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Fall 2016

### PUBH 3130 - Substance Use and Abuse

Jamie S. Cromley

Georgia Southern University, Jiann-Ping Hsu College of Public Health, [jcromley@georgiasouthern.edu](mailto:jcromley@georgiasouthern.edu)

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**Georgia Southern University**  
**Jiann-Ping Hsu College of Public Health**

PUBH 3130- Substance Use and Abuse  
Fall 2016

<b><u>Instructor:</u></b>	Jamie Cromley, MPH
<b><u>Office:</u></b>	Hendricks Hall, Room 2002
<b><u>Phone:</u></b>	(912) 478-2291
<b><u>E-Mail Address:</u></b>	jcromley@georgiasouthern.edu
<b><u>Office Hours:</u></b>	Tuesdays 10:00am-1:30pm, Wednesdays 12:30pm-2:00pm and by appointment
<b><u>Class Meets:</u></b>	Mondays and Wednesdays 2:30pm-3:45pm Information Technology (IT) Building Room 1005

Course Catalog available at:  
<http://em.georgiasouthern.edu/registrar/resources/catalogs/>  
under Jiann-Ping Hsu College of Public Health Programs

**Prerequisites:** HLTH 1520-Healthful living, sophomore status and above.

**FOLIO Access:** <https://my.georgiasouthern.edu/portal/portal.php>

**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.

**Required Textbook:**

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

### **BSPH Core Student Learning Outcomes (CORE)**

1. Demonstrate proficiency and effectiveness in the communication of core public health principles and practices, both oral and written.
2. Demonstrate proficiency in the integration of the core public health disciplines (Biostatistics, Epidemiology, Environmental Health, Health Policy/Management, and Social/Behavioral Science) in practice and research.
3. Demonstrate proficiency in problem solving, critical thinking, and public health leadership.

### **BSPH Competencies**

1. Identify and assess public health problems to develop appropriate public health education programs based on sound theoretical foundations of health behavior
2. Design, implement and evaluate public health educational programs for identified health problems for at-risk populations and communities.
3. Demonstrate argumentation, analysis, and synthesis skills writing through the development of comprehensive health promotion program plans and materials.
4. Communicate and advocate for health and health education

### **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 20<sup>th</sup> 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.

Substance Use and Abuse  
Course Schedule  
Fall 2016

<b>Week Module</b>	<b>Tentative Class Topic</b>	<b>Reading Assignments</b>	<b>Due Dates</b>
Week One 8/15-8/19  Module 1	Introduction to Drugs and Society	Chapter 1	Get a copy of the textbook! Online quizzes beginning next week.
Week Two 8/22-8/26  Module 2	Explaining Drug Use and Abuse	Chapter 2	Quiz #1 (Ch. 1) and Quiz #2 (Ch. 2) due Fri. 8/26 by 10pm,
Week Three 8/29-9/2 Module 3	Drug Use, Regulation, and the Law  Begin Homeostatic Systems and Drugs	Chapter 3  Chapter 4	Quiz # 3 due Fri. 9/2 by 10pm (Ch. 3)
Week Four 9/5-9/9  Module 4	Labor Day- Sept 5 <sup>th</sup>  Homeostatic Systems and Drugs (cont.)	Chapter 4	No Quiz
Week Five 9/12-9/16  Module 4	How and Why Drugs Work	Chapter 5	Quiz #4 due Fri. 9/16 by 10pm, (Ch. 4 & 5)
Week Six 9/19-9/23 Module 5	CNS Depressants: Sedative and Hypnotics  Narcotic (Opioids)	Chapter 6  Chapter 9	Quiz #5 due Fri 9/23 by 10pm, (Ch. 6 & 9)
Week Seven 9/26-9/30  Module 6	Marijuana	Chapter 13	Quiz #6 due Fri 9/30 by 10pm, (Ch.13)
Week Eight 10/3-10/7  Module 7	Stimulants, Hallucinogens, and Inhalants	Chapter 10, 12, & 14 (selected reading)	Quiz #7 due Fri. 10/7 by 10pm, (Ch.10, 12, & 14)

