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CAS 242.50: Fundamentals of Substance Abuse and Addiction

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CAS 242: Fundamentals of Substance Abuse & Addictions
Missoula College - Fall 2022 - 3 Credits
Instructor: Katie Smith, MSW, LCSW, LAC
E-mail: katie.smith@mso.umt.edu
Office Hours: by appointment
Class Time: online asynchronous

COURSE DESCRIPTION

IMPORTANT: These course details are subject to change without notice. Students must refer to the course Moodle page for current assignment details, course policies, and additional information.

Welcome to CAS 242. This course was created to expose undergraduate students to the problems associated with drug/alcohol use and addiction. CAS 242 is the first class in the Addiction Studies Associate of Arts Program at the Missoula College, the University of Montana. This course provides an introduction to the problems associated with alcohol and other drug use in our society. Topics include: the scope of the problem, why people choose to use drugs, a brief introduction of pharmacology, effects of substance abuse with special populations, family issues, and codependency, including enabling, dual diagnosis, medical and psychosocial models of addiction, evidenced based prevention and treatment theories and methodologies, community support groups, regulations governing addiction counselors, and much more.

CAS 242 is what we call a generalist course in addiction counseling. This means the course provides an overview of the current state of addiction counseling and prevention services. It is designed for individuals who plan to work indirectly with individuals or families impacted by addiction (e.g., child welfare workers, police officers, nurses, teachers, etc.). Obviously, individuals who plan to deliver drug/alcohol prevention or treatment services need more training than just one course.

All the Missoula College Addiction Studies courses are based on the Addiction Counseling Competencies. These competencies describe the knowledge, skills, and attitudes needed for the effective practice of addiction counseling. Each course is designed to meet the transdisciplinary foundations and/or practice dimensions related to these competencies. The Addiction Counseling Competencies appear in the SAMSHA Center for Substance Abuse Treatment's (CSAT's) [Technical Assistance Publication \(TAP\) # 21](#).

I look forward to teaching CAS 242 to you and hope this educational experience encourages you to go on and take additional courses in the Associate of Arts Certificate of Technical Skills in Addiction Studies Program at Missoula College.

COURSE OBJECTIVES & STUDENT LEARNING GOALS

The primary objective of this course is to provide students with fundamental knowledge of substance and chemical addiction issues. Students will develop a basic overall understanding of the core concepts of chemical dependency and addictive disorders, including: nomenclature, contemporary research, pharmacology, treatment approaches and theories. More specifically students will:

1. Perceive the scope of the problems of substance abuse and its effects on the individual and society, historical and current drug trends, incidence and prevalence of drug use in Montana and the U.S.

2. Receive a brief introduction into the science of pharmacology, comprehend the effects of psychoactive substances upon the brain and body, grasp present-day theories of addiction as a disease of the brain
3. Know the medical model of addictions, the biopsychosocial models of substance use disorders, understand evidenced based prevention, intervention and relapse prevention strategies, support groups and services
4. Learn how substance use and abuse effects special populations differently
5. Demonstrate knowledge in the ethics, regulations and laws that govern addiction counseling; and the ramifications of violating them
6. Be introduced to ASAM levels of care, assessment and screening techniques, understand the transtheoretical of change, examine motivational interviewing techniques, and demonstrate and identify stages of change as assessing readiness to change.

REQUIRED TEXT:

Van Wormer, K., & Davis, D. R. (2018). *Addiction treatment: A strengths perspective* (4th ed.). Cengage Learning.

