



ADS 132 - Alcohol & Drug Prevention and Treatment Course Outline

Approval Date: 04/11/2019

Effective Date: 08/12/2019

SECTION A

Unique ID Number CCC000525421

Discipline(s) Counseling

Division Counseling

Subject Area Addiction Studies

Subject Code ADS

Course Number 132

Course Title Alcohol & Drug Prevention and Treatment

TOP Code/SAM Code 2104.40 - Substance Abuse/Addiction Counseling* /
C - Occupational

Rationale for adding this course to the curriculum Change subject code COUN to ADS

Units 3

Cross List N/A

Typical Course Weeks 18

Total Instructional Hours

Contact Hours

Lecture 54.00

Lab 0.00

Activity 0.00

Work Experience 0.00

Outside of Class Hours 108.00

Total Contact Hours 54

Total Student Hours 162

Open Entry/Open Exit No

Maximum Enrollment

Grading Option Letter Grade Only

Distance Education Mode of Instruction On-Campus
Hybrid

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description A course on the practical application of the historical, theoretical, research and contemporary approaches to substance use prevention and treatment. The impact of substance use on the family and issues about the continuum of care for treatment are explored.

Schedule Description

SECTION D

Condition on Enrollment

1a. **Prerequisite(s):** *None*

1b. **Corequisite(s):** *None*

1c. **Recommended:** *None*

1d. **Limitation on Enrollment:** *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

A. Students will be able to identify and evaluate primary prevention and treatment approaches when serving persons with substance use problems and disorders.

2. Course Objectives: Upon completion of this course, the student will be able to:

- A. Identify and compare the social, political, economic and cultural context within which substance use, misuse, and addiction exist, and the application of models and theories of primary prevention, treatment and recovery.
- B. Review professional responsibilities of the addiction professional to participate in primary prevention services as well as treatment of addicted persons.
- C. Define factors that increase the likelihood for individual, community, or groups to be at-risk for, or resilient to, substance use disorders.
- D. Evaluate issues of cultural identity, ethnic background, age, and gender and ability levels, in prevention, treatment and recovery.
- E. Analyze warning signs and symptoms of substance use disorders and how they affect families and significant others.
- F. Compare and contrast the common characteristics of children and adult children of substance users and the impact of substance use on the family.
- G. Research and evaluate the continuum of care concept in addiction services and the necessity for information and referral to critical social services.
- H. Evaluate the typical health and behavioral problems associated with substance use.
- I. Compare and describe the life management models of health and wellness programs.
- J.

3. Course Content

- A. Social, political, economic and cultural context of substance use, misuse, and addiction.
 - a. Theories and strategies of primary prevention & harm reduction
 - b. Treatment modalities: disease model; chronic care model; stages of change model; motivational enhancement
 - c. Prevention modalities and strategy areas: risk and protective factors; developmental assets; resilience; youth development; individual change verses environmental change; information dissemination & education; community based process; environmental; problem identification and referral; alternatives
- B. Professional responsibilities of the addiction professional
 - a. Legal and ethical responsibilities of addiction professionals

- b. Need to provide prevention services
 - c. Define clients rights and responsibilities in treatment
 - d. Self care and professional development of the addictions professional
- C. Risk and Protective factors and how they are mitigated/supported in prevention programming
 - a. Individuals
 - b. Family
 - c. Peer/school
 - d. Community
 - e. Society
- D. Diversity issues in prevention, treatment and recovery
 - a. Ethnicity
 - b. Culture
 - c. Age
 - d. Ability levels, persons with disabilities
 - e. Sexual orientation
 - f. Health
 - g. Persons in the justice system
 - h. Mandatory verses voluntary participation in treatment
- E. Warning signs and symptoms of substance use disorders
 - a. Loss of interest in daily activities
 - b. Distancing from non-using friends
 - c. Increasingly poor hygiene & self neglect
 - d. Excuses, defensiveness, denial and irritability with persons expressing concern
- F. Children and adult children and family members of substance users and common characteristics of family members.
 - a. Co-dependency
 - b. Adaptive and non-adaptive methods of coping (family roles)
 - c. Domestic violence
 - d. Intergenerational nature of family dynamics
 - e. Stages of recovery for family members
 - f. Culturally appropriate family intervention strategies
 - g. Understanding family systems in addiction treatment
 - h. Appropriate referrals for family members
- G. Continuum of care in addiction services: IOP continuum for primary prevention through recovery support
 - a. Primary prevention
 - b. Early intervention
 - c. Standard treatments (outpatient, residential, etc.)
 - d. Information and referral to social services
 - e. Recovery support
 - f. Counseling services
 - g. Appropriate referrals for legal, financial and medical issues
- H. Health and behavioral problems related to substance use including transmission and prevention
 - a. HIV/AIDS
 - b. TB
 - c. Sexually transmitted diseases
 - d. Other infectious diseases
- I. Life management models of health and wellness programs
 - a. Stress management

