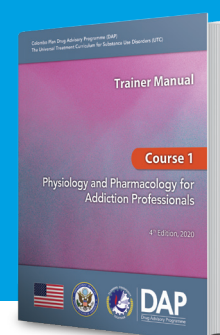


UNIVERSAL TREATMENT CURRICULUM FOR SUBSTANCE USE DISORDERS - BASIC LEVEL (UTC BASIC)

The Basic Level UTC consists of eight courses that cover the broad spectrum of addiction treatment. The content and methodology of the UTC training series is designed to ensure that addiction practitioners develop a balanced perspective of the principles relating to both the science and art of addiction treatment. Each course is intended to enhance the knowledge, skills and competencies of

addiction professionals, as well as promote evidence-based practice for the enhancement of service delivery and treatment outcomes. Moreover, each course underwent the rigorous process of reviews to ensure the outstanding quality of content, as well as identify and address existing gaps prior to its application by training. The eight existing courses are as follows:



UTC 1 Introduction to the Science of Addiction

This course provides the foundation for understanding the science of addiction. It gives an overview of the physiology of addiction as a brain disease and pharmacology of psychoactive substances. (20Hrs)

UTC 2 Treatment for Substance Use Disorders – The Continuum of Care for Addiction Professionals

This course provides the foundation for learning about SUD treatment. It gives an overview of recovery and recovery management, stages of change, principles of effective treatment, components of treatment and evidence-based practices. (33Hrs)

UTC 3 Common Co-occurring Mental and Medical Disorders - An Overview for Addiction Professionals

This foundational course provides an overview of the relationship of co-occurring mental and medical disorders, and SUD-related treatment issues. (20Hrs)

UTC 4 Basic Counselling Skills for Addiction Professionals

This course provides an overview of the helping relationship and opportunity to practice core counselling including basic skills in motivational interviewing, group counselling and implementation of psychoeducation sessions. (33Hrs)

UTC 5 Intake, Screening, Assessment, Treatment Planning and Documentation for Addiction Professionals

This course is a skills-based course that teaches effective and integrated intake, screening, assessment, treatment planning and documentation procedures to addiction professionals. (33Hrs)

UTC 6 Case Management for Addiction Professionals

This is a foundational and skills-based course that provides an overview of case management in SUD treatment and provides skills practice in case management functions. (13Hrs)

UTC 7 Crisis Intervention for Addiction Professionals

This course addresses the concept of crisis as a part of life and provides guidelines for crisis intervention including managing suicide risk. It also addresses ways in which counsellors can avoid personal crisis situations by providing information and exercises about counsellor self-care. (13Hrs)

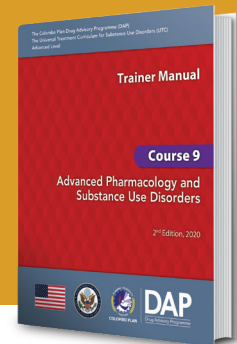
UTC 8 Ethics for Addiction Professionals

This course addresses professional conduct and ethical behaviour in SUD treatment that covers confidentiality, ethical principles and professional code of ethics. It provides the opportunity to learn and practice the use of an ethical decision-making model through case study analyses. (26Hrs)

UNIVERSAL TREATMENT CURRICULUM FOR SUBSTANCE USE DISORDERS - ADVANCED LEVEL (UTC ADVANCED)

The Advanced Level UTC is a set of 14 courses, which is developed to provide a more comprehensive and theoretical foundation in the clinical practice of substance use disorder treatment. It is a specialised training course that aims to provide an in-depth continuing

education with the latest information and skills-based activities to further enhance the capacity of the treatment workforce and standardise the quality of care and services they provide for their clients.



