

California State University, Chico

Department of Health and Community Services (HCSV 370)

Drugs In Our Society

Spring 2009

Instructor: Dennis Hyde
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Tuesday: 6:30-9:30 P.M.

Course Description

This course examines the use and abuse of alcohol, tobacco, and other drugs and consequences for young adults, families, and society. Historical, economic, social, political, psychological, and pharmacological determinants of drug use are considered. Decision-making skills regarding drug use are also addressed.

HCSV 370 fulfills the requirements of the General Education Upper Division Theme, Contemporary Health Issues, Area D. You must have already completed 45 units in order for this course to count towards the theme. This course has a 1500 word writing requirement, which is discussed below. All the courses in this theme, including this one:

- * address concepts of well being, health, and disease;
- * focus attention on how class, ethnicity, and gender affect health;
- * teach methods for distinguishing hearsay from valid information;
- * develop knowledge and skills for making effective decisions that enhance health and facilitate understanding of public policy; and
- * address the impact of biology, ethics, morality, politics, economics, and culture on health, health care, and health policy.

Required Textbook:

1. Fields, Richard (2007) *Drugs in Perspective*. (6th ed.) McGraw Hill Publications
2. Spickard and Thompson (2005) *Dying for a Drink* W Publishing Group

Course Objectives:

The student will be able to:

1. Outline the history of drug use in the United States.
2. Discuss the extent of use of licit and illicit drugs within various populations in the United States.
3. Outline the cultural influences, including family, peers, and media, on the use of selected drugs.
4. Describe the nature and characteristics of dependence and addiction.
5. List the major drug classifications and their physiological effects.

6. Discuss the social, economic, political, psychological, and pharmacological consequences of drug misuse on U. S. society

Page 2

7. Evaluate current efforts to control drug use and suggest alternative approaches.
8. Discuss the physiological, social, and treatment aspect of alcohol and tobacco use.
9. List the major illicit drugs, their prevalence, physiological effects, and treatment strategies.
10. Discuss the effects of maternal drug use on the fetus.
11. Discuss the major types of prescription and over-the-counter drugs, their use and misuse, the effects of medical advertising, and regulation.
12. Develop decision-making skills regarding personal alcohol, tobacco and other drug use, abstinence, responsible practices, alternative activities, and positive uses of drugs.

Student Responsibilities:

1. Attendance: Missing more than two (2) class meetings during the semester will possibly affect one's grade for the class. The more misses the greater the consequences Attendance will be taken each class meeting. Participation in class is essential which is why attendance is so important. If an absence is discussed in advance and approved by the instructor then that will count as an excused absence.
2. Academic Honesty: The faculty at CSU, Chico expects students to maintain a high level of integrity. Plagiarism is copying someone else's paper or going on the internet to purchase materials that were not produced by you and claiming they were yours. Students caught plagiarizing or cheating on exams or other materials will be removed from the class and given an F for the class and reported to Student Judicial Affairs.
3. This class will be interactive because so many people have so many feelings and thoughts about drug use, abuse and addiction. This also can keep the class moving and interesting.
It is also important that disruptive behavior not be tolerated. In addition appropriate language used and respect of others students opinions, even though different, is part of the learning, growing, and sharing environment. In essence, we will learn from each other as well as the instructor.
4. If discussed in advance because of some kind of emergency, then use of cell phone is appropriate. Otherwise it is expected that cell phones will be turned off.
5. Work Load: Students should expect to devote 6 hours of outside work load per week for this class. Late papers will accepted for partial credit. If a paper is turned in a week late it will receive 1/2 of grade deserved. Papers turned in less than a week late will be graded down at the discretion of the instructor.

EVALUATION AND GRADING:

What Role Paper 50 points due February 17th

Behavior Change 50 points due March 3rd

Midterm	100 points due march 24th
2 Articles	30 points due April 14th
Book Report	50 points due May 5th
Final exam	100 points due May 19th
Homework	70 points (seven ten point exercises/quizzes from the textbook)
450 points total	

page 2

Final Grades will be assigned on the following basis:

93-100%=A
 90-92% =A-
 87-89% =B+
 83-86% =B
 80-82% =B-
 77-79% =C+
 73-76% =C
 70-72% =C-
 66-69% =D+
 60-65%=D
 <60% =F

ASSIGNMENTS:

1. What Role Paper: DUE: February 17th

What role has chemicals (use, misuse, abuse, dependency) played in your life paper. This could be issues you are addressing currently or have addressed, family members, friends that you care about, employers, neighbors, etc. You may have a family history of addiction or abuse that you grew up with. Describe the issues, chemicals, when started, what has happened, what are you or the persons you have concerns or have been affected by doing to address the problem. They might not be addressing the problem at all (denial). What has been tried (treatment, 12-step programs, religion, therapy, etc.)? Include as much information as possible. It could have been a stranger like a drunk driver that changed things for you or a friend or family member. Include different people as needed. What is happening now if anything? Be as thorough as possible. This paper is only to be read by the instructor and will not be shared in class unless desired.

