

COMMUNITY COLLEGE OF PHILADELPHIA
BEHAVIORAL HEALTH/HUMAN SERVICES CURRICULUM
Foundations of Addiction Studies (BHHS 121)
Web Study Course Fall 2008

Pascal Scoles Web Page: <http://faculty.ccp.edu/faculty/pscoles/>

Course Description

The biopsychosocial aspects of various addictive behaviors will be examined. This will include the pharmacology of addictive substances, the physiological effects on the user, the psychological consequences of use, and the sociological conditions that cause and result from substance abuse. The historical perspective will be surveyed, along with introducing students to various treatment approaches to addictions.

Course Objectives

- To know the social context and human meaning of drugs and alcohol use in the American culture
- To know chemical effects, psychological and social consequences of the use of the following drugs:

Marijuana
Psychedelics & Hallucinogens
Stimulants and Depressants
Heroin and Narcotics
- To understand the societal issues associated with chemical dependency.
- To know the HIV/AIDS, codependency, enabling and family consequences of addiction.
- To know the scope of addiction and mental illness.
- To know and understand the relationship between Micropractice and Macropractice issues in substance abuse treatment.

This course is considered the foundation course for the Addiction Studies Certificate. Students take this course for the purpose of developing a basic understanding of drugs and their effects on individual behavior. This course is followed by a second course (BHHS 222), Assessment and Treatment of Addictive Behavior, whose focus is on assessment and treatment of drug dependent persons.

Internet Access

It is important that all students have access to the Internet and the knowledge to operate a personal computer. The Internet contains the most current and up-to-date information and statistical data relating to addictive studies research.

Internet Websites for Substance Abuse and Mental Health:

Academic Research and Counseling: www.acalogic.com/brain_chemistry.htm
Addiction Severity Index: www.sounddata.source.org
Addiction Treatment Forum: www.atforum.com/
Alcohol and Drug Treatment Network: www.drugnet.net/
Alcoholics Anonymous: www.alcoholics-anonymous.org
American Society of Addiction Medicine: www.asam.org/
Association for Addiction Professionals: www.naadac.org
Center For Substance Abuse Treatment: www.csatsamhsa.gov
Chemical Dependency and the Family: www.caoda.org
Club Drugs: www.clubdrugs.org
Cocaine Anonymous: www.ca.org/
DAWN: www.samhsa.gov/oas/dawn.html
Drug Enforcement Administration: www.usdoj.gov/dea
Higher Education Center for Alcohol and Other Drug Prevention: www.edc.org/hec/
Infofax: www.nida.nih.gov/infofax/infofaxindex.html
Narcotics Anonymous: www.na.org/
National Association on Substance Abuse and Child Welfare: www.ncsacw.samhsa.gov
National Council on Alcoholism and Drug Dependence: www.ncadd.org/
National Institute on Alcohol Abuse and Alcoholism: www.niaa.nih.gov
National Institute on Drug Abuse: www.nida.nih.gov/
National Institute on Mental Health: www.nimh.nih.gov/
Office of Minority Health Resources (H & HS): www.omhrc.gov/omhrc
Office of National Drug Control Policy: www.whitehousedrugpolicy.gov
Research Society on Alcoholism: www.alcoholism-cer.com/
Substance Abuse and mental Health Services: www.samhsa.gov
Web of Addictions: www.well.com/user/woa/

Required Text

Scoles, Pascal. (2009). **Addiction & Society: A Clinical Perspective**. Cengage Learning.

Text can be purchased at:

<http://ccpbhhs.cengagesites.com/ichapters/micro> (10% discount)

or Community College of Philadelphia Bookstore.

Class Assignments

Week 1: Orientation and Introduction

This week you will become acquainted with WebStudy and what is expected of you in this course. Please review all course requirements and complete assignments below. You can visit my Web site at <http://faculty.ccp.edu/faculty/pscoles>

Complete Plagiarism Agreement (BHHS 121 course).

Week 2: Drug and Alcohol Use in American Culture

The extent and societal reaction of drug use should be reviewed in relation to Culture, HIV/AIDS, crime, socioeconomic status, and psychological characteristics of alcohol and drug users. How one becomes a drug user and what causes illegal drug use, as well as the unique characteristics of alcohol use are explained in the context of American society. Attention will be given to cultural competence and the minority group experiences of Hispanics, Black/African Americans, Asian and Pacific Islanders, Native Americans as well as the Gay and Lesbian experience ([Text pp. 1-76](#)).

