



Independent Study | in Idaho

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**PSYC 570
Introduction to
Chemical
Addictions**



The University of Idaho in statewide cooperation with
Boise State University — Idaho State University — Lewis-Clark State College

Course Guide

Independent
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Psychology 570 Introduction to Chemical Addictions

University of Idaho
Three Semester-Hour Credits

Prepared by:

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University of Idaho

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Psyc 570: Introduction to Chemical Addictions 3 Semester-Hour Credits: U of I

Welcome!

Whether you are a new or returning student, welcome to the Independent Study in Idaho (ISI) program. Below, you will find information pertinent to your course, including the course description, course materials, course objectives, as well as information about assignments, exams, and Grading. If you have any questions or concerns, please contact the ISI office for clarification before beginning your course.

Policies and Procedures

Refer to the ISI website at www.uidaho.edu/isi and select *Students* for the most current policies and procedures, including information on setting up accounts, student confidentiality, exams, proctors, transcripts, course exchanges, refunds, academic integrity, library resources, and disability support and other services.

Course Description

Understanding how individuals develop an addiction to psychoactive chemicals and how they recover from such an addiction; recognition, assessment, and treatment of various chemical addictions and how to do interventions for addicted individuals and their families; topics include drugs of abuse, symptoms and warning signs of chemical addiction, assessment, codependency, interventions, treatment, and recovery. UofI: Joint-listed with PSYC 570. Additional projects/assignments required for graduate credit.

Prerequisite: *None, although it is strongly advised to have taken Psychology 100 before taking this class: 10 graded assignments, 3 exams.*
Available online only.

Assignments and exams must be submitted consecutively, in the order outlined in the course; therefore, it depends on where you are in the course as to when specific items are due, including discussion topics, extra credit, and exams. Other than that, there is no limit on the number of assignments that can be submitted per week. *An instructor may take up to three weeks to grade so plan accordingly to meet personal deadlines.*

ALL assignments and exams must be submitted to receive a final grade for the course.

Course Materials

Required Course Materials

- Hansen, Venturelli, and Fleckenstein. *Drugs and Society 13th Ed.* Jones and Bartlett Publishing ISBN 978-1-284-11087-6
- Fields. *Drugs in Perspective. 9th Ed.* McGraw Hill ISBN 978-0-07-802865-6

You can purchase these books through a variety of sources. Make sure you have the correct text.

Course Delivery

All ISI courses are delivered through Canvas, an online management system that hosts the course lessons and assignments, and other items that are essential to the course. Upon registration, the student will receive a *Registration Confirmation Email* with information on how to access ISI courses online.

Course Introduction

1. First, if you are using "Chrome" for this class, you must do one of two things: Clear your cache or use IE (Best Option). If you use Chrome, often you will not see the most recent information in Canvas or some other programs. Safari also has issues as well. So, use IE for Firefox.

2. Second, there are presentations for the class that are located within each of the lessons. Click on the lesson link, and it will take you to the information regarding the section for the class. In each lesson, you will also find tasks to accomplish or quiz questions to answer. All materials will be submitted through BBL.
<http://uipsyc.mediasite.com/mediasite/Catalog/Full/b56f95cd44b54dc2a9016ea1bf36ce7321>

3. Click on the Schedule button in Canvas. Within this section, you will find a list of topics that we will be examining, assignments you will need to complete, and the exam schedule.

4. Click on Lesson 1. As discussed, you will find the topic information and text assignments. Once activated, you will find some general information about the topic we will discuss plus the reading assignments. There are two ways to view the presentation material about the topic. First, is to listen to the PowerPoint presentations on the link you find with accompanying audio overlays. Second, there may be zoom presentations you can use. Finally, there are presentation links that can be accessed through the Media site.

5. Due Dates: Assignments must be submitted in order; therefore, it depends on where you are in the course as to when specific items are due, including discussion topics, extra credit, and exams. There is not a set schedule like a regular semester class, you will need to complete all of the materials in a reasonable amount of time if you are looking to get your Minor in Addictions from the University of Idaho or other institution or if you are planning to apply for certification. Generally, work 10 hours per week or more on the class. Consider it lecture and study time but at your convenience.

