

SDS 3481 – Alcohol and Drug Abuse

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Utilize the E-Learning/Canvas site for email communication. Contact me by email to arrange a meeting.

Class Meeting Time/Place: E-Learning/ Canvas

Required Text:

Hart, C. L., Ksir, C., & Ray, O. (2009). *Drugs, Society, and Human Behavior*, (15th ed.) New York: McGraw-Hill. ISBN 978-0-07-352974-5

Course Overview

This course is designed to introduce students to the physiological, psychological, and sociological effects of legal and illegal drugs. We will examine issues related to drug use such as the interaction of drugs with the brain and body, the psychology of drug use, theories of addiction, and the role of drugs in society today. The goal of the class is to provide information that may be used in personal and professional decision-making. In addition, students will be encouraged to think critically about the ways which individuals and society view drug and alcohol abuse and the implications of these positions. To accomplish this goal, we will use a variety of learning techniques including videos, lectures, guest speakers, debates, and other methods as warranted.

Learning Objectives

Understand the historical use of substances and how technology has advanced the evolution of psychoactive drugs.	1
Critically examine policies about substance use in the United States and other countries and develop your own views on how this social problem should be addressed.	2
Formulate an informed position on the nature of addictions.	3
Understand the physiology of usage and the impact on the body and brain.	4
Develop a greater awareness of the reasons people use and misuse substances.	5
Understand the difference between substance abuse and dependence and how clinicians and prevention specialists address these problems.	6
Apply this information in your personal and professional lives.	7

ACADEMIC POLICIES Academic Integrity:

The University requires all members of its community to be honest in all endeavors. When you enrolled at UF, you committed yourself to honesty and integrity. Cheating, plagiarism, and other similar acts diminish the process of learning; therefore, academic dishonesty in any form WILL NOT be tolerated. I fully expect you to adhere to the academic honesty guidelines you signed when you were admitted to UF. For assignments submitted for credit the following pledge is implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment." Additionally, it is your duty to report observed academic honesty violations. Students suspected of violating the University's policies on academic honesty will be dealt with in accordance with procedures outlined by the Office of Student Judicial Affairs. If you have not done so already, please familiarize yourself with the University's policy on academic honesty (<http://www.dso.ufl.edu/judicial/academic.php>).

ADA Statement

The Disability Resource Center (DRC) provides individual assistance to students with documented disabilities based upon the need and impact of the special disability. There is no requirement for you to self-identify your disability; however, if you have a special need that may require an accommodation or assistance, you must first register with DRC located at 001 Reid Hall (south side ground floor), 392-8565 (voice)/392-3008 (TCC). The office will provide you with an accommodation letter, which you must then send to me when requesting accommodation(s). Please provide this document to me as soon as possible.

Personal Disclosure and Confidentiality

We will occasionally deal with very personal and sensitive matters. It is imperative that we engage in a respectful dialogue, even when we disagree. Please remember that any personal information revealed in the forum discussions is confidential and should be confined to the class. It is important that you be sensitive and that you honor the privacy of your instructor and classmates. Please exercise extreme discretion when discussing outside the class any specific comments and behaviors of members in the class.

While discussing material related to drug and alcohol abuse, you may be asked questions that relate to your personal experiences, attitudes, and behaviors. Because confidentiality cannot be guaranteed, you are always free to choose the level of disclosure most comfortable to you. Therefore, be mindful of what personal information you share with the class.

Classroom Etiquette

In order to create an environment where we may all learn from one another, we must adhere to certain standards of classroom civility. Civility does not eliminate appropriate humor, enjoyment, or other features of a comfortable and pleasant classroom community. Classroom civility does, however, include the following:

- Participating in on-line discussions and other course-related exercises.
- Refraining from racist, sexist, homophobic, or other negative language that may unnecessarily exclude members of our classroom community.

These elements of on-line classroom civility do not comprise an exhaustive list. Rather, they represent the minimal behaviors that help to make the classroom a pleasant place for all of us. In this class, the expectation is of mutual respect: As such, ad hominem attacks and any criticism of

a person's innate characteristics will not be tolerated. I reserve the right to deduct points from your final grade if you engage in behavior that significantly disrupts the learning environment for your classmates.

