

**I. COURSE DESCRIPTION:**

- A. Department Information:  
Division: Social Science  
Department: Human Services  
Course ID: HUMSV 181  
Course Title: Alcohol/Drug Studies: Introduction  
Units: 3  
Lecture: 3 Hours  
Laboratory: None  
Prerequisite: None
- B. Catalog Description: Exploration of the psychological, sociological, and physical causes and effects of alcohol and drug abuse. Includes an examination of stereotypes about substance abusers, and the major prevention and treatment strategies. This course qualifies for continuing education for nurses. Provider approved by the California Board of Registered Nursing, provider #01480 for 45 contact hours. It also qualifies for the educational requirement for Marriage and Family Counselors and Licensed Clinical Social Workers.
- C. Schedule Description: Exploration of the psychological, sociological, and physical causes and effects of alcohol and drug abuse. This course is approved for continuing education for nurses. Provider approved by the California Board of Registered Nursing. Provider #01480 for 45 contact hours.

**II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: One**

**III. EXPECTED OUTCOMES FOR STUDENTS:**

Upon successful completion of the course the student should be able to:

- A. Describe the effects of addiction on the individual, family, and society
- B. Relate society's response to addiction including legal sanctions, prevention strategies, etc.
- C. Explain the physiological and medical issues of use and abuse.
- D. Describe the factors affecting "Blood Alcohol Concentration" and the damage alcohol and other drugs do to the bodies systems
- E. Discuss the genetic, psychological, cultural and spiritual factors as they compare and contrast different definitions of alcoholism;
- F. Explain the genetic, psychological, and cultural factors as they relate to addiction
- G. Identify typical alcoholic/addictive behavior
- H. Discuss the various treatment approaches and the continuum of care
- I. Analyze the characteristics of addiction in special populations, such as adolescents, the elderly, etc.
- J. Evaluate the effectiveness of various social systems in dealing with addiction
- K. Specify the issues relating to the counselor as a professional.

**IV. COURSE CONTENT:**

- A. Introduction
  1. History
  2. Social attitudes
  3. Use and abuse of Alcohol
- B. Alcohol and the Body
  1. Digestion, absorption, breakdown and removal
  2. Acute effects
  3. Cumulative effects
  4. Medical complications for body systems

5. Male/Female differences
  6. Sleep disturbances
  7. Blackouts
  8. Tolerance and withdrawal
  - C. Definitions of Alcoholism
    1. Disease model
    2. DSM-IV
  - D. Etiology of Alcoholism
    1. The agent
    2. The host
      - a) Genetic factors
      - b) Psychological factors
    3. The environment (cultural factors)
  - E. Effects of substance abuse problems on family
  - F. Prevention strategies
  - G. Treatment
    1. Screening and evaluation
      - a) Addiction severity index
      - b) Continuum of care system
    2. Intervention/referral
    3. Case management
    4. Types of counseling services
      - a) Individual
      - b) Group
      - c) Family
    5. Aftercare and follow-up
  - H. Treatment Techniques
    1. 12-Step organizations
    2. Spiritual counseling
    3. Behavioral techniques
    4. Meditation
  - I. Special Populations
    1. Women
    2. The employed
    3. Adolescents
    4. The elderly
    5. Suicidal individuals
    6. Dual diagnosis
    7. Multiple substance users
  - J. Personal and Professional Growth
    1. Continuing education
    2. Ethics and confidentiality
    3. Recovering counselors
    4. Certification and licensure
- V. METHODS OF INSTRUCTION:**
- A. Lecture
  - B. Directed Discussion
  - C. Role Playing
  - D. Audio-Visual
  - E. Professional Guest Lecturers
- VI. TYPICAL ASSIGNMENTS:**
- A. Reaction papers on reading assignments which may include the following subjects:

1. Alcoholism in our society today
  2. Alcoholism as a family disease
  3. Diagnosing an alcoholic
  4. Questions re: 12-step programs
  5. Is ethnicity an issue in alcoholism?
  6. The role of the counselor
  7. Predictions for successful treatment
- B. Attend an AA, NA, or CA open meeting off campus
  - C. Attend two community activities involving anti-alcohol/drugs
  - D. Research and compare the various treatment techniques available for substance abusers.

**VII. EVALUATION(S):**

- A. Methods of Evaluation:
  1. Textbook and other readings (as provided)
  2. Home assignments
  3. Written exams
  4. Classroom participation
  5. Term project
  6. Extra credit assignments
- B. Frequency of Evaluation:
  1. Home assignments due on set date
  2. Three written exams on set dates, including a final exam
  3. Term project due at end of semester
  4. Weekly assignments
- C. Typical Exam Questions:
  1. Historically, alcohol has been used to treat everything from heavy hearts to hiccups.  
Give an example of how our culture influences addiction.
  2. What three factors determine blood alcohol concentration?
  3. What does "tolerance" mean as it relates to the consumption of alcohol?
  4. Name three physiological systems affected by alcohol.
  5. Define "blackout" as it refers to alcoholism.
  6. List 5 behavioral signs of alcoholism.
  7. Pick 2 social systems that come in contact with alcoholics/drug addicts and tell how each one could be more effective in directing the addict to treatment. (1 paragraph for each social system)

**VIII. TYPICAL TEXT(S):**

Dowieko, Harold E. Concepts of Chemical Dependency. Pacific Grove, CA: Brooks/Cole, 2002

Leonard & Blane. Psychological Theories of Drinking and Alcoholism, 2nd edition. New York: Guilford Publications, 1999

Thombs, Dennis L. Introduction to Addictive Behaviors: Second Edition. New York: Guilford Publications, 1999

**IX. OTHER SUPPLIES REQUIRED OF STUDENTS: None**