6. All exams will be posted in Canvas. They are open books and notes. However, they are challenging/difficult. This is not a fluff class! Further, there is a lot of information to learn, so you need to work hard. If you study like you are taking a closed book exam, you will comprehend the material and do well. HOWEVER, IF YOU STUDY LIKE A REGULAR CLOSED- BOOK EXAM, YOU WILL COMPREHEND THE MATERIAL AND DO WELL IF YOU ARE TRYING TO FIND THE INFORMATION WHILE TAKING THE EXAM YOU WILL RUN OUT OF TIME. So, use an outline, take notes while reading the text, etc. Essentially KNOW THE MATERIAL BEFORE YOU TAKE THE EXAM. I allow two opportunities to take exam 1 so you understand how I test. You will only have one opportunity to take exams 2 and 3.

7. Thinking Topics. Throughout the semester, there will be writing topics you will need to complete. Generally, they are designed to make you think about a topic we are reviewing in class. They are to be submitted in BBL.

8. Quizzes: Throughout the class, there will be quizzes for you to complete in BBL.

9. Extra Credit: You can receive up to 30 points of extra credit for this course. Information about extra credit can be found in the syllabus.

10. Canvas. All exams, quizzes, writing assignments, and access to lectures will be through Canvas. Note that Canvas is usually updated on Friday evenings, so do not attempt to submit materials or take your exam during that time.

If you have any questions, please feel free to contact me. WORK HARD AND STUDY HARD - Steve Meier, Ph.D

Lessons

Overview

Writing Papers: You will be required to complete five brief (1-2 pages) papers on various topics you will encounter throughout the course. Some of these papers may be related to materials, webinars, or websites identified by your instructor. All documents will be submitted through BBL and will be plagiarism checked. Directions will be provided for each topic to be submitted. **Total: 100 Points**

Extra Credit: There are two options for Extra Credit: You can do both options, but you can only receive a maximum of **30 points**

Option 1: Write a term paper on a Chemical Addiction's topic of your choice. It is to be in APA style, 5-7 pages long excluding Title, Abstract, and Reference Pages. It is to be submitted before you take Exam 4.

Option 2: There are three brief assignments that will be identified as Optional EC. However, you must complete them before the exam associated with the section

Term Paper: You will be required to complete one research paper on an addiction topic you find interesting (Discuss and receive written approval on your chosen topic with the instructor before proceeding). The paper will involve conducting a literature review and citing a minimum of 15 references from major paper or internet journal articles (NOT WEBSITES) or books. Popular press (e.g., Time, Scientific American, Newspapers, etc.) will not count toward your total. Do not use Wikipedia. Paper length 7-10 pages excluding the title page, abstract, and references. All papers are to be in APA style. Type your paper in Word, then upload it to BBL. The format will look weird in BBL, but I can bring it back when I review it. It is expected that a graduate paper will be a cut above an undergraduate paper.

Total of 100 Points

Graduate Credit: There will be six additional Assignments, including a Term Paper: 100 points

Study Hints:

- Keep a copy of every assignment submitted.
- Complete all reading assignments.
- Set a schedule allowing for course completion one month before a personal deadline.
- Web pages and URL links in the World Wide Web are continuously changing. Contact your instructor if you find a broken Web page or URL.

Refer to the **Course Rules** in Canvas for further details on assignment requirements and submission.

Exams

- You must wait for grades and comments on assignments before taking subsequent exams.
- For your instructor's exam guidelines, refer to the **Course Rules** in Canvas.
- There are three exams to examine and develop your knowledge of the material. Each exam will be an open book and open note. That is, you can use any information you wish to help you. However, do

not let that fool you. These exams include multiple questions that are integrative. Thus, you must understand the material thoroughly, or you will not finish. You should study like you would take an in-class exam.

- Each exam will only cover the material in each section. There is no comprehensive final.
- Each exam will be randomly selected from a >150 question test bank. Thus, each person's exam may be different from their peers. The questions are updated/changed each semester. Therefore, studying from previous exams will not help you much.
- Total: 300 points (100 points per exam)

Refer to *Grading* for specific information on assignment/exam points and percentages.