Viruses

A virus can spell disaster. Your use of a reputable anti-virus program is a requirement for participation in this course (good ones include McAfee or Norton). Also, back up your files: "My hard drive crashed." "My modem doesn't work." "My printer is out of ink." "My server was down." These are today's equivalents of "My dog ate my homework." Yes, these events really do occur and they are really inconvenient when they do; however, these are NOT valid excuses for failing to get your work in on time. Start early and have a back-up plan!

Course Schedule

The information in the syllabus is a tentative outline of course topics to be covered. While unlikely, I reserve the right to change the schedule, including assignment due dates, as necessary during the semester. It is the responsibility of the instructor to give appropriate notice of such changes, and it is the student's responsibility to take note of these changes. Be sure to check the syllabus and Canvas announcements on a regular basis.

SUBMISSION DEADLINES: Quizzes are DUE by 11:55pm on Wednesday of each week. Discussion posts are due by 11:55pm on Thursday of each week and two replies are due by 11:55pm on Sunday. All other assignments ("Check Yourself", papers, exams, etc.) are due by 11:55pm on Sunday. Submissions will only be accepted via Canvas.

**All written assignments should be double-spaced, typed in 12-point Times New Roman font, and include one inch margins. I have high standards and expectations for written assignments.

Considerations in grading a paper include:

- fulfilling the assignment expectations (page length, following directions, etc.)
- spelling,
- basic sentence structure,
- organization,
- content, and
- evidence of critical thought processes.

Points will be deducted for persistent spelling and grammar issues. (Refer to the APA manual 6th edition for all formatting and referencing questions, as well as UF's student resources)

Late Assignments & Make-up Policy - LATE WORK WILL NOT BE ACCEPTED.

The course is designed so you have access to all assignments, quizzes, tests and forums from the start of the semester and you may work ahead. However, there will not be any extensions or makeups.

Course Components:

Participation Points (Check Yourself Activities-13 activities for 5 points each, 65 points total)

Throughout the semester, you will be required to complete and submit the Check Yourself Activities that are located in the back of the chapter of the textbook. Each activity will count 5 points towards your final grade. For a majority of the activities, you will be asked to reflect on your experience in completing them on the discussion board and turning in your completed activities. For those that are more personal in nature that require sharing of sensitive information, you will be asked to turn in your completed activity individually and not on the discussion board. Due by Sunday @ 11:55pm.

Examinations (50 points each, 100 total points)

There will be (2) examinations administered during the semester. Each exam will cover several chapters from your textbook in consecutive order. Each examination is non-cumulative. Each examination is worth 50 points toward your total grade. Points earned will be based upon the number correctly answered. Exam questions will be multiple choice, true/false format and will come from assigned readings in the textbook. These exams are deliberately designed to challenge your comprehension and mastery of the material. There are no makeups for these exercises.

Weekly Quizzes (5 points each, 75 total points)

Each module test is worth 5 points towards the overall grade. Points earned will be based upon the percentage correctly answered. Questions will come from material from chapters and/or assigned readings. Keep in mind that you have only one opportunity to take these quizzes. Again, there are no makeups for quizzes. Quizzes are not timed, but the instructor will not be held responsible for sessions that time out for being open an extended period of time. Due by Wednesday @ 11:55pm.

Personal Introduction Video (30 points)

This is an opportunity for you to introduce yourself to your group members and I. In your introduction, please include:

- Your name
- Major
- Interesting fact
- What are you looking to learn from this class and why you chose to take the course?

