

Mental Health & Addictions First Responder

Course Length

2 years

Program Start

November 22, 2021

College Week

Monday to Thursday
Friday Labs (Covid
Dependent)

Entrance Requirements

Applicants admitted to the course will have Grade 12 or equivalency with an acceptable level of competence in the use of the English language and basic computer skills. (mature admissions upon review).

How to Apply

Contact Admissions for an appointment.

Tuition and Financial Aid

Canada and Saskatchewan Student Loans are available to qualified students.

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, more workers will be needed in the mental health and addictions sector.

Currently, there are many job opportunities available to workers in the mental health and addictions area. These jobs include, but are not limited to, support workers, case managers, live-in mentors, youth counsellors, crisis counsellors, youth workers, outreach workers, emergency response planning, peer support, and housing support workers.

According to The Centre for Addictions and Mental Health, 1 in 5 Canadians experience a mental illness or addictions problem in any given year. In fact, people with mental illness are twice as likely to have addictions issues compared to others. On the other end, those with substance abuse problems are up to 3 times more likely to have a mental illness. Saskatoon has a large vulnerable population, and statistics indicate that the lowest income group are 3 to 4 times more likely to report poor to fair mental health. The large homeless population is also at severe risk for substance abuse and/or mental health disorders.

Another important statistic relates to our Indigenous population. First Nations youth are 5 to 6 times more likely to die by suicide than non-Aboriginal youth. This number goes up to 11 times with our Inuit population. There needs to be a greater focus on the effects of intergenerational trauma and how we can help support those that are affected.

The stigma of mental health and addictions continues to negatively affect our ability to create change. Our course looks to bridge the gap between needs for services and qualified individuals who can help make a difference in our communities.

This is a crisis often highlighted in the news.

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The logo for McKay Career Training features a stylized red swoosh above the word "MCKAY" in a bold, black, sans-serif font. Below "MCKAY", the words "CAREER TRAINING" are written in a smaller, red, sans-serif font.

MCKAY
CAREER TRAINING

Program Components

Learning Outcome

- Perform mental health and addictions intakes and assessments
- Manage a caseload of clients
- Identify client issues and problem solve solutions
- Conduct motivational counselling sessions with individuals and groups
- Help client find support and resources in their community
- Create treatment plans
- Crisis and Intervention Strategies
- Facilitate prevention, education, and health promotion programs
- Manage trauma
- Provide cultural healing alternatives

Year 1 Term 1

Intro/Intake
Counselling Theory
Impact on Families
Mental Health Disorders
Case Management
Counselling Process
Youth Issues
Wellness and Coping Strategies

Year 2 Term 3

First Responder Skills
Cultural Strength
Childhood Trauma
Ethics/Industry Standards
Substances
Concurrent Disorders
Fetal Alcohol Spectrum Disorders
Diversity

There will be four placements - 1 per term - Covid Dependent

The Mental Health and Addictions First Responder Course is a hands-on program created to ensure our graduates are prepared for a career in the mental health and addictions field. Students will not only receive up-to-date educational information, they will be able to practice their skills on a regular basis to ensure confidence as they continue on with their future endeavors. This program is for those who are passionate about supporting their community and helping to minimize the stigma behind mental health and addictions.

Year 1 Term 2

Dynamics/Communications
Colonization
Psychology
Recovery and Prevention/Detox
Presenting/Group Dynamics
Non-Substance Disorders
Development
Conflict resolution/Intervention

Year 2 Term 4

Motivational Interviewing
Brief Counselling
Grief/Loss
Posttraumatic Stress Disorder
Crisis in Saskatoon
Therapeutic Intervention
Cultural Trauma/Healing
Stress Management



Why is this needed?

- Increased numbers of overdoses, homelessness, addictions, mental health disorders
- Intergenerational trauma needs to be addressed and studied to help create a supportive environment and to change structured racism in our province and it's systems of government
- There are not enough workers to fill the gaps in the system - people fall through the cracks every day.



Join the Mental Health & Addictions First Responder program at McKay Career Training and begin a meaningful career to help heal the community.

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