Welcome toADS 715 Wellness, Recovery and Maintenance

**Required Textbook:**
Treatment Planning for Person-Centered Care: Shared Decision Making for Whole Health

This course has been designed to provide a comprehensive overview of the journey to wellness and a healthy lifestyle across the lifespan. Learning more about self and others, including how people respond to surrounding influences to meet basic needs, helps us to become better able to meet individual potential and health care and mental health care needs. Addicted clients challenge even the most skilled counselor and with that in mind, this course directs the focus towards an understanding of the values inherent in person-centered care across the lifespan.

This course builds on foundation courses and exposes students to current knowledge in evidence-informed practices for whole health; the natural helping network of families and peer support; and culturally informed models of care. This course employs a life-course perspective that considers a person-centered framework that emphasizes how students in health, behavioral health, addiction specialization and integrated care settings can support wellness and recovery across the lifespan using a strengths perspective. The course will address health care reform (Affordable Care Act) policy and practice challenges associated with multiple and complex health and mental health conditions that require focus on wellness, disease self-management, and holistic and culturally responsive care coordination.

This course may seem overwhelming with the information sources and materials presented. I was purposeful in providing extensive reading opportunities for each of you so that you would be able to streamline your learning experience to fit your specializations. It is important that you READ everything that I have outlined as course required reading. The reading assignments build sequentially, taking you through a step-by-step process toward the completion of the required assignments for this course.

**Technology Requirements**
The University of South Dakota has established minimum technology requirements for participation in online courses. These are outlined under the “Technology Support and Requirements” section in the Online Student Handbook document [http://www.usd.edu/~/media/files/usd-online/online-orientation-guide.ashx](http://www.usd.edu/~/media/files/usd-online/online-orientation-guide.ashx) in the Getting Started widget on the course homepage. Students must have the ability to submit papers in a format compatible with Turnitin (Word: DOC or DOCX; OpenOffice: ODT; Other: RTF, TXT, PDF, WPS), as the instructor will use the GradeMark feature of Turnitin to provide feedback.
Getting Started

First, you will need to access the course in Desire2Learn (D2L). This can be done via the USD student portal, http://my.usd.edu, or directly via https://d2l.sdbor.edu. The course should be listed in under “My Courses.” NOTE: you will not be able to access the course until the official start date.

Next, you should familiarize yourself with the CDE Online Orientation, which can be found in the Getting Started widget on the course homepage. It contains important information on accessing USD’s resources online. Once in the course, you should do the following: read through the items in the Getting Started section on the top, left-hand side of the course homepage; and familiarize yourself with the various tools that will be used throughout the semester:

- **Content**: where all course materials reside
- **Assessments**: where you will access your Grades and the Dropbox (to submit papers)
- **Communications**: where you will access the Discussions
- **Resources**: where you will find the Class list (which you can use to contact me), the FAQ, etc.
- **Course Mail**: this is located at the very top, right-hand side of the course and will be used for all official correspondence in the course; when you have unread Course Mail a red badge will appear on the email icon.
- **Netiquette Expectations**: Netiquette expectations are found page 6 of the Online Student Handbook http://www.usd.edu/~media/files/usd-online/online-orientation-guide.ashx

If you have questions about the course prior to the start, please feel free to email me at Mary.Rogers@usd.edu