

# Alcoholism and Substance Abuse Counselor

The demand for excellent professional skills in the field of alcoholism and substance abuse counseling is increasing with the emergence of managed care. The variety of methodologies and approaches within the human services provider network requires counselors to have a sound clinical foundation as well as sensitivity to the diversity of the client population. The Alcoholism and Substance Abuse Counselor Certificate Program is designed for health and human services professionals, educators, clergy, and employee assistance personnel who wish to enter or advance in the field.

## The Certificate Program

Satisfactory completion of a required number of hours of education/training, supervised practical training, and documented work experience will enable an individual to sit for the New York State Office of Alcoholism and Substance Abuse Services (NYS-OASAS) oral and written examinations to obtain the Credentialed Alcoholism and Substance Abuse Counselor (CASAC) designation.

Credential applicants are required to document 350 clock hours of course work covering 4 categories of knowledge. Lehman College offers the 350 hours in 9 courses. Counseling is available to currently enrolled and new students to assist them with course selection and career guidance. In addition, the program coordinator will provide assistance in identifying resources for the supervised practical training hours.

To earn the Lehman College Alcoholism and Substance Abuse Counselor Certificate, students must (1) complete all required courses with a grade of "C" or better; (2) attend at least 80 percent of classroom instruction for each course; and (3) maintain an overall grade average of "B."

A certificate of completion is awarded after satisfactory completion of each course.

This training is provided under New York State Office of Alcoholism and Substance Abuse Services Provider Number AI 0157.

### Required Courses

#### A. Knowledge of Alcohol and Substance Abuse (85 hours)

- ASC 01 Overview of Alcohol and Substance Abuse (40 hours)
- ASC 02 Diversity of Intervention and Treatment Approaches in Alcoholism and Substance Abuse (45 hours)

#### B. Alcoholism & Substance Abuse Counseling (150 hours)

- ASC 24 Counseling Issues I: Individual and Group Counseling (45 hours)
- ASC 26 Human Growth and Development (30 hours)
- ASC 27 Counseling Issues II: The Family, Relapse Prevention and Vocational Education (40 hours)
- ASC 28 Counseling Issues III: Communicable Diseases and Special Populations (35 hours)

#### C. Assessment, Clinical Evaluation, Treatment Planning, Case Management and Patient, Family & Community Education (70 hours)

- ASC 31 Treatment Planning, Clinical Record Keeping and Discharge Planning (30 hours)
- ASC 33 Assessment, Evaluation, Case Management and Referral (40 hours)

#### D. Professional & Ethical Responsibility & Documentation (45 hours)

- ASC 42 Professional and Ethical Responsibilities and the Counselor/Client Relationship (45 hours)

## The Faculty

All faculty members are highly experienced professionals in their field and are committed to providing the best educational experience possible to enable students to succeed.

## Admission Policy

A high school diploma or a General Equivalency Diploma (GED) is required for admission. Applicants must submit: (1) a completed application form; (2) a non-refundable \$25 application fee (check or money order payable to Lehman College); (3) an official copy of proof of highest level of education attained (i.e., high school, GED, college or graduate school diploma); transcript if currently enrolled in a degree program, or transcript of continuing education courses. **All applications should be submitted no later than February 18.** Applicants will be notified of their status after applications have been reviewed by Daniel McGill, coordinator of the program. *An interview may be required.* For individuals who have been affected by alcoholism or any chemical addiction, it is strongly recommended that there have been a period of three years of uninterrupted recovery in order to be prepared for the personal and professional rigors of an intensive, extended program.

## Tuition and Fees

Courses are individually priced and students pay tuition only for courses taken in a given semester. Total tuition for the program is \$3,240. A registration fee of \$17 is charged once each semester. Total payment (tuition and registration fee) is due prior to the first day of class.

Due to curriculum modifications, all students admitted prior to the fall 2001 semester should consult Daniel McGill, program coordinator, for advisement prior to registration. Appointments can be made by calling (718) 960-8512. It is strongly recommended that this be done well in advance of the beginning of the semester.

### Overview of Alcohol and Substance Abuse

ASC 01/\$370

This course provides an overview of basic knowledge of alcoholism and substance abuse. Special attention is given to physical and pharmacological effects of alcohol and other substances of abuse and the interactive role of these effects on the dynamics of addiction. 40 hours, 4 CEU

**Tuesdays, Feb. 24-June 1, 6:30-9:35 p.m.,**  
13 sessions. Eileen Cullen, MA, CASAC.

### Diversity of Intervention and Treatment Approaches in Alcoholism and Substance Abuse

ASC 02/\$415

This course provides basic instruction in the diversity of alcoholism and substance abuse intervention and treatment approaches including school and community-based intervention programs, inpatient treatment and rehabilitation programs, residential treatment programs, detoxification services, medically supervised ambulatory drug-free treatment programs, methadone maintenance, psychotherapy, acupuncture, and self-help principles. (Prerequisite: ASC 01 or permission of the program coordinator.) 45 hours, 4.5 CEU

**Mondays and Wednesdays, Feb. 23-May 3,**  
7-9:30 p.m., 18 sessions. Thomas Simpson, MSW.

### Counseling Issues II: The Family, Relapse Prevention and Vocational Education

ASC 27/\$370

The impact of alcoholism and substance abuse on the family and assessment skills for effective intervention are covered. Also studied are the dynamics of relapse prevention and the importance of alternative coping strategies. The various approaches used in developing effective vocational and educational plans that will minimize the likelihood of relapse and maintain healthy family relationships are addressed. (Prerequisites: ASC 01 and ASC 02 or permission of the program coordinator.) 40 hours, 4 CEU

**Saturdays, Feb. 21-June 5, 9 a.m.-12:05 p.m.,** 13 sessions. Susan Kaskowitz, CSW, CASAC.

### Treatment Planning, Clinical Record Keeping and Discharge Planning

ASC 31/\$280

This course addresses initial aspects of effective treatment plans for the alcohol and substance abuser such as long- and short-range goals and reviews the importance of appropriate clinical documentation. Specifics include confidentiality, social histories, case notes and diagnostic documents. The contents and process of appropriate discharge planning for individual cases are covered. (Prerequisites: ASC 01 and ASC 02.) 30 hours, 3 CEU

**Thursdays, Feb. 26-May 20, 7-9:30 p.m.,**  
12 sessions. Westley Gillard, CASAC, CCP.

#### SCHEDULE OF COURSES BY SEMESTER

Fall	Spring
ASC 01/\$370	ASC 01/\$370
ASC 02/\$415	ASC 02/\$415
ASC 24/\$415	ASC 27/\$370
ASC 26/\$280	ASC 31/\$280
ASC 33/\$370	
Summer	
ASC 01/\$370	
ASC 02/\$415	
ASC 28/\$325	
ASC 42/\$415	

#### FREE CAREER SEMINAR Alcoholism and Substance Abuse Counselor

**Saturday, January 17**  
10-11:30 a.m.

**For information, call (718) 960-8512**