

COURSE SYLLABUS

LAST REVIEW	Spring 2021
COURSE TITLE	Introduction to Addictions
COURSE NUMBER	ADCN 0101
DIVISION	Social and Behavioral Sciences & Public Services
DEPARTMENT	Addictions Counseling
CIP CODE	51.1501
CREDIT HOURS	3
CONTACT HOURS/WEEK	Class: 3
PREREQUISITES	None
COURSE PLACEMENT	Students must meet the correct placement measure for this course. Information may be found at: https://www.kckcc.edu/admissions/information/mandatory-evaluation-placement.html

COURSE DESCRIPTION

This course presents coverage of the nature of addiction and other substance use-related problems; models, theories, philosophies, principles, implications for medical and mental health conditions that co-exist with addiction, and evidence-based strategies of addiction prevention, treatment, relapse prevention, continuing care, and recovery; and the impact of addiction on the individual, family and society. Effects of substance use disorders on health, and communities based on a holistic, bio-psycho-social perspective.

PROGRAM LEARNING OUTCOMES

Students will be able to:

1. Define the theories, skills, and attitudes associated with the core functions of a substance use disorder counselor (addiction counselor).
2. Describe the transdisciplinary foundations and competencies required of the addiction counselor.
3. Define professional and ethical behaviors necessary to work with clients, colleagues, the public, as well as other community and healthcare professionals.
4. Define appropriate professional and ethical behavior for substance abuse counselors.
5. Summarize the basic substance use disorder (addiction) counseling skills.
6. Analyze the skills and attitudes needed to be a professional addiction counselor.

General Education Learning Outcome

- Basic Skills for Communication
- Mathematics
- Humanities
- Natural and Physical Sciences
- Social and Behavioral Sciences

Institutional Learning Outcomes

- Communication
- Computation and Financial Literacy
- Critical Reasoning
- Technology and Information Literacy
- Community and Civic Responsibility
- Personal and Interpersonal Skills

TEXTBOOKS

<http://kckccbookstore.com/>

METHODS OF INSTRUCTION

A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, panels, conferencing, performances, and learning experiences outside the classroom. Methodology will be selected to best meet student needs.

COURSE OUTLINE:

I. Alcohol and Alcohol Problems.

1. Drinking, Drunkenness and Alcoholism.
 - a. Definition of Alcoholism
 - b. Alcohol as Drug
 - c. Primary Versus Secondary Alcoholism
 - d. The extent of Alcohol Problems
2. Drugs Other Than Alcohol
 - a. Opiates
 - b. Stimulants
 - c. Sedatives and Hypnotics
 - d. Marijuana
 - e. Hallucinogenic Drugs

II. Sociocultural Aspects

1. Alcohol in Various Cultures
2. Alcohol in America
3. Prohibition

III. Physiology and Pharmacology

1. What the body does with Alcohol.
 - a. Ingestion
 - b. Absorption
 - c. Excretion
 - d. Metabolism
2. What Alcohol does to Behavior
 - a. Tolerance
 - b. Polydrug use
 - c. Synergism
 - d. Effects of Blood Levels
3. What Alcohol does to the Body.
 - a. Short and Long Term Effects on Health
 - b. Action of Alcohol on Each Major Organ and System
 - c. Fetal Alcohol Effects

IV. Patterns and Symptoms of Alcoholism

1. Types of Alcoholics
 - a. Alpha
 - b. Beta
 - c. Gamma
 - d. Delta
 - e. Episolon f. Zeta

2. Common Characteristics
 - a. Confusion
 - b. Feelings
 - c. Coping Devices
 - d. Rationalization
 - e. Denial
 - f. Blame
3. Symptoms
 - a. Tests
 - b. Signs of High Risk
 - c. Problem Drinking
 - d. Moderate Alcoholism
 - e. Severe Alcoholism
4. Progression

V. Causality of Addiction

1. Sociocultural Factors
2. Psychological Factors
3. Physiological Factors
4. Moral and Spiritual Factors
5. Role of heredity as part -cause
6. Habit

VI. Addiction as a Disease

1. Pros and Cons of calling Addiction a disease
 - a. History
 - b. Invalid Arguments
 - c. Reasons Contra
 - d. Addiction as a Disease
2. Implications for Prevention
3. Treatment
 - a. Detox
 - b. Intermediate
 - c. Aftercare
 - d. Outpatient
4. Counseling
 - a. Individual
 - b. Group
 - c. Interventions
 - d. Referrals
5. Rehabilitation
 - a. The Developmental Model of Recovery
 - b. Relapse Prevention Counseling
 - c. Building a Support System in the Community

VII. The Spouse and Family of the Alcoholic

1. Children of Dysfunctional Families
 - a. Hero
 - b. Lost Child
 - c. Responsible
 - d. Mascot
 - e. Scapegoat
2. Adjustment of the Family to the Crisis of Alcoholism
 - a. Denial and Minimizing

- b. Tension and Isolation
- c. Frustration and Disorganization
- d. Attempts to Reorganize; Shifts in Roles
- e. Separation and Escape
- 3. Reversal Roles 4
- 4. Effects of other Drugs on Family Members