ASSESSMENT OF STUDENT LEARNING GOALS & OBJECTIVES

| Assignments – See Course Timeline for Due Dates | Points |
|--|-------------------|
| Group Office Hour | 20 points |
| Introduction & Communication Forum | 20 points |
| Week 1 Quiz | 25 points |
| Week 2 Discussion Forum | 20 points |
| Week 3 Discussion Forum | 20 points |
| Module 1 Exam | 50 points |
| Week 4 Discussion Forum | 20 points |
| Week 5 Discussion Forum | 20 points |
| Week 6 Discussion Forum | 20 points |
| Module 2 Exam | 50 points |
| Week 7 Discussion Forum | 20 points |
| Week 8 Discussion Forum | 20 points |
| Week 9 Discussion Forum | 20 points |
| Module 3 Exam | 50 points |
| Week 10 Discussion Forum | 20 points |
| Week 11 Discussion Forum* | 40 points |
| Week 12 Discussion Forum | 20 points |
| Module 4 Exam | 50 points |
| Week 14 Discussion Forum* | 40 points |
| Week 15 Discussion Forum* | 40 points |
| Module 5 Exam* | 75 points |
| Total: | 660 points |
| <i>*Please note that the starred assignments are more substantial than other assignments and are worth more points. See assignment descriptions on Moodle for details.</i> | |

Always check the Gradebook in Moodle to be sure that your grade is posted correctly. If an assignment is deleted [which is my option], then the total will be adjusted accordingly.

A **successful assignment** is submitted on time, written clearly, contains few or no grammatical or spelling errors; addresses all required components, utilizes assigned reading, discussions, and demonstrates independent thinking and effort on the part of the student. All assignments should be written in academic/professional language (free of slang, offensive, threatening, and foul language). If you have questions about this, seek clarification from me PRIOR to the due date. If you believe your assignment requires the use of non-academic/professional language, contact me PRIOR to the due date to discuss. Assignments that lack professional/academic language may result in a lowered grade and/or a request to re-do the assignment. The student has the responsibility to obtain assignment details and seek clarification, as needed.

Traditional rounding rules apply (i.e., .5 and above are rounded up and less than .5 are not). The breakdown is as follows:

| | | | |
|---------|----|--------|----|
| 93-100% | A | 73-76% | C |
| 90-92% | A- | 70-72% | C- |
| 87-89% | B+ | 67-69% | D+ |
| 83-86% | B | 63-66% | D |
| 80-82% | B- | 60-62% | D- |
| 77-79% | C+ | < 60% | F |

Discussion Forums

Written assignments in this class are in a discussion forum format to encourage the sharing of ideas and promote engagement with each other. You will be responsible for writing an initial post to answer questions related to the covered course content and also to respond to your classmates' posts. There are two deadlines for each discussion forum that are clearly communicated on the Course Timeline and in Moodle. Read and follow the instructions for each discussion forum carefully.

Exams

All exams are administered online, through Moodle. There is one (1) course overview quiz during week 1 and five (5) exams (one at the end of each module) that will cover assigned Moodle content (textbook, supplemental readings, videos, podcasts, etc.).

Read and follow the instructions for each exam carefully; they may differ in length (time allowed) and point values. This will be clearly communicated in the instructions.

Exams must be taken independently; taking the exam with anyone else is a violation of the Student Conduct Code (see below for details).

Late exams are not accepted. See exceptions below, under the "Late and Make-Up Work Policy".

Openness and willingness are two important attitudes for addiction professionals, as outlined in SAMHSA's TAP 21, Addiction Counseling Competencies. Should you wish to challenge an exam question, email me within one week from the close date of the exam, with evidence to support your challenge, and I will consider re-grading the exam.

Group Office Hours

There are three group office hours scheduled throughout this semester (see course timeline for dates). You are required to attend one of them and have the option to attend all of them. Office hours are held virtually, through Zoom. Please plan appropriately to fit one of these in your schedule. Attendance will be taken to track points. **To earn points, students must stay for the full meeting (up to one hour) and participate in the meeting by keeping their camera**

turned on (it is okay to remain on mute when listening). Office hours will NOT be recorded due to confidentiality (FERPA).

Individual office hours are encouraged and available throughout the semester. They do not count toward attending one of the group office hours.

ATTENDANCE & PARTICIPATION:

Regular online check-ins and participation are critical and mandatory. You are expected to be accessing your Moodle page multiple times throughout the week for success in integrated learning and course participation.

MOODLE

This course is managed through Moodle. To access Moodle, go to <http://umonline.umt.edu/> and click the “Moodle NetID Login” button.

ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES:

The University of Montana assures equal access to instruction through collaboration between students with disabilities, instructors, and the Office for Disability Equity (ODE). If you think you may have a disability adversely affecting your academic performance, and you have not already registered with ODE, please contact ODE. I will work with you and ODE to provide reasonable modifications. “Reasonable” means the University permits no fundamental alterations of academic standards or retroactive modifications. In addition, the student must provide ODE documentation *before* the assignment is due so reasonable accommodations can be made. For more information, please consult [ODE](#).