You will find some useful resources on creating a Youtube account and uploading videos as well in this module. Use them as a guideline to help you with the personal introduction video. *Due Sunday @ 11:55pm.*

On Line Forums (10 Discussion Post and Respond for 5 points each, 50 total points)

These are the discussions on which students must post and reply to at least two fellow classmates. Participation in discussions will allow students in the course to collectively exchange ideas about the issues surrounding the course. Throughout the semester, a prompt is posted for your comments. After you have answered the prompt (there is no minimum word count, but be sure that you answer the posed question/statement appropriately) you are required to respond to two of your classmates postings. Initial posts are always due by Thursday at 11:55pm; two replies are due by Sunday at 11:55pm. The following standards must be met when participating in discussions:

1. The forum discussions are intended to serve primarily as an additional learning resource for the course. This is not the place to tell us about your vacation.
2. Please observe Internet etiquette (netiquette). Do not type in all caps (it's considered shouting), avoid excessive sarcasm (it can be misunderstood), and be sure to put your full name at the end of all your postings.
3. If postings are deemed inappropriate or not meeting expectations, I will let you know in an individual e-mail and this could also result in a lower grade.
4. Questions regarding due dates, assignments, and other class structure or procedure matters **will not count** as postings and should NOT appear on the discussion board.
5. Be cognizant of spelling and grammar errors when posting.
6. You are free to express personal opinions on the discussion board, however, they must be stated as opinions (for example, "I feel this way because...", I believe this to be the truth because...) and NOT stated as facts.
7. Inflammatory, rude, or pointless posts will result in a zero for your discussion points. If I remove you from the discussion board because of an on-going noncompliance, you will not be offered an alternative assignment to improve your grade.
8. Students are expected to be aware of the differing views, and to be open and respectful to others views.

Abstinence Exercise (125 points)

This exercise is designed to help you experience some of the feelings and thoughts that addicted individuals experience when they quit their addictive drug or behavior. This exercise requires that you give up a substance (e.g., nicotine, caffeine, or alcohol) or a behavior (e.g., Internet use, eating sweets, playing video/computer games, watching television, cell-phone usage) for a period of **6 weeks (see dates at the end of this syllabus)**. All components are due by their respective Sunday @ 11:55pm.

During this assignment you will (a) write an introductory **letter to your substance/behavior** (b) keep an **abstinence log** of your experiences, and (c) write a **reflection paper** which will serve as the conclusion to the 5 week exercise. This assignment will have the following components:

A. "Letter to my Substance/Behavior" (15 points)– written in the first person to the substance/behavior from which you are abstaining, will be due before the abstinence period begins

This 1 – 2 page paper is to be written to the substance or behavior from which you are abstaining. This is to be written in the first person (e.g., "caffeine, you have always been there for me in the morning...") and should cover the following 5 areas:

1. How my addictive substance/behavior is loved and is considered a "friend"
2. How my addictive substance/behavior appeals to my senses
3. How my addictive substance/behavior provides "healing" or is a "balm" to my emotional wounds
4. How my addictive substance/behavior controls and promotes my feelings of helplessness and entrapment

5. How my addictive substance/behavior is hated - what is has "cost" me

B. Abstinence logs (4 sets @ 15 points each, 60 points) - These logs will describe your thoughts and feelings about giving up your “addiction”, especially focusing on times you “lapse” or experience temptation. It is especially important to indicate times when it was both difficult and easy to abstain, as well as those specific circumstances during which you “slipped” (birthdays, holidays, and weekends seem especially difficult). For 4 weeks, you will write 2 logs per week during week 5 through week 8 of the semester. Remember that no assignments are accepted late so you must submit 2 logs each week.

C. Reflection Paper (50 points)- This is a minimum of 2 page paper describing the abstinence experience (e.g., did you succeed or fail, what influenced you, what was the process like for you, etc.) and will serve as the conclusion to your overall experience.

12 Step Meeting Paper (55 points):

Find out about a local AA or NA meeting (or other similar support group-see list below) and attend as an observer. Write a 2+ page reaction and overview of your experience. Due by Sunday @11:55pm.

In your paper plan to answer and reflect on questions such as:

- How does the meeting begin?
- How does the meeting end?
- What type of meeting was it (open men’s only, open women’s only, Big Book, etc.)?
- How would you describe the overview of the meetings (all members participated, one speaker, focused reading, candlelight, etc.)?
- What were your reactions to the meeting?
- What are your reactions to this type of meeting as part of treatment?
- How could you implement or utilize this type of experience in your personal/professional life?

