Metropolitan State University

HSCD 631 : Integrated Care: Treatment and Recovery Planning

A. Course Description

Credits: 2

Prerequisites: HSCD 630 Integrated Care: Screening and Assessment

Lab Hours/ Weeks: Corequisites: None

Lecture Hours/ Week :

MnTC Goals: None

The development and implementation of treatment plans is considered key to effective practice of substance use and co-occurring disorders counseling. In addition, treatment planning can play a central role in advocating for and obtaining the most appropriate care for a client. This course examines both treatment (short-term) and recovery (medium- to long-term) planning, including an examination of relevant service delivery systems in Minnesota. Students examine and practice counselor characteristics and strategies that promote retention in care, plan adherence and relapse prevention. Students consider the central roles of stage of change, client autonomy, cultural appropriateness and responsiveness, and motivational enhancement in treatment and recovery planning, and engage in advanced skills-building exercises. Competence Statement Students demonstrate knowledge and skills needed to assist individuals in designing person-centered, strengths-based care plans and to complete appropriate documentation of care.

B. Course Effective Dates: 05/07/2019 - Present

C. Outline of Major Content Areas:

See Course Description for major content areas.

D. Learning Outcomes (General)

1. Integrate the major theories of and strategies for relapse prevention and mitigation.
2. Distinguish between treatment planning and recovery planning, including how they are applied in a variety of culturally-specific settings.
3. Collaboratively design treatment and recovery plans that are relevant to service delivery systems and resources in Minnesota, utilizing a strong working knowledge of appropriate treatment modalities, support services and referral networks.
4. Enhance, and support clients using, counseling skills that foster retention in care and plan adherence, including motivational enhancement skills and gender- and culturally-specific strategies.

E. Learning Outcomes (MN Transfer Curriculum)

This contains no goal areas.

G. Special Information

None