

ADCT 210, Understanding Drug/ Alcohol Abuse and Addiction

We will meet Mondays and Wednesdays 9:30-11 am in Room 102, downtown

Course Information

Semester & Year: Fall 2025

Course ID & Section #: ADCT-210-E0782

Instructor's name: Suzy Bibona, suzy-bibona@redwoods.edu

Course units: Non-Credit course

Catalog Description

A course designed to create an understanding of drug and alcohol abuse from a sociological and physiological perspective. Students will learn about various aspects of recovery and the recovery process. Topics will include: treatment, detox processes, support groups, and post-recovery issues.

Course Student Learning Outcomes

1. Identify the recovery road maps and various treatment options to clean and sober living.
2. Explain the detoxification process and how to utilize treatment and support groups.
3. Identify community resources for recovery and how to incorporate them into a sober lifestyle.

Class Content

We will cover the following course topics and concepts:

1. Current definitions and models of addiction
2. Dependence, Withdrawal, and Tolerance in addiction.
3. How addiction hijacks the brain.
4. Recovery Road Maps: The first step - deciding to quit.
5. The roads to clean and sober.
6. Home or hospital Detox
7. Inpatient and Outpatient treatment options
8. Addiction recovery programs and support groups, such as AA and sponsorship.
9. Relapse Prevention.
10. Local Resources.

This class is very interactive and highly participatory. Most of our time together we will be discussing class readings, lessons and videos. We learn with each other and from each other. I will include topics and materials that interest you related to the class.

Educational Accessibility & Support

College of the Redwoods is committed to providing reasonable accommodations for qualified students who could benefit from additional educational support and services. You may qualify if you have a physical, mental, sensory, or intellectual condition which causes you to struggle academically, including but not limited to:

- Mental health conditions such as depression, anxiety, PTSD, or bipolar disorder
- Common ailments such as arthritis, asthma, diabetes, autoimmune disorders, and diseases
- Temporary impairments such as a broken bone, recovery from significant surgery, or a pregnancy-related disability
- Neurodevelopmental disorders such as a learning disability, intellectual disability, autism, acquired brain injury, or ADHD
- Vision, hearing, or mobility conditions

Available services include extended test time, quiet testing environments, academic assistance and tutoring through the LIGHT Center, counseling and advising, alternate formats of course materials (e.g., audio books, braille, E-texts), assistive technology, learning disability assessments, approval for personal attendants, interpreters, priority registration, on-campus transportation, adaptive physical education and living skills courses, and more. If you believe you might benefit from disability- or health-related services and accommodations, please contact Student Accessibility Support Services (SASS). If you are unsure whether you qualify, please contact Student Accessibility Support Services (SASS) for a consultation: sass@redwoods.edu.

SASS office locations and phone numbers

Eureka campus

- Phone: 707-476-4280
- Location: Student Services building, first floor SS113

Inclusive Language in the Classroom

College of the Redwoods aspires to create a learning environment in which all people feel comfortable in contributing their perspectives to classroom discussions. It therefore encourages instructors and students to use language that is inclusive.