UTC 9 Advanced Pharmacology and Substance Use Disorders

This 3-days course provides an overview of pharmacology through the identification of the classification of drugs based on their effects on the central nervous system and addiction potential. It provides an understanding of the role of neurotransmitters in the development of addiction and the psychological implications on substance use disorders. Participants will review routes of administration and discuss the progression of substance use to substance use disorder. The research related to the co-occurrence of psychiatric disorders (e.g., mood, bipolar, psychiatric, and anxiety disorders) with substance use disorders will be presented while examining the importance of integrated treatment. This course will address the need of both the substance use disorder and the co-occurring psychiatric disorder at the same time in the same location by an integrated treatment team. Participants will come to understand the social implications of substance use disorders; its impact the community, the family system and the individual. (20Hrs)

UTC 10 Managing Medication-Assisted Treatment Programs

This 4-days course provides a comprehensive understanding of the importance of medication in SUD treatment and its benefits when used in conjunction with psychosocial interventions. This course is designed for those persons who are interested in understanding the “How To’s” in developing and establishing a Medicated Assisted Program. The participants attending will be informed about treatment recommendations, background information and historical review

of available evidence- base services for pharmacotherapies and practice guidelines for pharmacotherapy services. Topics that will be explored are: What is pharmacotherapy; Pharmacotherapy Treatments; Neurobiology and Assessments (specific-medical and clinical). Formulating a treatment plans that show the collaborative approach between clinical and medical teams will also be discussed. (26Hrs)

UTC 11 Enhancing Motivational Interviewing Skills

This 5-days course provides an understanding of the theory and application of Motivational Interviewing strategies and interventions for SUD treatment. It contains a set of methods used to help people to increase internal motivation by exploring and resolving ambivalence about behavior change. This skill can be used in reducing risk behaviours and increase client engagement in treatment. It is more cost effective than the alternatives and 10-20% more effective than no treatment. It works for clients with varying level of severity, age, gender and even work better for ethnic minority. (33Hrs)

UTC 12 Cognitive Behavioral Therapy

This 4-days course provides an overview of cognitive – behaviour therapy goals, techniques and its application to treatment of people with substance use disorders and comorbid disorders. These skills equip the professionals with the skills to help people with SUDs to recognize and cope with craving, managing thoughts about substance use, problem solving, planning for emergencies and refusal skills. Hence, these skills are widely used in relapse prevention. (26Hrs)

UTC 13 **Contingency Management**

This 3-days course is a foundational course that provides an understanding of the theories and principles of reinforcement-based treatment, in general, with specific focus on the Contingency Management approach. The course covers the use of behavioral interventions in the treatment of SUD, and the basic components of Contingency Management (CM) and its application. Participants will be able to identify at least two types of CM reinforcers and explain the steps for designing a CM program. Finally, participants will be able to develop an action plan for the implementation of a CM program within their projects or programs. (20Hrs)

UTC 14 **Working with Families**

This 5-days course provides a comprehensive overview for SUD treatment practitioners working with families who are dealing with substance use disorders. The discussion covers the impact of SUD on family, its coping mechanisms, recovery issues and interventions that can be implemented with families affected by SUD. This course emphasizes that family's strengths or support can add to the resource available to increase the chance of recovery. On the other hand, the course discusses that dysfunction in the family can lead to substance use and unaddressed family issues can become barriers for recovery and relapse triggers. (33Hrs)

UTC 15 **Skills for Managing Co-Occurring Disorders**

This 3-days skills-based course enhances participants' understanding of co-occurring disorders, substance-related disorders, and mental disorders. This course is designed to develop skills to identify and provide intervention to people with SUD and other co-occurring medical and mental disorders. Participants will be able to identify and describe common co-occurring medical disorders such as tuberculosis, hypertension, diabetes, Hepatitis, and HIV as well as identify and describe mental health disorders that frequently co-occur with substance use such as depression, anxiety, trauma-related, schizophrenia spectrum, bipolar, compulsive disorders and personality disorders. (20Hrs)

UTC 16 **Advanced Clinical Skills**

This 5-days course provides an in-depth understanding of the theories of counselling and the application of its therapeutic techniques in various SUD treatment settings. On-the-job skills such as training and supervision skills are addressed in this course that will enhance counsellors' skills to evaluate their treatment services for possible adoption of methods from various treatment interventions. (33Hrs)

