

## Syllabus for ADCT-1

### Introduction to Addiction Studies

Fall 2021

**Professor:** Carolyn Perkins

**In-person Office Hours:** M = 1:00 – 2:00pm

**Virtual Office Hours:** W = 1:00 – 2:00pm

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**Office Location:** AT135

**Office Phone Number:** 707.476.4354

*\* Email is usually the best way to reach me. Please allow 24 business hours for a response. \**

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#### **REQUIRED MATERIALS:**

Inaba, D., & Cohen, W. E. (2014). *Uppers, Downers, All Arounders: Physical and Mental Effects of Psychoactive Drugs* 8<sup>th</sup> Edition. CNS Publications, Inc.  
ISBN: 9780926544390

**COURSE FORMAT:** This course is an online course that will be completed one week at a time. There will not be any required live sessions. *Students are expected to engage through the use of Discussion Boards on Canvas. This is how attendance will be taken each week.* The topics of these will be assigned each week. Before posting/interacting in this format, be sure to read the expectations breakdown for these which is located on our classes Canvas page.

**COURSE DESCRIPTION:** This course is a fully online course, with no required Live Sessions or required Online Sessions. Students are expected to move through each week's material on their own, ensuring that they meet the deadlines as laid out in this syllabus and in our Canvas classroom.

Throughout this course students will engage in an examination of use, abuse and addiction with alcohol and other psychoactive drugs. Over the course of the semester students will come to understand the classifications of substances, as well as the mental and physical effects of these substances on individuals, families, and society at large. Material in this course will include physiology, pharmacology, treatment, prevention, social work, and enforcement.

Classes will include a mixture of videotaped lectures, student engagement, information gathering and individual self-reflection. Students are strongly encouraged to ask questions of the instructor, as well as other students. This allows each of us to learn and grow in our understanding of ourselves and of this field of study. Each of us comes to this course and this career path with different lived experiences. Rather than expecting others to accept one viewpoint, students will be encouraged to allow space for the experiences of others from differing backgrounds to exist simultaneously. Through this understanding of ourselves and those around us, students will begin to develop an ecological approach to their understanding of this important field of study.

**STUDENT LEARNING OBJECTIVES AND OUTCOMES:** Upon successful completion of this course, students will be able to:

1. Recognize the Diagnostic and Statistical Manual of Mental Disorders (DSM-V) criteria for substance use disorder.
2. Discuss the history of legislative efforts to regulate and control drug availability and their impact.
3. Describe the physical/chemical reactions of the human body to various substances.
4. Describe economic factors, such as, the cost of various legal and illegal drugs, the profit resulting from the sale of drugs, the expense of the law enforcement, education, prevention, treatment programs, set the parameters that impact the formulation of policy and helps to determine the actions, reactions, and attitudes to drug abuse.
5. Identify the different modalities used in education, prevention, treatment, intervention, recovery, and relapse.
6. Identify the dynamics and interaction of family life, work life, social life and recreational activities resulting in the use of drugs.
7. Define the different types of tolerance and dependence.
8. Explain the risk and protective factors associated with substance use disorder.
9. Discuss current drugs of abuse and the impact of common administration methods.

**INCLUSIVITY STATEMENT:** Students in this class are encouraged to speak up and participate in class discussion boards. Each of us *must show respect for each other* because our class represents a diversity of beliefs, backgrounds, and experiences. This is what will enrich all of our experiences together. Embracing our individual differences can deepen our understanding of one another and the world around us, rather than divide us. In this class, people of all ethnicities, genders and gender identities, religions, ages, sexual orientations, abilities, socioeconomic backgrounds, regions, and nationalities are strongly encouraged to share their rich array of perspectives and experiences. Students will have the opportunity to let our classroom community know your name and gender pronoun and anything else you would like to share. If you feel that our classroom community isolates you in any because of your differences or if you have a specific need, please speak with me early in the semester so that we can work together to help you feel welcome to be an active and engaged member of our class and community.

