LCADC & ADDICTION STUDIES SPECIALIZATION INFORMATION SESSION

Alan Cavaiola, PhD, LPC, LCADC
Wednesday November 9, 2016
Department of Professional Counseling
What is the LCADC & What are the Requirements?

- The LCADC is a state license (similar to the LPC (Licensed Professional Counselor) or LCSW)
- Requirements include:
  - **Alcohol/Drug Specific Educational Hours** (270 hrs)
  - **Alcohol/Drug Specific Supervised Field Experience** (3000 hrs)
  - **Self-Help Group Meeting Attendance** (30 mtgs)
  - **Passing a Written Alcohol/Drug Counselor Exam**
  - **Passing an Oral Alcohol/Drug Counselor Interview**
LCADC Requirements: The 3 E’s

• Education
• Experience
• Exams
Alcohol/Drug Specific Educational Hours (270 hrs)

• Applicants for the LCADC must have a Masters degree from an accredited institution of higher education of which 18 graduate semester hours must be in counseling-related areas. These areas must include the following:
  • Counseling Theory & Practice
  • The Helping Relationship
  • Human Growth & Development/Personality Theory/Lifespan
  • Lifestyle and Career Development
  • Group Dynamics
  • Assessment of Individuals
  • Social & Cultural Foundations
  • Research & Evaluation
  • Counseling Profession
  • Pharmacology & Physiology
Alcohol/Drug Specific Educational Hours (270 hrs)

- 270 Hours of Alcohol/Drug Specific Education must be distributed among the following DOMAINS:
  - DOMAIN I  Assessment (54 course hrs)
  - DOMAIN II  Counseling (54 course hrs)
  - DOMAIN III Case Management (54 course hrs)
  - DOMAIN IV  Client Education (54 course hrs)
  - DOMAIN V  Professional Responsibility (54 course hrs)
Alcohol/Drug Specific Educational Hours (270 hrs)

- **DOMAIN I (Assessment):** composed of the following:
  - 1) Initial Interviewing Process
  - 2) Biopsychosocial Assessment
  - 3) Differential Diagnosis
  - 4) Diagnostic Summaries
  - 5) Compulsive Gambling
  - 6) Psychopharmacology/physiology of addiction
Alcohol/Drug Specific Educational Hours (270 hrs)

- **DOMAIN II (Counseling)** composed of the following
  1) Introduction to Counseling
  2) Introduction to techniques & approaches
  3) Crisis Intervention
  4) Individual Counseling focused on addiction
  5) Group Counseling
  6) Family Counseling
Alcohol/Drug Specific Educational Hours (270 hrs)

- **DOMAIN III Case Management**
  - 1) Community Resources
  - 2) Consultation
  - 3) Documentation
  - 4) HIV Positive Resources
Alcohol/Drug Specific Educational Hours (270 hrs)

- **DOMAIN IV Client Education**
  - 1) Addiction Recovery
  - 2) Psychological Client Education
  - 3) Biochemical/medical Client Education
  - 4) Sociocultural Client Education
  - 5) Addiction Recovery & psychological family education
  - 6) Biomedical and sociocultural family education
  - 7) Community and professional education
Alcohol/Drug Specific Educational Hours (270 hrs)

- **DOMAIN V Professional Responsibility**
  - 1) Ethical Standards
  - 2) Legal Aspects
  - 3) Cultural Competency
  - 4) Professional Growth
  - 5) Personal Growth
  - 6) Dimensions of Recovery
  - 7) Supervision
  - 8) Consultation
  - 9) Community Involvement
Alcohol/Drug Specific Educational Hours (270 hrs) :
How Monmouth Coursework fulfills the Core Areas

