

DUAL DIPLOMA OF

ALCOHOL & OTHER DRUGS & MENTAL HEALTH



The Ikon Institute of Australia is a private higher education, international education and vocational education provider, leading education in mental health and wellbeing. The Ikon Institute of Australia provides quality education in creative therapies, psychotherapy, counselling and community services. With course offerings across all these areas, Ikon supports the learning of students at campuses across Australia, in a multitude of ways.

The Ikon Institute of Australia provides graduates with the skills and knowledge to move forward with rewarding careers. Students at Ikon are diverse but are connected by a common desire to make a positive difference in the lives of others through their work and to make their mark on the world.

Visit our campuses across Australia or attend our events to learn more about how to make your mark with the Ikon Institute of Australia. Details regarding training subsidies available in your state, as well as application details, can be found on our website at ikoninstitute.edu.au

Why Community Services?

The community services sector is vital to sustaining the wellbeing of communities in Australia. Community service workers provide welfare and support services to assist some of the most vulnerable people in the community and therefore have a varied and fulfilling job role that can touch the lives of many.

The following skills and attributes are highly valued in people working in the community service sector:

- Genuine interest in community issues and people;
- Good communication skills;
- Ability to resolve conflict quickly;
- Ability to relate to people effectively and patiently;
- Ability to enjoy assisting people;
- Ability to work independently and in collaboration with others.

This qualification covers workers who provide a range of community services focusing on:

- Rehabilitation and support for people affected by mental illness and psychiatric disability;
- Implementing community based activities focusing on mental health, mental illness and psychiatric disability; and,
- Mental health promotion work.

Work may focus on engaging people with mental illness in community participation, prevention of relapse and promotion of recovery through various programs (residential rehabilitation, work in clinical settings, home based outreach and centre-based programs delivered by community based non-government organisations). This work may also involve supported employment and programmed respite care. This qualification aims to define the knowledge and skills required by support workers and case workers who work autonomously under broad guidance. Additionally, this qualification refers to specific knowledge of mental health issues and appropriate intervention processes applied in residential and community based settings.

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CHCADV005	Provide systems advocacy services	Qualification: Dual Diploma of AOD 097349B CHC53215 & MH 096421G CHC53315 Study Location: SA, QLD & VIC Course Duration: 52 weeks of classtime plus 200 hrs placement.
CHCDIV001	Work with diverse people	
CHCPOL003	Research and apply evidence to practice	
CHCPRP003	Reflect on and improve own professional practice	
HLTWHS004	Manage work health and safety	
CHCMHS005	Provide services to people with co-existing mental health and alcohol and other drug issues	
CHCAOD001	Work in an alcohol and other drugs context	
CHCAOD004	Assess needs of clients with alcohol and other drugs issues	
CHCAOD006	Provide interventions for people with alcohol and other drug issues	
CHCAOD007	Develop strategies for alcohol and other drugs relapse prevention and management	
CHCAOD008	Provide advanced interventions to meet the needs of clients with alcohol and other drug issues	
CHCAOD009	Develop and review individual alcohol and other drugs treatment plans	
CHCCCS004	Assess co-existing needs	
CHCCOM006	Establish and maintain client relationships	
CHCMHS007	Work effectively in trauma informed care	
HLTAID003	Provide first aid	
CHCDIV002	Promote Aboriginal and/or Torres Strait Islander Cultural safety	
CHCMHS002	Establish self directed recovery oriented recovery relationships	
CHCMHS003	Provide recovery oriented mental health services	
CHCMHS004	Work collaboratively with the care network and other services	
CHCMHS009	Provide early intervention, health prevention and promotion programs	
CHCMHS010	Implement recovery oriented approaches to complexity	
CHCMHS011	Assess and promote social, emotional and physical well being	
CHCMHS012	Provide support to develop wellness plans and advanced directives	
CHCMHS013	Implement trauma informed care	
CHCPRP002	Collaborate in Professional Practice	

Course Duration

The course is offered as a blended learning program. There is a half day classroom learning on odd weeks plus 2 hour online component and 1 day of classroom learning on even weeks. It is recommended that students allow 1-2 days per week of self directed learning. Students are required to maintain at least 80% attendance for the duration of the course.

Student Support

Ikon offers comprehensive student support including a Student Support Officer to support your learning needs. In addition, our dedicated placement officer provides student support, advice and guidance through the lifecycle of your work/field placement.



Tuition Fees

\$12,150 (AUD)

The VET Student Loans program is an income contingent loan offered by the Australian Government that helps eligible students pay for some vocational education and training (VET) diploma level or above courses

Please contact Ikon to confirm the current tuition fees or visit our website ikoninstitute.edu.au

Payment Options

The Dual Diploma of Alcohol and Other Drugs and Mental Health is on the eligible course list, each with an applicable maximum of \$10,000. For more information, visit:

www.education.gov.au/vet-student-loans

Alternatively, tuition fees can be paid via monthly / periodic payments through Direct Debit or full upfront payment.

Entry Requirements

Complete online questionnaire. All applicants are subject to an interview prior to acceptance into the course.

International Students

Tuition Fees: \$15,500 (AUD)

Delivery Format: CRICOS students are required to attend 2½ days on campus.

Entry Requirements: Minimum of 18 years of age.

IELTS entry score overall of at least 5.5, with a minimum 5.5 in all four bands, or equivalent alternative test. All applicants are subject to an interview prior to acceptance into the course.



MODULE 1

Alcohol and Other Drugs (AOD)

CHCAOD001, CHCAOD004 and CHCAOD006

In this module, you will develop an understanding of what it is to work effectively in the alcohol and other drugs context. You will be exposed to the different types and classifications of drugs, frameworks for understanding why people choose to use drugs and the factors that sustain or discourage use, prevalence of drug use, spectrum of drug use from experimental to recreational, to functional and addicted.

