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## COURSE DESCRIPTION

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This course provides an overview of the field of substance abuse and other addictive disorders based upon a bio-psycho-social perspective. Students examine the dynamic of abuse, dependency, co-dependency, pharmacology, intervention and treatment modalities, prevention strategies and community services. Skills are developed for screening, assessment, counseling, program development, prevention, education and referral.

## COURSE OBJECTIVES

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This course will enable students to:

1. Study the effects of alcohol, tobacco and other drug (ATOD) use and misuse on the individual and their communities.
2. Present the ways in which ATODs are administered to the body, absorbed, and metabolized.
3. Review the various classifications of drugs studied.
4. Introduce basic and advanced ATOD concepts, including addiction, dependency, tolerance, withdrawal, synergism.
5. Review contemporary social issues related to ATODs, including marketing, legalization, treatment, and recovery.

## STUDENT LEARNING OUTCOMES

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By the end of this course, you will be able to:

1. Identify and describe the effects of a variety of legal and illegal substances commonly abused
2. Differentiate personal attitudes and beliefs about substance use and abuse from factual information
3. Discuss the psychological aspects of dependency
4. Describe at least two different theories of chemical dependency
5. List the negative consequence of drug abuse for individuals, families, and our society
6. Differentiate levels of drug use and services
7. Analyze one's own drug involvement, including alcohol, from a health viewpoint
8. Explore alternatives to substance use
9. Develop a rationale for prevention and education programming

## **REQUIRED TEXT & MATERIALS**

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One of the following books will suffice for this course:

Hanson, G, Venturelli, P, & Fleckenstein, A (2017). *Drugs and Society*, 13<sup>th</sup> edition. ISBN-13: 978-1284110876

Levinthal, CF (2014). *Drugs, behavior, and modern society*, 8<sup>th</sup> edition, Pearson, ISBN 13: 978-0-205-95933-4

Available on line:

National Institute on Drug Abuse (2010). *Monitoring the Future Survey Results*.

[http://www.monitoringthefuture.org//pubs/monographs/mtf-vol2\\_2017.pdf](http://www.monitoringthefuture.org//pubs/monographs/mtf-vol2_2017.pdf)

## **TOPICAL OUTLINE OF COURSE CONTENT**

1. Impact of Alcohol, Tobacco and other Drugs (ATOD) on Society
  - a. Historical Overview
  - b. ATOD use, production, and policy in the United States
  - c. Public attitudes
  - d. Federal response to ATOD and ATOD policy/law
  - e. Current ATOD trends
  
2. Neurochemistry of Drug Abuse
  - a. Pharmacology and ATOD
    - i. Drug classifications
    - ii. Dose, dose-effect curve, lethal dose
    - iii. Routes of administration
    - iv. Tolerance, withdrawal, addiction and related behavior
  - b. ATOD and the human body
    - i. Impact of drugs on the brain and CNS
    - ii. Factors affecting the impact of ATOD on the body
    - iii. Absorption, distribution and elimination
  
3. Etiology of Drug Abuse
  - a. Developmental Contributors
  - b. Family Systems Factors
  
4. Alcohol
  - a. History and prevalence of use
  - b. Pharmacology
  - c. Effects on the body
  - d. Chronic drinking, problem drinking, binge drinking, alcoholism
  
