RHAB 2322-501
Intro to Alcohol and Other Dependency
Fall 2023

Instructor: Hannah Cobb
Course Time & Location: Online Course
Office: n/a
Office Hours: Email me
Office Phone: n/a
Credits: 3
Email: Hannah.Cobb@sfasu.edu

Prerequisites: None

PCOE Diversity Statement: The James I. Perkins College of Education is committed to proactively recruiting and retaining a diverse faculty, staff, and student population. Through open dialogue, mutual respect and shared responsibility, faculty, staff and students will demonstrate an understanding and sensitivity to ethnicity, race, gender, exceptionalities, culture, language/dialect, age, social class, family structure, sexual orientation, religion and spiritual values in order to enhance the quality of life in a diverse, global community.

I. Course Description: This course is a survey of alcohol and other psychoactive chemical substances abused in our society. This course will enable you to become more knowledgeable as to the implications of chemical dependency on the individual, family, and society.

II. Intended Learning Outcomes/Goals/Objectives: Through the activities and objectives in course students will become prepared, competent, successful, caring, and enthusiastic counseling professionals. They will continue to develop a sense of service, leadership, professional and intellectual growth. Through regular class attendance, writing projects, exams, and discussions, students will gain academic excellence within the subject area with an emphasis on life-long learning and development. Students will also be given the opportunity for collaboration and be encouraged toward openness to new ideas. Ethics, integrity, and service within the rehabilitation counseling profession and following the Council on Rehabilitation Education guidelines will also be integrated into all aspects of the course. As described in this syllabus, course follows the mission, vision, and core values of the college of education and Stephen F. Austin State University which is aligned with the rehabilitation curriculum, clinical experiences, and assessments.

Program Learning Outcomes:
I. Understand a variety of models and theories of addiction and other problems related to substance abuse.
II. Describe the behavioral, psychological, physical health, and social effects of psychoactive substances on the user and significant others.
III. Describe the philosophies, practices, policies, and outcomes of the most generally accepted and scientifically supported models of treatment, recovery, relapse prevention, and continuing care for addiction and other substance-related problems.
IV. Develop sensitivity, appreciation, and understanding of what it means to have a disability, i.e., its medical and psychological aspects and what can be done to ameliorate resulting problems.

Student Learning Outcomes:
I. Students will learn the different models and theories of addiction as well as other problems and issues related to substance abuse.
II. Students will be able to describe the behavioral, psychological, physical health, and social effects of psychoactive substances on the user, their family, and society.
III. Students will be to describe the philosophies, practices, policies, and outcomes of the most generally accepted and scientifically supported models of treatment, recovery, relapse prevention, and continuing care for addiction and other substance-related problems.
IV. This course will allow the student to develop sensitivity, appreciation, and understanding of what it means to have a disability, i.e., its medical and psychological aspects and what can be done to ameliorate resulting problems.

III. Course Assignments, Activities, Instructional Strategies, use of Technology:

All assignments must be submitted to the appropriate D2L dropbox for grading, unless otherwise noted by professor. Assignments cannot be accepted by email without the approval of the instructor.

1. AA Paper & Alcoholics Anonymous Meeting – This assignment is a 5-page typed double spaced paper reporting your observations from visiting an open Alcoholics Anonymous meeting. (There are open and closed meetings, make sure you attend an open meeting). You may visit an open AA meeting in your hometown, Nacogdoches, or surrounding areas. If you have attended an open AA meeting before, you may substitute an open Narcotics Anonymous Meeting. (See outline below for due date).

   The paper should be divided into two parts. Use these parts as subtopic headings:
   A. Observations (written in 3rd person)
   B. Impressions (written in 1st person)

Rules for attending AA Meeting:
No note taking
No recording
No names of participants (when writing your paper use fake names or participants initials)

2. Powerpoint Research Paper: Select a drug related topic of interest. Email me your topic for approval with a brief explanation by 9/8/23. (See outline below for due date of powerpoint research paper). You will need to write a research paper on
the approved topic and then make a powerpoint highlighting the key points of your paper.

The powerpoint portion of the research paper should be a minimum of 15 slides in length (not counting reference page(s). You need to include an introduction slide followed by an objective slide. Please limit the text on your slides to key words or phrases. Use graphics on your slides that make your point(s). You need to put the body/text of your research paper in the "Notes" section of the powerpoint. Do not put the body of your paper on the slides. A conclusions slide needs to go before the reference slide(s).

