

## Syllabus - PSY302 SUBSTANCE ABUSE

LOCATION	Upper Iowa University - Madison Center 4601 Hammersley Road, Madison WI 53711 608-278-0350 phone 608-278-0354 fax uiu@madison.tds.net
COURSE IDENTIFICATION	PSY302 Substance Abuse
TERM INFORMATION	Term 2 (October 26 – December 19, 2008) Tuesday 5:30-10:00 p.m.
INSTRUCTOR INFORMATION	Carola Pfortner MS, ABD 608-220-1764 (cell) <a href="mailto:pfortner@peacocks.uiu.edu">pfortner@peacocks.uiu.edu</a> <a href="mailto:carolapf@aol.com">carolapf@aol.com</a>
BIOGRAPHY	An international trainer and a psychotherapist in private practice, Ms. Pfortner utilizes 28 years of experiences with clients of all ages to enrich this class. Experienced at the graduate and undergraduate level in the US and Europe, she believes learning must be relevant to personal experience, based on sound research and theory, culturally comprehensive and of course fun.
TEXT	Ray, O. & Ksir, C. (2009). <i>Drugs, Society and Human Behavior</i> (13 <sup>th</sup> Ed.). New York, NY: McGraw-Hill. Companion Website: <a href="http://higher.mcgraw-hill.com/sites/0072972262/student_view0/">http://higher.mcgraw-hill.com/sites/0072972262/student_view0/</a>
OBJECTIVES	<ol style="list-style-type: none"><li>1. Explore the historical, biological, sociological, and psychological dimensions of addiction = Complete readings, Self Assessments</li><li>2. Develop an understanding of drug addiction, treatment programs, and drugs and the law = Field Trip, Self Assessments</li><li>3. Know and classify the major drug categories = Final Exam</li><li>4. Describe prevention concepts = Class Group work</li><li>5. Identify ethical and legal issues related to addictions = Lectures</li><li>6. Examine personal feelings and reactions related to issues surrounding addiction = Discussion Cards / Discussion</li></ol>

CITATION e.g. Encyclopedias of any kind, including the very popular Wikipedia, are not primary sources and should not be cited or used in constructing academic papers at the graduate

or undergraduate level. They can, however, be useful to help gather some background information and to point the way to more reliable sources

**Goals pertaining to UIU majors as they are addressed in this course:**

Psychology Major:

*The purpose of a psychology major is to enable a learner to interpret psychological theory utilizing scientific methodology in order to apply that knowledge to describe, analyze, predict, and shape human behavior.*

Specifically, this course will address the following goals from the psychology major:

1. Demonstrate an understanding of psychological terms, theories, and trends, along with knowledge of the physical and behavioral stages of human development.  
Using theories related to substance abuse in a self assessment case analysis, students will reference observations and tools for change.
3. Demonstrate an awareness of individual variation in behavior and perception and acceptance of these differences in an unbiased manner.  
Observe trends and patterns in different populations and regarding different drugs and participate in experiential learning, developing unbiased empathy and strategies
4. Demonstrate an awareness of moral, ethical and legal issues associated with the helping professions and the ability to incorporate ethical practices in dealing with others in professional situations.  
Participate in an AA meeting and reflect upon the experience in an ethical and unbiased manner.
5. Demonstrate an understanding of the interpretation of psychological research and the application of that information to analyze options, draw conclusions and make sound recommendations in matters related to the field of psychology.  
Complete an economics and use assessment, interpret the data and draw conclusions.

## READINGS

October 27 Week 1	Introduction to the course <u>Section I – Drug Use in Modern Society</u> Ch 1: An Overview Ch 2: Drug Use as a Social Problem Ch 3: Drug Production and Regulation	
November 3 Week 2	<u>Section II – How Drugs Work</u> Ch 4: The Nervous System Ch 5: The Action of Drugs	Due: Chapter Outlines 2-5
November 10 Week 3	<u>Section III – Uppers and Downers</u> Ch 6: Stimulants Ch 7: Depressants and Inhalants Ch 8: Medications for Mental Disorders	Due: Essential Drug Fact Sheets
November 17 Week 4	<u>Section IV – Alcohol</u> Ch 9: Alcohol <u>Section V – Familiar Drugs</u> Ch 10: Tobacco Ch 11: Caffeine Ch 12: Dietary Supplements, and Over-the-Counter Drugs	Due: Essential Drug Fact Sheets
November 24 Week 5	<u>Section VI – Restricted Drugs</u> Ch 13: Opioids Ch 14: Hallucinogens Ch 15: Marijuana and Hashish Ch 16: Performance Enhancing Drugs	Due: Abstinence Assignment Due: Presentation Outline Due: Essential Drug Fact Sheets
	<u>Section VII – Intervention Strategies</u> Ch17: Preventing Drug Misuse and Abuse Ch18: Treating Substance Dependence	Due: Chapter Outlines 17-18
December 1 Week 6	Field Trip Substance Abuse Treatment and Prevention	
December 8 Week 7	Student Presentations Final Exam Preview	Due: Economics and Use Assignment Due: Abstinence Assignment
December 15 Week 8	Final Exam	

