

Professor: Alex Kecojevic, DrPH, MPH – WPUNJ Department of Public Health

Email: kecojevica@wpunj.edu

COURSE DESCRIPTION

This course provides an overview of the field of substance abuse and other addictive disorders based upon a bio-psycho-social perspective. Students examine the dynamic of abuse, dependency, co-dependency, pharmacology, intervention and treatment modalities, prevention strategies and community services. Skills are developed for screening, assessment, counseling, program development, prevention, education and referral.

COURSE OBJECTIVES

This course will enable students to:

1. Study the effects of alcohol, tobacco and other drug (ATOD) use and misuse on the individual and their communities.
2. Present the ways in which ATODs are administered to the body, absorbed, and metabolized.
3. Review the various classifications of drugs studied.
4. Introduce basic and advanced ATOD concepts, including addiction, dependency, tolerance, withdrawal, synergism.
5. Review contemporary social issues related to ATODs, including marketing, legalization, treatment, and recovery.

STUDENT LEARNING OUTCOMES

By the end of this course, you will be able to:

1. Identify and describe the effects of a variety of legal and illegal substances commonly abused
2. Differentiate personal attitudes and beliefs about substance use and abuse from factual information
3. Discuss the psychological aspects of dependency
4. Describe at least two different theories of chemical dependency
5. List the negative consequence of drug abuse for individuals, families, and our society
6. Differentiate levels of drug use and services
7. Analyze one's own drug involvement, including alcohol, from a health viewpoint
8. Explore alternatives to substance use
9. Develop a rationale for prevention and education programming

REQUIRED TEXT & MATERIALS

Recommended: Raymond Goldberg: Drugs across the spectrum (7th ed.) ISBN-10: 1133594166. Publisher: Cengage Learning, 2014.

TOPICAL OUTLINE OF COURSE CONTENT

1. Impact of Alcohol, Tobacco and other Drugs (ATOD) on Society
 - a. Historical Overview
 - b. ATOD use, production, and policy in the United States
 - c. Public attitudes
 - d. Federal response to ATOD and ATOD policy/law
 - e. Current ATOD trends

2. Neurochemistry of Drug Abuse
 - a. Pharmacology and ATOD
 - i. Drug classifications
 - ii. Dose, dose-effect curve, lethal dose
 - iii. Routes of administration
 - iv. Tolerance, withdrawal, addiction and related behavior
 - b. ATOD and the human body
 - i. Impact of drugs on the brain and CNS
 - ii. Factors affecting the impact of ATOD on the body
 - iii. Absorption, distribution and elimination

3. Etiology of Drug Abuse
 - a. Developmental Contributors
 - b. Family Systems Factors

4. Alcohol
 - a. History and prevalence of use
 - b. Pharmacology
 - c. Effects on the body
 - d. Chronic drinking, problem drinking, binge drinking, alcoholism

5. Tobacco
 - a. History and prevalence of use
 - b. Pharmacology
 - c. Effects on the body

6. Marijuana, hashish, synthetic cannabinoids
 - a. History and prevalence of use
 - b. Pharmacology
 - c. Effects on the body

7. Club/Designer Drugs – ecstasy, ketamine, new psychoactives
 - a. History and prevalence of use
 - b. Pharmacology

- c. Effects on the body
6. Stimulants – caffeine, cocaine, amphetamines, methamphetamine, prescription stimulants
 - a. History and prevalence of use
 - b. Pharmacology
 - c. Effects on the body
 7. Opiates – heroin, prescription opioids
 - a. History and prevalence of use
 - b. Pharmacology
 - c. Effects on the body
 8. Psychedelics: LSD, PCP, salvia and related compounds
 - a. History and prevalence of use
 - b. Pharmacology
 - c. Effects on the body
 9. Psychotherapeutic Drugs – sedatives, barbiturates, tranquilizers, antidepressants, and antipsychotic drugs
 - a. History and prevalence of use
 - b. Pharmacology
 - c. Effects on the body
 10. Over the counter drugs, steroids
 - a. History and prevalence of use
 - b. Pharmacology
 - c. Effects on the body
 11. Prevention
 - a. History of ATOD prevention
 - b. Elements of effective prevention programs
 - d. Targets for prevention – college students, individuals with a family history, individual with co-occurring disorders
 12. Interventions
 - a. Outreach
 - b. Harm reduction models
 - c. Syringe exchanges
 - d. Overdose prevention
 13. Treatment
 - a. Motivation for change
 - b. Self-help groups
 - c. Models for understanding substance abuse disorders
 - d. Professional treatment
 - e. Social and socioeconomic factors in treatment

