

# Addiction and crisis counseling resources: A qualitative study

Category: Poster Presentation (In-Person)

## Abstract Body

This research was to identify how to support addiction counselors in performing their job duties. Counselors often have crisis situations that occur, and they must reassess their schedule to accommodate. Counselors often must jump in and facilitate a group counseling session with little to no time for prep. Counselors have high rates of burnout due to the immense stress they are placed under (Thomas, Kohli & Choi, 2014). This causes stress and creates pressure to come up with a clinical group activity in little time. This may lead to weak groups. Counselors have many job duties, and these wide arrays of responsibilities make time a limited commodity for addiction counselors. The researcher gathered 15 qualitative interviews by using the snowball sampling method to connect to participants. The researcher also went door to door to multiple counseling facilities for participants. These 15 qualitative interviews identified that often counselors feel “overwhelmed” with the number of tasks they must do at the last minute. These interviews also uncovered that counselors feel a resource book of counseling group activities would be “fabulous”, “especially for new counselors” and “definitely be a positive thing” to help them do their jobs effectively. The interviews guided the researcher towards creating an open education resource (OER) of group activities for addiction counselors to utilize. Having curriculum to use in counseling group sessions creates curriculum which can be based on evidence based best clinical approaches (Krajcik & Delen, 2017). OERs are considered evidence based best practices in the educational and clinical world. This will be available for free for any counselor/counseling facility to utilize.

Krajcik, J., & Delen, I. (2017). The benefits and limitations of Educative curriculum materials. *Journal of Science Teacher Education*, 28:1, 1-10. DOI:10.1080/1046560x.2017.1279470

Thomas, M., Kohli, V., & Choi, J. (2014). Correlates of Job Burnout among Human Services Workers: Implications for Workforce Retention. *Journal of Sociology and Social Welfare*, 41(4), 69–90.  
<https://doi.org/10.15453/0191-5096.3983>

Key Words (Max 5)

- Education
- Other

- Recovery
- Substance Use Disorders (general)
- Treatment models/programs

#### Learning Objective #1

The participant will be able to identify what resources addiction crisis counselors feel would help them perform their duties more efficiently.

#### Learning Objective #2

The participant will discover the benefits of an open education resource for group activities for addiction counselors. The participant will learn about the OER development and publication process.

#### Reference #1

Krajcik, J., & Delen, I. (2017). The benefits and limitations of Educative curriculum materials. *Journal of Science Teacher Education*, 28:1, 1-10. DOI:10.1080/1046560x.2017.1279470

#### Reference #2

Thomas, M., Kohli, V., & Choi, J. (2014). Correlates of Job Burnout among Human Services Workers: Implications for Workforce Retention. *Journal of Sociology and Social Welfare*, 41(4), 69–90.  
<https://doi.org/10.15453/0191-5096.3983>

---

#### **Lead Author**

Cailyn Green

Assistant professor of addiction studies | SUNY Empire State University