Week Nine 10/10-10/14  Module 8	Alcohol  Caffeine and Energy Drinks	Chapter 7 & 8 (selected reading)	Quiz #8 due Fri 10/14 by 10pm, (Ch. 7 & 8)
Week Ten 10/17-10/21  Module 8	Tobacco	Chapter 11	
Week Eleven 10/24-10/28  Module 9	Over-the-Counter, Prescription, and Herbal Drugs	Chapter 15	Quiz #9 due Fri 10/28 by 10pm, (Ch. 11 & 15)
Week Twelve 10/31-11/4  Module 10	Risk and Protective Factors  Drug Use in Schools and the Workplace	Readings on Folio	No Quiz
Week Thirteen 11/7-11/11  Modules 11 and 12	Social Media and Substance Abuse  Drug Use in Subcultures of Special Populations	Chapter 16	Quiz #10 due Fri. 11/11 by 10pm (Ch. 16)
Week Fourteen 11/14-11/18  Module 13	Drug Abuse Prevention	Chapter 17	<b>BOTH</b> assignments from out of class activities due Wed 11/16  Quiz #11 due Fri 11/18 by 10pm (Ch. 17)
11/21-11/25	Thanksgiving Break- No Classes		
Week Fifteen 11/28-12/2  Module 14	Treating Drug Dependence	Chapter 18	Quiz #12 due Fri. 12/2 by 10pm (Ch. 18)
Week Sixteen 5/2-5/6  Finals Week	Final Examination – Monday December 5 <sup>th</sup> 3:00pm-5:00pm		

## Student Performance Evaluation

### 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 from the textbook readings. All the quizzes will close Friday evenings at 10:00pm. 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, November 16<sup>th</sup>.** Please turn in a hard copy of both assignments in class on 11/16 **and** upload an electronic copy to Folio: Dropbox by 2pm on 11/16. No late assignments will be accepted!

**\*Option A:** Attend an All Recovery Meeting on campus. Meetings are held every 3<sup>rd</sup> Wednesday (September 21<sup>st</sup>, October 19<sup>th</sup>, November 16<sup>th</sup>) of the month from 8:00pm-9:00pm in the Nessmith Lane Assembly Hall Room 1909. 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. 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 (September 1<sup>st</sup>, October 6<sup>th</sup>, November 3<sup>rd</sup>) 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>
<b>TOTAL</b>	<b>300 points</b>

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<b>Point Scale*</b>	<b>Percent</b>	<b>Grade</b>
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

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### 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 2016-2017 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 **October 10<sup>th</sup>, 2016**. 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 your 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. 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. 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. 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. 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).

**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.

### **Academic Misconduct**

As a student registered at this University, it is expected that you will adhere to only the strictest standards of conduct. It is recommended that you review the latest edition of the *Student Conduct Code* book, as well as the latest *Undergraduate & Graduate Catalog* to familiarize yourself with the University's policies in this regard. Your continued enrollment in this course is an implied contract between you and the instructor on this issue; from this point forward, it is assumed that you will conduct yourself appropriately.

### **Plagiarism:**

"According to the Academic Dishonesty Policy of GSU, Plagiarism includes (but is not limited to):

- A. Directly quoting the words of others without using quotation marks or indented format to identify them.
- B. Using published or unpublished sources of information without identifying them.
- C. Paraphrasing material or ideas without identifying the source.
- D. Unacknowledged use of materials prepared by another person or agency engaged in the selling of term papers or other academic material.

If you are accused of plagiarism by a JPHCOPH, the following policy, as per the Judicial Affairs website (<http://students.georgiasouthern.edu/judicial/faculty.htm>) will be enforced:

### PROCEDURES FOR ADJUDICATING ACADEMIC DISHONESTY CASES

#### **First Offense - In Violation Plea**

1. If the professor and the Dean of Students agree that the evidence is sufficient to warrant a charge of academic dishonesty, the professor should contact the Office of Judicial Affairs to determine if this is a first violation of academic dishonesty. The incident will be reported via the following website: <http://students.georgiasouthern.edu/judicial/faculty.htm>
2. If it is a first violation, the professor should talk with the student about the violation. **If the student accepts responsibility in writing and the professor decides to adjudicate the case, the following procedures will be followed:**
  - a. The student will be placed on disciplinary probation for a minimum of one semester by the Office of Judicial Affairs.
  - b. The student will be subject to any academic sanctions imposed by the professor (from receiving a 0 on the assignment to receiving a failing grade in the class).
  - c. A copy of all the material involved in the case (Academic Dishonesty Report Form and the Request for Instructor to Adjudicate Form) and a brief statement from the professor concerning the facts of the case and the course syllabus should be mailed to the Office of Judicial Affairs for inclusion in the student's discipline record.

