: SUBSTANCE USE AWARENESS

Substance use and its connection to mental health is a critically important topic. In Workplace 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 at your workplace 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. Completing the Workplace Mental Health Competency 3: Substance Use Awareness course will take approximately 60-80 minutes of continuous learning time. 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 Workplace Mental Health Competency 1 before taking any other Workplace Mental Health Ally Series courses.*

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COURSE OVERVIEW

ESTIMATED COURSE LENGTH: 1 hr

TARGET AUDIENCE: Human resources professionals and people managers

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.*

REGISTRATION: To enroll in this or any other Psych Hub Course, go to lms.psychhub.com, click "Log In" to create a new account or access your existing account, return to lms.psychhub.com to access a list of Courses, click the title of the Course in which you are interested, and follow the instructions on the page.

COURSE PACKAGES & PRICING

This course is available as part of a series. At this time, the Workplace Mental Health Ally Certificate is only offered as a series and includes 8 courses within that series. **The cost of the Workplace Mental Health Ally Certificate series is \$99.**

WORKPLACE MENTAL HEALTH COMPETENCY 3: SUBSTANCE USE AWARENESS

- 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

LEARNING OBJECTIVES

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

1. Relate three substances that are commonly used, and the various risk factors that contribute to the development of substance use disorders.
2. Summarize practical 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 for how to help most effectively, and the various treatment options and forms of support that are 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.*

WORKPLACE MENTAL HEALTH ALLY CERTIFICATE

The Workplace Mental Health Ally Certificate series of courses is designed to teach the basics about topics like mental health, suicide prevention, and substance use. The following courses are included within this series:

- Workplace Mental Health Competency 1
- Workplace Mental Health Competency 2: Common Conditions
- Workplace Mental Health Competency 3: Substance Use Awareness
- Workplace Suicidal Behavior Competency
- Workplace Safety Planning
- Workplace Effective Communication
- Workplace Diversity and Mental Health
- Overcoming Bias in the Workplace

Once an individual successfully completes all 8 modules in The Workplace Mental Health Ally Certificate series, they will earn a 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. Workplace Mental Health Competency 3: Substance Use Awareness is one of eight modules in the Workplace Mental Health Ally certification.

PROFESSIONAL DEVELOPMENT INFORMATION

For more information on Psych Hub's continuing education programs, email ce@psychhub.com.

DISCLOSURES

Emily St. Amant has no relevant disclosures to make.

Psych Hub receives financial support from organizations in the healthcare industry, but these entities do not control or direct Learning Hub content. Psych Hub as well as planning and review committees have no relevant financial interests to disclose. Psych Hub's Conflict of Interest Policy can be found in the footer of lms.psychhub.com.

CONFLICT OF INTEREST RESOLUTION

Conflicts of interest have been resolved through peer review of content by a non-conflicted reviewer.

COMMERCIAL SUPPORT

No commercial support was provided for this activity.

PROGRAM GOAL

The goal of this professional development program is to provide HR professionals and people managers with information on what bias is, how it manifests, different types of bias, the intersection between bias and mental health, and practical tips for overcoming bias and taking action in community and workplace settings.

SOCIETY FOR HUMAN RESOURCE MANAGEMENT PDCS



Psych Hub is recognized by SHRM to offer Professional Development Credits (PDCs) for SHRM-CP® or SHRM-SCP®. For more information about SHRM certification or recertification, please visit www.shrmcertification.org.

Workplace Mental Health Competency 3: Substance Use Awareness is one of eight modules in the Workplace Mental Health Ally Certificate activity. Upon completing all eight modules, learners can earn **7.00** PDCs.

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 general certificate of completion.

Learners will not receive a PDC certificate until they have completed all 8 modules of the Workplace Mental Health Ally Certificate activity.

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.

COURSE AUTHOR, CONSULTANT, & REVIEWERS

To submit questions or comments for the course author, email ce@psychhub.com.

EMILY ST. AMANT, MA, LPC-MHSP (COURSE AUTHOR)

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.

JENNIFER CURRENCE, MBA, SHRM-SCP, PCC (COURSE CONSULTANT)

CEO of WithIN Leadership; Creator of the Leading for Real leadership development program; Content creator for SHRM's People Manager Qualification

Jennifer Currence is the CEO of WithIN Leadership in Tampa, Florida, where she delivers results through customized training and coaching programs for leaders and HR. She is the creator of the Leading for Real™ leadership development program and content creator for SHRM's People Manager Qualification (PMQ).