**LEARNING DURING A GLOBAL PANDEMIC:** *A sense of humor, patience and honesty are going to be key as we work through the semester filled with so many unknowns related to this pandemic.* The main thing that I ask is that we all come to this class with the best intentions to learn, share and grow in our understanding of Addiction Studies. I imagine that there will be times when we face technical difficulties and unexpected interruptions from our work. That is okay. We are *all* juggling something. So long as we give each other space for these incidents, do our best to create an environment where we can learn from one another and allow for the flexibility as needed, *we are going to be successful!*

**ACCESSIBILITY:** College of the Redwoods is committed to making reasonable accommodations for qualified students with disabilities. If you have a disability or believe that you might benefit from disability-related services and accommodations, please contact your instructor or Disability Services and Programs for Students (DSPS). Students may make requests for alternative media by contacting DSPS based on their campus location:

- Eureka: (707)476.4280 (Student Services Building, 1<sup>st</sup> floor)
- Del Norte: (707)465.2324 (Main Building, near the library)
- Klamath-Trinity: (530)625.4821 (Extension 103)

**During Covid-19: *DSPS will email approved accommodations for distance education classes to your instructor. In the case of face-to-face instruction, please present your written accommodation request to your instructor at least one week before the needed accommodation so that necessary arrangements can be made. Last minute arrangements or pos-test adjustments usually cannot be accommodated.***

**OFFICE HOURS:** Each week I will make myself available to students for two hours.

**On Monday's I will be available in my office from 1:00 to 2:00pm.** Students are encouraged to drop in during that time to ask questions or simply to check in. If you arrive to a closed door, know that I am having a private conversation with another student. Please knock to let me know that you are there, and I will make sure to let you in as soon as possible.

**On Wednesday's I will make myself available through Zoom from 1:00 – 2:00pm.** Students can access my “virtual office” through the Zoom link located on the home page of our Canvas classroom. Students are encouraged to hop on during that time to ask questions or simply to check in. If you are in the waiting room for a bit, know that it is because I am having a private conversation with another student. I will monitor the waiting room and let you “in” as soon as possible.

***If these time slots do not work for your schedule, let me know. I am more than happy to set up another time for us to talk in person or online.*** When seeking an alternative meeting time, please know that it may take a few days to find a time when we are both available. If your matter is *urgent*, please be sure to explain that to me with your meeting request.

**ASSIGNMENT FORMAT:** Most of the assignments for this course will involve written materials. When submitting a paper for this course, be sure to demonstrate that you have read/watched/listened to the presented materials, while also providing a *digestion* of that material in *your own words*. Papers should be dominated with *your interpretation, thoughts and understanding* of the material, rather than quotations you have picked up elsewhere. If using quotations, be sure to cite them using APA format. **All submissions for this course are to be double-spaced, using Times New Roman in a font of 12.** All assignments must be submitted in **MS Word or PDF format**.

**FREE FOR STUDENTS - OFFICE 365 EDUCATION:** Office 365 Education is available for free to students who are currently attending CR. The service includes Office Online (Word, PowerPoint, Excel, and OneNote), 1TB of OneDrive storage, Yammer, and SharePoint sites. You can access that through these links:

<https://products.office.com/en-US/student/office-in-education#FAQS>  
<https://www.microsoft.com/en-us/education/products/office/default.aspx>

**DUE DATES AND LATE ASSIGNMENTS:** **No late submissions will be accepted.** With all assignments known *well in advance*, students must work to create a schedule of completion on their

own that meets the timeline laid out below. Each student is expected to create a buffer for yourself, accounting for any unexpected events (personal, academic and technology related) that may occur near the due dates. When submitting assignments to Canvas, technical issues can arise. Be sure that you are allowing time to seek assistance from the Canvas Support folks, should something prevent you from submitting the assignment. ***This is great practice for the pressures and deadlines that are a key part of your future career as a Social Worker.*** Late assignments/work in our field means that individuals go without something that they need to be successful/healthy/whole.

**BEFORE ASKING FOR HELP FROM YOUR INSTRUCTOR:** Be sure to check your syllabus for the information that you are seeking. In the field of Social Work, professionals are often asked to find answers to complex laws, policies, and regulations. Often, we are working in agencies that are fast paced and require us to be on the move. This can mean that we are on our own to find the answers that our clients need. Your ability to find and interpret those answers on your own is key to your success. This course is a great opportunity to hone your skills.

**WHEN REACHING OUT TO YOUR INSTRUCTOR:** When reaching out, **please allow at least 24-48 business hours for a response.** If your matter is urgent, feel free to add that to the subject line so that I am aware of this. Please know that in order to facilitate self-care in my own life (a key component to longevity in the field of social work and addiction studies), I do not work 7 days a week. This means that I rarely respond to emails over the weekend or on holidays. When mapping out your semester, be sure to leave yourself plenty of time to ask questions and obtain answers before your assignment is due.

### **FALL 2021 ADMISSIONS DEADLINES & ENROLLMENT POLICIES**

You can find a rundown of important dates regarding the beginning of classes, add/drop deadlines, breaks, finals and more, by clicking [this link](#).