LATE and MAKE-UP WORK POLICY:

I do not accept late assignments or make-up work. Students are expected to complete assignments by the due date, however, I understand that from time to time, unexpected circumstances and emergencies arise. Exceptions to this policy may be granted on a case-by-case basis; please be aware of the following:

- Requests for an extension/exception to the late assignment policy must include the following:
 - Email request must be sent **PRIOR** to the assignment due date and include:
 - An appropriate subject line
 - Reason for request
 - A draft of your assignment in progress
 - Documentation if the request is related to an emergency, illness or injury, religious observance, participation in a university sponsored activity, or are engaged in military service.
 - Your proposed plan to complete the missing work, including a proposed revised due date.
 - Requests that do not include this information will not be approved.
- If your request is approved, late assignments will incur an automatic 5%-point deduction for each day following the due date. If you’re a minute late, you’re a day late...so don’t be late.
- If you have a documented emergency, illness or injury, religious observance, participation in a university sponsored activity, or are engaged in military service, there will not be a point deduction.
- In emergency circumstances that do not allow prior notification, students must notify me within 48-hours of the missed deadline.
- Assignments later than one week will not be accepted.
- **IMPORTANT:** Technical issues are NOT considered valid excuses for turning work in late or failing to complete an assignment. Moodle can be accessed from any computer with internet access. If you experience technical problems, you have the option of using a computer at the

libraries or at the computer labs on the Missoula College or Mountain Campuses. You can also use a colleague's computer, go to the public library, café, etc... It is your responsibility to have consistent and reliable internet access so you can submit your assignments on time. It is in your best interest to be organized, plan, and not procrastinate.

DROP POLICY

According to UM's [Academic Policies and Procedures](#), beginning the 46th instructional day of the semester through the last regular class day before Finals Week, students may drop courses only by petition that requires approval from the instructor, advisor, and dean. ***Note that not all petitions are approved and documented justification is required.*** Some examples of documented circumstances that may merit approval are accident or illness, family emergency, or other circumstances beyond the student's control. Instructors and advisors have the right to indicate that they do not recommend the drop. A WP or WF will appear on the transcript. For more information on important dates, see [Important Dates and Deadlines](#).

INCOMPLETE POLICY

A grade of Incomplete (I) may be given when, in the opinion of the instructor, there is a reasonable probability that students can complete the course without retaking it. The incomplete is not an option to be exercised at the discretion of a student. In all cases it is given at the discretion of the instructor (see UM's [Academic Policies and Procedures](#)).

STUDENT CONDUCT CODE (PLEASE READ CAREFULLY)

The Student Conduct Code, which can be found here, [Student Conduct Code](#), will be strictly enforced in this class. Specifically, cheating in any form will not be tolerated. You are not allowed to collaborate on any assignment (i.e. exam, research credit papers, etc...) with anyone, including, but not exclusively, students who have previously taken this course, graduate students in psychology or related disciplines, friends, etc... Thus, all assignments must be completed INDEPENDENTLY, unless otherwise stated in the instructions (e.g. group projects), when students seek services from the Writing Center or tutoring, or unless accommodations have been approved by your instructor. Cheating or plagiarism will result in FAILURE (that is, a zero or an "F") on the assignment, at minimum, and it will be reported to Department Chair and/or the Dean. The instructor reserves the right to assign an "F" for the course if cheating or plagiarism occur. Additionally, you are subject to University sanctions, suspension or expulsion.

If you do not know what plagiarism is, you can ask your professor, visit the [Writing Center](#) at the Mountain campus (Liberal Arts 144, 243-2266), the [Mansfield Library](#) (243-6866), or contact Missoula College's [Academic Support Center](#) (243-7826).

