

CASPER COLLEGE COURSE SYLLABUS  
**ADDN 1020 H1 INTRODUCTION TO SUBSTANCE USE DISORDER COUNSELING I**

**Semester/Year: Fall 2015**

**Lecture Hours: 3**

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**Class Time: NET**

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**Instructor's Name: Diana Quealy-Berge, Ph.D. WY LAT / WY LPC**

**Instructor's Contact Information:**

**Primary contact Moodle Email**

**Instructor's Contact Information:**

**Office LH 194**

**Instructor's Contact Information:**

**Phone: 307 268 2590**

**Office Hours: M 1-150; T 12-150; W 1-50; TH 11-150; by appointment**

**Course Description:** (catalog description – changes require curriculum committee OK)

**Statement of Prerequisites:** (changes require curriculum committee OK)

**Goal:** (what is the goal of this class – what do you hope for your students?)

**Casper College General Education Outcomes:**

1. Demonstrate effective oral and written communication
2. Use the scientific method
3. Solve problems using critical thinking and creativity
4. Demonstrate knowledge of diverse cultures and historical perspectives
5. Appreciate aesthetic and creative activities
6. Use appropriate technology and information to conduct research
7. Describe the value of personal, civic, and social responsibilities
8. Use quantitative analytical skills to evaluate and process numerical data.

**National Addiction Studies Accreditation Commission [NASAC] Outcomes:**

1. Demonstrate ability to identify and assimilate current science and research related to Addictive Disorders, i.e.. Substance Use Disorders.
2. Demonstrate understanding of evidence based prevention and / or treatment techniques.
3. Engage in quality clinical supervision.
4. Participate in education and demonstrate sensitivity to cultural and diverse populations.
5. Prepare for the workplace by participating in academic preparation for credentials needed for employment.
6. Participate and demonstrate understanding of 12 step and other self help groups in the recovery process.
7. Demonstrate understanding of Substance Use Disorders, as well as Co-occurring Disorders and Non Chemical / Behavioral / Process addictions.

**ADDN 1020 Introduction to Substance Use Disorders Counseling I Course Objectives are based upon the NASAC Minimum Associate Specifications for the following NASAC Accreditation Standards.**

**NASAC Standard 1: History**

**Demonstrate Understanding of :**

- a. Historical and cross cultural addictive disorders.
- b. Historical roots of the prevention and treatment profession.
- c. The evolution of the profession from the “para professional” workers to the current degreed workers.
- d. Historical and current legislation impacting upon the delivery of addiction services both nationally and at the state level.
- e. How public and personal attitudes influence personal behavior, public policy and legislation to Addiction Disorders / Substance use Disorders.

**NASAC Standard 3: Health and Social Service Systems**

- a. Develop the knowledge of the local health and social services delivery systems [especially the addiction and prevention systems, educational systems, criminal justice systems, and related professionals to better provide comprehensive services to clients/patients.
- b. Demonstrate understanding of the legal requirements and professional attitudes regarding these systems, and the skills to accept, and make appropriate referrals for providing quality prevention and treatment services.

**NASAC Standard 11: Personal Growth**

- a. Students will demonstrate the ability to develop and implement a personal growth plan for themselves that transcends their professional life.
- b. Students will develop awareness of their own values, personalities, reaction patterns, life styles, professional balance, interpersonal styles and limitations.

**NASAC Standard 12: Healthy Drug Use**

1. Students will demonstrate understanding of the difference between:
  - a. Healthy and unhealthy drug use.
  - b. Drug use, misuse and dependency.
  - c. Prescribed medications and self medication activities.
  - d. Proper use of legitimately prescribed medications for specific diagnoses, including both physical and mental health problems.
  - e. Official “12 Step” policy on the use of legitimately prescribed medications.
  - f. Healthy decision making about over the counter medications, herbal remedies, and folk remedies.

**NASAC Standard 13: Critical Thinking**

1. Demonstrate understanding of the principals associated with critical thinking.
2. Identify shortcomings in “standardized” [one size fits all] approaches to prevention and treatment.

**Methodology:** Instruction includes: face to face and on line lecture, lab, demonstration, coop, online, video, telecourse, hybrid instruction, learning community, class discussions, and experiential learning opportunities. Your feedback is valuable as the instructor uses course evaluations in determining course methodology.