Study Guide Assignments Chapters 1 & 2 pages 1-76.

1. What are the estimates of alcohol abuse and drug addiction in America?
2. Why do people become addicted (be specific)?
3. What environmental factors increase the risk of addiction?
4. What does "false pride" mean?
5. Why are there gender differences in addiction?
6. What is the relationship between alcohol and violence?
7. What is cultural competence and how does it impact on addiction treatment?
8. Why is culture a variable in substance abuse treatment?
9. What is the social-psychological theory of the cause of drug use?
10. What are some of the sociocultural factors that influence the use and abuse of alcohol?

Week 3: Brain and Neurotransmitter Function.

Characteristics of drugs, drug dosage, categories of drug effects, potency, frequency of use, route of administration, drug interactions, and pharmacokinetics will be reviewed in the context of neurotransmitters. The communication of information in the brain, neurochemicals and common neurotransmitters and their identified functions will be related to drugs of abuse ([Text pp. 85-103](#)).

Study Guide Assignments Chapter 3 pages 85-103.

1. What is the difference between tolerance and addiction?
2. What is the relationship between drug dose and drug potency?
3. Why is the route of administration (swallowing, injection, etc) an important issue?
4. What is meant by drug metabolism and excretion?
5. What are neurotransmitters and how are they associated with drug use?
6. Why are the non-narcotic analgesics (such as Aspirin, Tylenol, Motrin, etc) important in the drug treatment field?
7. What are the four parts of a nerve cell?
8. Describe precisely the way that a signal will cross the synaptic gap.
9. Name three different neurotransmitters.

Week 4: Drug Testing and American Society.

Drug testing is an established method of detecting drug use in society. The five types of urinalysis: Emit, RIA, TLC, GC and GCMS will be reviewed in relation to sensitivity, concentration, retention time and accuracy of results. Legal issues such as due process, self-incrimination and privacy concerns will be understood in relation to random testing and "for cause" testing. ([Internet search](#))

Study Guide Questions for Drug testing material:

1. Name two methods of drug testing and explain their importance to the treatment community?
2. What tissue or fluids are used to test for the presence of drugs?
3. Name and explain the reasons for drug testing?

Exam 1 - on Text pages 1-103 and drug testing.

Week 5: Marijuana and Hallucinogens.

Classification of commonly used psychedelics Marijuana, LSD, MDMA, Peyote, and Psilocybin will be understood in relation to their general effects, physical and mental effects, and delusions and hallucinations. The physiological and emotional effects will be read in the context of societal concerns regarding tolerance, withdrawal and addiction ([Text pp. 105-131](#)).

Study Guide Assignments from Chapter 4 pages 105-131:

1. Name six hallucinogens and describe their effects?
2. What is Synesthesia?
3. What is Subjective Exaggeration?
4. What are the short-term and long-term effects of marijuana use?
5. What are flashbacks?
6. What are the physical and mental effects of hallucinogens?
7. Describe three effects of PCP.
8. Describe three withdrawal effects that occur upon cessation of long-term marijuana smoking.
9. Name the three species of marijuana plant.

Week 6: Stimulants: (Amphetamines, Cocaine and Coffee)

Classification of stimulants and their general effects on the circulatory system will be discussed in relation to increased paranoia, craving, overamping dangers, and aggressive hyperactivity behavior. Other mild stimulants, caffeine, nicotine and chocolate, as well as look-alike and over the counter stimulants will be identified and reviewed in relation to abuse and dependency ([Text pp. 131-158](#)).

Study Guide Assignments from Chapter 4 pages 131-158:

1. What are the three general groups of stimulant drugs?
2. Name six physiological effects of stimulant use.
3. Which neurotransmitter is most responsible for the stimulation caused by stimulants?
4. What are the three most common ways to put cocaine into the body? Which is the fastest route to the brain?
5. What usually causes death with an amphetamine or cocaine overdose?
6. What are two other names for smokable cocaine?
7. What properties of smokable cocaine enable it to be smoked?
8. What are four symptoms of prolonged stimulant use?
9. What are three major effects of stimulants?
10. Which has the most caffeine: a six-ounce cup of coffee, six ounces of chocolate, or a six-ounce cup of tea?
11. What is the main reason that tobacco is so addictive?