VIII. Prevention, Referral and Intervention

- 1. Primary Prevention
- 2. Secondary Prevention
- 3. Tertiary Prevention

IX. Alcoholics Anonymous and Other Twelve-Step Programs

- 1. Development of AA Philosophy
 - a. The Twelve Steps
 - b. The Twelve Traditions
 - c. The Three Legacies
- 2. Twelve Step Group For Other Addicts
 - a. Cocaine Anonymous
 - b. Alanon
 - c. Alateen
 - d. Narcotics Anonymous

X. Spiritual and Moral Aspects

- 1. Progression of Addiction as a Spiritual Disease
- 2. Spiritual Recovery
- 3. Moralistic Attitudes
- 4. Responsibility for Drug-Related Behavior

XI. Drugs and the Law

- 1. Liability
 - a. Alcohol and Traffic Laws
 - b. The Uniform Act
- 2. Discrimination
- 3. Legal Responsibility

COURSE LEARNING OUTCOMES AND COMPETENCIES

Upon successful completion of this course, the student will:

A. CLO #1 The student will be able to compare various theories on addiction from a physiological, social psychological and spiritual perspective.

- 1. The student will be able to define the biochemical effects of alcohol and other drugs.
- 2. The student will be able to describe the physiological effects of chemicals on the psychological processes.
- 3. The student will be able to examine the legal aspects of chemical use, misuse and abuse.
- 4. The student will be able to generalize the etiological (causative) factors of chemical dependency.
- 5. The student will examine the nature of addiction and other substance-use related problems
- 6. The student will be able to describe the psychological implications of chemical dependency.
- 7. The student will be able to trace the physiological, psychological and social progression of addiction.
- 8. The student will be able to label phases of recovery from chemical addiction

B. CLO #2 The student will be able to identify and describe the public health model.

9. The student will be able to describe the physiological effects of chemicals on the body.
10. The student will be able to compare the evidence-based strategies of addiction prevention, treatment, relapse prevention; continuity of care, and recovery models.
11. The student will be able to interpret the 12 steps of Alcoholics Anonymous and related groups.
12. The student will be able to design a relapse prevention plan for chemically addicted individuals who are in the recovery process.
13. The student will be able to illustrate the extent of alcoholism in America.
14. The student will be able to create a drug and alcohol prevention plan for members in the community.
15. The student will be able to outline various tasks for specific phases of recovery.

C. CLO #3 The student will be able to identify and describe the impact of drug abuse on the family (family of origin, ACOA issues, and codependency).

16. The student will be able to evaluate the effects of societal contributions to chemical dependency.
17. The student will be able to compare various cultural contributions of chemical dependency.
18. The student will be able to give examples of complications and indications associated with poly-drug use.
19. The student will be able to identify the impact of addiction on the individual, the spouse and the family members.
20. The student will be able to differentiate between the various roles family members take on to off-set the crisis of addiction.

D. CLO #4 The student will be able to discuss the dynamics of addiction/substance use disorders as related to impact on individual, family and community.

21. The student will be able to analyze the diagnostic criteria for substance use disorders.
22. The student will be able to identify the models, theories, philosophies, principles and implications for medical and mental health conditions that coexist with addiction.
23. The student will be able to differentiate between various treatment modalities.
24. The student will be able to compare primary, secondary and tertiary prevention of substance use disorder.
25. The student will be able to outline the rules governing alcohol and other drugs in business and industry.
26. The student will be able to define "tolerance" associated with drug and alcohol use.
27. The student will be able to classify the progression of addiction as a spiritual disease.

E. CLO #5 The student will be able to identify and utilize research, literature and other sources to secure appropriate information on current trends in alcoholism, drug abuse and other related fields.

28. The student will be able to summarize the uses and/or misuses of Opiates, Stimulants, Marijuana, Hallucinogenic drugs, sedatives, and hypnotics.
29. The student will be able to examine the spiritual aspects of recovery.
30. The student will be able to analyze a Code of Ethics for the counseling profession.
31. The student will be able to summarize the causes of burnout in the counseling profession.
32. The student will be able to categorize the effects of substance use disorder on special populations.
33. The student will be able to verbalize and discuss the economic impact substance use disorder has on society.
34. The student will be able to ask questions to clarify oral instructions
35. The student will be able to handle criticism, disagreement, or disappointment during a conversation
36. The student will be able to join in task-focused group conversations
37. The student will be able to seek feedback non-defensively
38. The student will be able to analyze feedback
39. The student will be able to exhibit punctuality and dependability

ASSESSMENT OF COURSE LEARNING OUTCOMES AND COMPETENCIES

Student progress is evaluated through both formative and summative assessment methods. Specific details may be found in the instructor's course information document.

COLLEGE POLICIES AND PROCEDURES

Student Handbook

<https://www.kckcc.edu/files/docs/student-resources/student-handbook-and-code-of-conduct.pdf>

College Catalog

<https://www.kckcc.edu/academics/catalog/index.html>

College Policies and Statements

<https://www.kckcc.edu/about/policies-statements/index.html>

Accessibility and Accommodations

<https://www.kckcc.edu/academics/resources/student-accessibility-support-services/index.html>.