TEACHING METHODS

The course will use online lectures, presentations, documentaries and motion pictures to communicate course content. Students should be prepared to engage in Blackboard discussions related to assigned readings and films. In addition, Blackboard is used for several important purposes in this class. Below is each section of Blackboard and the purpose for which it is used:

- ✓ *Announcements*: Each week important course announcements will be posted in this section. You should check these announcements several times a week.
- ✓ *Syllabus*: The course syllabus is posted in .pdf format in this section.
- ✓ *Course Documents*: A variety of resources are found in this section, including assignment instructions, course readings, etc...
- ✓ *Lecture Notes*: Lecture notes are posted in this section.
- ✓ *Grade Book*: You may use this tool to check your course grades.
- ✓ *External Links*: Links to websites and videos used in this course are posted here.

COURSE ASSIGNMENTS & EVALUATION

50% Term Papers	3 term papers, Papers 1 and 2 - 15% each, Paper 3 – 20%
50% Presentations	3 presentations, Presentations 1 and 2 - 15% each, Presentation 3 – 20%.

GRADING SCALE

A	93-100	B+	87-89	B-	80-82	C	70-76	D	60-66
A-	90- 92	B	83-86	C+	77-79	D+	67-69	F	<60

REQUIREMENTS FOR THE SUBMISSION OF WRITTEN WORK

Unless otherwise instructed, all writing assignments must:

1. Be typed on a word processor. Name file using your LAST name and Assignment number.
2. Have 1-inch margins (“normal” setting in MS Word) and be double-spaced.
3. Use 12-point font.
4. Include your name and the date (typed) at the top of the page. No other information is necessary. Do NOT include a cover page or use a report cover/folder.
5. Include page numbers at the bottom of the page.
6. Be well written – punctuation, spelling, composition, syntax, and grammar will be graded. Up to 25% of the grade for the assignment may be deducted for these errors. Please proofread several times carefully.
7. Correctly cite all information that is not general knowledge using the most current version of APA style. Using someone else’s words in a quote/paraphrase without giving proper credit to the author is *plagiarism*.
8. Electronic submission of assignments via email or via Blackboard.
9. Be submitted on the due date. No late submissions.

Use this as a checklist before submitting ALL assignments.

ABOUT THE TERM PAPERS

- **ABOUT:** There are 3 term papers constructed to assist students in developing critical knowledge and practice skills relevant to the course content. Detailed written instructions for each term paper will be posted on BB.
- **POLICIES:** Due dates for term papers are listed on the course schedule in this syllabus. DEADLINES ARE STRICT. No extension will be given. Unless otherwise stated, all written work must conform to the Requirements for the Submission Written Work found in this syllabus. Students may NOT work collaboratively on these assignments.

ABOUT THE IN-CLASS PRESENTATIONS

- **ABOUT:** There are 3 term presentations constructed to assist students in developing critical knowledge relevant to the course content. Detailed written instructions for presentations will be posted on Blackboard. You will develop a PowerPoint presentation (10-15 slides) presentation of your topic. Presentations will be spread throughout the course. Topics will be assigned. Your presentations will be posted on Blackboard for all students to see each other work.
- **POLICIES:** The presentation must conform to the Requirements for the Submission Written Work found in this syllabus. Presentations are due on dates posted in syllabus. DEADLINES ARE STRICT. No extension will be given. Students may NOT work collaboratively on these assignments.

COURSE EXPECTATIONS & POLICIES

Attendance Policy:

You are expected to review all class material and posted announcement on Blackboard. Please review *Welcome letter* early to give you an idea of what to expect in this summer term course.

Graded Work:

You are responsible for keeping all returned, graded coursework until the course has ended and you have received your final grade. You are also responsible for monitoring your progress throughout the semester and seeking additional assistance when necessary. You are responsible for contacting the instructor with any questions about grades within one (1) week of receiving the grade.

