

OFFICIAL UNDERGRADUATE COURSE OUTLINE FORM

Note: The University reserves the right to amend course outlines as needed without notice.

Course Code and Number: SOWK 297		Number of Credits: 3 Course credit policy (105)													
Course Full Title: Introduction to Mental Health and Substance Use															
Course Short Title: Mental Health & Substance Use															
Faculty: Faculty of Education, Community, & Human Dev.		Department/School: School of Social Work and Human Services													
Calendar Description: An introduction to current theories, models, and practices relating to mental health and substance use. Topics include assessment, evidence-based treatment, and practice approaches including harm reduction, trauma-informed care, and family centred practice. Explores the impact on, and effective engagement with diverse populations.															
Prerequisites (or NONE):		Admission to the Social Service Worker certificate or diploma, (CMNS 125 or ENGL 105), HSER 120 with a C or better, (PSYC 101 or PSYC 102), or SOWK 110 with a C or better. Note: PSYC 102 is recommended.													
Corequisites (if applicable, or NONE):		None.													
Pre/corequisites (if applicable, or NONE):		HSER 130 and HSER 140.													
Antirequisite Courses <i>(Cannot be taken for additional credit.)</i> Former course code/number: Cross-listed with: Equivalent course(s): <i>(If offered in the previous five years, antirequisite course(s) will be included in the calendar description as a note that students with credit for the antirequisite course(s) cannot take this course for further credit.)</i>		Course Details Special Topics course: No <i>(If yes, the course will be offered under different letter designations representing different topics.)</i> Directed Study course: No <i>(See policy 207 for more information.)</i> Grading System: Letter grades Delivery Mode: May be offered in multiple delivery modes Expected frequency: Annually Maximum enrolment (for information only): 36													
Typical Structure of Instructional Hours <table border="1"> <tr> <td>Lecture/seminar</td> <td>45</td> </tr> <tr> <td></td> <td>0</td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td>Total hours</td> <td>45</td> </tr> </table>		Lecture/seminar	45		0							Total hours	45	Prior Learning Assessment and Recognition (PLAR) PLAR is available for this course.	
Lecture/seminar	45														
	0														
Total hours	45														
Scheduled Laboratory Hours Labs to be scheduled independent of lecture hours: No		Transfer Credit <i>(See bctransferguide.ca.)</i> Transfer credit already exists: Yes Submit outline for (re)articulation: No <i>(If yes, fill in transfer credit form.)</i>													
Department approval		Date of meeting: March 6, 2026													
Faculty Council approval		Date of meeting: May 15, 2026													
Undergraduate Education Committee (UEC) approval		Date of meeting: Jun 19, 2026													

Learning Outcomes *(These should contribute to students' ability to meet program outcomes and thus Institutional Learning Outcomes.)*

Upon successful completion of this course, students will be able to:

1. Critically reflect on values and theory that shape approaches including harm reduction, trauma-informed care, and family-centred practice.
2. Describe the psychological, social, and economic impact of mental health and substance use disorders.
3. Identify current mental health policies and legislation that impact social work practice.
4. Utilize effective group skills to create safety for the individual, family, and self.
5. Create a family-centred mental health plan.
6. Explore Indigenous perspectives of, and approaches to, mental health, substance use, wellness, healing, and treatment.
7. Engage in culturally safe practice with diverse communities.
8. Develop and implement a wellness plan for a career in social work.

Recommended Evaluation Methods and Weighting *(Evaluation should align to learning outcomes.)*

Assignments:	75%	Quizzes/tests/midterm:	25%	%
	%		%	%

Details:

Assignments will include a reflection paper (25%) and case review (25%).

NOTE: The following sections may vary by instructor. Please see course syllabus available from the instructor.

Typical Instructional Methods *(Guest lecturers, presentations, online instruction, field trips, etc.)*

Lectures and seminars.

Texts and Resource Materials *(Include online resources and Indigenous knowledge sources. [Open Educational Resources](#) (OER) should be included whenever possible. If more space is required, use the [Supplemental Texts and Resource Materials form](#).)*

Type	Author or description	Title and publication/access details	Year
1. Textbook	Regehr, C. & Glancy, G.	<i>Mental health social work practice in Canada.</i>	Current
2.			
3.			
4.			
5.			

Required Additional Supplies and Materials *(Software, hardware, tools, specialized clothing, etc.)***Course Content and Topics**

- Introduction
- Historical understanding of mental illness, substance use, and addiction models
- Psychological, social, and economic impact of mental health and substance use
- Ethics, values, and the law
- Conducting effective assessments
- Theories, models, and evidence-based approaches
- Motivational interviewing and brief therapies
- Indigenous perspectives and approaches
- Cultural safety with diverse communities
- Support for individuals with severe mental illness and their families
- Support for individuals with behavioural addiction
- Wellness plan development