Grading

Grading/Evaluation/Proficiency: There will be several requirements for this course.

At a minimum, all grades will be based on the following scale:

- >90%=A
- >80%=B
- >70%=C
- >60%=D
- <60%=F

All Students/Undergraduate Credit – Total Points 600. Also, there are 30 points of extra credit possible.

Grading/Evaluation/Proficiency: There will be several requirements for this course.

At a minimum, all grades will be based on the following scale:

- >90%=A
- >80%=B
- >70%=C
- >60%=D
- <60%=F

Total points are 600. Also, there are 30 points of extra credit possible.

Paper Topics: Written Assignments Points

| | |
|-------------------------------|------------|
| Epidemiology | 20 |
| Substance Abuse | 20 |
| Illicit Drugs | 20 |
| Chemical Addictions | 20 |
| Substance Abuse Prevention | 20 |
| Substance Abuse Trends | 20 |
| NDEWS | 20 |
| Opiates and Synthetic Opioids | 20 |
| Synthetic Cannabinoids | 20 |
| Reflection | 20 |
| Total | 200 |

Term Paper **100**

| Exam | Points |
|-----------------|---------------|
| Exam 1 | 100 |
| Exam 2 | 100 |
| Exam 3 | 100 |
| Total of | 300 |

The final course grade is issued after all assignments and exams have been graded.

Cheating and Plagiarism: If you cheat or plagiarize someone else's material and you are caught, you will receive an "F" grade for the course, and I will refer you to the Dean of Student's Office for additional consequences. Note: Copying and pasting material from the world wide web and not citing that information will be considered cheating. Do not even think of cheating in this class.

About the Course Developer

Dr. Meier became a faculty member in 1987. With a specialization in Applied Behavior Analysis, physiology, and addictive behavior, he was instrumental in developing the Psychology Department Addiction's program, later to become the U of I Psychology Addiction's Minor. He further was actively involved in developing the Idaho Student of Addictions Studies curriculum with other Idaho Universities. Simultaneously, he was actively engaged in creating interventions in high-risk populations with the Idaho Department of Health to address the HIV/AIDS epidemic in its early years.

With Sallie Gordon and Richard Reardon (Department Chairs), Dr. Meier helped expand the department's presence and Psychology major in Coeur d' Alene. Further, after receiving a grant from the State Board of Education and in collaboration with Richard Reardon, developed one of the first online distance learning majors at the University of Idaho that continues today. He then created a 2+2 program to create a seamless transfer program for Psychology majors attending community colleges across Idaho. Over his career, Dr. Meier received over three million dollars in grants and contracts. His mentees include eight practicing physicians, nine Ph.D. Clinical/Counseling Psychologists, and three Physical Therapists. He also received seven awards as a mentor for U of I Alumni Award for Excellence winners. Finally, he is a veteran, 25-year scout leader, 26-year ski patroller, and currently at the national level with the Benevolent and Protective Order of Elks.

Dr. Meier continues to consult with physicians and attorneys in the area of substance abuse and high-risk behavior. His current interests focus on addressing issues associated with vaping.

Contacting Your Instructor

Instructor contact information is posted on your Canvas site under *Course Rules*.

Lesson 1 An Overview of Substance Abuse

Lesson Goal, Outcomes, and Objectives

Goal:

Learn about the extent of drug use and abuse in current society, problems that result from abusive drug use, and efforts to reduce use, abuse, and related problems.

Outcomes: After completing this lesson, you should understand/be able to:

- Describe methods used to examine concepts related to addiction.
- Describe some statistics related to substance abuse.
- List several reasons why people use psychoactive substances.
- List several reasons why some people develop abusive or addictive use patterns
- Describe societal problems and costs associated with problem use patterns.
- Describe societal efforts to reduce, eliminate, or prevent illegal and/or abusive use of alcohol and drugs.
- Describe different models and theories related to substance abuse.