- b. Personal accountability
- c. Assertiveness and refusal skills
- d.

4. Methods of Instruction:

Discussion:

Lecture:

Other: Lecture, discussion, group work, scenarios, and case review. 1. Lecture on the theories of primary prevention and harm reduction in substance abuse. 2. Group work and discussion prevention modalities applied to at-risk youth population. 3. Scenarios and case reviews on the common characteristics of family members of substance abusers.

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques

- Exams/Tests --
- Quizzes --
- Papers --
- Oral Presentation --
- Class Participation --
- Class Work --
- Home Work --
- Final Exam --
- Mid Term --

Additional assessment information:

Grades will be based upon:

A final, midterm, quizzes, writing exercises, and examination of case studies and group work.

For example:

1. In a written report, students will be given a case scenario of a person who is abusing substances, and the student will identify and evaluate primary treatment approaches.
2. Students will be graded on journal entries for writing prompts given at the start of class. An example of a prompt would be to have students write for 5 minutes on: What media influences to you observe that contribute to the glamorization of drinking or drug abuse? Students will be evaluated on the content, relevance of examples and the depth of response to the writing prompt.

Letter Grade Only

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments

Selected readings from the textbook, periodicals or the library collection covering theory and application of prevention and treatment of Addiction.

For example:

1. Read the chapter on the prevention strategies in addiction treatment and in small groups, and discuss and write the strengths and weaknesses of each model.
2. Read the chapter on prevention methods in substance abuse. Research one prevention model and apply it to one of the diverse populations, then present the material orally in class.

B. Writing Assignments

Written essays, journal entries and papers on the topics of prevention and treatment.

For example:

1. Read the chapter on continuum of care and research and write an essay on a local agency that provides follow up services for clients in recovery.
2. In an essay, define the primary characteristics of children of substance users and the effects of substance use on the children.

C. Other Assignments

Group work, presentations, debates.

For example:

1. In small groups, debate the factors that make addictive behaviors attractive in our culture. How do one's culture, age and gender potentially contribute to the addictive behaviors and how might we make a cultural shift through prevention services?

7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:

Author: Marc A. Schuckit, MD
Title: Drug and Alcohol Abuse: A Clinical Guide to Diagnosis and Treatment
Publisher: Springer Publishing Company
Date of Publication: 2013
Edition:

Book #2:

Author: DiClemente, Carlo C.
Title: Addiction and Change: How Addictions Develop and Addicted People Recover
Publisher: Guildford Press
Date of Publication: 2018
Edition:

Book #3:

Author: Gerard J. Connors, Dennis M. Donovan, Carlo C. DiClemente, Mary Velasquez
Title: Substance Abuse Treatment and the Stages of Change: Selecting and Planning Interventions
Publisher: Guildford Press
Date of Publication: 2015
Edition: 2nd

Book #4:

Author: Dennis C. Daley, Phd & Antoine Douaihy, MD
Title: Relapse Prevention Counseling: Clinical Strategies to Guide Addiction Recovery and Reduce Relapse
Publisher: Pesi Publishing & Media

Date of
Publication: 2015
Edition:

B. Other required materials/supplies.

- Substance Abuse and Mental Health Services Administration (SAMHSA)
Focus on Prevention
Publication ID: SMA10-4120
Date ? 3/2017
- Substance Abuse and Mental Health Services Administration (SAMHSA)
TIP 39: Substance Abuse Treatment and Family Therapy
SMA15-4219
10/2015
- Substance Abuse and Mental Health Services Administration (SAMHSA)
TIP 47: Substance Abuse: Clinical Issues in Intensive Outpatient Treatment
Publication ID:
SMA13-4182
Publication Date:
12/2013