**ASSIGNMENTS AND POINTS AVAILABLE THIS SEMESTER:** There are 5 ways to obtain points in this course. The details of these are broken down below. Information about these assignments can also be found under the “Assignment Drop Box” page on our Canvas course home page. The rubric that will be used to grade each assignment can be found directly under the spot to submit each assignment in the “Assignment Drop Box” tab. All assignments will be discussed in class prior to their due dates.

#### **1. REFLECTIONS: There will be 2 of these over the semester.**

Each student will be required to complete an Initial Reflection and Final Reflection throughout the semester. These are to be done in the form of a paper and are turned in only to the instructor. (Meaning that these are not shared with others in the class.) Reflections are designed to allow students the opportunity to dig deeper into the course material and classroom discussions, examining how your lived experiences and newly discovered understandings of the field shape your social work practice. Prompts for each topic will be discussed in class and will be available on Canvas (under the “Assignment Drop Box” tab). Submissions should be 2-3 pages in length, double-spaced, using the Times New Roman font of 12. Reflections are due by Sunday at 11:59pm at the end of the assigned week.

| REFLECTION TOPIC   | DUE         | POINTS AVAILABLE           |
|--------------------|-------------|----------------------------|
| Initial Reflection | Week Three  | 50 points                  |
| Final Reflection   | Week Twelve | 50 points                  |
|                    |             | <b>TOTAL OF 100 POINTS</b> |

**2. DISCUSSION POSTS: There are six of these over the course of the semester.**

As we move through the semester, there will be six Discussion Posts for students to engage in. To get full points for this assignment students must first post their own response to the discussion prompt listed in Canvas, then check back in to post a response to at least two of your classmates' posts. Failure to complete all three steps of this process will result in a "0" score for that week's assignment.

| STEP IN THE PROCESS   | DATE DUE      | POINTS AVAILABLE           |
|-----------------------|---------------|----------------------------|
| Discussion Post One   | Week One      | 25 points                  |
| Discussion Post Two   | Week Two      | 25 points                  |
| Discussion Post Three | Week Four     | 25 points                  |
| Discussion Post Four  | Week Six      | 25 points                  |
| Discussion Post Five  | Week Thirteen | 25 points                  |
| Discussion Post Six   | Week Fourteen | 25 points                  |
|                       |               | <b>TOTAL OF 150 POINTS</b> |

**3. Exams: There will be 3 of these over the semester.**

Students will be required to complete 2 midterm exams and 1 final exam for this course. These exams are designed to provide an opportunity for students to demonstrate their understanding of our assigned readings and videos for this course. Exams will take place on Canvas. Students are expected to complete these individually. Each quiz is due by Sunday at 11:59pm at the end of the assigned week.

| MIDTERMS/FINAL            | DUE          | POINTS AVAILABLE           |
|---------------------------|--------------|----------------------------|
| Midterm One (Week 1 – 5)  | Week Five    | 75 points                  |
| Midterm Two (Week 4 - 9)  | Week Nine    | 75 points                  |
| Final Exam (Week 10 – 15) | Week Sixteen | 75 points                  |
|                           |              | <b>TOTAL OF 225 POINTS</b> |

**4. PAPER: There is 1 paper due over the course of the semester.**

Each student is required to submit a 6 to 8-page paper covering one particular type of drugs covered in this course. Each paper must address: (a) the Class of this drug, (b) its history and prevalence in the United States, (c) the short & long-term effect that it has on the human body, (d) the way this particular substance is seen by the larger society, (e) how special populations are impacted by this substance, (f) prevention methods, and (g) at least one treatment modality. Students are required to include at least 6 individual citations (using APA format), attaching a list of references to the back of their paper. Please note that the reference list does not count towards the total page count. While there is a lot to say on this topic, students are discouraged from going over the page limit. Often in

this line of work, individuals are pressed for time. It is important that we learn how to say several important things in a clear and concise manner.

| STEP IN THE PROCESS     | DATE DUE      | POINTS AVAILABLE           |
|-------------------------|---------------|----------------------------|
| Addiction Studies Paper | Week Thirteen | 150 points                 |
|                         |               | <b>TOTAL OF 150 POINTS</b> |

## 5. CLASS PARTICIPATION:

Class participation points are based on each student's active engagement in the classroom discussion posts and responses. This includes your individual post *and* your completion of a response to at least two of your classmates' posts.

