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PUBH 3130 - Substance Use and Abuse

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Georgia Southern University
Department of Community Health Behavior and Education
Jiann-Ping Hsu College of Public Health
PUBH 3130-Substance Use and Abuse (3 credits)
Spring 2015
Monday and Wednesday 2:30-3:45pm
Hollis Building, Room 0108

Instructor: Jamie Cromley, MPH
Email: jcromley@georgiasouthern.edu
Office: Hendricks Hall 2002
Phone #: 912-478-2291
Office hours: Tuesday 9:00am-1:00pm, Wednesday 9:00am-10:00am or by Appt

Pre-requisite: HLTH 1520-Healthful living, sophomore status and above.

Course Description:

This course is required for students majoring in Health and Physical Education and serves as a guided elective for students in the following majors: Health Education and Promotion, Child and Family Development, Exercise Science, Justice Studies, and Recreation. All other majors are welcome.

Catalog Description

This course will explore legal and illegal drug use in modern society. Issues related to the social, cultural, political, economic impact of drug use will be addressed. The recurrent theme throughout the course will be on prevention. This will include discussions on the best ways to postpone the initiation of substance use and abuse among school aged persons as well as the cessation of use and treatment for abuse among adult populations. Substance use and its abuse effects ALL of us and does NOT discriminate on the basis of age, gender, religious affiliation, sexual orientation, race, ethnicity or income.

Textbook Required:

Hanson, G.R., Venturelli, P.J. & Fleckenstein, A. E. (2015). *Drugs and Society (12th edition)*. Jones & Bartlett Publishing: Sudbury, MA. ISBN-13: 9781284036374

Student Outcomes

Participation in this course will enable the student to:

1. Compare and contrast different sources of national drug use data
2. Define and correctly use the terms drug, drug abuse, addiction, prevention, intervention, and treatment
3. Explain the historical, cultural and governmental aspects of drug use and abuse in early 20th century
 - a. Compare patterns of drug abuse, changes in consumption of specific substances.
4. Assess the biological, physiological, and psychological effects of alcohol and other drugs on the human body.
5. Explain basic fundamental principles related to the physiology of addiction.
6. Analyze concepts and educational strategies for prevention of drug and alcohol misuse and abuse.
7. Summarize the multiple dimensions of prevention, and factors related to risk and resiliency.
8. Describe the different treatment options available for treating substance abuse.

Student Expectations and Course Policies:

1. Students are to be in class on time. After 5 minutes the door will be closed, if you are late please do not enter. You are responsible for all notes, classroom discussion, oral announcements, etc of what was covered on the day of your absence. IF you miss exams, quizzes or other assignments because of a missed class, then you will receive a "0".
2. There will be no make-up exams given. Exams are the property of the professor, any exams removed from the classroom by students will result in the score of a "0" be assigned for that exam, and an "F" for the entire course. You must notify the professor IN ADVANCE if you have a university excused absence or a make-up test will not be offered. Any person not showing up for an exam without prior notification automatically receives an "F".

No make-up tests are given except for **an university excused absence with full documentation**. If you miss a test, you have one week to make the exam up. If it is not made up **within one week**, you will receive 0 points for the exam. **You have 24 hours** after a test is taken by the class to contact me via email to schedule your make-up exam.
3. The final exam is mandatory (cumulative) and will be given during finals week. Early final exams will not be given. If this scheduled time is a problem, please consider dropping this course.
4. Late work assignments are not accepted. Most assignments will be submitted through Folio (a day and time will be posted), but some will be turned in during class time. For assignments turned in during class, please place on the front desk as you walk in. These assignments are due within the first five minutes of class, after that they are considered late and will not be accepted.
5. All assignments must be given to the professor directly, unless otherwise directed. Assignments should not be given to the Office secretary, slipped under my office door, left in my mailbox, etc.
6. Please consult the STUDENT CONDUCT CODE 2014-2015 for course policy concerning issues related to academic dishonesty. Anyone caught violating any of these regulations will be immediately reported to GSU's Judicial Board, and be assigned a "F" for the course.
7. Last day to withdraw from class without academic penalty is **April 8th, 2015**. Students who stop attending class without officially withdrawing from the class will receive a final grade of "F".
8. Samples of your work may or may not be reproduced for research purposes and/or inclusion in the professor's teaching portfolio. You have a right to review anything selected for use, and subsequently ask for its removal.
9. On the first day of class all students must sign an acknowledgement and consent form that they have received a copy of the syllabus and understand the course policies, expectations and grading procedures.
10. This syllabus, my lectures, and all materials distributed and presented by me during this course are protected by copyright law. You are authorized to take notes in this class but that authorization extends only to making one set of notes for your personal use and no other use. You are not authorized to sell, license, commercially publish, distribute, transmit, display, or record notes from this class unless you have my written consent to do so.
11. If you are receiving services from the Student Disability Resource Center (SDRC), please come and see me, as soon as possible, to schedule an appointment and to present me with an official accommodation letter.
12. This course is on Folio. You are responsible for downloading notes BEFORE you come into class. Please regularly check Folio for any messages that I might have for you.
13. When you need to contact me, please do so through the **jcromley@georgiasouthern.edu** email account for I check this one more frequently than the Folio mail messages. I will do my best to respond within 48 hours (with the exception of weekends and holidays).
14. Cell phone policy: Cell phones are expected to be OFF (or on silent) and OFF your desk (in your purse or bookbag) at all times during all classes. If you cell phone goes off during class, you are using the phone (i.e. texting) or cell phone is on your desk/ person at any time during any lecture you will be asked to leave the class. If completing an in class activity and you are asked to leave you will not receive credit for participation. In case of an emergency, please notify me prior to class.
15. Please do not email the last week of classes asking to round up your grade. You have the entire semester to earn your grade and extra credit opportunities will not be given the last week of class or finals week.