Include in your reflections how you think that these types of meetings may or may not be helpful to members.

Make sure you attend a meeting that allows "visitors" (some meetings are closed to only those who believe they have a problem with drugs and/or alcohol). Appropriate meetings for visitors are often designated as "Open" meetings, but you can ask a representative about the appropriateness of attending. Please **CALL AHEAD** to confirm that your presence at the meeting will be welcomed. Inform the professor a minimum of 3 days in advance of the group you have chosen (type, date, time, and location) to get approval. No duplicate meetings by students will be approved to avoid students consistently attending the same groups as this is uncondusive to a healing environment and disrespectful to members.

*****Out of respect for AA/NA members, do not attend 12-step meetings with friends or classmates. This assignment should be completed on your own.*****

Here is a suggested list to help you get started...

- Al-Anon: <http://www.al-anon.alateen.org/meetings/meeting.html>
- Alcoholics Anonymous: http://www.alcoholics-anonymous.org/en_find_meeting.cfm?PageID=29
- Celebrate Recovery: <http://www.celebraterecovery.com/global.shtml>
- Codependents Anonymous: <http://www.codependents.org/meeting-search-english.php>
- Emotions Anonymous <http://allone.com/12/ea/>
- Gamblers Anonymous: <http://www.gamblersanonymous.org/mtgdirTOP.html>
- Nar-Anon: <http://nar-anon.org/naranongroups.htm>
- Narcotics Anonymous: <http://portaltools.na.org/portaltools/MeetingLoc/>
- Overeaters Anonymous: http://www.oa.org/all_about_meetings.htm
- Sexaholics Anonymous: <http://www.sa.org/top/United%20States%20of%20America/>
- SMART Recovery: http://www.smartrecovery.org/meetings_db/view/

GRADING AND EVALUATION

Grades will be based upon the total number of points accumulated for performance on quizzes, exams, forums and written assignments. You are encouraged to keep track of your grades throughout the semester in the Points Earned column below.

Assignments	Possible Points	Points Earned	
Personal Video Introduction	30		
Weekly Quizzes	75		
On Line Forums	50		
Abstinence Exercise	125		
12 Step Meeting Paper	55		
Participation Points (Check Yourself Activities)	65		
Exams (Midterm and Final)	50 (each)		
Total	500		

Grading Scale:

Final grades will be determined by the points earned in this course, based on the University-recommended scale below: More information about UF grading policies can be found at: <http://www.registrar.ufl.edu/catalog/policies/regulationgrades.html> (Links to an external site).

GRADE	NUMBER OF POINTS
A	448-500
B+	447-423
B	398-422
C+	373-397
C	348-372
D+	323-347
D	298-322
F	297 or less points

You are responsible for earning your own grade. You begin my class with an A and what you earn from then on it is your choice and personal responsibility. I expect your work to be done with excellence and maximum effort put forth. I am here to serve and guide you. Please ask me for help and/or be receptive to critical feedback to help you develop as a mature, educated, intentional, and enlightened student. – PFD

Some Related Internet Sites

National Institute of Drug Abuse <http://www.nida.nih.gov/NIDAHome1.html>

National Institute of Alcohol Abuse and Alcoholism <http://www.niaaa.nih.gov/>

Center for Substance Abuse Treatment (CSAT)
<http://www.samhsa.gov/csat/csat.htm>

National Clearinghouse for Alcohol and Drug Information (NCADI)
<http://www.health.org/>

Web of Addictions <http://www.well.com/user/woa/>

The ATTC Drug and alcohol <http://www.nattc.org/getCertified.asp>

Institute of Behavioral Research Texas Christian University
<http://www.ibr.tcu.edu/intro/other.html>

Center for AIDS Intervention Research <http://www.cair.mcw.edu/index.asp>

Center for Substance Abuse Research (CESAR) at the University of Maryland
<http://www.cesar.umd.edu/>