• Psych Counseling Courses that cover the CORE courses for the LCADC
  MS | MA
  1. Core 1 Counseling Theory & Technique PC 525 | PC525
  2. Core 2 Helping Relationship PC 505 | PC505
  3. Core 3 Human Growth & Development PC 515 | PC546
  4. Core 4 Lifestyle & Career Development PC 512 | PC512
  5. Core 5 Group Dynamics PC 550 | PC550
  6. Core 6 Assessment of Individuals PC 506 | PC542
  7. Core 7 Social & Cultural Foundations PC 529 | PC540
  8. Core 8 Research & Evaluation PC 603 | PC545
  9. Core 9 Counseling Profession PC 544 | PC544
  10. Core 10 Psychopharmacology PC 545 | PC545
Alcohol/Drug Specific Educational Hours (270 hrs)
How Monmouth Coursework fulfills the Domains

• Domain 1  Assessment
  • Initial Interviewing process  PC 542
  • Biopsychosocial Assessment  PC 542 & PC 544
  • Differential Diagnosis  PC 512 & PC 542
  • Compulsive Gambling  PC 540 & PC 542 & PC 544
  • Physiology/Pharmacology  PC 545
    Diagnostic Summaries  PC542 & PC544

• Domain 2 Counseling
  • Introduction to counseling  PC 542
  • Introduction to techniques/approaches  PC 525 & PC 542
  • Crisis Intervention  PC 530 or PC 540 & PC542
  • Individual Counseling  PC 542 & PC 544
  • Group Counseling  PC 542 & PC 544 & PC550
  • Family Counseling  PC 542 & PC 544 or PC 528 & PC 533
Alcohol/Drug Specific Educational Hours (270 hrs)
How Monmouth Coursework fulfills the Domains

- **Domain 3 Case Management**
  - Community Resources: PC 544 & PC 510
  - Consultation: PC 542 & PC 544 & PC 510
  - Documentation: PC 542
  - HIV Resources: PC 540 & PC 542

- **Domain 4 Community Resources**
  - Addiction Recovery: PC 542 & PC 544
  - Psychological Client Education: PC 544 & PC 546
  - Biochemical/Medical Education: PC 544 & PC 546
  - Sociocultural Client Education: PC 544 & PC 546
  - Addiction Recovery & Psychological Family Education: PC 528 &/or PC 542
  - Biomedical & Sociocultural Family Education: PC 528 or PC 544
  - Community & Professional Education: PC 542 & PC 546
Alcohol/Drug Specific Educational Hours (270 hrs)
How Monmouth Coursework fulfills the Domains

- **Domain 5 Professional Responsibility**
  - Ethical Standards: PC 505 & PC 542
  - Legal Aspects: PC 505 & PC 542 & PC 544
  - Cultural Competency: PC 542 & PC 529
  - Professional Growth: PC 505 & PC 542
  - Personal Growth: PC 542 & PC 544
  - Dimensions of Recovery: PC 542 & PC 544
  - Supervision: PC 544
  - Consultation: PC 542 & PC 544
  - Community Involvement: PC 544 & PC 546 & PC 510
Verifying your 270 hrs A/D Coursework

- Verification of Alcohol and Substance Use Disorder Course Work
- This is to certify that ____________________________, has completed 270 hours of education specific to alcohol/drug treatment in the Department of Psychological Counseling (graduate degree program) at Monmouth University in fulfillment of the requirements for the (check one):
  - MA in Professional Counseling, Addiction Studies Track
  - MS in Mental Health Counseling, with Specialization Area in Alcohol & Drug Counseling

- The above student completed all of the following required courses:
  - Course
    - PC 505 Mental Health Counseling
    - PC 510 Community Mental Health
    - PC 512 Psychopathology
    - PC 525 Counseling Theories and Techniques
    - PC 540 Intro to Drug & Alcohol Abuse
    - PC 542 Treatment of Drug & Alcohol Abuse
    - PC 544 Advanced Alcohol/Drug Counseling
    - PC 545 Psychopharmacology
    - PC 546 Substance Awareness in the Schools
    - PC 550 Group Counseling
    - PC 595 Practicum (in addiction treatment facility)

- Student Signature: ____________________________ Date: _____________
- Department Chair Signature: ____________________________ Date: _____________

