

# MENTAL HEALTH AND ADDICTIONS FIRST RESPONDER

## CONTACT

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### Program Length

2 Years  
Monday - Thursday  
Friday - Field Work

### Starts

September

### Requirements

Applicants should have Grade 12 or equivalent, with an acceptable understanding of the English language, both spoken and written.

### Financing

Canada and Saskatchewan Student Loans are available to those that qualify.

### Saskatchewan is in crisis and you can help.

The Mental Health and Addictions First Responder Program is a two-year Diploma course. This one-of-a-kind program focuses on the ongoing struggles our communities are facing. We will explore topics such as mental illness, addictions, homelessness, trauma, and more to address these complex issues.

This diploma program focuses on the necessity of Mental Health and Addictions Workers/Counsellors in Saskatoon and surrounding communities. As mental health concerns, substance abuse, and suicide rates continue to climb, knowledgeable and skilled workers are in high demand.

This program is for those who are passionate about supporting their community and helping to minimize the stigma behind mental health and addictions. The Mental Health and Addictions First Responder Program is a hands-on program created to ensure our graduates are prepared for a career in this field.

### Program Components

Client intake and assessments  
Manage client caseload  
Provide cultural healing alternatives  
Identify client issues and problem solve solutions  
Conduct counseling sessions with individuals and groups  
Help clients find support and resources in their community  
Create treatment plans  
Crisis and intervention strategies  
Facilitate prevention, education, health promotion programs, & much more!

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## Practicum Placements

In addition to classroom learning, students will participate in practicum placements with organizations throughout the city. This hands-on learning will provide students with the opportunity to become connected with community agencies in the field, apply what they have learned, and gain experience in a supervised environment.

Mental health and addictions is a growing concern in our province, and with that comes a high demand for qualified workers.

Currently, there are many job opportunities available to workers in the mental health and addictions sector. These jobs include, but are not limited to, support workers, case managers, live-in mentors, youth counselors, crisis counselors, youth workers, outreach workers, emergency response planning, peer support, and housing support workers. This program provides students with the knowledge and skills to be successful in a high demand profession.

Our program looks to bridge the gap between needs for services and qualified individuals who can make a difference in our communities. By recognizing underlying factors such as social injustice, intergenerational trauma and poverty, we can take the right steps towards positive and widespread change.

## Year 1 Components

Intake / Counseling Theory / Family Impact  
Mental Health Disorders / Case Management / Counseling Process  
Youth Issues / Wellness & Coping Strategies  
Conflict Resolution / Intervention / Homelessness  
Dynamics / Communications / Colonization / Psychology  
Recovery and Prevention / Detox / Presenting  
Group Dynamics / Non-Substance Disorders / Development

## Year 2 Components

First Responder Skills / Cultural Strength / Childhood Trauma  
Ethics & Industry Standards / Substances / Concurrent Disorders  
Fetal Alcohol Spectrum Disorders / Diversity  
Motivational Interviewing / Grief & Loss Counseling  
Post-traumatic Stress Disorder / Crisis in Sask  
Therapeutic Intervention  
Cultural Trauma & Healing  
Stress Management



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