

HEDU 1030

Section 090 Spring 2021

University of Utah

<u>Course:</u>	Substance Use/Abuse
<u>Location:</u>	Online
<u>Instructor:</u>	Stacy Blanck MPH
<u>Office Hours:</u>	Meetings can be arranged by appointment if necessary.
<u>Email:</u>	through canvas
<u>Support:</u>	Need help with the online system-Canvas? Help Desk 801-585-5959

INTRODUCTION:

This course may be the most important and relevant course in your undergrad work, and everyday life. It is important to remember that everyone has their own stressors, personality types, experiences, values, attitudes, beliefs, and coping mechanisms. The climate of this online course is inclusive requiring a lot of participation and comments in a judge-free zone. There is no such thing as a wrong opinion. Hearing lots of differing viewpoints help us expand our knowledge and understanding of addiction and its accompanying variables (which may all be different).

COURSE OBJECTIVES:

At the conclusion of this course, the student should:

1. Define substance use vs. abuse and other key terms related to drugs, society and addiction.
2. Identify and assess the factors that influence drug use and abuse (including personal, family, student, and occupational).
3. Have an understanding of the physiological aspects of substance abuse, including tolerance, withdrawal, craving, overdose, and other adverse effects on health in relation to the treatment process.
4. Be able to describe the characteristic symptoms of intoxication, withdrawal, and early recovery from: alcohol, opiates, benzodiazepines, cannabinoids, amphetamines, cocaine, and hallucinogens.
5. Understand the impact of drug use and abuse on all dimensions of health.
6. Analyze strategies to prevent and treat substance abuse in our society.
7. Understand prevention, intervention, and treatment options.
8. Develop a working knowledge of community-based support groups (i.e. Alcoholics Anonymous, Narcotics Anonymous) and their usefulness for addicted persons, their families and/or significant others.

REQUIRED READINGS

Hart, C.L. & Ksir, C. (2018). *Drugs, Society & Human Behavior* (17th Edition). McGraw-Hill Companies, Inc.

Additional articles will be included to augment the texts and add both diversity and depth to the course text material.

SUGGESTED READINGS

Inaba, Darryl S. & Cohen, William E. (2004). *Uppers, downers, and all arounders: Physical and mental effects of drugs of abuse*. Ashland, OR: DNS Productions.

Friel, John C. & Friel, Linda D. (1988). *Adult Children: The Secrets of Dysfunctional Families*. HCI.

Kuhn, Cynthia, Swartzwelder, Scott & Wilson, Wilkie. (2008). *Buzzed: The Straight Facts About the Most Abused Drugs from Alcohol to Ecstasy*. W.W. Norton & Company Inc.

Miller, William R. & Carroll, Kathleen M. (2006). *Rethinking Substance Abuse: What Science Shows, and What We Should Do About It*. The Guilford Press.

Nowinski, Joseph. (1990). *Substance Abuse in Adolescents & Young Adults*. W.W. Norton & Company.

Schaefer, Dick. (1996). *Choices & Consequences: What to do When a Teenager Uses Alcohol and Drugs*. Johnson Institute-QVC, Inc.

Woititz, Janet G. (1990). *Adult Children of Alcoholics*. HCI.

A Few Key Websites:

Alcoholics Anonymous in Utah:	http://www.utahaa.org
Narcotics Anonymous in Utah:	http://www.nautah.org
LDS Addiction Recovery Groups	http://www.providentliving.org
Center for Substance Abuse Treatment	http://csat.samsha.gov
National Institute of Drug Abuse (NIDA)	http://www.nida.nih.gov
NIDA for Teens	http://teens.drugabuse.gov
American Society of Addiction Medicine	http://www.asam.org
National Association for Children of Alcoholics	http://www.nacoa.org
Utah State Division of Substance Abuse	http://www.hsdsa.state.ut.us
National Council on Alcoholism and Drug Dependence, Inc. (NCADD)	http://www.ncadd.org

COURSE REQUIREMENTS

1. **Participation-** Students are expected to access class online on **CANVAS** at least **twice weekly**. This includes completing reading and all assignments, as well as fulfilling other course requirements as described on the course syllabus and weekly modules. Students can earn points for online participation. The instructor will provide description of options for earning participation points at the beginning of each week. **Students must respond to weekly question(s) and to another student's comments.** Be prepared to discuss your analysis of the assigned reading or any current news/history related to the course topic. Supplemental reading and video will be provided by the instructor. **Discussion submissions are due every Sunday** for the weekly modules.