Stephanie Hall, PhD
Alcohol Drug Specific Supervised Field Experience (3000 hrs)

- Must be in a licensed alcohol-drug treatment facility (can be inpatient, IOP, outpatient etc)
- Supervisor must have LCADC (& will be required to have CCS (certified clinical supervisor) credential
- Supervisor who is an MD must be ASAM certified
- Supervisor who is an LPC, LCSW, Lic Psychologist, APN must be certified as a supervisor by the ICRC (CCS)
- Supervisor and Supervisee must file a Proposed Supervision Plan (see attached) with the LCADC Board (the Plan will specify the planned hours the intern will work, nature of work assigned, types of clinical supervision)
Proposed Supervision Plan
Proposed Supervision Plan

Proposed Supervisor

Name of Supervisor: ____________________________

License No. ____________________________

Address of Supervisor: ____________________________

City: ____________________________

Telephone number: ____________________________

Is supervisor C.C.S. credentialed? Yes □ No □

Licensure of proposed supervisor: (Check all that apply.)

L.C.A.D.C. □ L.P.C. □ L.M.F.T. □

L.C.S.W. □ Psychologist □

Physician, A.S.A.M./A.B.A.M. Certified? Yes □ No □

Psychiatrist, A.S.A.M./A.B.A.M. Certified? Yes □ No □

Psychiatric, A.P.A. added credentials in addiction? Yes □ No □

Has the Proposed Supervisor ever had a license restriction imposed which prohibited the supervision of others? Yes □ No □

Has the Proposed Supervisor ever been disciplined by any professional licensing board? Yes □ No □

N.J. License Number(s) ____________________________

License of the Supervisor ____________________________

License ____________________________

License ____________________________

(If the internship will be in another state, supervisors should list their New Jersey license number as well as the name of the license held in the other state.)

Modalities of Supervision Planned: (Check all that apply.)

Live in the Room □

Video/Closed Circuit □

Case Reviews □

Verbatim □

Record Reviews □

3-Way-Mirror Observation □

Audio Tape/Reviews □

Other □

Supervisor's Signature ____________________________

Date: ____________________________

Intern's Signature ____________________________

Intern: ____________________________

Alcohol and Drug Counselor Committee

P.O. Box 40340

Newark, New Jersey 07101

1. The resume of the INTERN (include formal academic information if available).
2. The resume of the SUPERVISOR (include academic, licensure and certification information).
3. A brochure (or description) of the agency/program or practice setting.
4. A copy of the written Internship Agreement between the Intern and the Supervisor. (Include a copy of Disclosure 6.3(c)).
Alcohol Drug Specific Supervised Field Experience (3000 hrs)

- Supervised field experience is only retroactive for 5 yrs
- For supervised field experience required (3000 hrs) 1,500 hrs can be counted annually.
- For the 300 hrs of supervised field experience (LCADC application) this is part of the 3000 hrs not additional!!!
- If previous Supervisor is unable to sign off on hours, then the current Clinical Director can sign off on those hours
- On average supervised experience should include at least 1 hour of clinical supervision per week (half can be group)
- Field experience should include: screening, intake, orientation, assessment, treatment planning, individual, group, family counseling, case mgt., crisis intervention, client education, referral, consultation & record keeping
Self-Help Group Meeting Attendance

• Applicant for LCADC licensure must have attended 30 alcohol and drug abuse self help group meetings of which five meetings must be Alcoholics Anonymous, a minimum of five meetings must be Narcotics Anonymous and a minimum must be Al-anon meetings. (the remainder can be composed of other related self help group meetings e.g. Gamblers Anonymous, Nar-anon, Gam-anon etc)

• Within the LCADC application packet there is a form which is submitted in which the applicant attests to having attended at least 30 meetings.
Written Exam

