

COURSE INFORMATION & SYLLABUS
PSYC 3513 - Substance Abuse
Spring 2021

MWF 12:00 – 1:00

Room: PY 101

Office: OD 117 MWF 11:30 – 12:00

INSTRUCTOR: Dr. Don Knox

Email: don.knox@msutexas.edu

TEXTBOOKS: Hart and Ksir. *Drugs, Society and Human Behavior*

PSYC 3513 - Substance Abuse

Course Description: Use and abuse of substances; socio-cultural, historical, legal, and clinical issues related to drug use; theories and an overview of therapeutic approaches for treatment and prevention.

Prerequisites for this course - PSYC-1103 and PSYC-2203

Course Outline: This course is designed to familiarize students with the substance abuse (alcohol and other drugs) field including basic pharmacology, conceptualization and assessment of substance abuse, models of treatment and prevention and the family dynamics that result from substance abuse.

Course Outcome Competencies: By the conclusion of the course, the student will understand and will be able to:

- Recognize all major concepts regarding substance abuse issues, assessment and treatment
- Recognize the major classes of drugs and their effects.
- Use knowledge gained in class to discuss the models of addiction.
- Be familiar with and understand assessment and treatment approaches of substance abuse.
- Become familiar with various resources on the internet related to abuse issues.
- This course requires privacy of the students and the people you may observe.

Course requirements: (Note – all assignments except the addiction assignment have to be turned in using D2L).

1) **Exams: (540 points)** – There will be three exams for this course. The exams will consist of multiple choice questions, matching, identification and/or short answer essay questions over the readings and lectures. The final is comprehensive. Each exam is worth 180 points.

3) **Addiction Assignment: (120 points)** – See final page of syllabus for detailed description of this assignment. *This paper is due 3/12/2021.*

- 4) **Support Group Assignment: (120 points)** – Attend a support group meeting and write a *two page reflection paper* on this experience. It can be an open AA or NA meeting or one for non-addicted individuals such as Al-Anon, CODA, ACOA, etc. Your paper should include a discussion on what took place at the meeting, what you got out of the meeting, and any pros or cons to this type of support group. Be sure to include when you attended and which group you attended.

As an alternative – you can interview two counselors. One has to be an LCDC and the other an LPC or Psychiatrist. Your paper should include which school counseling the individual practices, how they determine a client/patients course of treatment, success rates, common issues and problems.

This paper is due 4/16/2021.

- 5) **Journal Reviews: (100 points)** – Ten percent of your grade will be determined on journal reviews. I will provide journal articles for you to review. Each is worth 50 points. Each student needs to select one of the journal articles in that folder to review. This is not a “book report” – I have read all of the articles. I want your opinion and application of the article. Each review is at least two pages in length (Double spaced, 12-point Times New Roman font, 0 space between paragraphs, 1” margins all around – I will reformat your assignment if you do not follow these instructions.) I will not grade short submissions. This is a minimum length – so you need to start page 3 if you want to be certain that it will be graded. I do not want your name or any bibliographic information in the assignment – I will delete that information BEFORE I count pages. Please use the article title as your attachment name for example marriage.doc) – again I will delete bibliographic information if it is included – I want at least two pages of your thoughts. Each of these reviews is worth 50 points. Late assignments will not be accepted. I will not accept these assignments via email or the message system – you have to use the assignment blanks provided in D2L. No hard copies – you must use D2L. Turn them in early.

1st due 2/26

2nd due 4/30

- 6) **Case Studies: (120 points)** – Case studies from D2L (I will provide the case study and questions). To be considered complete, the assignment must contain the issue and the questions need to be typed out and each question answered fully.

GRADING SCALE:

Case Studies	120 pts	900-1000 = A
Exams (3 @ 180 points each)	540 pts	800 – 899 = B
Addiction Assignment	120 pts	700 – 799 = C
Support Group Assignment	120 pts	600 - 699 = D
Journal Reviews (50 points each)	100 pts	< 600 = F

TOTAL POINTS POSSIBLE 1000 pts

The University has a standard grade scale:

A = 90-100, B = 80-89, C = 70-79, D = 60-69, F= below 60, W = Withdrawal, WP = withdrew passing, WF = withdrew failing, I = incomplete.

COVID Class Attendance Requirements and Additional Classroom policies:

Class attendance is expected! Schedule problems can usually be worked out, but must be discussed IN ADVANCE. Bona fide emergencies do sometimes occur, but must be discussed with the instructor as soon as possible after the emergency absence.

COVID teaching modality – this class is structured to be an in-person course. There are NO provisions for video presentation of this course.

All recommended social distancing and face covering rules promulgated by MSU-Texas will be followed and maintained. As long as the University requires face masks/covers, students MUST wear an approved mask to be in the physical classroom to minimize the potential spread of the Coronavirus. You will be asked to leave if you do not follow the University's policy.

IF YOU HAVE MORE THAN Six (6) UNEXCUSED ABSENCES, YOU WILL BE DROPPED FROM THIS CLASS WITH A GRADE OF "F".