#### **First Offense - Not In Violation Plea (student does not admit the violation)**

If the professor and the Dean of Students agree that the evidence is sufficient to warrant a charge of academic dishonesty, the professor should contact the Office of Judicial Affairs to determine if this is the first or second violation of academic dishonesty. The student will be charged with

academic dishonesty and the University Judicial Board or a University Hearing Officer would hear the case. If the student is found responsible, the following penalty will normally be imposed:

- a. The student will be placed on Disciplinary Probation for a minimum of one semester by the Office of Judicial Affairs.
- b. The student will be subject to any academic sanctions imposed by the professor.

### **Second Violation of Academic Dishonesty**

If the professor and the Dean of Students agree that the evidence is sufficient to warrant a charge of academic dishonesty, and if it is determined this is the second violation, the student will be charged with academic dishonesty and the University Judicial Board or a University Hearing Officer would hear the case.

**If the student is found responsible, the following penalty will normally be imposed:**

- a. Suspension for a minimum of one semester or expulsion.
- b. The student will be subject to any academic sanctions imposed by the professor.

### **NOT RESPONSIBLE FINDING**

When a student is found not responsible of academic dishonesty, the work in question (assignment, paper, test, etc.) would be forwarded to the Department Chair. It is the responsibility of the Chair to ensure that the work is evaluated by a faculty member other than the individual who brought the charge and, if necessary, submit a final grade to the Registrar. For the protection of the faculty member and the student, the work in question should not be referred back to the faculty member who charged the student with academic dishonesty.

In the case of a Department Chair bringing charges against a student, an administrator at the Dean's level will ensure that the student's work is evaluated in an appropriate manner.

### **CONFIDENTIALITY**

In accordance with provisions of the Family Educational Rights and Privacy Act of 1974 and the Georgia Open Records Act, any information related to a violation of academic dishonesty or the outcome of a judicial hearing regarding academic dishonesty, is prohibited and must be treated as confidential by members of the faculty."

### **University Calendar for the Semester**

The University Calendar is located with the semester schedule, and can be found at:

<http://em.georgiasouthern.edu/registrar/>

### **Portfolio Inclusion**

Samples of your work may be reproduced for search purposes and/or inclusion in the professor's teaching portfolio. You have the right to review anything selected for use, and subsequently ask for its removal.

### **Professional Dispositions:**

BSPH are expected to graduate the program with competent professional skills. Professional skills and dispositions are also expected while completing the internship experience. As a student in this course, you are expected to exhibit professionalism at all times. The following is a list of skills BSPH majors are expected to demonstrate:

- Written communication skills: Student uses appropriate professional title, grammar, structure, punctuation, spelling, tone, etc.
  - Email and other media communication: Student uses appropriate professional title, grammar, structure, punctuation, tone, etc. To write a professional email, please include the following:
    - a salutation,
    - identify who you are,
    - what the contact is in reference to (i.e. PUBH4132), and
    - what you would like me to do.

At the bottom of the email, please type out your name.

- Oral and non-verbal communication skills:
  - In interpersonal communication, student uses or maintains appropriate tone, language, attitude, interpersonal space, etc.
  - In public speaking, student uses or displays appropriate volume, speed, enunciation, eye contact, structure, etc.
- Organization: Student keeps track of assignments and materials, is prepared for presentations, etc.
- Initiative: Student can begin tasks and work independently, initiate tasks/projects, etc.
- Reliability: Student is punctual, completes assignments, meets deadlines, and is prepared for class etc.
- Collegiality: Student exhibits appropriate, positive, helpful interactions with others
- Collaboration: Student collaborates with others on tasks or projects accepts others' suggestions and criticisms, participates in and provides constructive inputs to discussion and debate, etc.
- Judgment: Student considers options and their implications when making decisions, does not act impulsively, etc.
- Respectful: Student respects confidentiality, treats others with respect, etc.
- Self-Presentation: Student is well groomed, dressed appropriately, well rested, etc.
- Interpersonal interactions: Students will practice civility when interacting with faculty and fellow students; in cases of disagreement or conflict, students will make every effort to resolve such matters in a respectful manner with a goal towards mutual resolution.

**\*\*If a student fails to comply with the list of professional skills, the faculty will provide the student a warning for the first offense. If failure to improve behavior or to make progress in the relevant skills, the faculty member will immediately report the student to the University Student Conduct Board for violating the Student Code of Conduct.**

**One Final Note**

The contents of this syllabus are as complete and accurate as possible. The instructor reserves the right to make any changes necessary to the syllabus and course material. The instructor will announce any such changes in class. It is the responsibility of the student to know what changes have been made in order to successfully complete the requirements of the course.