LEXITON INTERNATIONAL

The Standard of Global Professionalism

Professional Training · Qualifications · Workforce Development · Online Learning

CPCAB LEVEL 2 AWARD

Understanding Substance Misuse

Develop knowledge. Build awareness. Support positive change.

USM-L2 | QUALIFICATION NUMBER

500/4684/6

Level 2 · 6 credits · Online, tutor-led and supported learning

cpcab

Awarding organisation

About the qualification

The CPCAB Level 2 Award in Understanding Substance Misuse (USM-L2) gives you a solid grounding in the subject: what drugs and alcohol do, the health risks that come with them, and how substance misuse affects individuals, families and whole communities.

It suits people who want to support someone affected by substance misuse, and people who want a foundation for further learning, professional development, voluntary work or simply a better personal understanding.

It is an introduction to the subject, and a sound first step into this area of work and study.

At a glance

Qualification	**CPCAB Level 2 Award in Understanding Substance Misuse**
Qualification number	**500/4684/6**
Level	**Level 2**
Credit value	**6 credits**
Guided learning hours (GLH)	**30 hours**
Total qualification time (TQT)	**58 hours**
Duration	**4 months**
Live sessions	**Approximately 10 weeks (2 sessions per week)**
Session duration	**Approximately 1.5 hours**
Delivery	**Online, tutor-led and supported learning**
Minimum age	**21 years**
Assessment	**Learner portfolio**
Awarding organisation	**CPCAB**

Why study substance misuse?

Substance misuse can affect a person's physical health, mental wellbeing, relationships, work, family life and the wider community. Learning about it helps you understand:

- Why people may use or misuse substances
- The effects of drugs and alcohol
- The health risks linked to substance misuse
- The signs and symptoms of substance use and misuse
- The social and economic impact of substance misuse
- Stigma, stereotypes and social attitudes
- How your own attitudes and assumptions can shape the way you respond

What you will learn

The qualification covers seven areas of learning.

1 Drugs, alcohol and their effects

- The three main groups of drugs
- Characteristics of different drug groups
- Commonly misused substances
- Physical, psychological, emotional and behavioural effects
- Signs and symptoms of substance use and misuse

2 Health risks and related harm

- Different routes of administration
- Health risks of intravenous drug use
- Drug and alcohol overdose, and its signs and symptoms
- HIV/AIDS, Hepatitis B and Hepatitis C
- Substance misuse and blood-borne viruses
- Substance use during pregnancy

3 Diversity, stigma and social attitudes

- Acceptable and non-acceptable drug use
- Social attitudes towards substance use
- Stereotypes and assumptions
- Stigma and discrimination
- Why avoiding judgement matters

4 Why people misuse drugs and alcohol

- Biological factors
- Psychological factors
- Social and environmental factors
- Personal circumstances
- Different patterns of substance use

5 Personal awareness

- Your own attitudes towards drug use
- Your assumptions about people who misuse substances
- How personal attitudes can influence your understanding and responses

6 Social and economic impact

- Individuals and families
- Relationships
- Communities and society
- Social and economic wellbeing

7 Reflection and learning skills

- Reflect on your learning
- Use feedback to improve your work
- Identify your learning needs
- Review your progress throughout the programme

How the course is delivered

You study online, with live tutor-led classes and support throughout. The format is flexible enough to suit learners from very different professional, educational and personal backgrounds.

Programme structure

10 weeks
Approximate length of the live classes

2 sessions
Live classes every week

1.5 hours
Approximate length of each session

30 GLH
Guided learning hours in total

What learning looks like

- Live online tutor-led classes
- Tutor explanations and discussions
- Case studies
- Individual and group activities
- Knowledge checks
- Reflective activities
- Online learning resources
- Portfolio guidance
- Assessment support
- Tutor feedback and learning reviews

On top of the 30 guided learning hours, you will need time for independent study and assessment activities. Together these make up the 58 hours of Total Qualification Time (TQT).

Assessment

You are assessed through a portfolio that you build up during the programme. It needs to show evidence that you have met the assessment criteria across all seven learning outcomes. That evidence can include:

- Course activities and exercises
- Written learning activities
- Learning reviews and reflection
- Portfolio evidence
- A written assignment of about 1,000 to 1,500 words
- Tutor feedback and assessment

Completion requirement

To achieve the qualification, you must be assessed as Proficient against all the required assessment criteria and complete the required portfolio evidence.

Entry requirements

Who can enrol

You need to be aged 21 or over, and meet one of the following:

- You have completed a BS (Hons) degree, such as BS Psychology, and have done an internship at a rehabilitation centre.
- You are currently studying for a BS degree, such as BS Psychology, in your fifth semester, and you are also doing an internship.

> **Is it right for you?**
> The course includes discussion, reflection and learning activities on sensitive subjects. You should be ready to engage with them thoughtfully.

Who is this qualification for?

- Addiction counsellors and aspiring counsellors
- Counselling and support workers
- Health and social care professionals
- Community workers
- Youth workers
- Key workers
- Rehabilitation and recovery service professionals
- Volunteers working with individuals or communities
- Parents and carers
- People supporting someone affected by substance misuse
- Learners planning further study in counselling, health, social care or substance misuse

What can you do with it?

The qualification gives you foundational knowledge and awareness that can be useful in professional, voluntary and personal settings. It may support you if you are:

- Already working with or supporting people affected by substance misuse
- Building your knowledge for professional development
- Preparing for further study
- Working in community or support environments
- Interested in substance misuse awareness and prevention

Possible progression

Counselling	Health and Social Care	Substance Misuse	Community and Support Work	Level 2 or Level 3 related qualifications

> **Important**
> This qualification does not, by itself, qualify a learner to provide specialist substance misuse treatment, counselling or clinical services.

Qualification recognition

The CPCAB Level 2 Award in Understanding Substance Misuse (USM-L2) is an RQF qualification regulated in England by Ofqual, with regulatory arrangements applying in Wales and Northern Ireland.

Qualification number: 500/4684/6

Lexiton International delivers the programme in line with the requirements of the awarding organisation.

Why choose Lexiton International

Flexible online learning	Study around your life. The online format works for busy schedules, including those of working professionals.
Tutor-led support	Structured guidance, explanations, feedback and assessment support from your tutors, from start to finish.
Practical learning	Discussions, case studies, activities, reflection and knowledge checks keep the learning hands-on.
Online learning platform	Your learning materials and supported activities sit in one place on the Lexiton International learning platform.
Professional learning environment	A structured setting focused on building knowledge, developing professionally and moving on to what comes next.

Your learning journey

1
Learn live
Tutor-led online classes twice a week, with discussion, case studies and activities.

2
Build your portfolio
Gather your evidence as you go, with guidance and feedback from your tutor.

3
Write your assignment
One written piece of about 1,000 to 1,500 words.

4
Get assessed
Show you are Proficient against every required criterion to achieve the qualification.

START YOUR LEARNING JOURNEY

Develop your knowledge of substance misuse

Build a stronger understanding of drugs, alcohol, substance misuse, the health risks involved, the social impact, stigma, and the factors that shape why people behave the way they do.

LEXITON INTERNATIONAL

The Standard of Global Professionalism

WEBSITE

lexitoninternational.com

EMAIL

info@lexitoninternational.com