- The written exam is offered four times per year. Once the written exam is passed, the oral exam is scheduled.
- If you already have your LPC you are exempt from taking the written exam.
- The written exam should be taken AFTER completing your 3000 hours of field experience. However, if you want to take the written exam PRIOR to completing your hours you must submit a letter to the LCADC Board with your application stating that you are working towards completing your required hours and that you would like to take the written exam the next time it’s offered.
- You must take the written exam within 12 months of upon written notice of eligibility.
Written Exam

- The written exam can be taken electronically for an extra $12 fee. Electronic test gives you IMMEDIATE RESULTS.
- If you fail the written exam you can take it over again.
- However, if you fail the written exam after three attempts you must obtain special permission to take it again for a 4th time. The Board will review your low scoring areas and may recommend that you take additional course work in the areas you did poorly on. They may suggest you change clinical supervisors.
How Do I Prepare for the Written Exam??

There are a few study guides available that will help you prepare for the written exam:

- [http://readytotest.com/](http://readytotest.com/)
- [https://addictionsexcam.com/](https://addictionsexcam.com/)
- [https://www.amazon.com/Alcohol-Drug-Counselor-Practice-Questions/dp/1630942189/ref=sr_1_1?ie=UTF8&qid=1478258218&sr=1-1&keywords=alcohol+and+drug+counselor+exam+practice+questions](https://www.amazon.com/Alcohol-Drug-Counselor-Practice-Questions/dp/1630942189/ref=sr_1_1?ie=UTF8&qid=1478258218&sr=1-1&keywords=alcohol+and+drug+counselor+exam+practice+questions)
Preparing for the Written Exam

Alcohol and Drug Counselor Exam Practice Questions

ADC Practice Tests & Review for the International Examination for Alcohol & Drug Counselors
The LCADC Application

• Can be accessed on the NJ Division of Consumer Affairs website:  [www.state.nj.us/lps/ca/medical/alcdrug.htm](http://www.state.nj.us/lps/ca/medical/alcdrug.htm)

• Also check out FAQ section on the Consumer Affairs website [http://www.njconsumeraffairs.gov/adc/Pages/FAQ.aspx](http://www.njconsumeraffairs.gov/adc/Pages/FAQ.aspx)

• Completed application and application fee ($75.) must be sent to:
  • NJ Dept of Law & Public Safety
    Division of Consumer Affairs
    Alcohol & Drug Counselor Committee
    124 Halsey Street
    PO Box 45040
    Newark, NJ 07101
The LCADC Application

• You **must submit** official transcripts of your undergraduate and graduate coursework and verification of degrees obtained.

• You **must submit** a coursework form verifying that you’ve taken the required 270 hours of alcohol-drug specific educational courses.

• You **must submit** verification from your clinical supervisor of your field experience hours.

• **A word to the wise…. Whenever you mail anything to the LCADC Board, make sure you keep copies for your records AND mail it CERTIFIED-RETURN RECEIPT**
Things that will interfere with your LCADC application!!!

- You did your field experience in a private practice setting in which you collected fees from clients.
- You had obtained a state license or certification by fraudulent means
- You have been arrested/convicted of a crime*
- You have a DUI arrest*
- You are in arrears for child support payments*
- You are actively engaged in substance use which would impair your ability to function as an LCADC

*In each of these instances you must provide proof (from the Court, the IDRC, from Probation) that you have completed the necessary suspension, fines, programs, paid arrears etc. proving that you are in good standing. An arrest does not mean you are ineligible for licensure but you may need to consult an attorney. Above all, DON’T LIE ON THE APPLICATION!!!!!!!!!!
Department of Psychological Counseling
Addiction Studies Specialization

• The MS and MA program Addiction Studies specializations are both INCASE and NASAC accredited!!!!