My Commitment to You:

As a student in my class, you are important to me. I am committed to your continued learning and college experience. You are never an interruption of my work. You are the purpose of it. Students are the most important people at Georgia Southern University. I am honored that you entrust your education to me. Please feel free to visit my office, call, or e-mail me at any time.

Open Door/ Closed Door Office Policy: Most of the time, when I am in my office, my door is open. Please feel free to come in and visit any time when the door is open. When my office door is closed, it means that I am not there or I am working on something and can't be disturbed. Please respect this and don't knock unless it is a dire emergency.

Attendance

Georgia Southern believes that significant student learning occurs in the classroom and recognizes the importance of in-class experiences, and if missed by a student even for legitimate reasons, cannot be fully recovered. **Attendance is highly recommended; however, if the student is unable to attend class please contact the instructor via email prior to class.** The student is also responsible for the work missed during the day of absence. The instructor will be willing to meet with the student if clarification of missed material is needed; however, lecture will not be repeated. Even though attendance is not mandatory, in-class assignments missed by the student will receive a grade of **zero**. **If a medical/family emergency occurs on the day of a scheduled assignment or exam the student must contact the instructor immediately (see make-up exam policy).**

Academic Integrity: Students are expected to follow guidelines outlined in the *Student Conduct Code 2014-15* policy regarding academic dishonesty. Any student found in violation of academic honesty will receive a grade of 'F' for the course. It is the student's responsibility to familiarize him/herself with the student policies and expectations set forth in the *GSU Student Conduct Code 2014-15*. You are expected to follow guidelines set forth in the entire handbook. Failure to comply with any part of this handbook may be a violation and thus, you may receive an 'F' in the course and/or be referred to disciplinary action.

Students with Special Needs or Disabilities: Georgia Southern University recognizes its responsibility for creating an institutional climate in which students with special needs or disabilities can thrive and learn. The Student Disability Resource Center offers various support services and can help you if special accommodations related to your special need or disability is warranted. If you have **any type** of special need or disability for which you require accommodations to promote your learning in this course, please discuss your needs with the instructor immediately. *It is your responsibility to come to the instructor with issues that are potential impedances to your success in this course. Each student's issue(s) will be evaluated on a case-by case basis. Students who choose to wait until the issue has persisted for a lengthy time or the end of the semester will deny the instructor with the opportunity to evaluate their needs and/or a potential solution.*

Collegiate Course Obligations & Expectations

I encourage all of you to stop by during my office hours or make an appointment to discuss your progress, review your exams or assignments or discuss your career choices. As a student in my class, you are important to me. I am committed to your continued learning and college experience. Furthermore, I believe that the collegiate learning experience must involve collaboration. Students and the professor have reciprocal obligations to each other that must be fulfilled, if the learning process is to be mutually beneficial and successful.

Here is what I expect from YOU*:

- You will treat everyone in the class, including the professor, with the respect due to all human beings.
- You will attend class, give your full attention to the material, and conduct yourself in an appropriate manner.
- You will come to class prepared by reading the assigned course materials BEFORE the scheduled class session.
- You will agree to do the work outlined in the syllabus on time.
- You will acknowledge that previous academic preparation (e.g., writing skills) will affect your performance in this course.
- You will acknowledge that your perception of effort, by itself, is not enough to justify a distinguished grade.
- You will not plagiarize or otherwise steal the work of others.
- You will not make excuses for your failure to do what you ought.
- You will accept the consequences -- good and bad -- of your actions.
- You will take advantage of the instructor's office hours to address any questions and concerns related to your performance in this course or your professional development.