OTHER STUDENT RESOURCES

1. For students needing academic counseling, call Missoula College Retention Coordinator/Advising Facilitator at 243-7878.
2. The Writing Center exists to help all UM students improve as writers as they pursue their academic and professional goals. We provide free writing instruction through one-on-one tutoring and in-class workshops. Visit their website at: http://www.umt.edu/writingcenter/welcom_about.htm
3. Maureen and Mike Mansfield Library The Mansfield Library provides information resources to meet the needs of the University of Montana students. The library features state-of-the-art electronic access to information and a collection of over 1.5 million volumes. The library is open 7 days a week.

COURSE CALENDAR

Please note, this is a tentative course calendar. Course topics and due dates are subject to change. Changes will be communicated and posted on Moodle.

| Wk: | Date: | Readings, Assignments | Due Dates <i>All assignments due by 11:59PM</i> |
|------------|---|---|--|
| 1 | Module 1 starts 8/29-9/2 | Module 1: Introduction Welcome and Orientation Week Read/Watch: <ul style="list-style-type: none"> • TAP 21 Section 1 (posted to Moodle) • Content from the “Home Page” on Moodle • Content from the “Week 1” Moodle page Assignment: <ul style="list-style-type: none"> • Introduction & Communication Forum • Week 1 Quiz | Intro. & Comm. Forum Initial Post: Fri. 9/2 Response Posts: Tues. 9/6 Week 1 Quiz Due Tues. 9/6 Please note: extra time for assignments is provided during week 1. Due dates for future assignments will fall within the same week. |
| 2 | Module 1 cont. 9/5-9/9 <i>No Classes Mon. 9/5 Labor Day</i> | Read/Watch: <ul style="list-style-type: none"> • Module 1 Content Overview (posted to Moodle) • Chapter 1: The Nature of Addiction • Supplemental course content on Moodle Assignment: <ul style="list-style-type: none"> • Week 2 Discussion Forum • Group Office Hour (opportunity 1 of 3) | Week 2 Discussion Forum Initial Post: Wed 9/7 Responses: Fri 9/9 Group Office Hour: Wed. 9/7 @ 10:00-11:00 |
| 3 | Module 1 ends 9/12-9/16 | Read/Watch: <ul style="list-style-type: none"> • Chapter 2: Historical Perspectives • Supplemental course content on Moodle Assignment: <ul style="list-style-type: none"> • Week 3 Discussion Forum • Module 1 Exam | Week 3 Discussion Forum Initial Post: Wed 9/14 Responses: Fri 9/16 Module 1 Exam opens Mon. 9/12 and closes Fri. 9/16 |
| 4 | Module 2 starts 9/19-9/23 | Module 2: The Biology of Addiction Read: <ul style="list-style-type: none"> • Chapter 3: Substance Misuse, Dependence, and the Body • Supplemental course content on Moodle Assignment: <ul style="list-style-type: none"> • Week 4 Discussion Forum • Group Office Hour (opportunity 2 of 3) | Week 4 Discussion Forum Initial Post: Wed 9/21 Responses: Fri 9/23 Group Office Hour: Mon. 9/19 @ 3:00-4:00 |