Some students use the following method to complete this assignment: 1) Write the paper first; 2) then create 15 or more blank slides; 3) then copy and paste important or key facts from your paper to the slides; 4) then add graphics.

Remember, the body/text portion of your paper needs to go in the “NOTES" section of the powerpoint and should be written in APA format. You need to use at least 8 references. References can include both journal articles and books. Please use APA style for your reference page. A sample can be found in D2L under the content tab.

3. Discussion Questions: You are expected to be an active learner, which includes written participation to the posted discussion questions. Please respond to the discussion questions with evidence that you read the chapter. Each discussion question will be graded as follows:
   - No discussion or comment to chapter question - 0 points
   - Some discussion or comment, your thoughts/opinion only, meaning you did not cite or reference textbook, thus showing that you read the chapter – 70 to 84 points
   - Discussion with evidence that you read the chapter by citing the author and listing the textbook as a reference – 85 to 94 points
   - Discussion with evidence that you read the chapter and have a clear understanding of the material, by citing the text and an outside source(s) (not the textbook). Be sure and cite and reference both textbook and outside source(s) in your response – 95 to 100 points

IV. Evaluation and Assessments (Grading):

Examinations:

Mid-Term Examination: The mid-term exam is open book and contains 75 multiple choice questions over the material covered to that point. (See outline below for due date)

Final Examination: The final exam will be comprehensive in nature and will be open book. You will be allowed 3 hours to complete the exam. (See outline below for due date)
Final Examination Extra Credit: 5 extra points will be added to your final if you prepare a page bullet list of what learned from the course that you think will help you in your chosen profession. (See below for due date).

**Quizzes:**
You will have a total of 4 quizzes.

Quiz 1 is over Chapters 1-3
Quiz 2 is over Chapters 4-6
Quiz 3 is over Chapters 8, 9 & 7
Quiz 4 is over Chapter 10/Treatment and Relapse pages

**Grade Weightings**
- AA Paper 10%
- Powerpoint Research Paper 15%
- Discussion Questions 20%
- Online Quiz Average 15%
- Mid-Term Examination 20%
- Comprehensive Final Examination 20%