5. Tobacco
  - a. History and prevalence of use
  - b. Pharmacology
  - c. Effects on the body
  
6. Marijuana, hashish, synthetic cannabinoids

- a. History and prevalence of use
  - b. Pharmacology
  - c. Effects on the body
7. Club/Designer Drugs – ecstasy, ketamine, new psychoactives
- a. History and prevalence of use
  - b. Pharmacology
  - c. Effects on the body
6. Stimulants – caffeine, cocaine, amphetamines, methamphetamine, prescription stimulants
- a. History and prevalence of use
  - b. Pharmacology
  - c. Effects on the body
7. Opiates – heroin, prescription opioids
- a. History and prevalence of use
  - b. Pharmacology
  - c. Effects on the body
8. Psychedelics: LSD, PCP, salvia and related compounds
- a. History and prevalence of use
  - b. Pharmacology
  - c. Effects on the body
9. Psychotherapeutic Drugs – sedatives, barbiturates, tranquilizers, antidepressants, and antipsychotic drugs
- a. History and prevalence of use
  - b. Pharmacology
  - c. Effects on the body
10. Over the counter drugs, steroids
- a. History and prevalence of use
  - b. Pharmacology
  - c. Effects on the body
11. Prevention
- a. History of ATOD prevention
  - b. Elements of effective prevention programs
  - d. Targets for prevention – college students, individuals with a family history, individual with co-occurring disorders
12. Interventions
- a. Outreach
  - b. Harm reduction models
  - c. Syringe exchanges
  - d. Overdose prevention

### 13. Treatment

- a. Motivation for change
- b. Self-help groups
- c. Models for understanding substance abuse disorders
- d. Professional treatment
- e. Social and socioeconomic factors in treatment

## TEACHING METHODS

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The course will use online lectures, presentations, documentaries and motion pictures to communicate course content. Students should be prepared to engage in Blackboard discussions related to assigned readings and films. In addition, Blackboard is used for several important purposes in this class. Below is each section of Blackboard and the purpose for which it is used:

- ✓ *Announcements*: Each week important course announcements will be posted in this section. You should check for any announcements several times a week.
- ✓ *Course Material*: A variety of resources are found in this section, including lecture notes, course readings, etc.
- ✓ *Assignments*: All assignments will be submitted through corresponding boxes under this tab.
- ✓ *Syllabus*: The course syllabus is posted in .pdf format in this section.
- ✓ *Grade Book*: You may use this tool to check your course grades.
- ✓ *External Links*: Links to websites and videos used in this course are posted here.

## COURSE ASSIGNMENTS & EVALUATION

<b>60%</b>	<b>Term Papers</b>	3 term papers, 20% each
<b>30%</b>	<b>Presentations</b>	2 presentations, 15% each
<b>10%</b>	<b>Blackboard Reflections</b>	2 reflections, 5% each

## GRADING SCALE

<b>A</b>	<b>93-100</b>	<b>B+</b>	87-89	<b>B-</b>	80-82	<b>C</b>	70-76	<b>D</b>	60-66
<b>A-</b>	<b>90- 92</b>	<b>B</b>	83-86	<b>C+</b>	77-79	<b>D+</b>	67-69	<b>F</b>	<60

## REQUIREMENTS FOR THE SUBMISSION OF WRITTEN WORK

Unless otherwise instructed, all writing assignments must:

1. Be typed on a word processor. Name file using your LAST name and Assignment number.
2. Have 1-inch margins (“normal” setting in MS Word) and be double-spaced.
3. Use 12-point font.
4. Include your name and the date (typed) at the top of the page. No other information is necessary. Do NOT include a cover page or use a report cover/folder.
5. Include page numbers at the bottom of the page.  
Be well written – punctuation, spelling, composition, syntax, and grammar will be graded.
6. Up to 25% of the grade for the assignment may be deducted for these errors. Please proofread several times carefully.
7. Correctly cite all information that is not general knowledge using the most current version of APA style. Using someone else’s words in a quote/paraphrase without giving proper credit to the author is *plagiarism*.
8. Electronic submission of assignments via email or via Blackboard.
9. Be submitted on the due date. **No late submissions will be accepted.**

*Use this as a checklist before submitting ALL assignments.*

## ABOUT THE WEEKLY REFLECTIONS

- **ABOUT:** There are 5 weekly reflections constructed to make sure that students review the course content posted on BB, under DISCUSSIONS and corresponding week folder.
- **POLICIES:** Due dates for the weekly reflections are listed on the course schedule in this syllabus. **DEADLINES ARE STRICT, no late submissions. No extension will be given.** Students may NOT work collaboratively on these assignments.