**Evaluation Criteria:**

- Assigned Reading forums and discussions = 320 points possible
  - Personal Wellness Plan = 50 points possible
  - Professional Development Plan = 50 points possible
  - Mid Term Exam = 100 points possible
  - Final Exam = 100 points possible
  - Abstinence Project – total possible points = 500 points
1. Self Assessment = 50 points possible
  2. Mind Maps and formal written response = 50 points
  3. Weekly forum and discussion posts = 400

**Abstinence Project****Rationale**

Shortly, after a person enters Substance Abuse/Dependence Treatment they are told due to the chronic nature of this illness complete abstinence from all mood altering substances is required. I believe it is important for those learning about Substance Abuse/Dependence, as well as for those planning to work in the Addictions Field, to understand what “complete abstinence” truly means.

Professionals working in the Addictions Field enter from many different doors. Some professionals are in recovery themselves, living a life of total abstinence as part of their recovery. Others enter through educational and professional training without any history of substance use or dependence. The purpose of this assignment is to give all students the opportunity to experience “complete abstinence” for the semester. While this in no way compares to the life experience of those whose life and recovery depend on “complete abstinence” it does give the willing student a similar experience.

**Project Requirements**

Step 1 - Complete Mind Maps exploring your relationship with the following substances:

- Refined sugars
- Caffeine
- Nicotine
- Alcohol
- Marijuana and Spice
- Other Illegal Drugs
- Over the Counter Drugs (OTCs)
- Prescription Drugs

Step 2 – Complete the substance use history and write a brief reaction to what you learned about yourself.

Step 3 – Consult with a medical professional regarding physical complications you may experience from the detoxification process, any health concerns you experience, all over the counter medications and prescribed medications you currently ingest. Casper College Student Health will consult with you if you have concerns.

Step 4- Identify what stage of change you believe yourself to be experiencing. Discuss the stages of change and where you are on Moodle Forum as designated.

Step 5 - **Starting at 0100 Sunday 30 August begin abstaining from all of the following substances and maintain a daily log detailing your progress. In the event relapse occurs include in your log the amount of the substance ingested in milligrams, time and frequency. This log is for your information to track your**

progress with the project. Your postings in the appropriate forums and your reactions will be submitted weekly documenting your progress. **Late submissions will reflect lower points.**

**Time Line for Abstinence Project (All assignments are submitted through Moodle)**

Aug 24-28 2015 Introduction and Mind Mapping

Aug 24-28 2015 Self Assessment, and base line starting point

Aug 30 – Dec 15 2015 Maintain Abstinence

**Substances included in the abstinence project are:**

- Refined Sugars
- Caffeine
- Nicotine
- Alcohol
- Marijuana and Spice
- Other Illegal Drugs
- Over the Counter Drugs (OTCs) **[May be Taken as recommended by a health care/medical professional. No self medicating is allowed.]**
- Prescription Drugs **[ARE to be Taken as prescribed by your medical professional. No self medicating is allowed.]**

***Whether or not you are currently using any of the defined substances, you must abstain from all the listed substances! This project is based upon HONESTY AND INTEGRITY.***

Casper College may collect samples of student work demonstrating achievement of the above outcomes. Any personally identifying information will be removed from student work.

**Required Text, Readings, and Materials:**

- Internet Access. Casper College labs are available for students without computers or reliable internet access.
- Familiar and able to use Moodle4Me learning platform. If you have concerns about using Moodle come see the instructor immediately
- **Red Road to Wellbriety: In the Native American Way** Edition: N/A
- **Narcotics Anonymous** Edition: 6th
- **Alcoholics Anonymous** Edition: 4<sup>th</sup>
- **Substance Abuse Counseling** Edition: 5th