UTC 17 **Case Management Skills and Practice**

This 3.5-days course is designed to provide the opportunity to enhance competency in case management through a better understanding of the important roles and skills of case managers. It further describes the key functions, applications, assessment, management plan, advocacy and evaluation within a case management context. This approach focuses on assisting the client in accessing needed services or resources throughout the continuum of care and assist them by focusing on the outcome of treatment services. (23Hrs)

UTC 18 **Clinical Supervision**

This 5-days course provides an overview of the fundamentals, principles, models and methods of clinical supervision. This is also meant to lay out the roles, functions, skills and competencies of clinical supervisors. These are the skills that clinical supervisors will need to positively impact the development of counselors and treatment programs in delivering SUD treatment services. Participants will gain an understanding of the roles, functions, skills, and competencies of clinical supervisors in this course. (33Hrs)

UTC 19 **Enhancing Group Facilitation Skills**

This 3.5-days course is a skills-based course that enhances group facilitation skills of SUD treatment practitioners. This method is used to support and guide people with similar problems or issues seeking advice or meeting to discuss issues. It enables a small group of persons with SUDs to meet regularly to talk, interact, and discuss problems with each other and the group facilitator. It centers around understanding of group processes, concepts, models and methods

through experiential learning. These skills will encourage practitioners to guide a group through the complex stages of group development that is built on trust and safety, creating cohesion among members that learn from experience. (23Hrs)

UTC 20 Populations with Special Clinical Needs

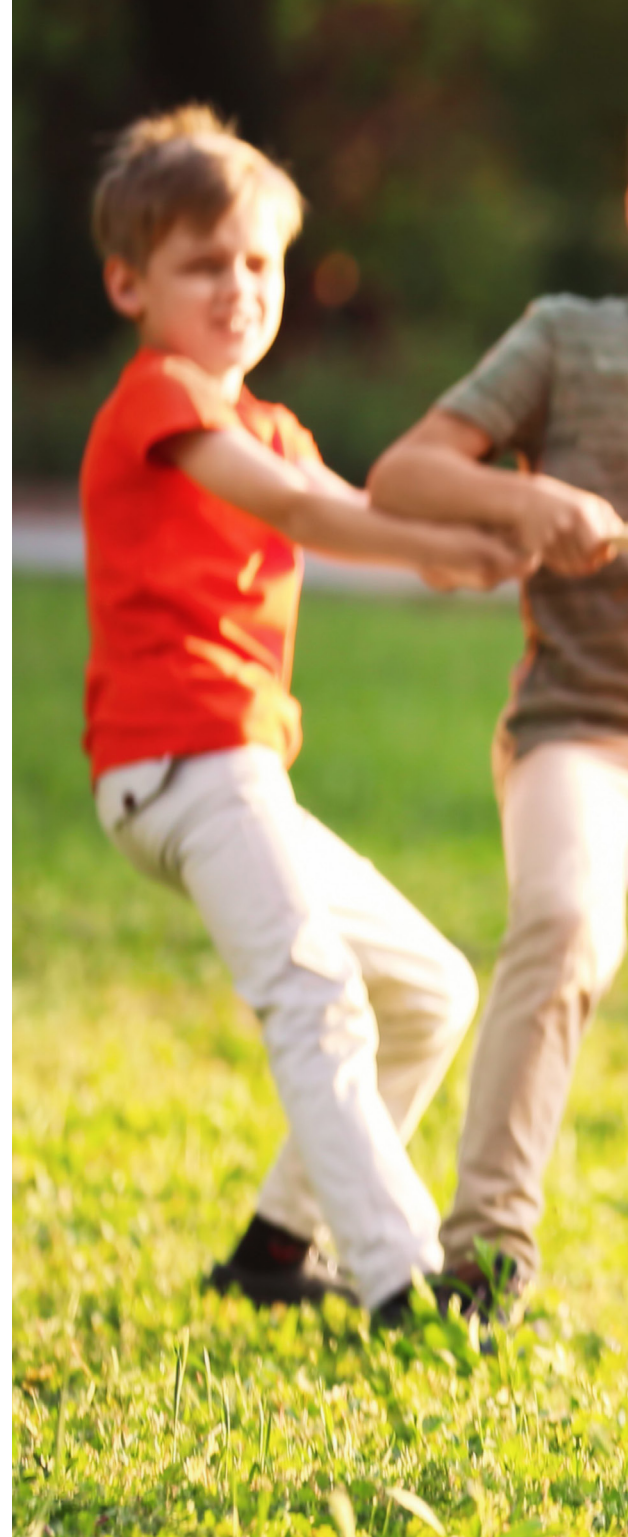
This 6-days specialised course provides basic tools necessary to help meet the needs of a broad and diverse array of individuals with substance use disorders, provide and/or improve access to quality treatment services that address the issues of diversity and address the unique mental health needs of the communities' different population groups. This course is also designed to implement culturally responsive treatment services to provide appropriate treatment services and strategies for diverse populations with special clinical needs. It also promotes respect and the practice of cultural humility as it highlights the importance of understanding different groups' health beliefs, practices, cultural and language needs that contribute to individuals relapsing to substance use and engaging in and maintaining recovery. (39Hrs)

