

Introduction to Addiction Studies, ADCT 10- E7606

Required Text: *Uppers, Downers, All Arounders, Darryl Inaba, CNS Publications, 8th Edition 2014*

CLASS SCHEDULE SPRING 2025

WEEK AND DATES:	TOPIC
1. Jan. 22	Overview: Introductions & expectations
2. Jan. 27, 29	Ch. 1, Historical Themes, Classification (Quiz 1/29)
3. Feb. 3, 5	Ch. 2, Neurochemistry and Physiology of Addiction
4. Feb. 10, 12	Ch. 2, Continued (Quiz 2/12)
5. Monday, Feb 17	NO CLASS, PRESIDENT'S DAY
Wednesday, Feb. 19	Ch. 3, Uppers
6. Monday, Feb. 24	Ch. 3, Uppers (Quiz 2/24)
Wednesday, Feb. 26	Ch. 4, Downers
7. Mar. 3, 5	Ch. 4, Continued (Quiz 3/5)
8. Mar. 10, 12	Ch. 5, Alcohol (Quiz 3/12)
9. Mar. 17, 19	NO CLASSES SPRING BREAK
10. Mar. 24, 26	Ch. 6, Hallucinogens/marijuana (Quiz 3/26)
11. Monday, Mar. 31	NO CLASS, CESAR CHAVEZ DAY
Wednesday, Apr. 2	Ch. 7, Behavioral and other Addictions
12. Apr. 7, 9	Ch. 7, Continued (Quiz 4/9)
13. Apr. 14, 16	Ch. 8, Prevention and Harm Reduction (Quiz 4/16)
14. Apr. 21, 23	Ch. 9, Treatment (Quiz 4/23)
15. Apr. 28, 30	Ch. 10, Addiction and Mental Health (Quiz 4/30)
16. May 5, 7	Review for final exam

This syllabus is intended as a guide. Any items may be changed or added at the teacher's discretion. Students will be notified of changes verbally in class and/or electronically. Please check Canvas and your CR email for updates and changes before each class session.

Evaluation & Grading Policy

Item: % of course grade (# of points/ 1000 total)

1. Participation: 65% (650 pts.)

This class is very interactive and highly participatory. Our class time together mostly consists of discussion, group activities, small projects or assignments, and chapter assessments.

Participation consists of:

- 1) showing up for class on time.
- 2) reading appropriate chapters and doing homework as assigned.
- 3) being prepared for class discussion and activities.
- 4) contributing constructively to class discussion and activities.
- 5) bringing your textbook to class.

You are responsible for any content and materials you miss. Please email me or send me a Canvas message if you know you will be missing a class. Also feel free to connect with and contact classmates for information about a missed class.

2. Quizzes: 25% (250 pts.)

10 chapter quizzes, 25 multiple choice questions each

3. Final Exam: 10% (100 pts.):

* 100 multiple choice questions (cumulative, all 10 chapters)

Grades:

A= 91-100%; A- =90%

B= 81-89%; B- = 80%

C= 70-79%

D= 60-69%

F= 0-59

Syllabus for ADCT-10-E7606

INTRODUCTION TO ADDICTION STUDIES

Course Information

Semester & Year: Spring 2025

Course ID & Section #: ADCT-10-E7606

Instructor's name: Suzy Bibona

Day/Time of required meetings: Monday, Wednesday 10:05-11:30am

Location: HU 125

Course units: 3

Required Text:

Uppers, Downers, All Arounders: Physical and Mental Effects of Psychoactive Drugs

8th Edition; Darryl Inaba and William Cohen; CNS Productions; 2014. ISBN: 978-0-926544-39-0

Instructor Contact Information

Email Address: suzy-bibona@redwoods.edu

Office hours: By arrangement; please email me or send me a Canvas message to arrange a meeting before our class session.

Catalog Description

Examination of use, abuse and addiction with alcohol and other psychoactive drugs. Includes drug classifications, mental and physical effects and effects on society. Course will include physiology, pharmacology, treatment, prevention and enforcement.

Course Student Learning Outcomes

1. Identify drug classifications, stages of use and effects of drugs on the individual and society.
2. Articulate the principles of prevention, treatment, 12-Step programs, enforcement and harm reduction in addressing substance use and abuse.
3. Analyze historical themes of drug use and synthesize that information with current scientific knowledge to address individual and societal problems of substance abuse.

Spring 2025 Dates

Date	To Remember
January 17	Last day to register for classes (day before the first class meeting)
January 18	Classes begin
January 20	Martin Luther King's Birthday (All Campuses Closed)
January 24	Last Day to add a class
January 31	Last Day to Drop & Receive a Refund
February 2	Last Day to Drop w/out a "W"
February 3	Census Date (20% of class)
February 14	Lincoln's Birthday (All Campuses Closed)
February 17	President's Day (All Campuses Closed)
March 6	Last Day to Petition to Graduate & Petition for Certificate
March 17 - 22	Spring Break (No Classes)
March 28	Last Day for Student/Faculty Withdrawal
March 31	Cesar Chavez Day (All Campuses Closed)
May 10 - 16	Final Examinations
May 16	Last Day to File P/NP Option
May 16	Semester Ends
May 23	Grades Due
May 26	Memorial Day (All Campuses Closed)
May 30	Grades Available for Transcript Release

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, bipolar disorder, and ADHD
- 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
- A learning disability (such as dyslexia, reading comprehension), intellectual disability, autism, or acquired brain injury
- Vision, hearing, or mobility challenges

Available services include extended test time, quiet testing environments, tutoring, counseling and advising, alternate formats of materials (such as audio books or E-texts), assistive technology, on-campus transportation, 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 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

Student Support Services

Good information and clear communication about your needs will help you be successful. Please let your instructor know about any specific challenges or technology limitations that might affect your participation in class. College of the Redwoods wants every student to be successful.