**Class Policies:**

1. Late assignments not accepted without prior approval from the instructor. Late assignments will only be accepted for college excused absences and major emergencies.
2. Missed examinations: If you need to miss an examination, you need to contact the instructor BEFORE the day of the examination. Unexcused examinations cannot be made-up and students will receive a zero for the exam.
3. Respect your peers (and the instructor) and do not be disruptive during class. Perpetual disruptive behavior may result in you being asked to leave the class and administratively removed from the course.
4. The use of tobacco products, including vapor cigarettes are not permitted in class. Please remove all smokeless tobacco before class. Using tobacco products in class will result in you being asked to leave class.
5. You are responsible for all the assigned readings. **All assigned readings are testable.** While many of the topics from the book will be covered in class, not all concepts from the readings will be discussed.
6. Attending and Participating in face to face and on line class is expected from all students. The research shows there is a strong relationship between students attending class and grade performance. While attendance will not be part of the final grade, there may be ideas presented in class that will show up on exams and only those who attended class will know these concepts. Further, attendance will be taken in each class period. If you will be absent, please let me know ahead of time and I will work with you to cover the material in the missed class period. Please also let me know if you missed class due to an emergency or illness.
7. Engage with the material, class, discussions, and assignments! Research also shows that students who exert more psychological and emotional energy towards academics have higher satisfaction and grades in college. Plus, it makes class a lot more fun for all of us!
8. Refer to the Casper College Academic Calendar and Handbook for specific dates regarding Withdrawing from class.
9. Please come see me during my office hours, or schedule a time to meet if you are having any difficulty with this course. It is my job to help you succeed!
10. The content in this course can be sensitive in nature. If you are having difficulties or need support, please let me know and also contact the Counseling Center at 268-2267 or go to the Strausner Student Center in Room 221.

**Student Rights and Responsibilities:** Please refer to the Casper College Student Conduct and Judicial Code for information concerning your rights and responsibilities as a Casper College Student.

**Chain of Command:** If you have any problems with this class, you should first contact the instructor to attempt to solve the problem. If you are not satisfied with the solution offered by the instructor, you should then take the matter through the appropriate chain of command starting with the Department Head/Program Director, the Dean, and lastly the Vice President for Academic Affairs.

**Academic Dishonesty:** (Cheating & Plagiarism) Casper College demands intellectual honesty. Proven plagiarism or any form of dishonesty associated with the academic process can result in the offender failing the course in which the offense was committed or expulsion from school. See the Casper College Student Code of Conduct for more information on this topic.

**Official Means of Communication:** Casper College faculty and staff will employ the student's assigned Casper College email account as a primary method of communication. Students are responsible to check their account regularly. This is also, where you will find course evaluation links during course evaluation periods.

**ADA Accommodations Policy:** If you need academic accommodations because of a disability, please inform me as soon as possible. See me privately after class, or during my office hours. To request academic accommodations, students must first consult with the college's Disability Services Counselor located in the Gateway Building, Room 344, (307) 268-2557, [bheuer@caspercollege.edu](mailto:bheuer@caspercollege.edu). The Disability Services Counselor is responsible for reviewing documentation provided by students requesting accommodations, determining eligibility for accommodations, and helping students request and use appropriate accommodations.