UTC 21 Trauma-Informed Care for Adults

This 4- days course provides information about trauma, its prevalence among people with substance use disorders, and impact on treatment and recovery as many researches found that trauma is associated with higher risk of later substance use and also substance use itself in turn can predispose people to higher rates of trauma. Understanding about these issues permits treatment and recovery support service providers to identify how trauma affects the community, the elements of trauma-informed care and ways to address its effect on service providers. It also helps to develop and integrate trauma-informed care into existing treatment system and make it available to all clients with SUD. (26Hrs)

UTC 22 Recovery Management and Relapse Prevention

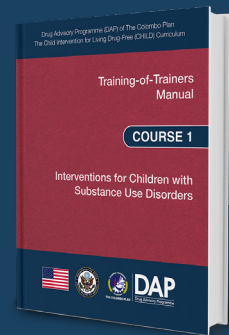
This 4-days course provides a foundational understanding of recovery management and relapse prevention. It covers discussion on the process of recovery, the variance from treatment as well as the elements of relapse and relapse prevention. This course is designed to provide the skills and knowledge to help individuals manage their own recovery by identifying relapse triggers, developing healthy coping skills and ways to manage recovery through in individual, family and community approach. It also presents challenges and issues that are sometimes encountered in recovery management - issues such as dealing with mental health and physical health issues, the role that medication assisted treatment can play in recovery management and very importantly, the role of addressing trauma in recovery. This course also examines the role of peer support specialists and recovery coaches in helping support recovery from substance use disorders. (26Hrs)





UNIVERSAL TREATMENT CURRICULUM FOR SUBSTANCE USE DISORDERS - SPECIALTY COURSES

THE CHILD INTERVENTION FOR LIVING DRUG-FREE (CHILD) CURRICULUM



The Child Intervention for Living Drug-Free (CHILD) Curriculum provides treatment providers with the tools they need to identify, assess, and treat children with substance use disorders (SUDs) using age-appropriate interventions and methodologies. It is a six-course training programme that responds to the needs of children and their caregivers impacted by substance use and life circumstances of various social, cultural, economic, and political situations. The curriculum was developed by an internationally-recognised panel of experts from a broad range of specialisations—including treatment, prevention, public policy, pediatric medicine, psychology and pharmacology—with first-hand experience in working directly with substance-using children and their caregivers from diverse social backgrounds.

UTC 31 Interventions for Children with Substance Use Disorders

This first foundational course addresses the uniqueness of treating children with substance use disorder, beginning with the need for treatment professionals to alter intervention techniques to accommodate the child's level of cognitive and emotional development. It introduces major topics for expansion in later courses, including basic counseling skills, motivational interviewing, treatments for children exposed to trauma, pharmacological options as a part of treatment, and ethical considerations. In addition, Course 1 introduces the components of a unique intervention (Suitcase For Life) for working directly with the child which was initially developed by working with children in Afghanistan and then tailored for children in street circumstances in Brazil. This intervention is presented in full detail in Course 6. (40Hrs)