**EXAMS**      There is a cumulative, closed book final exam in week 8

**ASSIGNMENTS**      During class, students will complete numerous exercises and assignments not listed here. The students are encouraged to seek support from the instructor and peers in completing assignments. Please inform the instructor of any individual learning needs.

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|--|-------------------|
| 1. Students Will Complete All Readings.              |                   |
| 2. Brief Chapter / Drug Essential Knowledge Outlines | Week 2-5          |
| 3. Attend an AA or Similar Meeting                   | Field Trip Week 6 |
| 4. Will Complete the Economics and Use Assignment    | Due: Week 7       |
| 5. Will Complete an Abstinence Assignment            | Due Week 7        |
| 6. Students Will Present a Group Presentation        | Week 7            |
| 7. Students Will Take a Final Exam                   | Week 8            |

**GRADING CRITERIA**

Participation in Class - 50 points each class 1-5 &7	300	
Brief Chapter / Drug Essential Knowledge Outlines - Chapters 2-18	170	
Economics and Use Assignment	100	
Meeting Assignment	180	
Abstinence Assignment	100	
Presentation – Total      Content 50%      Presentation Quality 50%	60	
Final Exam (1 Pt for Each 1% Correct)	100	

- A 1000 – 930A- 929 – 900  
B+ 899 – 870B 869 – 830      B- 829 – 800  
C+ 799 – 770C 769 – 730      C- 729 – 700  
D+ 699 – 670      D 669 – 630      D- 629 – 600      F Below 600

**ATTENDANCE**

Note: Active participation in all class activities is a component of the grade. Regular and timely attendance is expected. This class is a learning community. While critical thinking and differences in opinions are encouraged, it is the expectation that learners support each other in their education. One class can be made up by alternative assignments.

Please discuss any needs for scheduling accommodations with the instructor in advance, unless the situation is an emergency. It is the student's responsibility to make arrangements to make up for missed content with the instructor. Please review Upper Iowa University Policies on Administrative Withdrawal related to repeated absences.

Please discuss variation of deadlines for assignments with the instructor in advance. Delays by one week with prior notice will not affect grade, with the exception of class comments and chapter reviews. Greater delays without extenuating circumstances may affect the grade. No assignments will be accepted past the last day of class.



- 4) What did you observe regarding any changes that the other people attending underwent if they were drinking.
  - a) How much did those with you drink?
  - b) How did their mood change?
  - c) Did their speech / thinking change? If yes, how:
  - d) Did their social behavior change? If yes, in what way?
  - e) Did their physical behavior change?
- 5) How did you feel as the event proceeded?
  - a) Did you enjoy yourself?
  - b) Was this different from other events like this when you did not abstain - if yes, how?
- 6) What overall conclusions do you draw from this experience?

<sup>1</sup> *If you are never able to attend a social function involving drinking, talk to your teacher about an alternative assignment.*

<sup>2</sup> *If you are a non-user, discuss your experience of social events as a non-user, how you are respected by users, how this affects your social life and the types of non-using experiences that you enjoy.*

# Economics and Use Assignment

The purpose of this assignment is to increase awareness of drug use in our everyday lives, to assess the cost of such use, and to make decisions about strengths and challenges regarding personal drug consumption.

- For the next 30 days, record your daily intake of any substances and behaviors:
  - alcohol,
  - caffeine,
  - tobacco
  - over the counter medications
  - illicit drugs.
  - Compulsive shopping (non-essentials)
  - Gambling
1. Estimate, based on your record, how much money you spend on substances/behaviors in each of these categories. These data are held confidential by you and not submitted to the instructor.
  2. Write a 2 page reflection about your substance consumption, discussing the need and the impact your substance consumption may have on you and your life. Give some thought to what reinforces or challenges your behaviors. Report the total amount of money spent per month for all substances and behaviors together.
  3. Evaluate how helpful this is in your life and, if applicable, if you are interested in re-evaluating any elements of your consumption. If you are planning on change, outline the steps you will take and the resources that may help in this process.