Week 7: The Opiates and Opioids (Depressants)

The Opium poppy, its pharmacological effects, number of narcotic addicts, cost to society and the culture of the heroin addict will be reviewed in relation to its high addiction potential. The distinction between opioids and opiates will clarify the semi synthetic and synthetic derivatives of the opium poppy. Attention will be given to side effects of opioids, tolerance, dependence, and withdrawal ([Text pp. 158-171](#)).

Study Guide Assignments from Chapter 4 pages 158-171:

1. What is the difference between opiates and opioids?
2. Name four opiates and four opioids.
3. Which neurotransmitter blocks pain and which one transmits pain?
4. What are three dangerous problems with using heroin intravenously?
5. What is a "speedball" Name one type.
6. List five withdrawal effects of opiates.
7. Name two methods of using heroin.
8. What are three health consequences for heroin use?
9. Explain the following statement "A baby born to an addicted mother is also addicted".

The Student Experience Report

Student Experience Report: Type a two to three page double-spaced document about a personal experience you have had with alcohol or drug abuse and considering information from the text, the Internet, the handouts and the class lectures, discuss the following:

- The physiological, psychological and social consequences of the substance you chose to discuss;
- How the drug affected you directly through its use or indirectly through the impact on you from the abuser; and

- Reflecting on the incident, what experience or new insights you have gained.

Week 8: Sedatives/Hypnotics and Tranquilizers (Depressants)

Dangers of misuse, alterations of sleep patterns, suicide and accidental death, dangers of abuse, tolerance and physical addiction, as well as poly-drug use, synergism, cross-tolerance and cross addiction will be reviewed in relation to these highly abused medications (Text pp. 171-181).

Study Guide Assignments from Chapter 4 pages 171-181:

1. What are three overdose effects of barbiturates?
2. Which is the main neurotransmitter affected by benzodiazepines?
3. What is the biggest danger with drug synergism when using two depressant drugs?
4. What is a paradoxical reaction to tranquilizers?
5. Why is withdrawal so life threatening for alcohol and the barbiturates?
6. Who is the "Hidden Addict"?

Week 9: Alcohol abuse, Inhalants and Designer Drugs (Depressant)

Alcohol and the human body (absorption, brain function, etc.) major signs of alcoholism, high risk factors for the development of alcoholism, physiological and psychological factors associated with the development of alcoholism will be reviewed in relation to desired effects, side effects and health consequences. Other problems with alcohol consumption such as polydrug abuse, pregnancy, violent behavior, and driving under the influence will be addressed in relation to alcohols impact on the culture. Inhalants and designer Opiates and Euphoriant will be reviewed in relation to health consequences (Text pp. 181-198).

Study Guide Assignments From Chapter 4 pages 181-198:

1. What is the approximate percentage of alcohol in beer? Wine? Whiskey?
2. What does BAC stand for?
3. What are the final two products of alcohol metabolism, which are excreted from the body?
4. Describe the processing of alcohol from digestion to absorption.
5. What is alcohols effect on digestion and Liver?
6. After frequent high-dose use, which is more dangerous: alcohol withdrawal or heroin withdrawal?

Exam 2-on Text pages 105-198

Week 10: Adolescent Chemical Abuse and HIV/AIDS

Problems associated with assessing child and adolescent drug use patterns and stages of adolescent drug use will be reviewed in the context of a family systems perspective. Possible diagnostic criteria and special needs of the adolescent will be studied in relation to treatment. Attention will also be given to HIV transmission, the progression of

the disease and the epidemiology among a variety of high-risk groups (Text pp.206-250).

Study Guide Assignments from Chapters 5 & 6 pages 206-250:

1. Explain the "gateway" theory of addiction. Does it have merit?
2. Describe adolescent chemical use/abuse patterns.
3. Are college students drinking patterns unique? If so, why?
4. Why do adolescents use chemicals?
5. What are the stages of adolescent chemical use?
6. Name seven high risk factors that might identify adolescent alcohol abuse?
7. What is the origin of HIV/AIDS?
8. What are AIDS risk factors?

