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CAS 242.01C: Fundamentals of Substance Abuse and Addictions

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Missoula College

THE UNIVERSITY OF MONTANA

Fundamentals of Substance Abuse and Addictions Course Syllabus CAS 242

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- √ COURSE DESCRIPTION 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.
- √ 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 psychosocial 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
- √ TEXT *Substance Abuse: Information for School Counselors, Social Workers, Therapists, and Counselors.*
- The textbook is required for the course. It can be purchased in the bookstore in Missoula College or Amazon.com, which includes rental copies or purchase, as well as electronic

versions.

ASSESSMENT OF STUDENT LEARNING GOALS & OBJECTIVES

5 Exams @ 100 pts. Each	500 pts.	
Assignments	300 pts	including 2 <i>High Stakes assignments</i>
Participation & Attendance	<u>200</u> pts	
Total Points Possible	900 pts.	

✓ **Always check the Gradebook in Moodle to be sure that your grade is posted correctly.**

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

CLASS PARTICIPATION AND ATTENDANCE I will take attendance every class meeting.

WHAT TO EXPECT ON EXAMS There are five (5) scheduled exams. The format will consist of multiple choice and short answer. All exams must be taken. There are no dropped exams. The date of each exam is on your course calendar at the end of this document.

Lectures will generally follow the chapters in the book and also include material not in your text. In addition there may be some additional topics. Exam questions will include material from the text, material covered in lecture, films, YouTube and videos shown in class - whether it was in the text or not. Therefore, it is important for you to both read the text and attend lectures regularly.

Arrangements to take the exam after the scheduled time will only be made under the following three conditions:

1. In the event of personal illness, death in the family, or unforeseen emergency, and;
2. Your having communicated with me [by telephone or email] *prior* to the exam, and;
3. Your providing adequate documentation from the professionals involved.

ASSIGNMENTS Assignments will be explained in detail in the Assignment section of Moodle. All assignments must be typed and presented in a manner befitting higher education. Assignments include, but are not limited to, the following:

✓ Attend Community Events and Lectures, as assigned. Write up your observations (50 points each)

- ✓ Participate in an Abstinence Project. This is a high stakes assignment (100 points each)

1. **EXAMS**

- All exams are administered in-class.
- There are 5 exams in this course. Each covers 2-3 chapters each.
- Each exam is worth a total of 100 points and may include multiple choice, fill in the blank and essay or short answer.
- You must arrive to class on-time the day of an exam. Students who are more than 20 minutes late will NOT be allowed to take the exam.
- You may NOT use your notes or text during an exam. You must take the exam independently. Cheating on an exam is a violation of the Student Conduct Code, and violators will be sanctioned. (See the “Student Conduct Code” section below for more information and an explanation of sanctions for violations.)
- The days exams are scheduled are in the Course Calendar, which is at the bottom of this syllabus. NO LATE EXAMS WILL BE ACCEPTED! (Please see exceptions below, under the “Late and make-up Work Policy.”)
- I will not make alternative arrangements to give any exams early due to travel plans, school projects, or other courses’ requirements.

✓ **MOODLE**

- This course is managed (i.e. gradebook) through Moodle. To access Moodle, go to <http://umonline.umat.edu/> and click the “Moodle NetID Login” button.
- *It is recommended that you use the internet browser, Firefox, to run Moodle.*

✓ **ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES:**

The University of Montana assures equal access to instruction through collaboration between students with disabilities, instructors, and Disability Services for Students (DSS). If you think you may have a disability adversely affecting your academic performance, and you have not already registered with DSS, please contact DSS.

- Missoula College students: Contact Paul Kozlowitz at (406) 243-7931 or via email, [Paul](#).
- Mountain campus students: Contact DSS at (406) 243-2243 or via email, [DSS](#).

I will work with you and DSS to provide reasonable modifications. “Reasonable” means the University permits no fundamental alterations of academic standards or retroactive modifications. In addition, the student must provide DSS documentation *before* the assignment is due so reasonable accommodations can be made. For more information, please consult [DSS](#).

✓ **LATE and MAKE-UP WORK POLICY:**

LATE or MAKE-UP WORK WILL NOT BE ACCEPTED. HOWEVER, according to the UM’s [Academic Policies and Procedures](#), under “Class Attendance/Absence Policy,” I MAY excuse brief and occasional absences for the following reasons:

1. an illness or injury
2. a family emergency
3. religious observance
4. participation in a university sponsored activity
5. military service

If you miss an assignment, exam or participation points due to one of these exceptions, valid documentation MUST be provided in order to make it up.

- Please consult me on what “valid documentation” entails.
- You have 48 hours after the missed assignment’s due date to notify me so that we can arrange for you to make-up the work or turn it in late.
- Please be aware, I strictly enforce this policy and WILL REQUIRE documentation.

√ DROP POLICY

According to UM’s [Academic Policies and Procedures](#), beginning the 46th instructional day of the semester (i.e. March 29th, 2016) through the last regular class day (i.e. May 6th, 2016) 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).