Note:

- 1) I will give students detailed instructions of each assignment prior to each due date. Please pay close attention to the instructions before you submit assignments.
- 2) All assignments need to be submitted through Canvas.
- 3) Most late assignments will NOT be accepted. They are to be submitted by 11:59 pm on due date. On occasion I will accept late work for special situations.
- 4) It is your responsibility to inform the instructor if you need a special arrangement for your class participation
- 5) I will be available by e-mail and phone (801) 573-7581 (text) if students have any concerns regarding this class.

2. **Reading assignments/Discussions:** You are expected to read the assigned readings and be prepared for class discussion. The midterm and final exam will draw from the reading assignments, as well as class discussions.

3. **Abstinence assignments: (100 points):** For this assignment you are to identify something that you *consume/participate in* every day that is unhealthy or has negative consequences, such as drinking soda, coffee, eating "junk" food, salting your food, sleep habits, social media, energy drinks and so on. It needs to be something that would not be easy for you to give up or that you could easily replace with something else. The purpose of this exercise is for you to experience a little bit of what it is like for addicts to abstain from usage and its relevance to the treatment process. You are to give this up from the beginning of class the week of January 19, 2021 until the **END** of class in April, 2021. **You will NOT be permitted to change your identified substance once the project has begun.**

If, per chance, you are using alcohol or other substances of abuse, you may choose from these substances for this assignment but it needs to be approved by instructor.

You will be graded on your effort, understanding, and insight in class discussions/activities about how this project relates to addiction, as well as the dynamics involved in initiating and maintaining behavior change. (I will be looking for insight and novel thoughts related to this experience). The learning in this project comes from abstaining, thus it is important to make your *very best effort* in this regard.

You are on your honor with this assignment. It therefore is possible for you to not take this assignment seriously but if you do not, you will lose a valuable learning experience. You will not be graded on whether or not you abstain for the entire semester. You will be graded, however, on your explanation of your process. This will involve two papers:

- a. **Abstinence assignment part 1 (30 points).** By 11:59 pm **January 27th** you are to submit a brief paper identifying: (a) what it is you are abstaining from and why; (b) how often you used the substance in the last 30 days (to the best of your memory); (c) your motivation for change (or lack thereof); (d) the negative impact it has on your life biologically, psychologically, mentally, and spiritually; (e) identified supports (i.e spouse, parent, roommate) and your expectations of them; (f) exploration of potential stumbling blocks during the project **and** what you will do to prevent relapse when you feel the urge to use; and (g) your expectancy about the project, that is, whether you will succeed or fail and why.

*This paper needs to be typed, double spaced, and will probably require 2-3 pages to adequately respond to the items listed above. Using **headings and subheadings** for each of the above items- this will be useful for me to know exactly what you are addressing at each point in the paper. An inability to produce written work that demonstrates college level skills, (e.g. excessive spelling, punctuation, grammatical, and citation errors) will adversely affect a student's grade. **The paper will be graded on fulfillment of assignment, clarity of ideas, and correct format/grammar.**

- b. **Abstinence assignment part 2 (70 points).** On **April 15** hand in a summation of your experience. This will be in question/answer format. I will post the questions a few weeks before the due date. You will answer each question with 1-2 sentences. Make it very succinct and to the point, but don't cut out important detail of your experience. There will be a grading rubric for this assignment. The main objective of this assignment is to focus on what you learn first-hand about abuse/addiction from abstaining. I do not want textbook responses, but rather for you to directly address what you learned based on your experience. This includes integrating the information learned throughout this course in conjunction with your own abstinence experiences. The Abstinence part 2 assignment will be graded on fulfillment of assignment, clarity of ideas, correct format, grammar, and the use of at **least 2-3 resources (from your readings in class/discussions) cited correctly.**

4. **Attendance at substance abuse support group meetings: (50 points)** You will need to attend an **open** substance abuse support group meetings no later than **April 1, 2021**. You will need to stay at least 50 minutes for the meeting. You will be required to "hand in" the completed verification form (attached to the end of this syllabus) identifying what group you attended and on what date. For the group attended you must have the leader of the group print their name and sign the form, verifying that you attended. You can screenshot this on your smart phone and text it to me (801) 573-7581 or scan and email (continued next page).

Each of you will be expected to provide reactions to the meetings (assignment). **Unless you are a recovering alcoholic or drug addict, you should attend only open meetings.** You can locate meetings by going to the websites listed in this syllabus. There are multiple meetings daily all over the valley. Most students report at the end of the semester that this was the most memorable part of the class. The reaction assignment will be a part of one of the discussions. Plan to attend your meeting well ahead of the due date so you have time to process and respond when I ask.