Week 11: Codependency, Enabling And Family Addiction

Codependency and enabling activities effect on ones emotional health will be integrated into the various styles of enablers and the dynamics of codependency. The rules of codependency will be reviewed in the context of marriage and addiction. Also drinking partners, children of alcoholics will be identified in the context of a dysfunctional family style (Text pp.255-310).

Study Guide Assignments from Chapters 7 & 8 pages 255-310:

1. What is enabling behavior?
2. What is codependency?
3. What is the difference between enabling and codependency?
4. Name and describe two styles of enabling?
5. Name four rules of codependency?
6. What are the marriage characteristics of alcohol abusing relationships?
7. Name four characteristics of adult children of alcoholics (ACOA's).
8. What are two criticisms of the ACOA movement.

Week 12: Chemical Addiction and Mental Health (Co-Occurring Disorders)

The epidemiologic and determining factors in emotional problems and drug addiction will be related to neurotransmitters, street drugs and mental illness. The overlap between Substance Use Disorders and various psychiatric disorders such as Depression, Anxiety, and Schizophrenia will be related to drugs of abuse and related psychopathology (Text pp. 317-336).

Study Guide Assignments From Chapter 9 pages 317-336:

1. What does COD mean?
2. Name five disorders that overlap with Substance Use Disorders?
3. Name and describe six characteristics of Dual-Problem clients.
4. Name and describe two problems in working with Dual-Diagnosed clients.
5. Name and describe three treatment approaches to working with Dual-Diagnosed clients.

Week 13: Alcohol and Drug Treatment

This chapter gives an overview of alcohol/drug treatment while placing major emphasis on relapse prevention. Self-help meetings (12 Step programs) are discussed in relation to treatment and recovery, as well as a recent history of alcohol and drug treatment in the United States. (Text pp. 344-378)

Study Guide Assignments from Chapter 10 pages 344-378:

1. What are the "God Steps" in recovery?
2. What steps help individuals overcome shame and guilt? Why?
3. What does the statement "spirituality of ordinary people" mean?
4. Name three advantages of AA.
5. Name six triggers to using alcohol or drugs.
6. Give four examples of structural changes that create lifestyle balance.
7. How does the serenity prayer act as a relapse prevention technique?

Week 14: Intervention Strategies in Substance Abuse Treatment (Micropractice)

This group of readings focuses on the distinction between brief and long-term therapy and reviews the different approaches to counseling addicted individuals. Cognitive therapy, Interpersonal, Family and group therapies will be reviewed in relation to goals of treatment, maintenance strategies and therapist characteristics. This overview includes relapse prevention as well as sobriety and abstinence from alcohol and drugs (Text pp. 381-402).

Study Guide Assignments from Chapter 11 pages 381-402:

1. Name and describe five approaches to therapy.
2. Name seven core assessment areas for substance abuse disorders.
3. Name and describe three goals of substance abuse treatment.
4. What are relationship enhancers and what do they mean to the therapeutic relationship?
5. Name and describe the core skills needed to help people?

Week 15: Exam 3 on Text pages 206-402.

Academic Honesty

All students are expected to adhere to the college's Academic Honesty Policy, as outlined in *the Student Handbook*. Breaches of honesty include *but are not limited to*:

- Copying another student's work
- Plagiarizing the published work of another
- Facilitating the dishonesty of another student
- Cheating on an examination.

It is your responsibility to read and understand the policy; failure to do so does not excuse you from adhering to the policy.

Accommodations for Learning Disabilities

Community College of Philadelphia is committed to complying with the *Americans with Disabilities Act* (ADA). The ADA is understood and carried out in this class. Therefore, anyone covered by this Act who has a specific need will receive reasonable services and accommodations.

Grading

All assignments must be completed in order to pass the course. Work that is late will be dropped by one letter grade. Assignments not received within 48 hours of its due date will receive a failing grade. No incomplete grades will be given in this course. There are no make up tests or extra credit assignments.

Your final grade will be based on the following:

BHHS 121 Web course has three components to student evaluation.

1. There will be three (3) exams each worth 12 points for a total of **36 points**.
2. The written assignment will be worth **12 points**.
3. The study guide questions will be worth a total of **52 points** (4 pts for each group of answers).

Total= 100 pts (A=90, B=80, C=70, D=60, F= 59)

Professor:

Dr. Pascal Scoles
Office Main Campus W 2-45
E-Mail: pscoles@ccp.edu