UTC 32 Treating Children with Substance Use Disorders: Special Considerations and Counseling with Children

Course 2 builds on the theoretical foundations set forth in Course 1 and effectively translates theoretical constructs into hands-on practices for use in the field. Child substance use disorder is presented through the lens of health care in which substance use disorder is seen as a complex, but treatable disease in which co-occurring disorders are common. Treatment providers are then introduced to practical applications of 12 key underlying concepts of effective child substance use disorder treatment. As the first critical step in developing an individualized treatment plan, participants will learn how to perform screening and assessment procedures. Finally, the quality of professionalism—as an acquired skill, a code of conduct, an attitude, and an adherence to ethical standards—is explored as the basis for all



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effective counseling relationships. The set of universal treatment tools found in Course 2 can be adapted by treatment practitioners according to their specific settings, substances used by children, minority populations, culture, and other local needs. (40Hrs)

UTC 33

Motivational Interviewing for Children with Substance Use Disorders

This course builds on the key concepts set forth in Course 2 and explores basic counseling skills in greater detail. Course 3 focuses on the development of the Motivational Interviewing (MI) technique, a skill which can permeate and bolster all of the practitioner's efforts in the field. MI is recognized as a practical technique for developing empathy in the treatment provider; empathy which he or she then extends to the child and caregiver(s) experiencing the impact of drug-life circumstances. The course identifies the MI key concepts and the application of MI techniques, including FRAMES, OARS, EARS and DARN-CATS. It also guides participants towards assessing and determining the level of motivation in the child as well as how to respond to children in different stages of change. (40Hrs)

UTC 34

Attachment Theory and Principles of Treating Children with Substance Use Disorders Affected by Trauma and Distress

The critical premise of this extensive course is that relationships form a child's world, including relationships with the mother, the family, and the community. It addresses relationships in the context of "Attachment Theory" and "Styles of Attachment" and further explores the complex link between a child's "style of attachment" and substance use. Research indicates that while the link between a child's attachment style and substance use is not causal, it is highly correlated and is thus a critical lens for understanding and treating substance use disorders in children. This course offers specific interventions for working with children whose relationships are disrupted as well as practical tools for providers to examine if their staff is trauma-informed and their program trauma-specific. (56Hrs)

UTC 35

Principles of Pharmacological Treatments for Children with Substance Use Disorders: A Menu of Options

This course focuses on pharmacology as one part of a holistic and systems approach to

managing substance use disorders in children. It is designed for two primary audiences; first, medically-trained individuals who are qualified to prescribe and supervise the administration of pharmacological agents to children, and second, non-medically trained professionals for whom an increased understanding of pharmacological interventions can enhance the capacity to observe, assess, monitor, and help children with substance use disorders. The course presumes that not all children will need pharmacological treatment, and that pharmacological approaches will be used in tandem with psychosocial interventions, with the latter as the first and preferable option. However, for those children for whom medications can interrupt the disease process and ease symptoms, Course 5 offers practical guidance for identifying and responding to signs and symptoms of intoxication and overdose in children for a range of substance classes. In addition, pharmacological protocols are set forth for managing detoxification and relapse-prevention. (24Hrs)

UTC 36

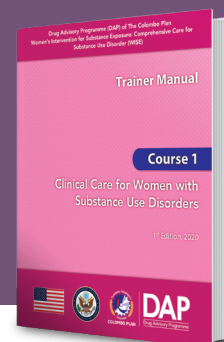
The Suitcase For Life Intervention Tool

This course offers practitioners a unique intervention tool for working directly with children in the field. The highly mobile and culturally adaptable Suitcase For Life is informed by the broad range of evidenced-based principles and efficacious treatment practices set forth in Courses 1-5. Sophisticated intervention approaches have been adapted for children's varying cognitive and developmental levels and seamlessly incorporated into games, storytelling, and other activities. The Suitcase For Life Intervention Tool consists of eight modules which develop strengths and skills in the child in eight areas of functioning: Artistic Expression; Communicating and Relating; Dealing with Stress; Understanding the Harms of Drugs; Keeping the Body and Mind Healthy; Keeping Yourself and Others Safe; How to Be a Good Citizen; and Dreaming and Planning for the Future. Each module is expected to be tailored to each unique cultural context (e.g., words, pictures and activities need to reflect the local community). The Suitcase For Life Intervention Tool does not supplant treatment; it is a highly flexible adjunct tool for both prevention and treatment efforts from which practitioners can pick and choose elements according to where the child falls within the at-risk continuum. (40Hrs)