5. **Mid-Term and Final Exam- (200 points)** There will be a mid-term and final exam, *100 points each*. Both the mid-term and final exam will be *administered through canvas*. Test dates including the final exam will not be moved nor excused to alternate dates. The mid-term exam will include questions to test your knowledge and learning from class readings and participatory discussions. A final examination will cover material during the second half of the semester and will include questions similar to those found on the mid-semester exam. Each exam will include multiple choice, true/false, fill in the blank, and short answer. This will be a timed test on Canvas.

6. **Quizzes** There will be individual quizzes. These are given to assess your understanding of the reading. Occasionally I will ask a question from the discussions but the majority is straight out of the text. Quizzes are open book and have a time limit. You will have **2 attempts** to take the quiz and your best score will be recorded. Students are expected to complete and submit their quizzes on time (11:59 pm on due date). These can't be made up -so pay attention to the syllabus and modules. **Always check in Monday** to the course as if not to miss a mid-week quiz. There is nothing worse than the student that emails me several days after an assignment or quiz has passed and tells me they didn't check canvas and missed the assignment. I will not accept late quizzes due to irresponsible planning and vigilance to due dates.

GRADING

Your final grade will be based on the percentage of points earned divided by points possible.

The grade breakdown will be as follows:

A = 94-100%	B+ = 87-89%	C+ = 77-79%	D+ = 67- 69%
A- = 90-93%	B = 83-86%	C = 73-76%	D = 63-66%
	B- = 80-82%	C- = 70-72%	D- = 60-62%
			E = Below 59%

Course Outline(subject to change by instructor)

<u>Week</u>	<u>Date</u>	<u>Reading/Discussions</u>	<u>Due/Exams Assignments</u>
1	1/19	Personal Introduction and online discussion Reading : Ch. 1- Drug Use: an Overview Abstinence project #1	Discussion due 1/24 Project due 1/27
2	1/25	Reading Ch. 2- Drug Use as a Social Problem Online discussion	Discussion due 1/31
3	2/01	Reading: Ch. 4 -The Nervous System Reading: Ch. 5- The Actions of Drugs Online discussion and Quiz on Ch. 1, 2, 4, & 5	Quiz available 2/5-2/7 Discussion due 2/07
4	2/08	View Movie "Pleasure Unwoven" Assignment: Addiction as a Disease	assignment due 2/14
5	2/15	Reading: Ch. 17 –Preventing Substance Abuse Ch. 18- Rethinking Drug Policy Methadone and Naloxone Online discussion	How is your abstinence project Discussion due 2/21
6	2/22	Reading: Ch. 6- Stimulants Reading: Ch. 7-Depressants & Inhalants	Discussion due 2/28
7	3/1	Reading: Ch. 8- Medication for Mental Disorders Online discussion Quiz on Ch. 6-8, 17-18	Quiz available 3/5-3/7 Discussion due 3/7
8	3/8	Reading: Ch. 9- Alcohol Online discussion	Discussion due 3/14
9	3/15	Reading: Ch. 10 –Tobacco Online discussion due 3/21	Exam #1 posted 3/19-3/21
10	3/22	Reading: Ch. 11- Caffeine Online discussion Quiz on Ch.9-11	Discussion Due 3/28 Quiz available 3/26-3/28
11	3/29	Reading: Ch. 12 Dietary supplements and OTC Reading: Ch 14-Psychedelics Online discussion due 3/28	AA Support group form DUE 4/1
12	4/5	Reading: Ch 13-Opioids Online discussion Questions for Abstinence project posted this week	Discussion Due 4/11
13	4/12	Quiz on Ch. 12-14 Abstinence project part #2 (70 points) Abstinence Due 4/15	Quiz available 4/16-4/18 Abs. Proj. Due
14	4/19	Reading: Ch 15-Cannabis Online discussion	Discussion Due 4/18
15	4/26	Reading: Ch 16-Performance Enhancing Drugs Online discussion Assignment: AA summary	See online instruction Due 4/30
16	5/1-5/3	Final Exam	Available 5/1-5/3 @11:59 pm

*Verification of
Substance Abuse*

Recovery Support Meetings

Your name: _____

Name of meeting: _____

Location of meeting: _____

Date of meeting: _____

Time of meeting: _____

Signature of group leader confirming attendance of meeting:

Print name: _____

X _____
signature