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|----|---|--|--|
| 5 | Module 2 cont. 9/26-9/30 | Read: <ul style="list-style-type: none"> Chapter 4: Substance Misuse with a Co-Occurring Mental Disorder or Disability Supplemental course content on Moodle Assignment: <ul style="list-style-type: none"> Week 5 Discussion Forum | Week 5 Discussion Forum Initial Post: Wed 9/28 Responses: Fri 9/30 |
| 6 | Module 2 ends 10/3-10/7 | Read: <ul style="list-style-type: none"> Chapter 5: Gambling, Eating Disorders, Shopping, and Other Behavioral Addictions Supplemental course content on Moodle Assignment: <ul style="list-style-type: none"> Week 6 Discussion Forum Module 2 Exam | Week 6 Discussion Forum Initial Post: Wed 10/5 Responses: Fri 10/7 Module 2 Exam opens Mon. 10/3 and closes Fri. 10/7 |
| 7 | Module 3 starts 10/10- 10/14 | Module 3: The Psychology of Addiction Read: <ul style="list-style-type: none"> Chapter 6: Addiction Across the Life Span Supplemental course content on Moodle Assignment: <ul style="list-style-type: none"> Week 7 Discussion Forum Group Office Hour (opportunity 3 of 3 – LAST ONE!) | Week 7 Discussion Forum Initial Post: Wed 10/12 Responses: Fri 10/14 Group Office Hour: Tues. 10/11 @ 12:00-1:00 |
| 8 | Module 3 cont. 10/17- 10/21 | Read: <ul style="list-style-type: none"> Chapter 7: Screening and Assessment Chapter 8: Strengths- and Evidence-Based Helping Strategies Supplemental course content on Moodle Assignment: <ul style="list-style-type: none"> Week 8 Discussion Forum | Week 8 Discussion Forum Initial Post: Wed 10/19 Responses: Fri 10/21 |
| 9 | Module 3 ends 10/24- 10/28 | Read: <ul style="list-style-type: none"> Chapter 9: Mutual Help Groups and Spiritual/Religious Resources Supplemental course content on Moodle Assignment: <ul style="list-style-type: none"> Week 9 Discussion Forum Module 3 Exam | Week 9 Discussion Forum Initial Post: Wed 10/26 Responses: Fri 10/28 Module 3 Exam opens Mon. 10/24 and closes Fri. 10/28 |
| 10 | Module 4 starts 10/31- 11/4 | Module 4: The Social Aspects of Addiction Read: <ul style="list-style-type: none"> Chapter 10: Family Risks and Resiliencies Supplemental course content on Moodle Assignment: <ul style="list-style-type: none"> Week 10 Discussion Forum | Week 10 Discussion Forum Initial Post: Wed 11/2 Responses: Fri 11/4 |
| 11 | Module 4 cont. | Read: | Week 11 Discussion Forum |

| | | | |
|----|--|--|---|
| | 11/7-11/11 <i>No Classes Tues. 11/8 Election Day Fri. 11/11 Veteran's Day</i> | <ul style="list-style-type: none"> Chapter 11: Ethnicity, Culture, and the Socioeconomic Determinants of Addiction Supplemental course content on Moodle Assignment: <ul style="list-style-type: none"> Attend a Mutual Aid Group & Week 11 Discussion Forum | Initial Post: Th 11/10 Responses: Mon 11/14 * NOTE: Due dates were shifted this week to accommodate holidays |
| 12 | Module 4 ends 11/14-11/18 | Read: <ul style="list-style-type: none"> Chapter 12: Gender, Sexual, and Sexual Orientation Differences Chapter 13: Public Policy Supplemental course content on Moodle Assignment: <ul style="list-style-type: none"> Week 12 Discussion Forum Module 4 Exam | Week 12 Discussion Forum Initial Post: Wed 11/16 Responses: Fri 11/18 Module 4 Exam opens Mon. 11/14 and closes Fri. 11/18 |
| 13 | Module 5 starts 11/21-11/25 <i>No Classes W. 11/23 Th. 11/24 Fri. 11/25 Thanksgiving</i> | Module 5: Ethical Considerations & Competencies for LAC's Read (all content posted to Moodle): <ul style="list-style-type: none"> Fisher & Harrison Chapter 5 NAADAC Code of Ethics TAP 21; Practice Dimension 8: Professional and Ethical Responsibilities Supplemental course content on Moodle Assignment: <ul style="list-style-type: none"> None | No assignment this week due to the holiday. Read and engage with the content provided for Module 5 |
| 14 | Module 5 cont. 11/28-12/2 | Read: <ul style="list-style-type: none"> Supplemental course content on Moodle Assignment: <ul style="list-style-type: none"> Week 14 Discussion Forum | Week 14 Discussion Forum Initial Post: Wed 11/30 Responses: Fri 12/2 |
| 15 | Module 5 ends 12/5-12/9 | Read: <ul style="list-style-type: none"> Supplemental course content on Moodle Assignment: <ul style="list-style-type: none"> Week 15 Discussion Forum Module 5 Exam | Week 15 Discussion Forum Initial Post: Wed 12/7 Responses: Fri 12/9 Module 5 Exam opens Mon. 12/5 and closes Wed. 12/14 |
| 16 | Finals Week 12/12-12/16 | Assignment: <ul style="list-style-type: none"> Module 5 Exam | Module 5 Exam opens Mon. 12/5 and closes Wed. 12/14 |