Alternative: If you are completely free of **any** of above substances, write your paper about the journey that has led you to this situation, what supports you are finding to maintain your substance free life style and what challenges you are encountering.

Private LOG – Don't submit to teacher

Day #	Alcohol	Caffeine	Tobacco	Over the Counter Drugs	Illicit Substances	Gambling	Compulsive Shopping nonessentials
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							
21							
22							
23							
24							
25							
26							
27							
28							
29							
30							
Total 30 days							
Total 1 year							

## Attend an AA or Other Treatment Meeting<sup>3</sup>

In week 6, as a field trip you and a peer from the class will attend a substance treatment meeting. The purpose of this assignment is to become familiar with the symptoms or interventions regarding Alcohol addiction and to develop unbiased and empathetic insights into the effect of the illness of alcoholism and drug addiction and its treatment.

You may want to memorize the following introduction: When you attend the meeting, introduce yourself in the VERY BEGINNING of the meeting by explaining that you

**“...are learning about treatment in college and that your teacher requested that you develop insight and empathy by learning from those in recovery.”** Ask for permission to attend the meeting to further your empathy and offer assurance that you are aware of and will honor confidentiality.

After the meeting write answers to the following questions about your experience. Maintain an open mind in your reflection and stay away from judgment as much as possible. Assume an attitude of empathy in your observations. Address some of the following points:

1. Where and when did you attend the meeting?  
Date:                      Place of Meeting:                      Type of Meeting:
2. How many people and what type of people were in attendance?
3. Were you welcomed into the meeting?
4. Describe the way the meeting preceded.
  
5. Share some of your observations.

6. Was this what you expected? If no, how was it different:
  
  
  
  
  
  
  
  
  
  
7. What are your personal reactions, were you comfortable, uncomfortable?
  
  
  
  
  
  
  
  
  
  
8. After attending the meeting, do you feel that this mode of treatment is an effective intervention for recovery? What are your reasons for your opinion?
  
  
  
  
  
  
  
  
  
  
9. How has this experience changed or reinforced your attitudes toward those with alcohol related problems or those in recovery?

<sup>3</sup>If you believe that you can't attend a meeting, please talk to your teacher.

<b>Chapter#</b>	<b>Type of Drug:</b>
	<i>(Make columns for subgroups of drugs if needed)</i>
<b>Drugs in this Grouping</b>	
<b>Forms of ingestion</b>	
<b>Street Name(s)</b>	
<b>Absorption and Elimination</b>	
<b>Mechanism and Action</b>	
<b>Claimed Benefits</b>	
<b>Toxicity</b>	
<b>Health Effects</b>	
<b>Dependency Potential</b>	
<b>Typical Consumer</b>	
<b>Social Problems</b>	
<b>Crime Issues</b>	

	Participation		Chapter Outlines or Drug Fact Sheet	Economics and Use Assessment	Abstinence Assignment	Meeting Assignment	Group Presentation	Final Exam
	Time In:	Time Out:	<i>Check when completed</i>					
<b>Class 1</b>			Chapters 1 2 3	Begin to track use/behavior	Plan /Schedule Abstinence Event	Plan/Schedule Meeting Attendance		
<b>Class 2</b>			Chapters 3, 13,14,	Track use/behavior				
<b>Class 3</b>			Chapters 4,5	Track use/behavior			Find Group Members and decide on Topic	
<b>Class 4</b>			Chapters 6,7,8	Track use/behavior			Finalize topic and assign group roles	
<b>Class 5</b>	<b>X</b>		<b>Field Trip</b>	Summarize and analyze use/behavior		Attend Meeting & Complete Summary Sheet		
<b>Class 6</b>			Chapters 9, 10,11,12	Submit summary of Economics and Use Assignment	Summarize Abstinence Experience	Submit Summary of Meeting Assignment	Review progress of group re presentation	
<b>Class 7</b>			<b>Student Presentations</b>		Submit summary of Abstinence Experience Assignment		Group Presentations	<b>Final Preview</b>
<b>Class 8</b>								<b>Final Exam</b>
<b>Total</b>	<b>300</b>		<b>170</b>	<b>100</b>	<b>100</b>	<b>180</b>	<b>60</b>	<b>100</b>