WOMEN'S INTERVENTION FOR SUBSTANCE EXPOSURE: COMPREHENSIVE CARE FOR SUBSTANCE USE DISORDER (WISE)

The WISE Curriculum was created to increase understanding of women's unique treatment needs and how to address them through practical knowledge and techniques. The four-course curriculum specifies how treating women for substance use disorders differs from treating those of men, and how to respond

to women's needs appropriately. It offers participants the tools and strategies to identify, assess, and treat women for substance use disorders with the goal of improving and optimizing outcomes and sustaining recovery.



UTC 41 Clinical Care for Women with Substance Use Disorders

This 5-day foundational course examines the core competencies needed to treat women as well as what makes women unique-- as compared to men-- in their illness trajectory, including substance use initiation, use, treatment and recovery. It addresses basic theories and concepts that underpin substance use disorder treatment with women and legal and ethical issues that providers often face when treating women for substance use disorders. The course will help participants to identify substance use disorders among women and how to create and implement comprehensive assessment and individualized care plans for women with substance use disorders. The latter modules discuss key components of a comprehensive substance use disorder treatment program for women, evidence-based approaches to caring for women with co-occurring disorders, and how to provide case management for women. (33Hrs)

UTC 42 Trauma Responsive and Family-Centered Care for Women and their Children

This course defines trauma and a trauma-responsive environment in substance use disorder treatment. It then addresses how trauma-specific treatment is specifically integrated into women's substance use disorder treatment, including the importance of teaching staff working with women in a substance use disorder treatment setting about trauma-responsive care. The course concludes with

evidence-based approaches to empower women to enhance parenting and how family-centered care can be integrated into women's treatment for substance use disorders. (13Hrs)

UTC 43 Caring for Women with Substance Use Disorders across the Lifespan and in Specialized Circumstances

This course addresses the stages of life and when special considerations are needed. Ages include children, adolescents, young adult, middle adult, pregnancy and the postpartum period and older women. It also covers a broad category of women dislocated or displaced from the home environment. The types of situations in this broad category includes: homeless adults and youth, human trafficking survivors, involved with criminal justice system (incarcerated and post-incarcerated), and military service members (active duty, discharge from military and veterans). A final module covers cultural competence and cultural humility. (13Hrs)

UTC 44 Creating and Implementing a Women-Responsive Substance Use Disorder Treatment Model of Care

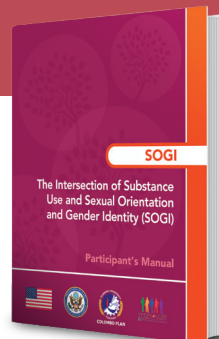
The final course unites all of the information in the previous courses into practical model of care. It examines each of the core components of women's SUD treatment and recovery. Participants are guided through how to develop an action plan to put women-centered treatment into place. (7Hrs)



THE INTERSECTION OF SUBSTANCE USE AND SEXUAL ORIENTATION AND GENDER IDENTITY (SOGI)

UTC 46 The Intersection of Substance Use and Sexual Orientation and Gender Identity

This curriculum is designed to develop provider skills in delivering culturally responsive prevention and treatment services for LGBTQ populations. This training will provide participants with an overview and understanding of the considerations that health providers should take into account to provide inclusive services aimed at people with diverse Sexual Orientation and Gender Identity (SOGI) with a particular focus on the treatment of disorders due to the use of substances. (26Hrs)



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RURAL-BASED PREVENTION AND TREATMENT CURRICULUM FOR SUBSTANCE USE DISORDERS (RURAL)

This specialty training series aims to reduce the significant health, social, and economic problems associated with the substance use by professionalizing prevention and treatment workforce, and promoting community participation to develop sustainable community-based prevention, outreach and treatment services in rural and isolated areas throughout the world.

