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PUBH 4090 - Selected Topics in Public Health: Seminar in Addiction & Recovery

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PUBH4890 SELECTED TOPICS IN PUBLIC HEALTH:
SEMINAR IN ADDICTION & RECOVERY
FALL 2017
Veazey Hall 3031

COURSE DESCRIPTION:

This course is an intensive evaluation of all the issues involved in both addiction and recovery, with a special focus on community health through service-learning. Students are expected to be present at every class session.

COURSE LEARNING OBJECTIVES:

This course is meant to be an intensive and unique learning experience for students that are in recovery from drugs, alcohol, eating disorders, self-harm and other process addictions. Studies show that QOL (Quality of Life) factors such as social support, motivation, and higher levels of life satisfaction are predictors of sustained abstinence from substance-use and other addictive behaviors (Laudet, 2007). This course will empower students to use education as a means of improving self-confidence, decision-making skills, and interpersonal relationships. Students will be given the opportunity to build upon their physical, mental, emotional, and spiritual recovery by using the experience of those in the group as well as the resources suggested by public health and social science literature on the addiction recovery processes. As this is a service-learning course, students will work with other Georgia Southern and local community organizations to participate in at least 25 hours of service to their community and will be graded on a reflection of their experiences participating in this service work. Each facet of this course is designed to enhance each person's recovery from their addiction with the goal of giving students tools they can use throughout their life to achieve lasting sobriety. Students must have at least 6 months of continuous recovery from their addiction at the time they enroll in the course.

COURSE DATES & TIMES:

Students are assigned one of 3 possible seminar times:

Wednesdays 12:20-1:10 p.m.

Thursdays 11:00-11:50

Thursdays 5:00-5:50 p.m.

Seminars meet every week. Each seminar will meet 11 times during the course of the semester and have a final exam on the last seminar date. Two weeks during the semester that you do not have seminar you will be expected to participate in the Haunted Forest in some capacity. You are expected to attend the same seminar time every week a seminar is held. You *may* attend another seminar time on any given week if you have a documented reason why you will not be able to attend your regular scheduled seminar time. Changing seminar times requires a documented excuse and approval by instructor.

OFFICE HOURS: Tuesdays 2:00 p.m.- 5:00 p.m

Wednesdays 2:00pm - 5:00 pm

Or by appointment

SELECTED TOPICS – 4C'S:

1. Clean, Sober & Healthy
2. Connected in Community
3. Committed to Academics
4. Civility in Relationships

ATTENDANCE & PARTICIPATION REQUIREMENTS:

Attendance and Participation at all seminars and social events *are* a large portion of the students' grade. Please see grading rubric for number of points you will earn. You will be required to sign in at each class, and you will receive up to 3 points for each week's participation

SERVICE-LEARNING REQUIREMENTS:

You will be required to complete a number of service hours as a part of your PUBH4890 curriculum this semester. You can receive credit for a maximum of 25 hours, and each service or volunteer hour needs to be approved by course instructor. There are several opportunities already available through the Center for you to receive your service hours. They are as follows:

- Participation in Run for Recovery: 25-100 hours
- Participation in Center for Addiction Recovery fundraising and/or speaking engagements: hours vary
- Participation in Spring Leadership Retreat)
- Participation in Students of Service student organization revitalization
- Participation in Ghana Study Abroad Fundraising
- You may see instructor about other potential service opportunities on campus or in the community. A great resource for locating other service opportunities is the GSU Office of Leadership and Civic Engagement located in the Russell Union. <http://students.georgiasouthern.edu/leadership/>. This office provides opportunities on a weekly basis to get involved in service work. Each service hour must be approved by instructor in order to receive service credit for the course.

SOCIAL GATHERINGS:

There will be several social gathering opportunities this semester. You will have the chance to earn 5 points per gathering.

RETREAT

The retreat will be held this semester in April in Asheville, N.C. The Center student population voted on this location and details will be discussed during first seminar.

DOSSIER:

Students will each have a portfolio (which can be kept in the Center) that keep track of: seminars attended, seminar assignments & service hours. The last page in the dossier will contain a short essay describing the student's experiences through service learning over the course of the semester. On the last day of seminar (see calendar), students will lead discussion about their experiences through service-learning and share their 5-year plan with the rest of the seminar participants. This is your final exam.

HONOR STATEMENT:

Students will be required to complete an honor statement with the Director of the Center for Addiction Recovery at the beginning of the semester which outlines stipulations for continued participation in the class. If students cannot meet the minimum conduct requirements and exhibit behavior which does not adhere to the goals and missions of the Center for Addiction Recovery, he/she will be asked to leave the Center and will receive the grade of "F" for the semester.

STUDENT DISABILITIES:

Any student who, because of a disability, may require some special arrangement in order to meet course requirements should contact the instructor immediately to make necessary accommodations.