**Calendar or schedule indicating course content:**

Week	Assigned Reading	Deliverables Instructions are found in Moodle
1	Alcoholics Anonymous xi-xxxii Narcotics Anonymous Preface-Introduction Red Road to Wellbriety pf a-l <b>Substance Abuse Counseling</b> - 1. Substance Abuse Counseling for the 21st Century	<ul style="list-style-type: none"> <li>– Self Assessment. Complete a personal Psychosocial and Substance Use History found in the Appendix A of Substance Abuse Counseling.</li> <li>– Provide a 3 paragraph written summary and evaluation in the appropriate Moodle. I do not want to see the actual history. That information is personal and private.</li> <li>– Abstinence Project mind maps</li> </ul>
2	Alcoholics Anonymous pg1-16 Narcotics Anonymous pg 3-8 Red Road to Wellbriety1-8 <b>Substance Abuse Counseling</b> 2. Drugs and Their Effects.	<ul style="list-style-type: none"> <li>– Self assessment. Complete a personal Initial Behavioral Assessment and Functional Analysis found in Appendix of Substance Abuse Counseling.</li> </ul>
3	Alcoholics Anonymous pg 17-29 Narcotics Anonymous pg 9-16 Red Road to Wellbriety 9-23 <b>Substance Abuse Counseling</b> 3. Motivational Interviewing	<ul style="list-style-type: none"> <li>– Complete a personal Comprehensive Drinker Profile. Post your findings and reactions in the appropriate Moodle</li> <li>– Reading post and discussion</li> </ul>
4	Alcoholics Anonymous pg30-39 Narcotics Anonymous pg 17-30 Red Road to Wellbriety pg 24-30 <b>Substance Abuse Counseling</b> 4. Assessment and Treatment Planning	<ul style="list-style-type: none"> <li>– Complete a personal Family Drinking Survey and post your findings and reactions in the appropriate Moodle.</li> <li>– Reading post and discussion3.</li> </ul>
5	Alcoholics Anonymous pg 40-47 Narcotics Anonymous pg 31-40 Red Road to Wellbriety pg 31-40 <b>Substance Abuse Counseling</b> 5. Helping Clients Change	<ul style="list-style-type: none"> <li>– Personal Wellness Plan</li> <li>– Professional Development Plan</li> <li>– Weekly Abstinence Update forum post and discussion</li> <li>– Reading forum posts and discussion</li> </ul>
6	Alcoholics Anonymous pg 48-60 Narcotics Anonymous pg 41-50 Red Road to Wellbriety pg 41-50 <b>Substance Abuse Counseling</b> 6. Empowering Clients Through Group Work	<ul style="list-style-type: none"> <li>– Abstinence Forum Update and discussions</li> <li>– Reading Forum posts and discussions</li> </ul>
7	Alcoholics Anonymous pg 67-70 Narcotics Anonymous pg 51-60 Red Road to Wellbriety 51-60 <b>Substance Abuse Counseling</b> 7. Maintaining Change in Substance Use Behaviors	<ul style="list-style-type: none"> <li>– Abstinence Forum Update and discussions</li> <li>– Reading Forum posts and discussions</li> </ul>
8	Alcoholics Anonymous pg 71-80 Narcotics Anonymous pg 61-70 Red Road to Wellbriety pg 61-70 <b>Substance Abuse Counseling</b> 8. Working with Families	<ul style="list-style-type: none"> <li>– Abstinence Forum Update and discussions</li> <li>– Reading Forum posts and discussions</li> <li>– Mid term Exam</li> </ul>
9	Alcoholics Anonymous pg 81-90 Narcotics Anonymous pg 71-90 Red Road to Wellbriety pg 71-90 <b>Substance Abuse Counseling</b> 9. Program Planning and Evaluation	<ul style="list-style-type: none"> <li>– Abstinence Forum Update and discussions</li> <li>– Reading Forum posts and discussions</li> </ul>

10	Alcoholics Anonymous pg 91-100 Narcotics Anonymous pg 91-100 Red Road to Wellbriety pg 91-100 <b>Substance Abuse Counseling 10. Preventing Substance Abuse.</b>	<ul style="list-style-type: none"> <li>– Abstinence Forum Update and discussions</li> <li>– Reading Forum posts and discussions</li> </ul>
11	Alcoholics Anonymous pg 101-125 Narcotics Anonymous pg 101-125 Red Road to Wellbriety pg 101-125	<ul style="list-style-type: none"> <li>– Abstinence Forum Update and discussions</li> <li>– Reading Forum posts and discussions</li> </ul>
12	Alcoholics Anonymous pg 101-125 Narcotics Anonymous pg 101-125 Red Road to Wellbriety pg 101-125	<ul style="list-style-type: none"> <li>– Abstinence Forum Update and discussions</li> <li>– Reading Forum posts and discussions</li> </ul>
13	Alcoholics Anonymous pg 126-140 Narcotics Anonymous pg 126-140 Red Road to Wellbriety pg 126-140	<ul style="list-style-type: none"> <li>– Abstinence Forum Update and discussions</li> <li>– Reading Forum posts and discussions</li> </ul>
14	Alcoholics Anonymous pg 141-160 Narcotics Anonymous pg 141-160 Red Road to Wellbriety pg 141-160	<ul style="list-style-type: none"> <li>– Abstinence Forum Update and discussions</li> <li>– Reading Forum posts and discussions</li> </ul>
15	Alcoholics Anonymous pg 161-180 Narcotics Anonymous pg 161-180 Red Road to Wellbriety pg 161-180	<ul style="list-style-type: none"> <li>– Abstinence Forum Update and discussions</li> <li>– Reading Forum posts and discussions</li> </ul>
16	Alcoholics Anonymous pg 180 -225 Narcotics Anonymous pg 180-225 Red Road to Wellbriety pg 180-225	<ul style="list-style-type: none"> <li>– Abstinence Forum Update and discussions</li> <li>– Reading Forum posts and discussions</li> </ul>
17	Final Exam	Final Exam