Here is what students can expect from ME*:

- I will treat you with the respect due to all human beings.
- I will work hard to know your name by midterm.
- I will always treat you as an individual.
- I will not discriminate against you on the basis of your identity or your well-informed viewpoints.
- I will prepare carefully for every class.
- I will begin and end class on time.
- I will teach only in areas of my professional expertise. If I do not know something, I will say so.
- I will do my best to grade any assignments within **2 weeks** of submission with constructive feedback.
- I will pursue the maximum punishment for plagiarism, cheating, and other violations of academic integrity.
- I will keep careful records of your attendance, performance, and progress.
- I will make myself available to you for advising, at least 5 hours each week.
- I will maintain confidentiality concerning your performance.
- I will provide you with professional support and write recommendations for you, if appropriate.
- I will be honest with you.
- Your grade will reflect the quality of your work and nothing else.
- I am interested in your feedback about the class,
- I will manage the class in a professional manner. That may include educating you in appropriate behavior.

*Adapted from "A Tough-Love Manifesto for Professors" by T. H. Benton (2006).

TIPS FOR BEING SUCCESSFUL IN CLASS:

SUCCESS TIP #1: Attend class regularly, keep up with the reading, pay attention to substance use topics in the news or in your world. Bottom line, an engaged student is a successful student.

SUCCESS TIP #2: **READ, READ, READ!!!** You will enjoy the class more and get more out of the discussions having read and made notes for the day's reading.

SUCCESS TIP #3: Turn in assignments and drafts on their respective due dates to avoid point deduction

COURSE REQUIREMENTS & ASSESSMENT

Assignments

Assignments will be given both in class and on Folio. It is important that you check Folio frequently for course updates. Assignments on Folio will be posted under the Dropbox Folder.

Quizzes:

There will be twelve quizzes that will be straight from the textbook readings. All the quizzes will open at 3:30 pm of the Wednesday they are due and will close that Friday evening at 10:00pm. **This means you have from Wednesday at 3:30pm until Friday at 10:00pm to complete the quiz.** You have only one attempt for each quiz. Quizzes will have a 20 minute time limit. Your lowest quiz grade will be dropped at the end of the semester.

Final Examination

The final examination will be a comprehensive application of the topics covered during the semester from in-class discussions, power point slides and other pertinent material (e.g., guest speakers, videos, etc.). It is expected that students will take responsibility in making connections between material covered in the course that is both discussed and studied in the textbook. Students will need to bring an **AccuScan Benchmark 29240** answer sheet and a number **2 pencil**.

Other Requirements: Students will attend two substance abuse related activities. Please read each description carefully. There are three options to select from: Option A, Option B or Option C. **You must select TWO of the three options.**

****Due date for both assignments is Wednesday, April 22nd.** Please turn in a hard copy of both assignments in class on 4/22 **and** upload an electronic copy to Folio: Dropbox by 2pm on 4/22. No late assignments will be accepted!

***Option A:** Attend an All Recovery Meeting on campus. Meetings are held every 3rd Wednesday of the month (Jan 21st, Feb 18th, April 15th) from 8:00pm-9:00pm in the Nessmith Lane Assembly Hall Room 1915. The purpose of 'All Recovery' night is to celebrate all who struggle with addiction, are affected by addiction or support the recovery lifestyle.

- **Assignment for Option A:** See Folio for description of assignment for Option A.

***Option B:** Attend an Alcoholics Anonymous (AA), Narcotics Anonymous (NA) or Al-Anon meeting. Non-members can only attend OPEN meetings. For AA, open meetings are held on Tuesday's and Saturday's at "The Fork" (almost to the intersection of Highway 80 and Savannah Ave. at 8:00 pm.) However, students have the option of attending an AA meeting in their respective hometown communities or on campus through the Center for Addiction Recovery (Fridays at 7pm in the Library.) Local meeting days and times are often listed in the phonebook, along with the phone number to call for more information.

- **Assignment for Option B:** See Folio for description of assignment for Option B.