The field of Substance Use Treatment and Recovery practice is rooted in our ability to engage with others, create space for differing points of views and take risks in a way that allows us to continue refining our practice. When responding to your classmates Discussion Posts students are strongly encouraged to participate in these class discussion boards ready to add to the conversation that day, ask clarifying questions and engage in the classroom activities. **TOTAL OF 125 POINTS**

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| <b>TOTAL CLASS POINTS AVAILABLE FOR THE SEMESTER ..... 750</b> |
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**ATTENANCE POLICY AND GRADING STANDARDS:** The Instructor recognizes the relationship between values, skills, and knowledge gained in the classroom and our professional accountability to the communities we serve. Further, attendance and punctuality demonstrate professional behavior and respect for peers and the learning environment. **Students are expected to communicate with instructors regarding any absence and are encouraged to communicate with faculty about any circumstances that may interfere with their academic progress.**

**If an unexpected event comes up for you, be sure to reach out to your instructor so that we can work together and ensure that you meet all course requirements to pass this class on time.**

**GRADING STANDARDS:** The following grading standards are for course assignments and course grades. Some grading categories are not used by the college for course grades – but may be used for assignments. The department has worked to establish this grading scale for all courses based on academic and practice standards of excellence. This standard is used to help you achieve your own level of mastery of the material and demonstrate competency in the practice behaviors that are the hallmark of professional social work.

**A+ (98-100%)** - Superior work which meets a level of professional competence and expertise worthy of publication and/or public presentation. (The College does not award an A+, however you may receive this grade on assignments).

**A (95-97%)** - Excellent work which meets a level of professional competence and expertise that is worthy of publication and/or public presentation.

- A- (90-94%)** – Admirable work which meets a level of professional competence that with minimal changes would be worthy of publication and/or presentation.
- B+ (87-89%)** – Great work which meets a level of professional competence that with some changes could be worthy of publication and/or presentation.
- B (84-86%)** – Very Good work which meets a level of professional competence that with additional changes could be worthy of publication and/or presentation.
- B- (80-83%)** - Good work which meets a level of professional competence that with considerable changes could be worthy of publication and/or presentation.
- C+ (77-79%)** - Above Average work which minimally meets professional standards of competence, that through addressing the challenges may at some point be worthy of publication and/or presentation.
- C (74-76%)** – Average work which minimally meets professional standards of competence and with considerable revision, may be worthy of publication or presentation.
- C- (70-73%)** – Below Average work which barely meets professional standards of competence and is unlikely to be published or presented without tremendous amounts of work.
- D+ (67-69%)** – Barely adequate work that does not meet minimum professional standards of competence and is not worthy of publication and/or presentation.
- D (64-68%)** – Inadequate work which does not meet professional standards of competence and is not worthy of publication and/or presentation.
- F (63% or below)** – Unacceptable work that does not meet minimum course expectations.

**CANVAS ISSUES/TECHNOLOGY HELP:** It is crucial to seek help when you can't access Canvas, or you have difficulty with your computer settings or browser. If you run in to issues with technology throughout the semester, contact the Student Tech Support office at 707-476-4288 or via email at [tech-helpline@redwoods.edu](mailto:tech-helpline@redwoods.edu)

**SPECIAL NOTES: BROWSERS AND MOBILE DEVICES**

- Firefox is the recommended browser for accessing the Canvas LMS (learning management system). If you have problems opening some content, first try another browser. If you are using a mobile device, try accessing the content on a computer.
- If Flash-based content is used in this course, it will not display on Mobile devices, especially iOS devices.
- External URLs: To open certain URLs (http vs https) you may be prompted to click on the shield icon in your browser to “allow” access to the unsecure content. Simply click on the shield and click the “allow” button when asked.
- Please note that some content may be blocked if you are using a campus computer, as HSU computer labs do not allow opening certain types of unsecure content.