V. Tentative Course Outline/Calendar:

<table>
<thead>
<tr>
<th>Week Of</th>
<th>Reading</th>
<th>Activity to be Completed</th>
<th>Quiz/Exam</th>
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<tbody>
<tr>
<td>August 28</td>
<td>* Syllabus Check (as per email I sent)</td>
<td>* Intro Discussion due 9/1/23 by 11:30pm</td>
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<tr>
<td></td>
<td>Read Uppers, Downers, All Arounders Chapter 1</td>
<td>Chapter 1 Discussion Questions (Discussion questions Chapters 1-3 will be turned in together at a later date, see below)</td>
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<td>September 4</td>
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<td>Date</td>
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<td>September 11</td>
<td>Read Uppers, Downers, All Arounder Chapter 2</td>
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<td>* Chapter 2 Discussion Questions</td>
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<td>* * Powerpoint Research Paper topic emailed to instructor for approval by</td>
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<td>11:30pm on 9/15/23</td>
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<td>September 18</td>
<td>Read Uppers, Downers, All Arounder Chapter 3</td>
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<td>* Chapter 3 Discussion Questions</td>
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<td>* Chapters 1-3 Discussion Questions</td>
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<td>Discussion Questions due by 11:30pm on 9/22/23.</td>
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<td>September 25</td>
<td>Read Uppers, Downers, All Arounder Chapter 4</td>
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<td>Watch YouTube Videos on Downers</td>
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<td>October 2</td>
<td>Read Uppers, Downers, All Arounder Chapter 5</td>
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<td>* Chapter 5 Discussion Questions</td>
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<td>* AA Paper due 10/6/23 by 11:30pm</td>
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<td>October 9</td>
<td>Read Uppers, Downers, All Arounder Chapter 6</td>
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<td>* Chapter 6 Discussion Questions</td>
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<td>* Chapters 4-6 Discussion Questions</td>
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<td>Questions due by 11:30pm on 10/13/23</td>
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<td>October 16</td>
<td>Read Uppers, Downers, All Arounder Chapter 8</td>
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<td>Chapter 8 Discussion Questions</td>
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<td>Quiz 1 (Chapters 1-3) due by 11:30pm on 9/22/23.</td>
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<td>- Quiz 2 over (Chapters 4-6) due by 11:30 on 10/13/23</td>
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<td>- Mid-term Exam due by 11:30 on 10/13/23</td>
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<td>Date</td>
<td>Task</td>
<td>Additional Information</td>
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<td>October 23</td>
<td>Read Uppers, Downers, All Arounder Chapter 9</td>
<td>Chapter 9 Discussion Questions</td>
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<td>October 30</td>
<td>Read Uppers, Downers, All Arounder Chapter 7</td>
<td>* Chapter 7 Discussion Questions</td>
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<td>* Chapters 8, 9, &amp; 7 Discussions Questions due by 11:30 pm on 11/3/23</td>
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<td>November 6</td>
<td>Read Uppers, Downers, All Arounder Chapter 10</td>
<td>Chapter 10 Discussion Questions</td>
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<td>November 20</td>
<td><strong>Thanksgiving Break</strong></td>
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<td>November 27 &amp; December 4 (You have 2 weeks to complete)</td>
<td>Read the following in Another Chance textbook: Treatment and Relapse (pages 27-76, 150 – 220 Family &amp; Substance Abuse (pages 89-137) Watch the below video <a href="http://www.youtube.com/watch?v=02oi4U0qOF8">http://www.youtube.com/watch?v=02oi4U0qOF8</a> Adult Children and Professional Co-dependency (pages 241-280)</td>
<td>* Answer Discussion Questions over Another Chance textbook readings * Chapter 10 Discussion Questions &amp; Another Chance textbook Discussion Questions due by 11:30 pm on 12/8/23. * December 8th is the last day to turn in late discussion questions for partial credit.</td>
<td>* Quiz 4 over Chapter 10 &amp; Another Chance Readings due by 11:30 pm on 12/8/23. * Final Exam Extra Credit Assignment due by 11:30 pm 12/8/23</td>
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Finals Week - You can take the final any day this week.

Final Exam due by 5:00 pm on 12/15/23

VI. Readings

Uppers, Downers, and All Arounders, Inaba & Cohen, 8th Edition.


VII. Course Evaluations: Near the conclusion of each semester, students in the Perkins College of Education electronically evaluate courses taken within the PCOE. Evaluation data is used for a variety of important purposes including:

1. Course and program improvement, planning, and accreditation;
2. Instruction evaluation purposes; and
3. Making decisions on faculty (full-time and part-time) annual evaluation processes, tenure, promotion, pay, and retention.

As you evaluate this course, please be thoughtful, thorough, and accurate in completing the evaluation. Please know that the PCOE faculty is committed to excellence in teaching and continued improvement. Therefore, your response is critical.

In the Perkins College of Education, the course evaluation process has been simplified and is completed electronically through MySFA. Although the instructor will be able to view the names of the students who complete the survey, all ratings and comments are confidential and anonymous, and summarized data will not be available to the instructor until after the final grades are posted.

VIII. Student Ethics and Policy

Important course related policies:

Course Grades (Including WH), Policy 5.5

Final Course Grade Appeals by Students, Policy 6.3

Academic Accommodation for Students with Disabilities, Policy 6.1

Appeal Procedure Relating to the Provision of accommodations for students with Disabilities, Policy 6.6

Class Attendance, Policy 6.7

Code of Student Conduct and Academic Integrity, Policy 10.4

Other SFA Policy Information

IX: Resources

On-campus Resources:
SFASU Counseling Services • www.sfasu.edu/counselingservices
Health and Wellness Hub (corner of E. College and Raguet) • 936-468-2401

SFASU Human Services Counseling Clinic • [www.sfasu.edu/humanservices/139.asp](http://www.sfasu.edu/humanservices/139.asp)
Human Services Room 202 • 936-468-1041

Crisis Resources:
Burke 24-hour crisis line 1(800) 392-8343
Suicide Prevention Lifeline 1(800) 273-TALK (8255)
Crisis Text Line: Text HELLO to 741-741