Jennifer earned her MBA with an emphasis in management and holds a nationally accredited certification in coaching (PCC) and an international senior-level certification in human resources (SHRM-SCP). She has been recognized as a Thought Leader by the International Society of Performance Improvement, a Subject Matter Expert by the Society for Human Resource Management (SHRM), and was named Tampa Bay's HR Consultant of the Year for 2017. She has over 25 years of experience in Human Resources and training in organizations, and is a faculty member for SHRM as well as a professor at the University of Tampa's award-winning Sykes school of business.

Jennifer has been published in HR Magazine and featured in Fast Company magazine, USA Weekly, and HR.com. She is a professional member of SHRM, the National Speakers Association (NSA), the International Coaching Federation (ICF), and the author of [three SHRM-published books](#) on business behavioral competencies.

CAROLYN BARLEY (REVIEWERS)

SHRM'S INSTRUCTIONAL DESIGN MANAGER

As SHRM's Instructional Design Manager, Carolyn Barley leads the team responsible for the development of the Specialty Credential, eLearning and Seminar products portfolio. She oversees the curriculum by creating and enforcing curriculum development standards, templates, and procedures, while ensuring the use of good instructional design processes and adult learning methodologies. She is responsible for overseeing the development of new learning

solutions across media, with a focus on face-to-face, live virtual, eLearning. Working closely with Subject Matter Experts (SMEs) and partnering cross-functionally, she works on new initiatives, refines and evolves current products, while also advising organizational leadership on educational trends and best practices in adult learning.

She was instrumental in the development of SHRM's People Manager Qualification (PMQ), SHRM's Talent Acquisition Specialty Credential, SHRM's People Analytics Specialty Credential, SHRM's CA HR Law Specialty Credential, SHRM's Inclusive Workplace Culture Specialty Credential, SHRM's HR Department of One Specialty Credential and SHRM's Workplace Investigations Specialty Credential.

Prior to SHRM, Carolyn worked as a corporate university consultant. During that time, she architected corporate university blueprints, conducted content reviews and completed instructional design projects. She has worked with over 50 organizations identifying operational processes and procedures to standardize how global learning should occur across the enterprise.

Carolyn is a lifelong learner. She is focused on making a difference in the lives she touches through education and raising awareness. She is committed to elevating HR through her involvement with curriculum to contribute to creating better workplaces.

ANDREW MORTON (REVIEWERS)

SHRM'S DIRECTOR OF CERTIFICATION AND VETERAN AFFAIRS

As SHRM's Director of Certification and Veteran Affairs Andrew Morton works with the military and veterans' organizations to develop workforce readiness pathways for veterans and military-families. As part of SHRM's Speaker's Bureau Andrew informs and empowers organizations in their inclusion-hiring efforts across many populations including Veterans and military spouses, individuals with disabilities, and Returning Citizens as part of SHRM's Getting Talent Back to Work Initiative. He is the contributing author to Justin Constantine's SHRM published book ["From We Will to At Will- A Handbook for Veteran Hiring, Transitioning and Thriving in Today's Workplace."](#) Andrew has and continues to serve on several veteran and military community employee related initiatives to include serving on the board of the non-profit "Hiring America Serves" as well as an ambassador to the American Legion's and Lumina Foundation's [Military Credentialing Advancement Initiative \(MCAI\)](#).

Andrew, a retired Infantry-Officer, served in several leadership roles during multiple overseas and combat tours (Iraq, Bosnia, Macedonia, and Egypt) in his 21-year Army career. He also served as the Chief of Marketing and Advertising and the Chief of Digital and Social Media for the Army Reserve. After his transition from the military and prior to his arrival at SHRM, Andrew served as a digital media director for a leading PR firm in Alexandria, VA.

Andrew is passionate about awareness and resources in support of mental health within our workforce and society at large and has written extensively about breaking through the challenges of mental health stigma and accessibility ([I Want My Dad Back](#)). He's currently completing his Masters in Mental Health Counseling with the College of William and Mary. Andrew resides in Alexandria, VA. with his three teenage children, his wife Emily, and far too many dogs and cats to manage effectively.

ACKNOWLEDGEMENTS

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

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SYSTEM REQUIREMENTS

Accessing this Course 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

INTERNET BROWSERS

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

ADDITIONAL INFORMATION**CONFLICT OF INTEREST DISCLAIMER**

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COURSE CREATION DATE

9/3/21

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