

HONOURS BACHELOR OF MENTAL HEALTH AND ADDICTION (BMHA)

About the Program

The Honours Bachelor of Mental Health and Addiction (BMHA) degree offers you a holistic and interdisciplinary approach to the study of mental health and addictions. You will learn about the social determinants of health, social justice and biopsychosocial frameworks to gain theoretical knowledge and practical experience in the delivery of mental health and addictions services.

The program's focus on recovery-oriented mental health equips you with essential skills to analyze how services benefit individuals, families and communities. In this program, you will explore a range of topics and evidence-based practices related to mental health and addictions including therapeutic approaches, trauma informed practices, case management, communication and counselling techniques and social determinants of health to promote healthy communities.

The BMHA program is accredited by the Canadian Addiction Counsellors Certification Federation (<http://www.cacfc.ca/>). This gold standard certification provides graduates with the opportunity to become a Canadian Certified Addiction Counsellor (<http://www.cacfc.ca/ccac/>).

Credential Awarded

Honours Bachelor Degree

Duration

8 Semesters (4 Years)

Starts

September

Program and Course Delivery

This program is offered in Seneca's hybrid delivery format with some courses available in Seneca's flexible delivery format. Some coursework is online and some must be completed in person. Students will need to come on campus to complete in-person learning requirements. For courses offered in the flexible delivery format, professors use innovative learning spaces and technology to teach students in a classroom or lab and broadcast in real time to students attending remotely. In flexible courses, students have the choice of coming on campus or learning online.

Skills

Throughout this program you will develop the following skills:

- implement individual and community needs assessment plans
- administer health and mental health education strategies, interventions and programs
- conduct evaluation and research related to health and mental health
- demonstrate critical thinking skills to assess recovery-oriented support services

Work Experience

Mandatory Degree Work Term

A work experience that includes at least one term in a formal work environment. The work term(s) may be a paid or unpaid position that is completed between two academic semesters and requires a minimum of 420 hours of work. Students must be in good standing and meet all identified requirements prior to participating in the work experience. The successful completion of the work term(s) is required for graduation. Eligibility for participation does not guarantee that a work position will be secured. Additional fees are required for the mandatory degree work term regardless of success in securing a work position.

Your Career

Graduates of the program can explore the following career options:

- Addiction counsellor
- Addiction worker
- Harm reduction worker
- Crisis intervention worker
- Mental health worker
- Overdose response worker
- Addiction case worker
- Addiction community worker

Program of Study

Course Code	Course Name	Weekly Hours
Semester 1		
CHM183	Chemistry	6
ENG106	Writing Strategies	3
LSO260	Principles of Psychology ¹	3
LSP320	Interpersonal Communications	3
SOC181	Sociology of Health	3
Semester 2		
CMH182	Diversity Building Resilience Health and Well-being	3
CMH282	Income Security, Social Inclusion and Healthy Population	3
CMH383	Counselling and Communication Skills	3
CMH581	Indigenous Perspectives on Community Mental Health	3
PSY281	Health Psychology	3
Semester 3		
CMH283	Food and Shelter in Healthy Population	3
CMH381	Group Dynamics	3
CMH484	Therapeutic Approaches	3
PSY383	Human Development	3
SOC380	Addiction I	3
Semester 4		
CMH306	Dynamics of the Family	3
CMH481	Crisis Counselling	3
CMH483	Trauma Methods and Practice in Community Mental Health	3

PSY482	Critical Community Psychology	3
plus: Liberal Studies Course (1)		3
Semester 5		
CMH583	Social Justice and Health	3
CMH585	Addictions II	3
CMH682	Concurrent Disorders	3
STA683	Applied Statistics in Social Sciences	3
plus: Liberal Studies Course (1)		3
Semester 6		
CMH584	Health and Wellness Engagement	3
CMH681	Community Mental Health Policy	3
CMH685	Case Management	3
MHR774	Research Methods	3
WTP200	Work Term Preparation	1
plus: Liberal Studies Course (1)		3
Work-Integrated Learning Term		
CMH881	Community Mental Health, Work Term	35
Semester 7		
CMH771	Hope, Resilience and Recovery	3
CMH772	Madness and Sanity: A Continuum	3
CMH773	Health, Promotion and Education	3
MHR884	Research Project	3
plus: Liberal Studies Course (1)		3
Semester 8		
CMH582	Ethics and Community Mental Health	3
CMH880	Contemporary Issues in Community Mental Health and Wellness	3
CMH882	Funding Issues and Opportunities	3
CMH883	Independent Study	3
plus: Liberal Studies Course (1)		3

¹ This course will not fulfil a Liberal Studies requirement.