American Society of Addiction Medicine <http://www.asam.org/Frames.htm>

Project Cork <http://www.projectcork.org/>

Wisconsin Clearinghouse for Prevention Resources <http://www.uhs.wisc.edu/wch/>

Alcoholics Anonymous <http://www.alcoholics-anonymous.org>

Narcotics Anonymous <http://www.na.org/>

Rational Recovery <http://www.rational.org/recovery/>

COURSE CALENDAR (Subject to Change by Instructor)

Schedule of Classes and Assignments
(Tentative)

Date	Topic	Readings Due	Assignments Due
Module 1			
Week 1 January 2	Understand the Syllabi and Course assignments	Syllabi	<ul style="list-style-type: none">• Personal Video Introduction• Syllabus Quiz• Expectations for Course Discussion
Week 2 January 9	Drug Use in Modern Society Ch 1	Chapters 1	<ul style="list-style-type: none">• Discussion of Key Terms• Chapter 1 Quiz• Chapter 1 Check Yourself (Pre-Assessment)
Week 3 January 16	Drug Use as a Social Problem Ch 2	Chapters 2	<ul style="list-style-type: none">• Societal Links and Drugs Discussion• Chapter 2 Quiz• Chapter 2 Check Yourself
Week 4 January 23	Drug Products & Regulations Ch 3 The Oxycontin Express	Chapters 3	<ul style="list-style-type: none">• Abstinence Letter• Chapter 3 quiz

			<ul style="list-style-type: none"> • Chapter 3 Check Yourself • Self-Awareness Check • Discussion
Module 2			
Week 5 January 30	The Nervous System Ch 4	Chapters 4	<ul style="list-style-type: none"> • First Two Abstinence Logs Due • Chapter 4 Quiz • Chapter 4 Check Yourself
Week 6 February 6	The Actions of Drugs Ch 5	Chapters 5	<ul style="list-style-type: none"> • Second Two Abstinence Logs Due • Chapter 5 Quiz • Chapter 5 Check Yourself
Week 7 February 13	Stimulants Ch 6	Chapters 6	<ul style="list-style-type: none"> • Third Two Abstinence Logs Due • Chapter 6 Quiz
Week 8 February 20	Depressants/Inhalants Ch 7	Chapters 7	<ul style="list-style-type: none"> • Last Two Abstinence Logs Due • Chapter 7 Quiz • Exam 1 (Midterm)
Module 3			
Week 9 February 27	Medication for Mental Disorders Ch 8	Chapter 8	<ul style="list-style-type: none"> • Abstinence Reflection Paper • Mid-semester feedback discussion • Chapter 8 Quiz • Chapter 8 Check Yourself • ULifeline Self-Evaluator

Week 10 March 6	Alcohol Ch 9	Chapters 9	<ul style="list-style-type: none"> • Chapter 9 Quiz • Chapter 9 Check Yourself • Daily Mood Discussion
Week 11 March 13	Tobacco Ch 10 Caffeine Ch 11	Chapters 10, 11	<ul style="list-style-type: none"> • Caffeine Addiction Discussion • Chapter 10 and 11 Quiz • Chapter 10 and 11 Check Yourself
Week 12 March 20	Dietary Supplements & OTC Drugs Ch 12	Chapters 12	<ul style="list-style-type: none"> • Dietary and OTC Discussion • Chapter 12 Quiz • Chapter 12 Check Yourself
Module 4			
Week 13 March 27	Opioids Ch 13	Chapters 13	<ul style="list-style-type: none"> • 12 Step Paper/Attend Support Group • Chapter 13 Quiz • Chapter 13 Check Yourself
Week 14 April 3	Hallucinogens Ch 14	Chapters 14	<ul style="list-style-type: none"> • Extra credit Assignment Due • Chapter 14 Quiz • Chapter 14 Check Yourself
Week 15 April 10	Preventing Substance Abuse Ch 17 Treating Substance Abuse Ch 18	Chapters 17, 18	<ul style="list-style-type: none"> • Final Feedback discussion • Chapter 17 and 18 Quiz • Exam 2 (Final)
Week 16 April 17	Close out		<ul style="list-style-type: none"> • Check Yourself Chapter 1 (Post-Assessment). • Culminating Discussion

