California State University, Chico

Department of Health and Community Services (HCSV 370)

Drugs In Our Society

Spring 2012

Instructor: Dennis Hyde
Office Hour: Wednesday 5-6pm
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Wednesday: 6:00-8:50

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:


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.

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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 during the semester. 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 students have feelings and thoughts about drug use, abuse and addiction. For some it has touched their personal lives. This also can make the class alive and interesting. In addition, appropriate language and respect of other students opinions, even though different than yours, 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 phones is appropriate. Otherwise it is expected that cell phones will be turned off. Texting, although quite common, during class is discouraged mostly because it is a distraction to other students and sometimes to the instructor. I appreciate your consideration on this in advance.

5. Work Load: Students might expect to devote 6 hours of outside work per week for this class. Late papers will be 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:

2 Articles: 30 points due February 1st
What role paper: 60 points due February 15th
Behavior Change  90 points due March 7th
Midterm 100 points due March 14th
Book Report 60 points due April 25th
Final exam 100 points due May 16th
Quizzes 160 points total (quizzes can only be made up if notify teacher in advance going to miss class)

600 TOTAL POINTS POSSIBLE

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. Two Articles: Due February 1st

Cut out and bring to class 2 current articles relating to drugs and/or alcohol in our local community or can be from the greater north state. Type up a summary of both articles and attach summary to both articles and bring to class. You will also write a reaction of your thoughts and feelings about both of your articles as part of your summary. In class we will form groups and discuss the articles. This assignment is designed to create greater awareness of the drug/alcohol problem in our community.

2. What Role Paper: Due February 15th

What role has chemicals (use, misuse, abuse, dependency) played in your life paper. This could be issues you are addressing currently or have addressed in the past. It could include 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 or detail 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? How has this affected you and what feelings do/did you have regarding the above. Be as thorough and detailed as possible. This paper is only to be read by the instructor and will not be shared in class unless desired. Paper should be at least 4-6 typed double spaced pages.

3. Behavior Change Paper. DUE: March 7th so start your paper by February 7th

Select an activity that you would like to challenge yourself to change for your own benefit. It could be something new or could be something you have tried to change before but were not as successful as desired. It would be most valuable if you could refrain or start this activity for a month to really feel what happens when trying to change behaviors.

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 (since this is a drugs class could be cool)
quit smoking for a month (same as above)
commit to daily exercise to lose weight and feel better about yourself.
do not gamble for a month
refrain from dating or sex 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. Learn to say no to partying when you have homework to do.
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/challenge to help you write your paper. Pick something that you genuinely want to work on for your benefit. Turn in the paper and your diary together.

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? You would not be doing them in first place unless they met some kind of need.
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 and their struggles with
their habits. Did you gain any insights into what it feels like to have an addiction/unwanted habit and how addicted people can best be helped to overcome their dependency? Were you able to identify any compulsive behaviors of your own? Did it help you have compassion for the struggles someone would have?

This paper should be 3 to 5 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.

4. BOOK REPORT: DUE April 25th

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. Pharmacology Chapter 3
6. Alcohol Chapter 9/10, amphetamines chapter 4, Narcotics Chapter 5, LSD Chapter
7. Hallucinogens 6, Marijuana Chapter 7, Prescription Drugs Chapter 14
8. Midterm approximately March 14th
9. 12 step programs and treatment and recovery systems (Shar and Willie)
10. Guest speakers: Debbie Allen and Mike Ramsey
11. Chemically dependent family systems
12. Chemically dependent family systems
13. Codependency and enabling film: Pieces of Silence
14. Guest Speaker on Laws affects drugs/alcohol
15. Adult Children of Alcoholics
16. Final Exam May 16th
This schedule may vary depending on the pace of learning within the class but is at least an approximate schedule.

QUIZZES:
Chapter 1/2  February 8th
Chapter 3    February 22nd
Chapter 4/5  February 29th
Chapters 6/7 March 28th
Chapters 9/10 April 11th
Chapter 11  April 25th
Chapter 14/15 May 2nd