

Certified Addictions Counseling Program at the CPD

The University of Denver's Center for Professional Development is proud to offer the seven-course series of trainings required for Certified Addictions Counseling. Interested professionals may take the courses one at a time depending on their schedule and educational needs, or they may attend the Center's "CAC Camp," which includes all seven courses in one intensive series. [Click here](#) for more on CAC Camp.

Additionally, the CPD offers a licensure exam preparation course, available multiple times throughout the year. We also offer a Substance Abuse Consultation Series. For more information about these programs, [click here](#).

Course Title

- Certified Addictions Counseling Series: Infectious Diseases in Addiction Treatment
- CAC Level I Required Class

Overview of Training

Drug and alcohol abuse and infectious diseases go hand in hand. Anyone who is abusing drugs is at high risk for contracting and spreading infectious diseases. Understanding of diseases that might affect clients who are addicted to alcohol and other substances is a cornerstone of addiction counseling. This class will help prepare addiction professionals to identify such diseases, determine client risk for infection, educate clients about disease prevention and treatment options, and assist clients in obtaining appropriate treatment as needed. All CAC required classes seek to enhance the ability of the counselor to offer treatment services in a manner that respects gender, race and ethnicity, sexual orientation, cultural, familial, systemic and socioeconomic diversity.

Course Content

- a. Overview of the immune system, and its relationship to other anatomical systems. Define key terms.
- b. Describe the ways in which infectious diseases are transmitted. Describe characteristics of bacterial and viral infections.
- c. Identify and discuss the correlation between the use of substances and infectious diseases, including HIV, tuberculosis and hepatitis.
- d. Discuss the reasons for infectious disease risk assessment in addiction treatment.
- e. Review DBH-approved infectious diseases assessments. Describe the process for conducting a risk assessment, and ways of encouraging client involvement in modifying behavior.
- f. Describe the symptoms and disease progression of HIV and AIDS, tuberculosis, and hepatitis. Discuss opportunistic infections.
- g. Discuss the specialized substance use disorder treatment needs and issues arising in the treatment of the HIV-positive client as well with significant others.
- h. Identify symptoms of sexually transmitted diseases (STDs) to include gonorrhea, syphilis, chlamydia, scabies/crabs/lice, HPV, herpes.
- i. Harm-reduction regarding safe sexual behaviors and ethics. Discuss cultural issues

- regarding education about harm reduction.
- j. Discuss cultural vulnerabilities and reactions to infectious diseases. Discuss partner notification.
 - k. Discuss healthy versus unhealthy relationships, communication, boundary development and maintenance, and the influence of traumatic experiences.

Demonstration of Competencies

Upon completion of this training class, as measured by skill demonstration and examination, the participant will be able to:

- a. Describe the ways in which infectious diseases are transmitted
- b. Identify and discuss the correlation between the use of mind-altering chemicals and infectious diseases including HIV, tuberculosis and hepatitis
- c. Discuss the reasons for infectious disease risk assessment in addiction treatment
- d. Describe the process for conducting a risk assessment and ways of encouraging client involvement in modifying behavior
- e. Identify symptoms of STDs and discuss safe sex guidelines
- f. Describe the symptoms and disease progression of HIV and AIDS
- g. Demonstrate an understanding of the specialized substance use disorder treatment needs and issues arising in the treatment of the HIV positive client as well as his/her family
- h. Demonstrate an ability to conduct a safe sex/harm reduction discussion, including proper use and disposal of condoms and dental dams
- i. Document client condition, education provided and intervention in client records
- j. Discuss the relationships amongst healthy vs. toxic relationships, boundary development and maintenance, and the influence of traumatic experiences