Reading & Viewing Course Materials:

You are responsible for completing all assigned reading/viewing on Blackboard. You are also responsible for accessing, reading, and/or viewing any additional material assigned by the course instructor.

Standards of Academic Conduct – Academic Integrity Policy:

As an academic institution committed to the discovery and dissemination of truth, William Paterson University expects all members of the University community to conduct themselves honestly and with professional demeanor in all academic activities. William Paterson University has established standards of academic conduct because of its belief that academic honesty is a matter of individual and University responsibility and that, when standards of honesty are violated, each member of the community is harmed. All members of the University community are expected to adhere to the Academic Integrity Policy. Violations of the Academic Integrity Policy include, but are not limited to:

- **Plagiarism** is the copying from a book, article, notebook, video, or other source material, whether published or unpublished, without proper credit through the use of quotation marks, footnotes, and other customary means of identifying sources, or passing off as one's own the ideas, words, writings, programs, and experiments of another, whether such actions are intentional or unintentional. Plagiarism also includes submitting, without the consent of the professor, an assignment already tendered for academic credit in another course.
 - **Cheating** during examinations includes any attempt to: (1) look at another student's examination with the intention of using another's answers for personal benefit; (2) communicate, in any manner, information concerning the content of the examination during the testing period or after the examination to someone who has not yet taken the examination; (3) use any materials, such as notebooks, notes, textbooks, or other sources, not specifically designated by the professor of the course for student use during the examination period; or (4) engage in any other activity for the purpose of seeking aid not authorized by the professor.
 - **Collusion** is working together with another person or persons in preparing separate course assignments in ways not authorized by the instructor. Academic work produced through a cooperative (collaborative) effort of two or more students is permissible only upon the explicit consent of the professor. The collaboration must also be acknowledged in stating the authorship of the report.
 - **Lying** is knowingly furnishing false information, distorting or omitting data, failing to provide all necessary, required information to the University advisor, registrar, admissions counselor, or professor, for any academically related purpose. Other concerns that relate to the Academic Integrity Policy include such issues as breach of personal security, stolen tests, falsified records, and vandalism of library or other materials. No list could possibly include all the possible violations of academic integrity. These examples should, however, give a clearer idea of the intent and extent of application of this policy.
 - For additional information, see the Welcome Letter for this course and Department of Public Health Student Handbook.
-

COURSE SCHEDULE: PBHL 2150 – DRUGS AND HEALTH

WEEK	TOPIC	ASSIGNMENT DUE DATES
Week 1 Dec 26-31	<ul style="list-style-type: none"> • Introduction & Syllabus Review 	Arrival Acknowledgment Dec 26th, 11:59 PM
	<ul style="list-style-type: none"> • Impact of Alcohol, Tobacco and other Drugs (ATOD) on Society • Neurochemistry of Drug Abuse • Etiology of Drug Abuse • Alcohol • Tobacco 	Presentation 1, Due Dec 27th, 11:59 PM; Term Paper 1, Due Dec 30th, 11:59 PM
Week 2 Jan 1-7	<ul style="list-style-type: none"> • Marijuana, hashish, synthetic cannabinoids • Stimulants • Opiates 	Term Paper 2, Due Jan 3rd, 11:59 PM; Presentation 2, Due Jan 7th, 11:59 PM
Week 3 Jan 8-14	<ul style="list-style-type: none"> • Psychedelics: LSD, PCP, salvia and related compounds • Over the counter drugs • Steroids • Club/Designer Drugs • Prevention • Interventions • Substance use treatments 	Term Paper 3, Due Jan 10th, 11:59 PM; Presentation 3, Due Jan 14th, 11:59 PM

Please note that the course schedule is tentative and may be altered at the discretion of the instructor to accommodate student learning needs, the incorporation of additional materials, or other unforeseen circumstances.