## ABOUT THE TERM PAPERS

- **ABOUT:** There are 3 term papers constructed to assist students in developing critical knowledge and practice skills relevant to the course content. Detailed written instructions for each term paper will be posted on BB.
- **POLICIES:** Due dates for term papers are listed on the course schedule in this syllabus. **DEADLINES ARE STRICT, no late submissions. No extension will be given, unless prior arrangements are made due to exceptional circumstances.** Unless otherwise stated, all written work must conform to the Requirements for the Submission Written Work found in this syllabus. Students may NOT work collaboratively on these assignments.

## ABOUT THE IN-CLASS PRESENTATIONS

- **ABOUT:** There are 2 term presentations constructed to assist students in developing critical knowledge relevant to the course content. Detailed written instructions for presentations will be posted on Blackboard. You will develop a PowerPoint presentation (10-15 slides) presentation of your topic. Presentations will be spread throughout the course. Topics will be assigned. Your presentations will be posted on Blackboard for all students to see each other work.
- **POLICIES:** The presentation must conform to the Requirements for the Submission Written Work found in this syllabus. Presentations are due on dates posted in syllabus. **DEADLINES ARE STRICT, no late submissions. No extension will be given, unless prior arrangements are made due to exceptional circumstances.** Students may NOT work collaboratively on these assignments.

# COURSE EXPECTATIONS & POLICIES

## Attendance Policy:

You are expected to review all class material and posted announcement on Blackboard. Please review *Welcome letter* early to give you an idea of what to expect in this summer term course.

## Graded Work:

You are responsible for keeping all returned, graded coursework until the course has ended and you have received your final grade. You are also responsible for monitoring your progress throughout the semester and seeking additional assistance when necessary. You are responsible for contacting the instructor with any questions about grades within one (1) week of receiving the grade.

## Reading & Viewing Course Materials:

You are responsible for completing all assigned reading/viewing on Blackboard. You are also responsible for accessing, reading, and/or viewing any additional material assigned by the course instructor.

## Standards of Academic Conduct – Academic Integrity Policy:

As an academic institution committed to the discovery and dissemination of truth, William Paterson University expects all members of the University community to conduct themselves honestly and with professional demeanor in all academic activities. William Paterson University has established standards of academic conduct because of its belief that academic honesty is a matter of individual and University responsibility and that, when standards of honesty are violated, each member of the community is harmed. All members of the University community are expected to adhere to the Academic Integrity Policy. Violations of the Academic Integrity Policy include, but are not limited to:

- **Plagiarism** is the copying from a book, article, notebook, video, or other source material, whether published or unpublished, without proper credit through the use of quotation marks, footnotes, and other customary means of identifying sources, or passing off as one's own the ideas, words, writings, programs, and experiments of another, whether such actions are intentional or unintentional. Plagiarism also includes submitting, without the consent of the professor, an assignment already tendered for academic credit in another course.
  - **Cheating** during examinations includes any attempt to: (1) look at another student's examination with the intention of using another's answers for personal benefit; (2) communicate, in any manner, information concerning the content of the examination during the testing period or after the examination to someone who has not yet taken the examination; (3) use any materials, such as notebooks, notes, textbooks, or other sources, not specifically designated by the professor of the course for student use during the examination period; or (4) engage in any other activity for the purpose of seeking aid not authorized by the professor.
  - **Collusion** is working together with another person or persons in preparing separate course assignments in ways not authorized by the instructor. Academic work produced through a cooperative (collaborative) effort of two or more students is permissible only upon the explicit consent of the professor. The collaboration must also be acknowledged in stating the authorship of the report.
  - **Lying** is knowingly furnishing false information, distorting or omitting data, failing to provide all necessary, required information to the University advisor, registrar, admissions counselor, or professor, for any academically related purpose. Other concerns that relate to the Academic Integrity Policy include such issues as breach of personal security, stolen tests, falsified records, and vandalism of library or other materials. No list could possibly include all the possible violations of academic integrity. These examples should, however, give a clearer idea of the intent and extent of application of this policy.
  - For additional information, see the Welcome Letter for this course and Department of Public Health Student Handbook.
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## COURSE SCHEDULE: PBHL 2150 – DRUGS AND HEALTH