GRADE:

Your final grade will be determined by your compliance with all expectations of the class: attendance at seminars & social events, quality of participation in seminars & social events, volunteer hours, and personal evaluation by your instructor. Your grade will be based upon a points system that is composed as follows:

<i>Activity</i>	<i>Point Value</i>
Seminar attendance	35 points
Seminar participation	20 points

FINAL EXAM:

Students will bring Dossiers &
Service-Learning Essay to
Discuss

GRADE SCALE:

Service Hours	25 points <i>(1 point for every volunteer hour)</i>
Social Gathering Attendance	10 points (5 pts per gathering)
Final Exam/Dossier Discussion	10 points (completing Dossier & turning it in at end of semester)
TOTAL	100 points

EXTRA OPPORTUNITIES (Not for Credit but for enhancing your recovery):

1. The Counseling Center (see me if you're interested in discussing a co-occurring mental health issue)
2. There has been interest in developing an 11th-step "meditation" AA meeting on campus this semester. Please see Director if you are interested.
3. ****REMEMBER: Students enrolled in the Center for Addiction Recovery will be eligible for service awards as well as early registration benefits!!!**

Schedule & Overview of the Content to be Covered During the Semester:

Week	Date	Topic	Assignment
1.	Week of August 14- NO SEMINARS - Classes Begin, Drop/Add, Get Oriented to Class Schedule	Drop/Add, Figure out Class Schedule, Come see Emily with questions about classes, etc.	Get used to your schedules!! Make time for meetings & recovery activities- pattern setting! Drop by Center during Meet & Greet hours
2.	Week of August 21	FIRST WEEK OF SEMINARS: Introduction to Course, Give Syllabus, Discuss Schedule & Service Expectations & Sign Student Conduct Agreements & waivers	Review all required events/participation requirements with your other academic calendars and bring up any schedule conflicts or alternate volunteer opps
3.	Week of August 28	Introduction to CRC concept: Getting to know our peer social support system- where's yours??	On & off campus support site list
4.	Week of Sept 4.	Connected in Community: Relapse-Prevention: What is it? Why do we do what we do	Relapse-prevention semester plan
5.	Week of Sept. 11	HURRICANE	<u>No assignment</u>
6.	Week of Sept 18.	Commitment to Academics: Academic Planning, Professional Goals Discussion	Update Resume & Begin 5-year plan
7.	Week of Sept. 25	Commitment to Academics: Academic Planning, Professional Goals Discussion	Continue 5 Year plan discussion

8	Week of Oct 2.	Service-Learning	Run for Recovery Prep/Marketing materials
9	Week of Oct. 9	Clean, Sober, & Healthy	Hands on Activity
10	Week of October 16	Effects of Relapse in Small Communities	Discussion Questions (turn in for following week)
11	Week of Oct. 23	Civility in Relationships	Vulnerability
12	Week of Oct. 30	Civility in Relationships	Relationship Goals/Community involvement
13	Week of Nov. 6	Prepare for SAS community event	
14	Week of Nov. 13	Clean, Sober & Healthy	Class Discussion lead by students. Service-Learning Essay and Dossiers due
15	Week of Nov. 20	THANKSGIVING	OFF-THANKSGIVING
16	Week of Nov. 27	Review for Portfolio	Individual Questions/Portfolio Review Early Submission Due date for feedback.
17.	Week of Nov 4.	Free Snacks all week during seminar. Semester in Review.	Portfolios due—Nov 7 th by 5:00 p.m.

Any assignments submitted after the due date will not be graded. There are times when extraordinary circumstances occur (e.g., serious illness, death in the family, etc.). In such circumstances, and/or if you need additional time to satisfactorily complete any course requirement, please consult with the instructor within a reasonable amount of time. *Nota Bene:* Extensions are not guaranteed and will be granted solely at the discretion of the instructor.

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.

Academic integrity relates to the appropriate use of intellectual property. The syllabus, lecture notes, and all materials presented and/or distributed during this course are protected by copyright law. Students are authorized to take notes in class, but that authorization extends only to making one set of notes for personal (and no other) use. As such, students are not authorized to sell, license, commercially publish, distribute, transmit, display, or record notes in or from class without the express written permission of the instructor.

"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 faculty, the following policy, as per the Judicial Affairs website will be enforced:

(<http://students.georgiasouthern.edu/judicial/faculty.htm>)

Academic Handbook:

Students are expected to abide by the Academic Handbook, located at <http://students.georgiasouthern.edu/sta/guide/>.

Your 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 for disciplinary action.

University Calendar for the Semester:

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

<http://students.georgiasouthern.edu/registrar/Spring2007.html>

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 make every effort to inform students of changes as they occur. It is the responsibility of the student to know what changes have been made in order to successfully complete the requirements of the course.