Instructions for Assignments

PAPER 1 INSTRUCTIONS: CRITICAL REVIEW OF RESOURCES ON ALCOHOL ABUSE ISSUES AMONG COLLEGE STUDENTS

Summary: Review web-based resources on alcohol abuse issues among college students. Please review one (or more) of those identified below, and prepare a 3-page double-spaced paper that follows the following outline: Five sections, clearly identified with subheadings: (1) Title and reference(s); (2) Summary (3) What are messages and who are audiences; (4) Critique (what did you and did not like about this resource); and (5) Personal reaction and personal recommendations for improvements in curbing alcohol abuse among college students. The resources to be reviewed include:

College Drinking: <http://www.niaaa.nih.gov/alcohol-health/special-populations-co-occurring-disorders/college-drinking>

Underage and College Drinking: <https://ncadd.org/about-addiction/underage-issues/underage-and-college-drinking>

William Paterson College Drinking Resources:

<http://www.wpunj.edu/police/services/drugalcohol.dot>

<https://www.wpunj.edu/health-wellness/alcohol-and-other-drugs-services.dot>

<https://www.wpunj.edu/health-wellness/alcohol-and-other-drugs-services/alcohol-wise.dot>

Due December 30th, 11:59 PM. Submit the assignment through assigned box on Blackboard by the due date/time. This assessment is worth 15% of your final grade and grading will be based on how closely your assignment meets the instructions of the assignment.

PAPER 2 INSTRUCTIONS: REFLECTION ON Sanjay Gupta's "WEED" DOCUMENTARY

Watch the 3 part documentary at this link. The length of the movie is 2 hrs.

https://www.youtube.com/watch?v=PRLYVO_6zY8

Summary: CNN's Dr. Sanjay Gupta Reports," in this 3-part documentary puts medical marijuana under the microscope. The documentary examines medical use of marijuana from multiple sides of a very complex issue Patients, reform organizations, prohibitionist groups, politicians, drug war critics, scientists get their say in this movie. He looks at U.S. federal laws, which consider marijuana as a drug with no medicinal value, while serious scientists say the law is wrong. It is the politics of pot - the politicians vs. the patients.

Assignment: Write a 4-page summary and reaction paper. The first page should consist of a summary of the movie and the rest of the paper should include a thorough examination of pros and cons of medical marijuana, personal reflection on arguments presented in the movie (i.e., whether you agree or disagree with the points presented in the movie, and why). The paper must conform to the Requirements for the submission of written work found in the course syllabus. The reaction paper is to be completed individually; you may NOT work collaboratively on this assignment.

Due January 3rd, 11:59 PM. Submit the assignment through assigned box on Blackboard by the due date/time. This assessment is worth 15% of your final grade and grading will be based on how closely your assignment meets the instructions of the assignment

PAPER 3 INSTRUCTIONS: INVESTIGATION OF SUBSTANCE USE ISSUE AMONG COLLEGE STUDENTS or YOUNG ADULTS - CRITICAL REVIEW OF ACADEMIC PAPERS.

Write a critical thinking/review paper on 2 published articles on **any substance use related topics among college students or young adults**. The two papers must be on the same drug/class drug but they may be on the same or different topics (i.e. binge drinking and college athletes AND binge drinking and proximity of alcohol outlets to college campuses; cigarette use among college students AND hookah use on US college campuses). The two papers reviewed should come from academic journals **ONLY**.

1. Use PubMed to locate 2 articles: <http://www.ncbi.nlm.nih.gov/pubmed/>

Search using terms such as “college students AND drug X”. Search through WPUNJ library site so you can download these articles for free.

Once you selected 2 articles, read them carefully. **Be sure to look for the following information:**

- a. The major theme(s) or issue(s) studied by the authors**
- b. Importance of this issue(s)**
- c. Purpose of the study**
- d. The participants in the study**
- e. Summary of findings**
- f. Overall discussion, conclusions and implications**
- g. Suggestions for future research**

Describe succinctly the major points the author(s) is/are presenting in this article for each of above pieces of information. Summarize unique or important aspects of this study. Please do not copy what is written in abstract. You should read the entire paper. Finish with the short reaction to each paper. For example, explain why you feel this paper is important and indicate its relevance to Drugs and Health class. Use examples in papers to clarify. **(4 pages maximum)**.