Seneca has been granted a consent by the Minister of Colleges and Universities to offer this degree for a seven-year term starting Dec. 9, 2022. In conformity with the Minister's criteria and requirements, Seneca will submit an application for the renewal of the consent for this program 12 months prior to the expiration of the consent. Seneca shall ensure that all students admitted to the above-named program during the period of consent will have the opportunity to complete the program within a reasonable time frame.

Program Learning Outcomes

This Seneca program has been validated by the Credential Validation Service as an Ontario College Credential as required by the Ministry of Colleges and Universities.

As a graduate, you will be prepared to reliably demonstrate the ability to:

- Analyze different theoretical frameworks used to explain the origins of mental health policy and practices within historical and social contexts in order to practice in a variety of settings.
- Apply strategies of critical theory to structure and institutions for the promotion of the health and wellness of individuals and communities.

- Implement advocacy strategies to create sustainable social change.
- Practice methods of engagement to promote healthy populations and protect human rights.
- Conduct research to promote community mental health and wellbeing.
- Analyze the relationship between social determinants of health, health policy and practice in community settings to inform services (planning and delivery) provided to individuals and communities.
- Create comprehensive documentation and records that adhere to legal, agency, professional and ethical standards.
- Assess evidence-based practices to create interventions that support healthy populations.
- Acknowledge the limits of knowledge in the field of community mental health through research and academic writing to broaden the scope of practice and engage in lifelong learning.

Admission Requirements

- Ontario Secondary School Diploma (OSSD) or equivalent, including six Grade 12 U or M courses with a minimum overall average of 65%, or a mature applicant (<https://www.senecapolytechnic.ca/registrar/canadian-applicants/admission-requirements/mature-applicants.html>).
- Required courses with minimum final grade of 65% in each:
 - English: Grade 12 ENG4U

Learn about Seneca's free English upgrading course (<https://www.senecapolytechnic.ca/registrar/canadian-applicants/admission-requirements/upgrading-options/english-12u-equivalency.html>) and math upgrading course (<https://www.senecapolytechnic.ca/registrar/canadian-applicants/admission-requirements/upgrading-options/math-12u-equivalency.html>) for applicants who don't meet the high school requirements, as well as recommended upgrading for applicants who don't meet their academic subject requirements. (<https://www.senecapolytechnic.ca/registrar/canadian-applicants/admission-requirements/upgrading-options.html>)

Additional Information

After admission but prior to field placement, you must obtain a Police Vulnerable Sector Check

International Student Information

International admissions requirements vary by program and in addition to English requirements (<https://www.senecapolytechnic.ca/international/apply/how-to-apply/admission-requirements/english-requirements.html>), programs may require credits in mathematics, biology, and chemistry at a level equivalent to Ontario's curriculum, or a postsecondary degree or diploma, equivalent to an Ontario university or college. Program-specific pre-requisite courses and credentials are listed with the admission requirements on each program page. To review the academic requirements please visit: Academic Requirements - Seneca, Toronto, Canada ([senecapolytechnic.ca](https://www.senecapolytechnic.ca)) (<https://www.senecapolytechnic.ca/international/apply/how-to-apply/admission-requirements/academic-requirements.html>).

Pathways

As a leader in academic pathways, we offer a range of options that will allow you to take your credential further in another Seneca program or a program at a partner institution.

To learn more about your eligibility, visit the Academic Pathways (<https://www.senecapolytechnic.ca/pathways.html>) web page.

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