Elevating education: Taking your addiction studies courses to the next level

Dr. Jennifer Londgren, LMFT, NCC, LADC-S
Minnesota State University, Mankato
NAADAC, Denver, CO 2017
Welcome!

- Introduction to presenter
- Introduction to audience
- Introduction to topic
Why is this important?

- Changing face of addiction studies majors
- Changing demands in the field
- Lack of consistency between programs, states
- Formatting education to meet the needs of students
Snapshot of MSU, Mankato

- B.S. in Alcohol and Drug Studies
- Located in Mankato, Minnesota
- Approximately 110 declared majors
- 30% in the past year
- Mostly white, middle class 18-20 year old students
- Students in recovery
Snapshot of MSU, Mankato

- 2 tenure track faculty
- Mental health focus
- NAADAC accredited
Philosophy of Teaching

- Connection based
- Concrete learning opportunities
- Experiential activities
Classroom Activities

• Introduction activities
• Drug Education Bingo
• Introduction to Puzzle Theory Activity
Classroom Activities

- Co-occurring disorders
- Assessment
- Intro to Alcohol and Drug Studies
- Theories
- Drug Education
Experiential Activities

- Tour a dual diagnosis treatment center (Co-occurring disorders)
- Opioid Symposium (All classes)
- Attend AA/NA meeting (Intro class)
- Interview an Alcohol and Drug Counselor (Intro class)
- Mock counseling sessions
- Reefer Madness movie night and discussion
Video Resources

- Ted Talks
- Intervention
- Shameless episodes
- Reefer Madness
Guest Speakers

- Addiction Counselors (8 treatment counselors from inpatient, outpatient, prison, satellite clinic)
- Rule 25 Assessor
- Clients in active recovery
Department Events

- Department social
- Internship fair
- Opioid symposium
- Recovery’s got Talent talent show
Other opportunities

- Conference attendance/presentations
- Partnering with non-profit organization
- Work at the capitol
- Speakers (Gabor Mate)
- Research
Future

- Curriculum changes
- More experiential learning
- Study abroad opportunities
In closing

• Unstable future for higher education (Academic reinvestment)
• Changing dynamic of addictions counselors, addiction field
• Training counselors to be prepared for graduate school
Questions?

- Jennifer K. Londgren, Ed.D, LMFT, NCC
- Jennifer.Londgren@mnsu.edu