The following online resources are available to support your success as a student:

CR Online Learning Support

Tech support, laptop loans, guides to using Canvas, installing Office 365 for free, and more.

Library Articles & Databases

Find the best library databases for your research.

Online Tutoring Resource

Participate in tutoring over Zoom.

Community College Student Health and Wellness

National Suicide Prevention Lifeline

If you are in distress or are with someone at risk right now, call or text the National Suicide Prevention Lifeline.

Call the National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Text the National Suicide Prevention Lifeline: 741-741

Timely Care

When you're not feeling well physically or distressed mentally, Timely Care can offer the help you're looking for in just a few quick taps. Students can schedule an appointment anytime via phone, video, and chat. [Log in or set up an account with Timely Care.](#)

Mental Health Counseling

Students should text, email, or fax Shawna Bell directly for scheduling and/or services.

- Text: 707-496-2856
- Email: shawnabmft@gmail.com
- Fax and voicemail: 707-237-2318

Wellness Central

Resources, tools, and trainings regarding health, mental health, wellness, basic needs and more designed for California community college students, faculty and staff are available on the California Community Colleges [Wellness Central](#).

Counseling

[Counseling and Advising](#) can assist students in need of academic advising and professional counseling services. Call, email or stop by one of our offices to make an appointment!

Counseling and Advising office locations and contact info

Eureka campus

- Phone: 707-476-4150
- Location: Student Services Building, first floor
- Email: counseling@redwood.edu
- Hours: Monday through Friday, 9am to 4pm. Summer hours may vary

Basic Needs Center

[The Basic Needs Center](#) provides for the health and safety of students by providing access to healthy food, financial resources, and referrals to safe and secure housing. [Submit a request for services and information.](#)

Basic Needs Center contact info

- Phone: 707-476-4153
- Email: the-grove@redwoods.edu

Learning Resource Center

The Learning Resource Center includes the following resources for students:

Library Services

Library Services promotes information literacy and provides organized information resources.

Multicultural and Equity Center (MCE)

The Multicultural and Equity Center is a dynamic and inclusive place that supports all students in their academic and personal journeys at the college. We do this by creating community, home away from home, and a safe place for cultural expression, cross-cultural learning, access to college and dignity resources, and social justice work opportunities. The MEC is committed to retention and student success by offering activities related to leadership development, student connectedness and student equity. We are a student-centered program that fosters respect for all people.

Academic Support Center

The Academic Support Center offers tutoring and test proctoring for CR students.

Student Tech Help

Student Tech Help provides students with assistance around a variety of tech problems.

Extended Opportunity Programs and Services (EOPS)

Extended Opportunity Programs and Services (EOPS) provides services to eligible income disadvantaged students including: textbook awards, grants, career academic and personal counseling, transportation assistance, tutoring, laptop, calculator and textbook loans, priority registration, graduation cap and gown, workshops, and more!

TRiO Student Success Program

The TRiO Student Support Services Program provides eligible students with a variety of services including academic advising, career assessments, assistance with transfer, and peer mentoring. Students can apply for the program with the Eureka TRiO office or the Del Norte TRiO office.

Veterans Resource Center

The Veteran's Resource Center supports and facilitates academic success for Active Duty Military, Veterans and Dependents attending CR through relational advising, mentorship, transitional assistance, and coordination of military and Veteran-specific resources.

CalWORKS

California Work Opportunity & Responsibility to Kids (CalWORKs) provides supportive services to student parents with children under the age of 18, who are receiving cash assistance (TANF benefits), to become self-sufficient. Services include: transportation assistance, basic student supplies, tutoring, priority registration, laptop and calculator loans, career, academic, and personal counseling, and more.

Academic dishonesty

In the academic community, the high value placed on truth implies a corresponding intolerance of scholastic dishonesty. In cases involving academic dishonesty, 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 [2023-2024 College Catalog](#) and [CR Board and Administrative Policies](#).

A.I. Use Class Policy

No AI use is permitted in this class. Recent advancements in generative artificial intelligence (AI) have made large language models such as ChatGPT and Google's Bard widely available. However, overuse of these tools in this class can undermine your learning and curtail the development of your critical and creative thinking skills. In addition, AI outputs are often unreliable and frequently subject to bias. For these reasons, the policy of this class is that AI cannot be used at any point in the completion of class assignments, including discussion posts. Any or all of your assignment submissions and discussion posts may be screened by AI detection software, but the real penalty for AI misuse is that you will miss out on an opportunity to learn.

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 and respectful.

Canvas Information

- Log into Canvas at [My CR Portal](#)
- For help logging in to Canvas and general tech help, visit [Student Technical Support](#)
- Once you're logged in to Canvas, you click on the Help icon on the left menu
- Canvas online orientation workshop: [Canvas Student Orientation Course](#)

Emergency Procedures / Everbridge

College of the Redwoods has implemented an emergency alert system called Everbridge. In the event of an emergency on campus you will receive an alert through your personal email and/or phones. Registration is not necessary in order to receive emergency alerts. Check to make sure your contact information is up-to-date by logging into [WebAdvisor](#) and selecting 'Students' then 'Academic Profile' then 'Current Information Update.'

Please contact Public Safety at 707-476-4112 or security@redwoods.edu if you have any questions. For more information visit [Redwoods Public Safety](#).

In an emergency that requires an evacuation of the building anywhere in the District:

- Be aware of all marked exits from your area and building
- Once outside, move to the nearest evacuation point outside your building
- Keep streets and walkways clear for emergency vehicles and personnel
- Do not leave campus, unless it has been deemed safe by the campus authorities.