Suggested References

- a. Addictive Drugs & Infectious Diseases: <http://onlinelibrary.wiley.com/doi/10.1111/j.1574-695X.2006.00097.x/pdf>
- b. American Social Health Association: <http://www.ashastd.org/index.cfm>
- c. The Body: Complete HIV/AIDS Resource: <http://www.thebody.com/>
- d. Colorado AIDS Project: <http://www.denvercap.org/index.html>
- e. Colorado Department of Public Health and Environment: STIs/HIV: <http://www.colorado.gov/cs/Satellite/CDPHE-DCEED/CBON/1251607766338>
- f. Denver Prevention Training Center STIck Curriculum: http://www.denverptc.org/online_course_info.html?id=23
- g. Facts on all STDs: Centers for Disease Control: www.cdc.gov/std
- h. Fenway Institute: <http://thefenwayinstitute.org/>
- i. Hep C Connection: <http://www.hepc-connection.org/>
- j. Hepatitis Foundation International: http://www.hepatitisfoundation.org/HEPATITIS/Hepatitis-overview.html?gclid=CM_ZvYee4L0CFYsWMgodfEUAEg
- k. Herpes: <http://www.herpes.com/>
- l. Herpes Simplex: <http://www.nlm.nih.gov/medlineplus/herpessimplex.html>
- m. HIV/AIDS: <http://www.aids.gov/>

- n. HIV and Legal Rights: <http://aids.gov/hiv-aids-basics/just-diagnosed-with-hiv-aids/your-legal-rights/civil-rights/index.html>
- o. HPV Resource: <http://www.hpvsupport.net/>
- p. HPV: <http://www.medicalnewstoday.com/articles/246670.php>
- q. Immune System: <http://www.cancer.gov/cancertopics/understandingcancer/immunesystem/immune.pdf>
- r. Infectious Disease Screening: OBH: <http://www.colorado.gov/cs/Satellite?blobcol=urldata&blobheadername1=Content-Disposition&blobheadername2=Content-Type&blobheadervalue1=inline%3B+filename%3D%22Infectious+Disease+Screening+instrument.pdf%22&blobheadervalue2=application%2Fpdf&blobkey=id&blobtable=MungoBlobs&blobwhere=1251694225184&ssbinary=true>
- s. Infectious Disease Screening: SAMHSA: <http://store.samhsa.gov/product/Infectious-Disease-Screening/NSSATS10-0225>
- t. NIDA: <http://www.drugabuse.gov/publications/medical-consequences-drug-abuse/hiv-hepatitis-other-infectious-diseases>
- u. NIH: National Institute of Allergy and Infectious Diseases: <http://www3.niaid.nih.gov/>
- v. National Network of Prevention Training Centers: <http://nnptc.org/nnptc-resources/>
- w. Partner Notification: <http://www.cdc.gov/nchhstp/partners/faq-public.html>
- x. SAMHSA: 14 Publications Related to Infectious Diseases: <http://store.samhsa.gov/facet/Issues-Conditions-Disorders/term/Infectious-Diseases>
- y. STDs: <http://www.nlm.nih.gov/medlineplus/sexuallytransmitteddiseases.html>
- z. Teens Health: http://kidshealth.org/teen/sexual_health/stds/std.html
- aa. Understanding the Immune System: <http://www.niaid.nih.gov/topics/immunesystem/Pages/default.aspx>
- bb. VA-HIV/AIDS: <http://www.hiv.va.gov/>
- cc. Women's Health: <https://www.womenshealth.gov/a-z-topics/index.html>
- dd. World Health Organization: Infectious Diseases: http://www.who.int/topics/infectious_diseases/en/

Instructor Bio

Thea Wessel is an addictions counselor with her own private practice in Colorado. She has been working in the criminal and addictions fields for seven years. Ms. Wessel earned her master's degree in forensic psychology from the University of Denver and has also earned her LPC, LAC and MAC. She is currently the president of the Colorado Association of Addictions Professionals (CAAP) and also teaches as an adjunct professor at the University of Denver. Ms. Wessel continually challenges herself and others to provide quality addictions treatment and to educate the community about addictions issues.