Some Objectives:

- Complete readings from the course and supplemental texts
- Explore relevant web sites.
- Interviews with local professionals.
- Attend a local Prevention Alliance, Coalition, or Task Force meeting.

Reading Assignment

- Hansen Chapters 1, 3, 8, 16
- Fields 1

Important Terms

| | | |
|----------------|---------------------------|-----------------|
| Statistics | Substance use, abuse, and | Labeling Theory |
| Prevalence | dependence | FDA |
| Designer drugs | Addiction | Drug Courts |

Introductory Lecture

Alcohol and other drugs (with related problems) have been part of human society for thousands of years. Over the centuries, drugs have been used for medicinal, social and spiritual purposes. Currently, people use drugs for many reasons, including curiosity, enhanced social interaction, thrill-seeking, escapism, boredom, self-medication, and spiritual growth. Many individuals can use drugs recreationally with no significant problems. Others, however, develop abusive or addictive patterns of behavior, leading to an array of personal and societal problems. These lectures, assignments, and book information provide an overview of concepts and theories related to substance abuse and how they impact individuals, families, and society.

Lecture Topics: See Transcripts, Audio and Slides Available in Canvas

- Research Methods
- Overview of Substance Abuse

Study/Thinking Questions

1. Describe how alcohol and drug use has changed over time.
2. What are some factors that influence substance use?
3. What is the relationship between substance use/abuse and criminal activity?
4. Compare and contrast the biological, psychological, and sociological theories/models of substance use, abuse, and dependence. Which models have problems in reliability, validity, or cannot be supported by various research techniques and why.
5. Should any drugs be legal? Why or Why not?

Resources

Books

- Doweiko, H., Concepts of Chemical Dependency. Brooks/Cole, 1999.
- Inaba, D., and Cohen, W., Uppers, Downers, All Arounders. CNS Productions, Inc., 1993.
- Ksir, C., Hart, C.L., and Ray, O., Drugs, Society, and Human Behavior. WCB/McGraw-Hill, 2006.
- McNeece, A.C., and DiNitto, D. M., Chemical Dependency: A Systems Approach. Allyn and Bacon, 2005.
- Stevens, P., and Smith, R., Substance Abuse Counseling: Theory and Practice. Merrill-Prentice Hall, 2001.
- Zuckerman, K. (ed.), Violence. National Clearinghouse for Alcohol and Drug Information, U.S. Dept. of Health and Human Services, Public Health Service, Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Prevention, 1994.

Web sites

- DrugNet (National Drugs and Alcohol Network)
<http://www.drugnet.net/>
- Harm Reduction
<http://www.harmreduction.org>
- Lindesmith Center-Drug Policy Foundation
<http://www.lindesmith.org>
- National Institute on Drug Abuse
<http://www.drugabuse.gov>
- National Council on Alcoholism and Drug Dependence, Inc.
https://ncadd-phx.org/about_us/
- National Drug Control Policy
<http://www.whitehousedrugpolicy.gov/>
- Northwest Frontiers Addiction Technology Transfer Center
<http://www.nfattc.org/>
- Substance Abuse and Mental Health Services Administration (SAMHSA)
<http://www.samhsa.gov>

Epidemiology Writing Assignment One (20 Points Possible)

Examine the NIDA, NIH, DOJ, and SAMHSA government websites and review the epidemiology of current substance abuse trends. What are some differences amongst different ethnic, age, and sexual groups. Hypothesize why some differences are occurring.

- Once done, write a 1-2 page paper describing what you found and your analysis. Be thorough and complete
- One-inch margins
- Single spaced
- Include a separate reference page.
- Do not Cut and Paste information. I want to know what you found presented in your own words.

Substance Abuse Written Assignment Two (20 Points Possible)

Before beginning the first written assignment, refer to the *Course Rules* in Canvas for your instructor's assignment requirements.

Review three Web sites associated with substance abuse. It can include government websites, statistical websites, websites such as Erowid.org, or websites associated with substance abuse treatment.

- Once complete, write a 1-2 page reaction paper on what you discovered.
- One-inch margins
- Single spaced
- Include a separate reference page.
- Do not Cut and Paste information. I want to know what you found presented in your own words.