**CR STUDENT SUPPORT SERVICES:** Information on any of the following campus programs, can be found through this link: <https://www.redwoods.edu/services>

- Academic Support
- Admissions and Records
- Adult Education, Advising
- CalWorks
- Career Center
- Business Center
- Child Development Center
- Counseling Services
- Disability Services and Programs for Student (DSPS)
- EOPS
- Financial Aid
- Library/Learning Resources Center
- Multicultural and Diversity Center
- Online Course Support
- Parking and Transportation
- Student Health Center and Mental Health Counseling
- The G.R.O.V.E. (Food Pantry and Rapid Re-housing)
- Farm Shares
- Veterans Resource Center or Workforce and Community Education
- Trio
- Upward Bound
- Residence Halls/Housing

**ACADEMIC DISHONESTY:** In the academic community, the high value placed on truth implies corresponding intolerance of scholastic dishonesty. In cases involving academic dishonesty, the determination of the grade and of the student's status in the course is left primarily to the discretion of the faculty member. In such cases, where the instructor determines that a student has demonstrated academic dishonesty, the student may receive a failing grade for the assignment and/or exam and may be reported to the Chief Student Services Officer or designee. The Student Code of Conduct ([AP 5500](#)) is available on the College of the Redwoods website. Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the [Course Catalogue](#) and on the College of the Redwoods [website](#).

**DISRUPTIVE BEHAVIOR:** Student behavior or speech that disrupts the instructional setting will not be tolerated. Disruptive conduct may include but is not limited to: unwarranted interruptions; failure to adhere to the instructor's directions; vulgar or obscene language; slurs or other forms of intimidation; and physically or verbally abusive behavior. In such cases where the instructor determines that a student has disrupted the educational process, a disruptive student may be temporarily removed from class. In addition, the student may be reported to the Chief Student Services Officer or designee. The Student Code of Conduct ([AP 5500](#)) is available on the College of the Redwoods website. Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located on the College of the Redwoods [website](#).

**PUBLIC SAFETY POWER SHUTOFFS (PSPS)** – In the event of a PSPS electricity may be turned off to the county. It is anticipated that these PSPS will be smaller in size, and shorter in length than we experienced in 2019, if they occur at all. Yet, all students should know that if we experience a PSPS during our semester we will need to adjust the material/due dates. Students will not be penalized for outages that prevent them from submitting assignments or attending class. If you are experiencing a PSPS outside of Humboldt County (during our scheduled class time) please contact me as soon as possible.



## **EXPECTATIONS OF THE STUDENT**

- Come to class prepared with *readings and assignments completed by the first class each week*.
- Expect to spend about 3-4 hours per week working on this course.
- ***Prepare to the best of your ability*** for every aspect of this course.
- Take the opportunity to learn how to write your own thoughts; ***don't plagiarize***. Be sure to give credit where credit is due and cite your sources or use footnotes or endnotes. Balancing this with a digestion of ***your own thoughts/interpretation*** on the subject is critical.
- Find ways to ***engage in class*** (by speaking, asking questions, sharing observations, ...) so that you can demonstrate and expand on your awareness of subject material. This will also help you to ensure that you get participation points for this course.
- While it is fine to look ahead a week or two on Canvas, ***please refrain from pre-watching video clips or looking through PowerPoint slides until we have gone through them together***. This will ensure that class is more interesting for all, while also allowing room for the instructor to make changes and bring in areas of interest expressed by the class over time.
- Work to ***maintain a sense of flexibility and humor*** as we work our way through this semester. With the ever shifting sands of life during a global pandemic, there will be situations that we cannot anticipate. In those moments, a sense of humor will be helpful.
- ***Engage in timely communication with the instructor*** if unexpected events occur which require your attention and make it difficult to complete assignments on time.
- ***Take the time to learn about campus services***. Then take steps to utilize them as needed.
- ***Create the opportunities for self-care*** that you need in order to maintain your mental health and overall success in this course.

## **EXPECTATIONS OF THE INSTRUCTOR**

- I will ***come to class prepared***.
- I will prepare and refresh ***course materials which are as current*** and accurate as possible.
- I will be ***available to answer questions or issues that may arise for you*** during this course, whether that is during my set office hours, or at another time that is more convenient.
- I will ***return emails within a 24-48-hour turnaround*** time. If something is URGENT, please indicate that in the subject line.
- I will ***make at least 2 weeks at a time "published" on Canvas*** so that students can know what to expect for the current and following week.
- I will ***prepare you*** for the quizzes and other assessments in this course to the best of my ability.
- I will utilize ***fair and honest evaluation*** techniques for each assignment required for this course.
- To the best of my ability, make this a ***valid and worthwhile learning experience***.
- I will do my best to ***address the needs of a diverse range of learning styles*** in this course.
- I will ***only*** share your student information per FERPA guidelines.
- I will ***remain flexible regarding unexpected events impacting all of us*** over the semester. Examples of these are rolling power shutoffs, internet disruptions, road closures and fires. If any of these occur, deadlines will move to ensure there is adequate time for students to complete the assignment.

***Course Outline, Readings and Due Dates Subject to Change at Instructors Discretion***