Abstinence Letter Rubric

Presentation:

Spelling, Grammar, Cover page, Page Requirement, Appropriate font size/margins/spacing, Followed directions/expectations

____/5

Content:

Discussed impact on self, applied material to any change in attitudes and behaviors, General depth/thoughtfulness of reflections

____/15

Letter Grade ____/20

Abstinence Paper Rubric

Presentation:

Spelling, Grammar, Cover page, Page Requirement, Appropriate font size/margins/spacing, followed directions/expectations

____/10

Content:

Discussed impact on self, applied material to any change in attitudes and behaviors, General depth/thoughtfulness of reflections

____/40

Paper Grade ____/50

****Your final abstinence experience grade will be a combination of the aforementioned grades plus your log/journal grade.****

FINAL Abstinence Grade ____/125

Rubric and Grading Criteria for 12 Step Meeting Paper

Category	4	3	2	1
Quality of Information	Topic was thoroughly addressed	Topic was addressed, but gaps were present	Topic was minimally addressed	Topic not covered

Organization	Information is very organized with well-constructed paragraphs	Information is organized with well-constructed paragraphs	Information is organized, but paragraphs are not well constructed	The information appears to be disorganized
Page Length	Paper met the required page length			Paper did not meet the required page length
Writing Style	Excellent writing with no writing errors	Good writing with fewer than 3 errors	Fair writing with 3-5 errors	Poor writing with more than 6 errors
General Formatting (extra lines, hanging headings)	Paper contains no errors	Paper contains one error	Paper contains two errors	Paper contains three or more errors

Grading: **The paper is worth 70 points.** Papers will be graded using the following system as based on the rubric above:

- Papers scoring with all 4's as defined above will receive 70 points
- 3 points will be deducted for each score of 3
- 4 points will be deducted for each score of 2
- 5 points will be deducted for the first score of 1, any additional score of 1 will result in a point total of 0 for this assignment.

****Papers that are not in 12 point font, Times New Roman, and double spaced will automatically lose points!**

Bibliography

Some Related Internet Sites

National Institute of Drug Abuse <http://www.nida.nih.gov/NIDAHome1.html>

National Institute of Alcohol Abuse and Alcoholism <http://www.niaaa.nih.gov/>

Center for Substance Abuse Treatment (CSAT)

<http://www.samhsa.gov/csat/csat.htm>

National Clearinghouse for Alcohol and Drug Information (NCADI) <http://www.health.org/>

Web of Addictions <http://www.well.com/user/woa/>

The ATTC Drug and alcohol <http://www.nattc.org/getCertified.asp>

Institute of Behavioral Research Texas Christian University

<http://www.ibr.tcu.edu/intro/other.html>

Center for AIDS Intervention Research <http://www.cair.mcw.edu/index.asp>

Center for Substance Abuse Research (CESAR) at the University of Maryland

<http://www.cesar.umd.edu/>

American Society of Addiction Medicine <http://www.asam.org/Frames.htm>

Project Cork <http://www.projectcork.org/>

Wisconsin Clearinghouse for Prevention Resources <http://www.uhs.wisc.edu/wch/>

Alcoholics Anonymous <http://www.alcoholics-anonymous.org>

Narcotics Anonymous <http://www.na.org/>

Rational Recovery <http://www.rational.org/recovery/>

Suggested Videos

The OxyContin Express

<https://www.youtube.com/watch?v=wGZEvXNqzkM>

The Hard Lives of Britain's Synthetic Marijuana Addicts

<https://www.youtube.com/watch?v=t6pmc7Tpx4w>

Deadly High How Synthetic Drugs Are Killing Kids

<https://www.youtube.com/watch?v=cNl-m7FKNGY>

Krokodil: Russia's Deadliest Drug

<https://www.youtube.com/watch?v=JsUH8llvTZo>