In addition to this you will learn to adequately assess the needs of clients who use alcohol and other drugs and develop an understanding of the types of interventions that could be used and when and how these interventions might be considered the most effective.

MODULE 2

Advanced Alcohol and Other Drugs Interventions

CHCAOD007, CHCAOD008 and CHCAOD009

After the development of foundational skills of working effectively in the alcohol and other drugs sector, you will now advance your understanding of how we may work with clients with more complex needs. This module will enable you to recognise stages of use and preparedness for change and the role of relapse prevention in working effectively with clients wanting to abstain from, or reduce, their AOD use.

In addition to this, you will be supported to provide advanced interventions for clients experiencing addiction, resistance to change, requiring a multi disciplinary approach to care that may involve multiple service providers and those clients who may be mandated to engage in our services and reluctant to engage.

MODULE 3

Mental Health Practice

CHCMHS004, CHCMHS011, CHCMHS012

Within this module, you will learn to develop skills to support those in our community suffering poor mental health. You will deepen your understanding of mental health and mental illness and learn to recognise the risk factors known to contribute to the emergence of poor mental health. In addition to this you will build the skills to adequately assess needs, risks and factors for consideration when working in mental health.

Overall, this module will orientate you to the principles of good practice when working in mental health and how to effectively implement best practice programming and evaluate outcomes and effectiveness.

MODULE 4

Recovery Oriented Mental Health Practice

CHCMHS002, CHCMHS003 and CHCMHS010

In this module, you will consider your support for those experiencing mental health issues from a recovery-oriented perspective. The principles of recovery-oriented mental health practice ensure that mental health services are delivered in a way that supports the recovery of mental health consumers.

You will be further encouraged to consider your approach to client centred and strengths based practice to adopt an approach to client care that focuses on the skills and strengths of the individual rather than a deficit based model of care. Research and evidence demonstrates that mental health outcomes improve when they are supported in the community and encouraged to stay connected and involved in their friendships, community and family relationships.

MODULE 5

Professional Practice

CHCCOM006, CHCADV005, CHCPOL003, CHCPRP002 and CHCPRP003

This module will provide an invaluable foundation for you to expand into more theoretical and practical skills in working specifically with clients with mental health and alcohol and other drug issues. Additionally, this module will enable you to develop a strong sense of your own values and attitudes systems and how this may assist you to authentically engage with people in a way that empowers people experiencing Mental Health and Alcohol and other Drug issues.

Much time is spent considering the importance of understanding ourselves and our emotional triggers and how knowing this can help us maintain personal and professional boundaries, develop a strong commitment to self-care and reflective practice and enjoy a long and fulfilling career in Community Services.

MODULE 6

Comorbidity

CHCCCS004 and CHCMHS005

In this module we will bring together our learning and begin to further understand the complexity of working with clients with co-morbid conditions. Comorbidity simply means the co-occurrence of one or more diseases or disorders in an individual. According to the National Institute on Drug Abuse "Many people who are addicted to drugs are also diagnosed with other mental disorders and vice versa.

For example, compared with the general population, people addicted to drugs are roughly twice as likely to suffer from mood and anxiety disorders, with the reverse also true." With such complexity involved in understanding the interplay between substance misuse and poor mental health, it is important that we develop the skills needed to adequately support clients in a way that avoids the duplication of services, poor planning or ineffective and inappropriate referrals between service systems.

MODULE 7

Cultural Diversity

CHCDIV001 and CHCDIV002

In order to truly relate to a person within their context (or within their world), it is crucial that Community Service Workers have the skills and understanding to work competently with culturally diverse people in a respectful and inclusive manner, and in a way that promotes cultural safety consistent with legislative requirements.

This module will enable you to develop a strong sense of your own values and attitudes and how this can assist you to authentically engage with culturally diverse people in a way that empowers them. Much time is spent considering the importance of understanding ourselves and our own cultural bias to support our ability to work inclusively and with understanding of others from diverse backgrounds.

MODULE 8

Trauma, Risk and Safety

HLTWHS004, HLTAID003, CHCMHS007 and CHCMHS013

Given the some what high risk and volatile nature of working in the Mental Health and Alcohol and Other Drugs field it is important to be aware of the multiple risks, hazards and safety practices required to operate safely. This module will define and promote trauma informed care, and to develop strategies to address people's specific trauma needs.

Trauma informed care involves providing services that are informed by the knowledge and understanding of the impact of trauma, in particular interpersonal violence and varying service practice to reduce the likelihood of re-traumatisation. In addition to the development of understanding trauma informed practice you will be orientated to some of the work health and safety considerations when working within the mental health and alcohol and other drugs field.

Graduate Opportunities

The employment pathway for graduates may involve service delivery in direct client work, community programs, case management, residential rehabilitation programs, service coordination, team leadership, and community development project coordination. At this level graduates may be involved in both direct service delivery and also the supervision and management of services.

Occupational titles may include:

- Community support worker;
- Outreach worker;
- Community rehabilitation and support worker;
- Mental health rehabilitation support worker;
- Mental health support worker;
- Mental health team senior practitioner;
- Alcohol and other drugs case manager;
- Alcohol and other drugs team leader.

Graduates will have developed an understanding of multicultural populations including Indigenous culture and be able to work with local communities in the provision of services.

Ikon graduates will have developed high level specialist knowledge and skills in relation to alcohol and other drugs and mental health and the law, services and health and well being issues applicable to those impacted by mental health/ AOD concerns.