WEEK	TOPIC	ASSIGNMENT DUE DATES
<b>Week 1</b> Dec 26-31	<ul style="list-style-type: none"> <li>• Introduction &amp; Syllabus Review</li> </ul>	<b>Arrival                      Acknowledgment – log on BB by Dec 26<sup>th</sup>, 11:59 PM</b>
	<ul style="list-style-type: none"> <li>• Impact of Alcohol, Tobacco and other Drugs (ATOD) on Society</li> <li>• Neurochemistry of Drug Abuse</li> <li>• Etiology of Drug Abuse</li> <li>• Alcohol</li> <li>• Tobacco</li> </ul>	<b>Presentation 1, Due Dec 28<sup>th</sup>, 11:59 PM;</b>  <b>Term Paper 1, Due Dec 30<sup>th</sup>, 11:59 PM</b>
<b>Week 2</b> Jan 1-7	<ul style="list-style-type: none"> <li>• Marijuana, hashish, synthetic cannabinoids</li> <li>• Stimulants</li> <li>• Opiates</li> </ul>	<b>Reflection 1, Due Jan 2<sup>nd</sup>, 11:59 PM;</b>  <b>Term Paper 2, Due Jan 6<sup>th</sup>, 11:59 PM</b>
<b>Week 3</b> Jan 8-14	<ul style="list-style-type: none"> <li>• Psychedelics: LSD, PCP, salvia and related compounds</li> <li>• Over the counter drugs</li> <li>• Steroids</li> <li>• Club/Designer Drugs</li> <li>• Prevention</li> <li>• Interventions</li> <li>• Substance use treatments</li> </ul>	<b>Term Paper 3, Due Jan 9<sup>th</sup>, 11:59 PM;</b>  <b>Presentation 2, Due Jan 12<sup>th</sup>, 11:59 PM</b>  <b>Reflection 2, Due Jan 14<sup>th</sup>, 11:59 PM</b>

Please note that the course schedule is tentative and may be altered at the discretion of the instructor to accommodate student learning needs, the incorporation of additional materials, or other unforeseen circumstances.



# Instructions for Assignments

## **SEMESTER REFLECTIONS, MIDTERM and FINAL REFLECTION**

Reflections should be **no more than 5-6 sentences in length** and should include original, insightful, and pertinent reflections on the course material. Brevity is a virtue in the case of discussion posts and points will be deducted for overlong posts. The purpose of reflections is to make sure that students are reading material presented in a class. Please make every effort not to summarize the readings or lectures as you prepare your statement. ***Do not quote from the lectures, articles or videos, or other students.*** Rather, share what you found interesting, surprising, or perplexing. If you find yourself summarizing what the authors or lecture said, take a step back and formulate an original statement about the articles or subject. To get started, you might ask yourself:

- **What data or aspect of the sessions was most interesting and why?**
- **How did the materials change my understanding of the topic or issue?**
- **How do the readings and lecture relate with one another, and to your understanding of issues surrounding drug use?**

**Due on Jan 2<sup>nd</sup> and Jan 14<sup>th</sup>, by 11:59 PM.** Submit the reflection through assigned box on Discussion Board by the due date/time. Each reflection is worth 5% of your final grade. Grading will be based on how closely your assignment meets the instructions of the assignment.

## **PRESENTATION 1: FAMOUS PERSON/HISTORICAL FIGURE AND SUBSTANCE USE**

Substance abuse does not discriminate. Numerous celebrities have been plagued with substance abuse problems, often with disastrous results. Celebrity substance abuse is frequently covered by the media, whereas non-celebrity substance abuse stories are often not reported. As such, celebrities often become synonymous with substance abuse.