An absence may be excused **ONLY** if the student complies with, or provides one of the following:

- a. Negotiates approval for the absence with the instructor **IN ADVANCE**, or in the case of a legitimate emergency, as soon as is reasonable.
- b. Presents a written excuse from a physician or the MSU Infirmary via the Dean of Students
- c. Presents written evidence of participation in a mandatory University function (Band, Choir, Sports, etc.)
- d. Presents written evidence of attendance at a recognized professional meeting or professional educational program.
- e. Presents a written excuse from a physician for a dependent child's illness via the Dean of Students.

Student Code of Conduct:

MSU's official policy in the University's Code of Student Conduct on page 52, states:

Instructor Drop An instructor may drop a student any time during the semester for excessive absences, for consistently failing to meet class assignments, for an indifferent attitude, or for disruptive conduct. The instructor must give the student a verbal or written warning prior to dropping the student from the class. An instructor's drop of a student takes precedence over the student-initiated course drop of a later date. The instructor will assign a grade of either WF or F through the first 9 weeks of a long semester, the first 6 weeks of a 10-week summer term, or the 12th class day of a 4- or 5-week summer term consisting of 20 days. After these periods the grade will be an F. The date the instructor drop form is received in the Office of the Registrar as the official drop date. A student dropped from a class by a faculty member for disruptive behavior has the right of appeal to the Student Conduct Committee through the

Student Conduct office.

I will closely follow this policy in terms of your conduct in class. Anything that is disruptive to the class will result in you being Instructor Dropped from the class with a grade of F. I will enforce this policy in that my obligation is to provide the best and most informative course that I can. I cannot do that when there is behavior that disrupts the class. This also includes attempting to dominate or "teach" the class, interrupting the course frequently with stories that are not facilitative or relevant to the flow of the class, using electronics during class that are not directly related to the class material, and talking frequently to one's peers while course is being held. Any other behaviors that are deemed disruptive will also be enforced as deemed by our Code of Conduct policy. Remember that there are stories and questions that are facilitative to our class discussions, and some that are obstructive.

Other Comments:

Taping, laptop microphones, Googleglasses, cell phones – NOT ALLOWED! All students deserve the same respect and confidentiality in the classroom.

I will NOT accept emailed work.

Given the nature, scope, and intensity of this course, it is essential that each student keep up. It is the responsibility of each student to seek assistance when needed.

Instructor's policy on Academic Dishonesty:

Academic Integrity: - Students are expected to abide by the rules for academic integrity. Any violations of these rules will be reported to the proper authorities for disciplinary action (please consult your student catalog – page 71). Students caught cheating in the class will be given a grade of "F" for the course. Cheating includes plagiarism—taking credit for someone else's work (e.g., cutting and pasting text from someone else's work from the internet or some other electronic form or directly quoting or paraphrasing someone's work and not properly referencing the source).

Service for the Disabled: It is University policy that no otherwise qualified disabled person be excluded from participation in, be denied the benefits of, or be subject to discrimination under any educational program or activity in the University. Students should inform the instructor of existing disabilities at the first class meeting.

Websites of interest:

<http://www.family.samhsa.gov/main/facts.aspx>

https://ncadistore.samhsa.gov/catalog/SC_Itemlist.aspx?

http://www.theantidrug.com/drug_info/http://www.samhsa.gov/index.aspx

Addiction Assignment

FOCUS

The purpose of this exercise is to enhance your first-hand understanding of the dynamics of addiction and recovery so that you may more fully understand your clients.

THE ASSIGNMENT

- Choose something to which you could consider your self to be addicted using the term loosely if necessary.
- For a period of **three weeks** you are to abstain from the addicted thing/activity.
- Keep a daily log. In the log you might explore the following:
 - **Your psychological responses.** What is it like to not do XYZ? Do you notice any symptoms (such as anxiety) or compensations (such as increased activity)? **KEY:** Keep track of times when your cravings increase and decrease. What was going on just before the cravings hit?
 - **Your physiological responses.** How does your body feel different when you don't do XYZ? What are the physical aspects of craving like?
 - **The responses of people in your environment.** Family theory says that you have disturbed the balance in your environment through making this unilateral change. How do others respond and attempt to re-establish homeostasis?
 - **Analysis of any relapses.** Relapses are not good or bad, but are rather occasions for EXTENSIVE analysis. Make sure you note the following: What were you thinking and feeling in the hours, minutes, and seconds before the relapse? How did you justify the relapse? How did you feel while doing relapsing? How about immediately after the relapse. Relapses (and close calls) are key to understanding your addiction
 - **Write a summary of your experience**, synthesizing the daily logs, analyzing and making sense of your experience. The focus of this section is an analysis and interpretation, with the goal of figuring out the following: **What are the functions of your addiction: How does it help?** Use examples from your logs to support your claims, but just for support.

CONTENT

Paper should include your daily logs and the summary.

FORMAT

Papers should be no less than five (5) pages in length, not counting the cover page, typed, double spaced and follow APA guidelines. You may visit the following web-links for help with APA style if you do not own an APA manual (*be sure they have been updated and are using the 6th edition and it is newer than the first printing*).

<http://www.apastyle.org/previoustips.html>

<http://www.wisc.edu/writing/Handbook/DocAPA.html>

Daily logs may be handwritten. Follow APA rules for the cover page and include the course and date. Also, please staple your papers.