

Discovering Helping Careers: Drug and Alcohol Counselor

PARTNERSHIP BETWEEN OREGON STATE HOSPITAL, OREGON MENTAL HEALTH
MUSEUM AND OREGON PACIFIC AREA HEALTH EDUCATION CENTER

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What is mental health?

- ❑ Emotional, psychological, and social well-being.
- ❑ Influences how we think, feel, and act.
- ❑ Ability to handle stress, relate to others, and make choices.
- ❑ Fluctuates throughout stages of life, from childhood and adolescence through adulthood.

From: www.mentalhealth.gov

What is Mental Illness?

- ❑ Changes in thinking, emotion or behavior.
- ❑ Profoundly interfere with how we think, feel, and act.
- ❑ Limits the ability to handle stress, relate to others, and make choices.
- ❑ Associated with distress and/or problems functioning in society, work or family activities.

Check

Mental Health is not a check list...it is **dynamic**, changing over time, circumstance and physical health plays a very big role.....so does drug use/abuse

Is it a problem? In a given year.....

How many Americans have a substance abuse disorder?

Is drug addiction really a problem?

- ❑ The number one drug threat in Oregon?
- ❑ Of the people currently diagnosed with mental illness, how many of the currently diagnosed have two or more diagnosable conditions? ***Often Drug/Alcohol Addiction is one of the condition***

Estimated Prevalence of Drug/Alcohol Addiction in Oregon



Entry Level Drug and Alcohol Treatment Careers...The skills you need

Desirable traits of a Drug and Alcohol Peer Recovery Specialist:

Technical Skills: the right level of education high school or equivalent, personal experience/association with drug treatment.

Soft skills:

- Empathetic
- Caring
- Excellent Communication skills (actively listen, listening to learn, eye contact)
- Desire to learn
- Open minded
- Non-judgmental
- Confident

Must be 18 years or older to work at the State Hospital in entry level careers

Demand of Mental Health Professionals

Career opportunities ...expected growth 20% by 2026 for all mental health careers...

Psychiatrists 50% growth expected

Psychologists 20%

Psychiatric Nurse Practitioners 26%

Psychiatric Nurse 19%

Music Therapist 12%

Recreational Therapist 7%

Peer Recovery/Support Specialist emerging field demand has not been tracked

Mental Health Therapist 2)Psychiatric Aide/Technician 6%

Educational requirements?

| Career | Degree | Years |
|----------------------------------|----------------------|-------------------------------|
| Psychiatrist | Doctorate | 13 + |
| Psychologists | Master's or higher | 6-8 |
| Psychiatric Nurse Practitioners | Master's or higher | 6-8 |
| Music Therapist | Master's or higher | 6 |
| Recreational Therapist | Master's or higher | 6 |
| Psychiatric Nurse | Associates or higher | 3-5 |
| Peer Recovery/Support Specialist | Certificate | Lived experience plus courses |
| Mental Health Therapist 2 | Certificate | courses |
| Drug and Alcohol Counselor | Certificate | 150 hour course work |

Get ready and.....GO!

Preparing for careers in mental health:

Volunteer

Service learning projects

Attend educational seminars on mental health and mental health issues

Take Mental Health First Aid Training courses

Visit the Oregon Mental Health Museum

Take self-improvement classes