This training helps social workers of the community to create the groundwork necessary to facilitate programme acceptance and community participation, and thus to result in a successful programme in prevention and treatment, with a focus on continuing, long-term effects. The training also helps outreach and treatment workers to develop a range of outreach services and treatment camps to reduce the risks of drug use and improve health, and well-being, for substance users in rural and isolated areas.



UTC 51 Substance Use Awareness and Prevention in Rural Settings

This course contains information on how to developing community-based awareness and prevention programme through systematic process of community needs assessment and community resource mobilization. The course focuses on considering culture and the use media for effective prevention campaign. (52Hrs)

UTC 52 Community Outreach

This course defines trauma and a trauma-responsive environment in substance use disorder treatment. It then addresses how trauma-specific treatment is specifically integrated into women's substance use disorder treatment, including the importance of teaching staff working with women in a substance use disorder treatment setting about trauma-responsive care. The course concludes with evidence-based approaches to empower women to enhance parenting and how family-centered care can be integrated into women's treatment for substance use disorders. (33Hrs)

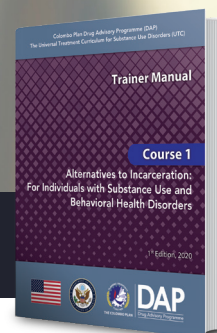
UTC 53 Community-based SUD Treatment in Rural Settings

This course provides step-by-step information about establishing and running treatment camps in rural settings that takes place over three stages - preparation, active treatment and continuing care. (33Hrs)

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CRIMINAL JUSTICE PRACTITIONERS



UTC 81 The Alternatives To Incarceration - 13Hrs

The Alternatives To Incarceration (ATI) training and technical assistance program was developed in order to stimulate systems change through the use of treatment in the rehabilitation of individuals with substance use disorders whose criminal activity is related to that disorder. The overall goal is to train national policy makers to employ alternatives to incarceration across the criminal justice system for individuals identified with substance use disorders.

ATI constitutes an innovative treatment model that focuses on the effectiveness of reducing the risk of criminal recidivism, providing effective treatment of problematic drug use and assuring adequate social integration. It is based on the conviction that while models of treatment and rehabilitation of drug users who have committed a crime can be carried out within the prison system, ATI provides a more effective alternative to the individual. It increases treatment opportunities in the community for people with substance use disorders under the jurisdiction of the justice system who can safely receive this intervention without the need for incarceration. In doing so, ATI supports recovery and social integration of the individual and promotes the overall health and safety of the community.

The training provides information on the science of addiction, evidence-based treatment for the justice involved, decision making using a criminogenic risk/need framework, models of alternatives to incarceration, case management, and developing effective collaboration between the justice and health systems. During the training, stakeholders from the national justice and health systems engage in group activities and exercises together to develop a plan to enhance alternatives to incarceration in their country.

Goals for the Training include:

- Providing an understanding of the global challenge of drug use, its relationship to justice involvement, and the opportunity to address this challenge through alternatives to incarceration.
- Increasing the participants' understanding of the importance and duration of the recovery process.
- Understanding the outcomes and benefits of treating substance use disorder following encounters with the justice system and learning about evidence-based treatment practices.
- Becoming familiar with the Risk-Needs-Responsivity (RNR) model; identifying criminal risk factors that should be the focus of offender treatment programs, and increasing awareness of responsibility factors that can undermine treatment effectiveness.
- Understanding the building blocks to alternatives to incarceration across the justice system from law enforcement to reentry from detention.
- Understanding screening and assessment as a core component of alternatives to incarceration and adopting screening and assessment as a systems approach.
- Understanding case management as a key component of alternatives to incarceration and its role in facilitating alternatives to incarceration.
- Understanding a systems change process and conducting a needs assessment of critical areas necessary to develop alternatives to incarceration in the country.
- Complete an action plan that will identify the next steps, tasks and results to improve alternatives to incarceration in the host country.