Your task is to research one well-known celebrity, sports, or historical figure that either has admitted to the use of drugs or died from the toxic effects of some drugs (including alcohol, or chronic toxicity in the case of tobacco) and develop a presentation focusing on their lives and substance use problem. For example, you could develop a presentation on a celebrity (i.e. Robert Downey Jr.), athlete (i.e. Lance Armstrong) or historical figure (i.e. Sigmund Freud) that has admitted to a personal struggle with substance use. You could also research a celebrity who succumbed to substance use. Some possible recent examples are Heath Ledger, Michael Jackson, Amy Winehouse, or Whitney Houston. Other classic examples include: Marilyn Monroe, John Wayne, Walt Disney etc.

Develop a PowerPoint presentation (10-15 slides). Use images (making sure you adequately cite them).

**Due Dec 28<sup>th</sup>, 11:59 PM.** Submit the assignment through assigned box on Blackboard by the due date/time. This assessment is worth 15% of your final grade and grading will be based on how closely your assignment meets the instructions of the assignment.

### **PAPER 1 INSTRUCTIONS: REFLECTION/OPINION PAPER ON TOBACCO USE ON COLLEGE CAMPUS**

Summary: Write reflection or opinion paper on the issue of tobacco use among college students. Prepare a 3-page double-spaced paper that follows the following outline:

**Five sections, clearly identified with subheadings:**

1. Title
2. Overview of tobacco use issue among college students/youth (provide some data, impact of tobacco use on the health of college students, trends, disparities);
3. Position statement (What is your position on this issue? For example, would you be in favor of complete tobacco ban on college campus?)
4. Reasoning behind your position? (Explain your position, critique and provide a personal reaction on benefits or disadvantages of banning tobacco use on campus).
5. Conclusions.
6. References.

**Due Dec 30th, 11:59 PM.** Submit the assignment through assigned box on Blackboard by the due date/time. This assessment is worth 20% of your final grade. Grading will be based on how closely your assignment meets the instructions of the assignment and on the strength of your argument.

### **PAPER 2 INSTRUCTIONS: REFLECTION ON Sanjay Gupta's "WEED" DOCUMENTARY**

**Watch the 3 part documentary at this link. The length of the movie is 2 hrs.**

[https://www.youtube.com/watch?v=PRLYV0\\_6zY8](https://www.youtube.com/watch?v=PRLYV0_6zY8)

**Summary:** CNN's Dr. Sanjay Gupta Reports," in this 3-part documentary puts medical marijuana under the microscope. The documentary examines medical use of marijuana from multiple sides of a very complex issue. Patients, reform organizations, prohibitionist groups, politicians, drug war critics, scientists get their say in this movie. He looks at U.S. federal laws, which consider marijuana as a drug with no medicinal value, while serious scientists say the law is wrong. It is the politics of pot - the politicians vs. the patients.

**Assignment:** Write a 4-page summary and reaction paper. The first page should consist of a summary of the movie and the rest of the paper should include a thorough examination of pros and cons of medical marijuana, personal reflection on arguments presented in the movie (i.e., whether you agree or disagree with the points presented in the movie, and why). The paper must conform to the Requirements for the submission of written work found in the course syllabus. The reaction paper is to be completed individually; you may NOT work collaboratively on this assignment.

**Due Jan 6<sup>th</sup>, 11:59 PM.** Submit the assignment through assigned box on Blackboard by the due date/time. This assessment is worth 20% of your final grade and grading will be based on how closely your assignment meets the instructions of the assignment

## **PAPER 3 INSTRUCTIONS: INVESTIGATION OF “HOT” TOPIC IN THE SUBSTANCE USE FIELD**

**Select one (your choice) of the following two topics:**

### **1. OPIOID EPIDEMIC**

The abuse of and addiction to opioids such as heroin, morphine, and prescription pain relievers is a serious global problem that affects the health, social, and economic welfare of all societies. Find an article(s) in a newspaper, magazine, web-site, book chapter, or watch the movie related to this topic. **Wikipedia, and Web MD articles are not acceptable.** An article could include a personal story, or could be investigative reporting about opioid use epidemic. Some examples include reports on increased use of heroin and prescription pain medications, overdose epidemic in American cities and towns, efforts by the public health institutions to address this epidemic, use of prescription opioids among the elderly, and/or international issues related to opioid trafficking.