2. Behavior Change Paper. DUE: March 3rd so start date is February 3rd.

Select an activity that you may find difficult to stop doing but have set goals to succeed in this area before but were not as successful as desired. It would be most valuable if you could refrain from this activity for a month to really feel what happens when trying to change behaviors that have haunted you from the past. At least 2 weeks would be necessary to get a good read and understanding of what the behavior means to you. This could also be

a new goal that you want to succeed at as well.

Some examples of activities that you might select include:

Reducing carbohydrates to a set number each day.
stop watching television, or keep to an hour a day, or deliberately miss your favorite program.
refrain from drinking or using drugs
quit smoking for a month
commit to daily exercise to lose weight and feel better about yourself.
let other people talk first so you become a better listener
do not gamble for a month
refrain from dating for a month
see what it is like to be a better listener
You do not have to be right for a month. Winning becomes less important.
Agree to study for a certain amount of time each day no matter what the distraction
Find something you obsess about and find ways to distract the pattern to something else.

These are just some examples. You can find some of your own. Keep a daily diary of your success or challenges and feelings you have during this experiment to help you write your paper. Pick something that you genuinely want to work on for your benefit.

Guidelines for writing your paper

1. Did you succeed in refraining from the behavior? If yes, how did that make you feel? If you did not succeed how did that make you feel and what interfered with success?
2. Did your relationships with others change?
3. Did talking to other students in the class who were also undergoing behavioral changes help you resist the temptation to give up?
4. What needs did the old behavior fulfill for you or you would not be doing them in first place?
5. What was most difficult part to change? Easiest?
6. If you succeeded or failed or partially succeeded what are your feelings about this task and the challenge? Was it harder or easier than expected?
7. Even if you succeeded did you think about quitting? What triggered those feelings?
8. Did other people help you or make it more difficult by putting pressure on you?
9. What was your strategy in addressing your challenge?
10. Were other people affected by your trying to change these behaviors.
11. How did this exercise make you feel about addicted people? Did you gain any insights into what it feels like to have an addiction and how addicted people can best be helped to overcome their dependency? Were you able to identify any compulsive behaviors of your own?

This paper needs to be at least three pages in length double spaced. It also needs to be typed. For your information this assignment was adapted from "Empathizing with Addicts" by Peter Finn, pp. 78-79. Teaching Ideas, Association for the Advancement of Health Education.

3. ARTICLES: DUE: April 14th

You will cut out and bring to class 2 current articles of interest relating to drugs and alcohol in our local community and state. You will write a one or two page summary of each article and bring that to class with the article.

You will form groups of five or six and then share your articles in the group. Each group will assign a moderator who will synthesize the articles and then be prepared to share results to the class.

4. BOOK REPORT: DUE MAY 5TH

There is a book report form for this assignment. It will be handed out in class.

APPROXIMATE CLASS SCHEDULE

WEEK NUMBER

1. Introductions and overview of class
2. Statistics and definitions
3. Statistics and definitions
4. History
5. Alcohol
6. Drugs
7. Drugs
8. Midterm approximately March 24th
9. 12 step programs and treatment and recovery systems (Shar and Willie)
10. Family systems
11. Chemically dependent family systems
12. Chemically dependent family systems.
13. Codependency and enabling film: Pieces of Silence
14. Drug court/ laws/
15. Adult Children of Alcoholics
16. Final Exam May 19th

This schedule may vary depending on the pace of learning within the class but is at least an approximate schedule.

HOMEWORK ASSIGNMENTS:

1. Chapter 1 due February 10th Objectives 7,11,12 Discussion 1,2,7

2. Chapter 2 due February 24th Quiz
3. Chapter 3 due March 10th Quiz
4. Chapter 5 due April 7th Quiz
5. Chapter 7 due April 21st Objectives 1,2,3,4,9 No Discussion questions
6. Chapter 9 due November 3rd Objectives 1,3,4,7,8 Discussion 1
7. Chapter 11 due May 5th Objectives 4,5,16,17,18,19 No Discussion

Each assignment is 10 points each.