√ CLASS ETIQUETTE

- Please turn your cell phones off or on silent before class begins.
- Please, **DO NOT TEXT** during class. It is very distracting to your classmates as well as myself, *especially* when you trying to be inconspicuous (i.e. texting under the desk, under notes, using your

text as a barrier, etc...). If I catch you on your phone during class, I will ask you to put it away. After 2 or 3 prompts, I will ask you to leave the class immediately!

- Please be on time. If you must leave early, out of courtesy for your classmates and me, please sit close to the door so you can excuse yourself quietly. Also, please let me know before class that you need to leave early.
- If you type your notes on a computer during class, please DO NOT use Facebook, play games, check email, surf the internet, etc...during class. While I may not be able to see you, your peers sitting behind you can see, which can be very distracting. Again, if I find you are doing other things on your computer during class time than taking notes, I will ask you to stop. After 2 or 3 prompts, I will ask you to leave the class immediately!
- Please do not talk to your neighbors during class. Just like texting “inconspicuously” is distracting, so is whispering.
- I ask that you please raise your hand if you have a question or comment during lecture.
- If you are disruptive, I will talk to you individually after class. After 2 or 3 prompts, I will ask you to leave the class immediately!

*****IMPORTANT NOTE**: This is a standardized course across the UM, Missoula College campus. This means that there are established standards that we hold department-wide. These standards determine how the course is conducted, thus, they are not negotiable. In short, we strictly enforce the policies stated in this syllabus.

√ OTHER STUDENT RESOURCES

1. For students needing academic counseling, call Cec Gallagher (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.

√ CLASS ETIQUETTE

- Please be on time. If you must leave early try to sit close to the door so you can excuse yourself quietly.
- Please turn your cell phones off before class begins. DO NOT TEXT during class. If you do, I will ask you to leave the class.

√ CANCELLATION OF CLASS: If class is cancelled for any reason we will continue to proceed with the schedule outlined on the course calendar at the end of this document. If class is cancelled you can go to Moodle for the power points of my lecture(s).

√ 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).

√ COURSE CALENDAR

- Please note, this is a tentative course calendar. There may be changes due to the pace of lecture. You are responsible for any changes, which I will clearly announce.
- I will not make alternative arrangements to give any exams early due to travel plans, assignments in other courses, work, etc... No exceptions! It is your responsibility to plan to meet the requirements in this class in order to be successful.

T/ Th
Spring 2013

Fundamentals of Substance Abuse and Addictions

W	Dates	Chapters & Exams	READINGS	Assigned activities and DUE DATES
1	Jan 26 28	Intro 1	Read Syllabus & Introductions Why Worry About Substance Abuse?	<ul style="list-style-type: none"> • Participation Activity- DUE 1/28 • Term activity –Discussed Class #2
2	Feb 2 4	2	CLASSIFICATION OF DRUGS: A Brief Introduction to the Science of Pharmacology	<ul style="list-style-type: none"> • Structured Discussion-Participation Assignment • DUE in CLASS 2/11
3	Feb 09 11	CHAPT 2	An Introduction to Alcohol: The Effects of Alcohol Abuse and Addiction Tobacco Products and Nicotine Addiction	Applied Assignment #1- Abstinence Project <u>Due 2/16 In class-</u>
4	Feb 16 18	CHAP 3 CHAP 3	Behavior Modification concepts Models of Addiction	Participation 2/16—Due in class-1 paragraph on Behavior change Project
5	Feb 23 25	CHAPT 3 CHAPT 3	MODELS OF ADDICTION MODELS OF ADDICTION	Participation: <u>DUE in CLASS WEEK 6 Thursday-3/4</u>
6	Mar 1 3	Chapter 5	Ethics Ethics	ACTIVITY #3 <ul style="list-style-type: none"> • SUBMIT ONLINE Moodle • <u>DUE WEEK 7 3/6</u>
7	Mar 08 10	Chapt 6 & 7 TIP 35 & quick Guide Exam 1 & 2	Screening, Assessment & Diagnosis	<u>DUE WED @ 10am</u>
8	Mar 15 17		Dual Diagnosis & Substance Use Disorders	Applied Assignment #2- <u>DUE 3/28</u>
9	Mar 22 24	Chapt 8	Treatment of AOD Problems	Participation: <u>DUE 3/25</u>
10	March 29 Mar 31	CHAPTER 11 CHAPTER 12	Adult Children Addiction and the Family Codependency and Enabling	APPLIED ASSIGNMENT- ATTEND 2 12-STEP MEETINGS/FOLLOWUP PAPER <u>DUE 4/15</u>
11	APRIL 4-8		Spring Break	
12	Apr 12 14	Exam 3 24		
13	Apr 19 21	Chapt 15	PREVENTION	

14	Apr 26 28	Exam 4	SUD as a Disease of the Human Spirit	Participation: DUE 4/15
15	May 3 5	Chapt 9	Treatment Settings Relapse & Rehabilitation Drug Courts	Participation: DUE 4/22
	May 6 8		Relapse (cont.) Support Groups to Support and Sustain Recovery	Last day to turn in any assignments DUE 5/6
Finals Week	May 9-13	Exam 5	Finals Week	FINAL EXAM - - Due Week 16 TBA

This schedule is highly subject to change as the semester progresses.
Changes will be discussed in class.