Due January 10th, 11:59 PM. Submit the assignment through assigned box on Blackboard by the due date/time. This assessment is worth 20% of your final grade and grading will be based on how closely your assignment meets the instructions of the assignment.

PRESENTATION 1: FAMOUS PERSON/HISTORICAL FIGURE AND SUBSTANCE USE

Research one or two instances in which a well-known person has died from the toxic effects of some of drugs (including from acute or chronic toxicity in the case of alcohol, or chronic toxicity in the case of tobacco). Some possible recent examples are Heath Ledger, Michael Jackson, Amy Winehouse, or Whitney Houston. Other classic examples include: Yul Brynner (lung cancer, tobacco), John Wayne (lung cancer, tobacco), Walt Disney (lung cancer, tobacco), etc. Make a summary of the case/event. Alternatively, you could develop presentation on a celebrity (i.e. Robert Downey Jr.) or historical figure (i.e. Sigmund Freud) who have admitted personal struggle with the substance use. Center the presentation on the impact the case might have on your thinking of drugs and substance use. Describe the impact of this famous person and her/his death on your personal life.

Develop a PowerPoint presentation (10-15 slides) presentation of your topic to the class.

Due December 27th, 11:59 PM. Submit the assignment through assigned box on Blackboard by the due date/time. This assessment is worth 15% of your final grade and grading will be based on how closely your assignment meets the instructions of the assignment.

PRESENTATION 2: INVESTIGATION OF “HOT” TOPIC IN SUBSTANCE USE FIELD: OPIOID EPIDEMIC

The abuse of and addiction to opioids such as heroin, morphine, and prescription pain relievers is a serious global problem that affects the health, social, and economic welfare of all societies. Find an article in a newspaper, magazine, web-site, book chapter relating to this topic. **Wikipedia, and Web MD articles are not acceptable.** An article could include a personal story, or could be investigative reporting about opioid use epidemic. Some examples include reports on increased use of heroin and prescription pain medications, overdose epidemic in American cities and towns, efforts by the public health institutions to address this epidemic, use of prescription drugs among the elderly, and/or international issues related to opioid trafficking. Develop a 10-15 slides PowerPoint presentation clearly describing why is this “hot” topic, impact on society, and impact this issue might have on your thinking about drugs and substance use, in particular opioid epidemic. Use lecture presentation(s) to develop your arguments.

Due January 7th, 11:59 PM. Submit the assignment through assigned box on Blackboard by the due date/time. This assessment is worth 15% of your final grade and grading will be based on how closely your assignment meets the instructions of the assignment.

PRESENTATION 3: INVESTIGATION OF A SUBSTANCE RELATED TREATMENT PROGRAM

1. Use the treatment locator website: <http://findtreatment.samhsa.gov/facilitylocator/doc>

Locate **one** substance treatment programs within 5 miles of your home, school, work (add more miles if needed). You can also google for syringe exchange/harm reduction program in your town, for example. Visit the programs website site. You might be able to obtain all of information from the website, but you might do a bit more work to answer all of questions posed bellow. For example, if the particular organization is in town where you live, you may contact the organization by phone or e-mail to explain their particular assignment and find out if the organization would allow the investigation to take place. If a positive response is received, the student could set up an appointment which would be convenient to the group as well as organization representative. The following information must be included in presentation(s):

- a. What is the nature of the program? (prevention, treatment, emergency care, crisis intervention)
- b. What kind of people benefit from the program? (addicts, ex-addicts, general public, users of certain drugs)
- c. Who supports and funds the program? (taxes, private donations, foundations, volunteer workers)
- d. Who are the people involved in the organization? What prior training do they have?
- e. What type of relationship does your organization have with the local hospital and law enforcement people in the city?
- f. What risks are involved in the operation of the organization?(physical, mental, social, legal, financial)
- g. Describe a typical conversation between a representative of the organization and an individual (drug users) requesting advice or help.
- h. Other interesting or important factors. Would you recommend the program? Why or why not?

Develop a PowerPoint presentation (10-15 slides) presentation of your topic to the class.

Due January 14th, 11:59 PM. Submit the assignment through assigned box on Blackboard by the due date/time. This assessment is worth 20% of your final grade and grading will be based on how closely your assignment meets the instructions of the assignment.