***Option C:** Attendance at a meeting at the **Bulloch Alcohol and Drug Council** located on Fair Road in the brick house across from the recreation department on Bennett St. This meeting is limited to 10 people per meeting and will be on a sign-up basis. **YOU MUST SIGN UP WITH ME DURING THE FIRST 2 WEEKS OF CLASS.** The council meets on the first Thursday of the month (Feb 5th, March 5th, April 2nd) at 8:30 AM. Your contact person is Mrs. Joyce Stubbs. Meetings generally last one hour. Please **DO NOT** miss another class in order to attend this meeting. Be professional...be on time. Being early is better than being late.

- **Assignment for Option C:** See Folio for description of assignment for Option C.

Course Grading Scale

Assignments/Participation	50 points
Substance Abuse Related -Assignment 1	20 points
Substance Abuse Related- Assignment 2	20 points
Quizzes	110 points
<u>Final Examination</u>	<u>100 points</u>
TOTAL	300 points

Point Scale*	Percent	Grade
270-300	90 – 100%	A
240-269	80 – 89%	B
210-239	70 – 79%	C
180-209	60 – 69%	D
Below 180	0 – 59%	F

Substance Use and Abuse

Course Schedule

Spring 2015

Week Module	Tentative Class Topic	Reading Assignments	Due Dates
Week One 1/12-1/16 Module 1	Introduction to Drugs and Society Discussion: Current Issues of Drug Use in the U.S. and among School-Aged Youth	Chapter 1	Get a copy of the textbook! Online quizzes beginning next week.
Week Two 1/19-1/23 Module 2	*No Class Monday 1/19: MLK Jr. Holiday Explaining Drug Use and Abuse In Class Activity: Drug Use and Brain Interaction	Chapter 2	Quiz #1 (Chapter 1) and Quiz #2 (Chapter 2) due Wed. 1/21 by 10pm,
Week Three 1/26-1/30 Module 3	Drug Use, Regulation, and the Law	Chapter 3	Quiz # 3 due Wed. 1/28 by 10pm, Chapter 3
Week Four 2/2-2/6 Module 4	Homeostatic Systems and Drugs How and Why Drugs Work	Chapter 4 Chapter 5	Quiz #4 due Wed. 2/4 by 10pm, Chapter 4 & 5
Week Five 2/9-2/13 Module 5	CNS Depressants: Sedative and Hypnotics Narcotic (Opioids)	Chapter 6 Chapter 9	Quiz #5 due Wed. 2/11 by 10pm, Chapter 6 & 9
Week Six 2/16-2/20 Module 6	Marijuana	Chapter 13	Quiz #6 due Wed. 2/18 by 10pm, Chapter 13
Week Seven 2/23-2/27 Module 7	Stimulants, Hallucinogens, and Inhalants	Chapter 10, 12, & 14 (selected reading)	Quiz #7 due Wed. 2/25 by 10pm, Chapter 10, 12, 14
Week Eight 3/2-3/6 Module 8	Alcohol Tobacco	Chapter 7, 8, & 11 (selected reading)	Quiz #8 due Wed. 3/4 by 10pm, Chapter 7, 8, 11

Week Nine 3/9-3/13 Module 9	Social Media and Substance Abuse Drug Use in the Schools (Violence)	Chapter 9	No Quiz
3/16-3/20	Spring Break		No Quiz
Week Ten 3/23-3/27 Module 10	Drug Use in the Workplace	Readings on Folio	No Quiz
Week Eleven 3/30-4/3 Module 11	Over-the-Counter, Prescription, and Herbal Drugs Begin: Risk and Protective Factors	Chapter 15 Folio Readings	Quiz #9 due Wed. 4/1 by 10pm, Chapter 15
Week Twelve 4/6-4/10 Module 12	Risk and Protective Factors continued Drug Use in Subcultures of Special Populations Discussion: Legalization vs. Decriminalization In Class Activity: The feasibility of legalizing Marijuana as a Medical Modality	Folio Readings Chapter 16	Quiz #10 due Wed 4/8 by 10pm, Chapter 16
Week Thirteen 4/13-4/17 Module 13	Public Policy and Drug Abuse Prevention In-Class: History of Drug Courts Do drug courts really work?	Folio Readings	No Quiz
Week Fourteen 4/20-4/24 Module 14	Drug Abuse Prevention In Class Activity: Drug Prevention/Intervention Programs that Work	Chapter 17	BOTH Assignments from out of class activities due Wed 4/22 Quiz #11 due Wed. 4/22 by 10pm (Chapter 17)
Week Fifteen 4/27-5/1	Treating Drug Dependence	Chapter 18	Quiz #12 due Wed. 4/29 by 10pm (Chapter 18)
Week Sixteen 12/1-12/5 Finals Week	Final Examination – Monday, May 4th, 3-5 pm		