### **2. STIMULANTS MISUSE/ABUSE**

Stimulants are psychoactive substances that cause heightened energy and alertness by amplifying the activity of certain neural signaling molecules. This class of drugs includes both legal substances, i.e. prescription stimulant such as Adderall and Ritalin, as well as illicit drugs such as cocaine, crack or methamphetamine. Find an article(s) in a newspaper, magazine, web-site, book chapter, or watch the movie related to this topic. **Wikipedia, and Web MD articles are not acceptable.** Some example include misuse of prescription stimulants by college students, energy drinks addiction as well as the consequences that can result from being addicted to these beverages, crystal methamphetamine epidemic among gay men, crack epidemic in major cities across the United States between the early 1980s and the early 1990s and it’s consequences including disproportionate sentencing policies that hit communities of color particularly hard.

For either topic, develop a 3-4 pages paper. Describe succinctly the story line or major points of the article and address important aspects of the story. Please do not copy what is written in the article. Clearly describe why is this “hot” topic, its impact on the society, and the impact this issue might have had on your thinking about drugs and substance use, in particular opioid epidemic, misuse of stimulants (i.e. prescription stimulants, energy drinks, caffeine), or use of illicit stimulants (crack, cocaine, methamphetamine). Finish your paper with a summary reaction to the article/movie. For example, explain why you feel opioid epidemic or abuse of stimulants is important. Indicate their relevance to Drugs and Health class. Use examples in papers to clarify. Use lecture presentation(s) to supplement your arguments.

**Due Jan 9<sup>th</sup>, 11:59 PM.** Submit the assignment through assigned box on Blackboard by the due date/time. This assessment is worth 20% of your final grade and grading will be based on how closely your assignment meets the instructions of the assignment.

## **PRESENTATION 2: INVESTIGATION OF A SUBSTANCE RELATED TREATMENT PROGRAM**

1. Use the treatment locator website: <http://findtreatment.samhsa.gov/facilitylocator/doc>

Locate **one** substance treatment programs within 5 miles of your home, school, work (add more miles if needed). You can also google for syringe exchange/harm reduction program in your town, for example. Visit the programs website site. You might be able to obtain all of information from the website, but you might do a bit more work to answer all of questions posed bellow. For example, if the particular organization is in town where you live, you may contact the organization by phone or e-mail to explain their particular assignment and find out if the organization would allow the investigation to take place. If a positive response is received, the student could set up an appointment which would be convenient to the group as well as organization representative. Develop a PowerPoint presentation (10-15 slides). The following information must be included in presentation:

- a. What is the nature of the program? (prevention, treatment, emergency care, crisis intervention)
- b. What kind of people benefit from the program? (addicts, ex-addicts, general public, users of certain drugs)
- c. Who supports and funds the program? (taxes, private donations, foundations, volunteer workers)
- d. Who are the people involved in the organization? What prior training do they have?
- e. What type of relationship does your organization have with the local hospital and law enforcement people in the city?
- f. What risks are involved in the operation of the organization?(physical, mental, social, legal, financial)
- g. Describe a typical conversation between a representative of the organization and an individual (drug users) requesting advice or help.
- h. Other interesting or important factors. Would you recommend the program? Why or why not?

**Due Jan 12<sup>th</sup>, 11:59 PM.** Submit the assignment through assigned box on Blackboard by the due date/time. This assessment is worth 15% of your final grade and grading will be based on how closely your assignment meets the instructions of the assignment.