• Masters of Science track (required electives)
  • PC540 Introduction to Drug/Alcohol Abuse
  • PC542 Treatment of Drug/Alcohol Abuse
  • PC544 Advanced Alcohol/Drug Counseling
  • PC545 Psychopharmacology
  • PC546 Substance Awareness in the Schools
Department of Psychological Counseling
MA - Addiction Studies Track (33 cr)

- **Master of Arts** (Addiction Specialization track)
  - PC505 Mental Health Counseling
  - PC510 Community Mental Health
  - PC512 Psychopathology
  - PC525 Counseling Theory & Technique
  - PC545 Psychopharmacology
  - PC550 Group Counseling
  - PC595 Practicum
  - PC540 Introduction to Drug/Alcohol Abuse
  - PC542 Treatment of Drug/Alcohol Abuse
  - PC544 Advanced Alcohol/Drug Counseling
  - PC546 Substance Awareness in the Schools
Frequently Asked Questions

• Q: What if I start taking electives in another area and then decide I want to switch to the addiction specialization track?
  • A: You may end up taking more electives than needed for the MA or MS degree but you can switch.

• Q: Can I use undergraduate coursework in alcohol/drug studies towards my LCADC?
  • A: It’s possible that the Board may accept these credits towards your 270 hours however, the way the law is written you must have 270 hrs of graduate alcohol-drug specific education, so we suggest that you get your transcript/coursework reviewed by the Certification Board.

www.certbd.com
Frequently Asked Questions

• Q. The CADC does not require a Masters degree, so if I’ve taken alcohol-drug coursework as an undergraduate can I obtain my CADC and then upgrade to the LCADC once I graduate with a Masters degree?
  • A. Yes you can do this however, you must also have completed the 3000 hours of supervised field experience.

• Q. What if I had a DUI when I was in high school/college, is it impossible for me to get an LCADC?
  • A. Yes it is possible. You must provide verification from the County IDRC that you’ve completed the required counseling or educational hours and are in good standing.
Frequently Asked Questions

• Q. What if I’m close to graduating and haven’t taken any of the LCADC courses here at Monmouth?
  
  A. You can delay your graduation and take the required courses or you can be re-admitted as a non-matriculated student to take those electives.

• Q. What if I’ve been working the alcohol/drug treatment program, can I use those hours towards my 3000 hours?
  
  A. You may be able to provided your supervisor is an LCADC or CCS and is willing to submit a Proposed Supervision Plan and sign off on your hours AND you’ve been working as an intern or counselor assistant doing intakes, screenings, individual, group, family counseling
Frequently Asked Questions

• Q. What if I took alcohol/drug specific coursework at another graduate program, prior to transferring here to Monmouth U., will those hours count towards my LCADC?
  • A. There’s a good likelihood they will but make sure that your faculty advisor or Dr. Cavaiola has reviewed the coursework to see how it may fit in with the DOMAINS.

• Q. My alcohol/drug coursework was from another program that wasn’t INCASE/NASAC accredited. How can I find out if the Board will accept those credits?
  • A. You can have your coursework reviewed by the Alcohol & Other Drug of Abuse Counselor Certification Board by contacting them at www.certbd.org
Frequently Asked Questions

• Q. What if I’m in the 60 Credit LPC Program here at Monmouth, can I use my Practicum and Internship hours towards BOTH the LPC and the LCADC?
• A. Yes you can use your field hours towards both provided that you’re working in a program that treats people with SUD (can include family members).
• Q. When can I take the Exam for the LCADC certification?
• A. You can take the Exam upon completion of the 270 hours of alcohol/drug specific education (usually at the time you graduate from our program. You will need to submit your LCADC application form (minus the verification of the 3000 experiential hours) and indicate you wish to take the exam.
Frequently Asked Questions

• Q. What if I’m interested in the SAC (Student Assistance Counselor) endorsement, can I use the coursework and SAC internship towards both the SAC and the LCADC?
• A. Yes. The coursework for the SAC is similar (e.g. PC540, PC542, PC546) to the LCADC coursework. You can use your school internship towards the LCADC. But your SAC supervisor should be a licensed counselor.

• Q. If I’m interested in the SAC endorsement, how do I find information about the requirements?
• A. The SAC endorsement is offered through Monmouth University’s School of Education. The person who will register you for ED555 and will approve your SAC internship is: Professor Cynthia O’Connell (SOE) coconel@monmouth.edu