



# OverdoseLifeline

## Overdose Lifeline 20-Credit Certificate Program Practicum Assignment

To be completed AFTER you have completed all eight (8) courses

The practicum for the 20-credit certificate program requires 1) completion of a 5-question reflection exercise 2) and a brief assignment.

### About the Reflection Exercise

Completion of a 5-question reflection exercise is required for all students enrolled in the 20-Credit Certificate program. The following 5 questions will be displayed on-screen for completion.

1. What have you learned? What do you know now that you didn't know prior to the online coursework?
2. How have you changed?
3. What do you think anyone in your profession should understand? Why is this important?
4. What key issues have you identified that are barriers to recovery?
5. Where do you see opportunity to apply what you have learned? What actions do you plan to take to make this learning concrete?

### About the Assignment

The main goal of the practicum is to provide you with the opportunity of applying the course learning by doing. You are provided with two assignment options: a 2-week abstinence assignment or a written essay.

Note: Your practicum assignment will be reviewed for completion, and you will receive notice of acceptance within 7 days of submission. If accepted, you will receive instructions for accessing your Certificate of Completion for the 20-Hour Advanced Certificate Program.

If your assignment is not accepted, you will receive feedback and can re-submit.



1100 W 42nd Street,  
Suite 240



# OverdoseLifeline

## CHOOSE ONE

Make your selection from the two assignment options.

### Option 1: Abstinence Assignment

A common tool utilized in addictions training to foster empathy and understanding of persons with addictions is the abstinence assignment. The abstinence assignment asks one to abstain from a substance or behavior for a set period and journal about the experience.

1. Select a behavior (social media, TV/cable, gaming, etc.) or a substance (alcohol, sugar, coffee, tobacco, etc.) that is a common aspect of your life today,
2. abstain from this for 2 weeks,
3. during this assignment, you will write a goodbye letter to your substance or behavior detailing why you are choosing to give up the substance or behavior and what the substance or behavior means to you,
4. and you will keep an abstinence log of your experiences. This log will describe your feelings and reactions, especially focusing on times you “lapse” or experience cravings. (Minimum, 4 entries per week, one page)
5. Finally, you will write a reflection summary of your experience, integrating learnings and observations from the online courses with your reflection summary.

*Source: Yates, DeLeon, Rapp. Exploring Experiential Learning Through an Abstinence Assignment Within an Addictions Counseling Course, The Professional Counselor Volume 7, Issue 4, Pages 318–329, <http://tpcjjournal.nbcc.org> © 2017 NBCC, Inc. and Affiliates doi:10.15241/cmy.7.4.318*



1100 W 42nd Street,  
Suite 240



# OverdoseLifeline

## Option 2: Essay / Positioning Paper

The focus of this assignment is to select an article covering substance use disorder/addiction from a reputable news source and write a brief essay.

1. Choose a reputable source that offers well-written and well-researched news.
2. The article you choose must have been published within the last 2 years and be a minimum of eight paragraphs (40-60 sentences.)
3. Your brief essay should be approximately 1.5 to 2 pages in length.

Include the following...

**Title:** Title of your essay at the top of the page.

**Summary:** Write a summary paragraph, in your own words, about the article. It needs to be at least SIX to EIGHT SENTENCES LONG. You can't copy verbatim from the article. Doing so will result in your assignment not being accepted.

**Significance:** Write at least 3-4 sentences discussing why you chose the article and how it is important to substance use disorder/addiction recovery.

**Two Questions:** Write (2) relevant questions that you have about the article.

**Question Responses:** You will explore additional sources (resources/references/subject matter experts) to answer the two questions you have posed and provide a response to each question.

**Reference:** Cite the article and the additional sources – include the following: Title article; author; source (where you got it from); website address (if applicable); date retrieved or published.



1100 W 42nd Street,  
Suite 240