

**SOUTHEAST COMMUNITY COLLEGE**  
**HEALTH SCIENCES DIVISION**  
**HUMAN SERVICES**  
**Revision Date: 11/2023**

**I. CATALOG DESCRIPTION**

**Course Number:** HMRS 1010  
**Course Title:** Peer Support Advanced  
**Prerequisite(s):** None

**Catalog Description:** This course is for individuals seeking a Nebraska State Certificate as a Peer Support Specialist. The course will cover recovery-oriented theory, and practice. Safety, trauma informed care, personal wellness and recovery, digital health, and Peer Support Specializations and special populations.

**Credit Hours:** 3  
**Class Hours:** 45  
**Lab Hours:** 0  
**Total Contact Hours:** 45

**II. COURSE OBJECTIVES:** *Course will:*

1. Examine Goal Planning and WRAP
2. Examine various pathways and approaches to wellness and recovery
3. Identify recent trends in the Behavioral Health Field
4. Personal Wellness and Recovery
5. Trauma Informed Care
6. HIV/Aids
7. Opioid Use Disorder
8. Co-Occurring Disorders
9. Motivational Interviewing and Stages of Change
10. Boundaries and Ethical guidelines
11. Digital Health

**Note:** Unit objectives are located in the learning management system within each unit of study.

**III. STUDENT LEARNING OUTCOMES AND GENERAL EDUCATION LEARNING OUTCOMES:**

**A. STUDENT LEARNING OUTCOMES:** *The student will be able to:*

1. Demonstrate an understanding of the stages of change in goal planning
2. Demonstrate Wellness Recovery Action Planning
3. Recognize the various pathways to recovery
4. Demonstrate an understating of Motivational Interviewing
5. Explain ethical standards and boundaries of Peer Support Specialists
6. Demonstrate an understanding of trauma informed care
7. Display skills in digital literacy
8. Express an understanding of the needs of special population

## **B. GENERAL EDUCATION LEARNING OUTCOME**

### **1. GELO 6: Career and Life Skills**

Outcome: Develop knowledge and habits that will foster physical, emotional, social, spiritual, intellectual, and environmental wellness.

## **IV. CONTENT/TOPICAL OUTLINE (*course outline may provide more detailed information*)**

### **A. UNITS**

1. Stages of Change
2. Wellness Recovery Action Planning
3. Pathways to Wellness and Recovery
4. Trends in Behavioral Health
5. Personal Wellness and Recovery
6. Trauma Informed Care
7. Special Populations and their needs
8. Group Dynamics and Facilitation
9. Boundaries and Professional Guideline
10. Digital health and literacy

## **V. INSTRUCTIONAL MATERIALS REQUIRED**

### **A. Required Text(s):**

PEERiodical Peer Support Training Manual for Nebraska, Sadie Thompson CPSWS, ALF WRAP, and Danielle Smith CPSWS, ALF WRAP (current edition)

## **VI. METHODS OF PRESENTATION/INSTRUCTION**

A. Methods of presentation typically include a combination of the following:

1. Lecture
2. Demonstration
3. Handout Materials
4. Class Participation/Presentations
5. Case Studies and Group Work
6. Role Plays and Group Leadership
7. Guest Presenters
8. Websites
9. Power Point slides and videos

## **VII. METHODS OF EVALUATION**

A. Methods of evaluation typically include a combination of assignments, quizzes, exam, projects, skill checkoffs (roleplays and group leadership), etc. For grading expectations please see the course information document

### **SCC STANDARD GRADING SCALE POLICY:**

|           |               |           |                 |
|-----------|---------------|-----------|-----------------|
| <b>A+</b> | <b>95-100</b> | <b>C+</b> | <b>75-79</b>    |
| <b>A</b>  | <b>90-94</b>  | <b>C</b>  | <b>70-74</b>    |
| <b>B+</b> | <b>85-89</b>  | <b>D+</b> | <b>65-69</b>    |
| <b>B</b>  | <b>80-84</b>  | <b>D</b>  | <b>60-64</b>    |
|           |               | <b>F</b>  | <b>Below 60</b> |

## **VIII. SPECIFIC COURSE REQUIREMENTS**

### **A. ATTENDANCE**

Attendance is crucial to the success of this course. Any class missed could mean valuable missed information, which is difficult to obtain. Please notify the instructor of any pending absences or if you will be late. Absences in excess of four hours may result in failing the course.

### **B. Must pass all program courses with a C+ to progress to the next term.**

Please see course information document for course policies related to grading, expectations, assignments, assessments, and participation.