I. COURSE PURPOSE

This course is designed to build upon students’ skills in conducting assessments, teaching students how to incorporate a thorough substance abuse assessment in all of their assessment activities as social workers, and to enhance students’ early intervention skills with individuals; families; groups; and communities so that they can most effectively address problems related to substances. Students will gain an understanding of the bio-psychosocial-spiritual nature of substance abuse problems and the relevance of this area of practice to all realms of social work services. Within this overall context, students will learn specific skills used to assess; motivate; and intervene with the substance abusing population. The course will cover various drugs of abuse and their unique symptoms. Special emphasis will be placed on effectiveness with underserved populations, understanding the way in which this is related to larger systemic issues. This course will begin to address the relationships between policies, programs, and treatment services.

II. EDUCATIONAL OBJECTIVES

1. To understand the linkage of this course with previous courses in practice, theory, research, human behavior, and policy.

2. To recognize the inter-relationship of substance abuse knowledge with all realms of social work services.

3. To understand the bio-psychosocial-spiritual nature of substance abuse problems.
4. To become familiar with the latest research to guide practice in this area.

5. To learn to assess substance abuse and substance dependence.

6. To become familiar with a variety of commonly abused substances and their unique symptoms.

7. To become familiar with commonly used evidence based models.

8. To gain an understanding of family dynamics related to substance abuse problems.

9. To become familiar with different treatment modalities, the chronic and relapsing nature of substance dependence, and the process of recovery.

10. To learn to formulate treatment plans for people with substance abuse problems and their families.

11. To learn culturally and systemically effective ways to reach and intervene with underserved populations (such as minorities, women, youth, the elderly, and prisoners).

12. To begin understanding the connection between policies, programs, and the delivery of treatment services.

III. COURSE REQUIREMENTS

A. Required Texts


B. Recommended Readings


Twelve Steps and Twelve Traditions. Alcoholics Anonymous World Services, Inc.

C. Recommended Websites:
D. **Course Assignments:**

**Assignment #1: 12 Step Meeting Attendance**  
Students are required to attend two open meetings of Alcoholics Anonymous (AA) and one open meeting of Narcotics Anonymous (NA) prior to class 3. A brief 3 - 4 page written summary of these experiences will be turned in to the instructor. This exercise will also contribute to class discussion.

**Assignment #2: Mid-term Exam**  
There will be an exam on Class 7 that will cover content from class 1 through 6.

**Assignment #3: Substance Abuse Assessment**  
Students will utilize one of the screening tools discussed in class with a client. Students will be expected to turn in a 2-4 page written substance abuse assessment, including a treatment plan of a client, and a substance use diagnosis. This will be due on Class 12.

*(Alternative assignment for students who are not in a field placement – 2-4 page written substance abuse assessment of a character in a book or a movie.)*

**Assignment #4: Group Presentation**  
A one hour group presentation, addressing assessment, treatment planning issues, Issues relating to policies, program and delivery of treatment services with a special population. Group presentations can be conducted on Class 12, Class 13 or Class 14 *(Note: Outline for Presentation is due Class 8).*
E. Grading Policy:

<table>
<thead>
<tr>
<th>Component</th>
<th>Weight</th>
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</thead>
<tbody>
<tr>
<td>Attendance of 3 AA/NA meetings</td>
<td>10%</td>
</tr>
<tr>
<td>Mid-term exam</td>
<td>20%</td>
</tr>
<tr>
<td>Substance Abuse Assessment</td>
<td>30%</td>
</tr>
<tr>
<td>Group Presentation</td>
<td>30%</td>
</tr>
<tr>
<td>Class Participation and Attendance</td>
<td>10%</td>
</tr>
</tbody>
</table>

The grade for this course will be based on the University Grading System. Please refer to CUA Announcements, or Program Handbooks for Academic Requirements that include scholastic and behavioral requirements.

F. Course and Instructor Evaluation

NCSSS requires electronic evaluation of this course and the instructor. At the end of the semester, the evaluation form may be accessed at [http://evaluations.cua.edu/evaluations](http://evaluations.cua.edu/evaluations) using your CUA username and password. Additional, informal written or verbal feedback to the instructor during the semester is encouraged and attempts will be made to respond to requests.

IV. CLASS EXPECTATIONS

A. Scholastic Expectations
   Please refer to NCSSS Announcements, or appropriate Program Handbook for Academic Requirements, including scholastic and behavioral requirements. All written work should reflect the original thinking of the writer, cite references where material is quoted or adapted from existing sources, adhere to APA format, and should be carefully proof read by the student before submission to the instructor for grading.

B. Academic Honesty
   Joining the community of scholars at CUA entails accepting the standards, living by those standards, and upholding them. Please refer to University Policy and appropriate Program Handbooks.

C. Accommodations
   Students with physical, learning, psychological or other disabilities wishing to request accommodations must identify with the Disability Support Services (DSS) and submit documentation of a disability. If you have documented such a disability to DSS that requires accommodations or an academic adjustment, please arrange a meeting with the instructor as soon as possible to discuss these accommodations.
Class Schedule

Class 1

INTRODUCTIONS AND OVERVIEW OF COURSE

Required Readings

Doweiko, Chapter 1 – Why Worry About Recreational Chemical Abuse
   Chapter 2 – The Nature of the Beast
   Chapter 35 - Self Help Groups to Promote and Sustain Recovery
McNeece & DiNitto, Chapter 2 – The Etiology of Addiction

Themes Presented

Scope of the problem and cost of chemical abuse in the United States
The Use/Abuse Dependence Continuum of drugs and alcohol
Psychological, biological and sociocultural theories of addiction
An overview of the principles and history of Alcoholics Anonymous
The relevance of substance abuse knowledge to social work across fields of practice

Class 2

THE PATH TO DEPENDENCE

Required Readings

Doweiko, Chapter 5 - The Effects of Alcohol Abuse and Addiction
   Chapter 38 – The Debate Around Legalization
McNeece & DiNitto, Chapter 4 – The Physiological and Behavioral Consequences of Alcohol and Drug Abuse

Themes Presented

Physiological and behavioral consequences of substance abuse and dependence
The bio-psychosocial-spiritual nature of substance abuse
Review of etiological theories, Becoming dependent upon substances
The social implications of legalizing illicit drugs
Definition of addiction

Recommended Readings

National Institute on Drug Abuse. Review the following research reports available at http://www.nida.nih.gov/ResearchReports/ResearchIndex.html:
   Marijuana Abuse (2002)
   Cocaine: Abuse and Addiction (1999)
   Hallucinogens and Dissociative Drugs (2001)
   Heroin: Abuse and Addiction (1997)
Class 3  
**SUBSTANCE ABUSE ASSESSMENT**  
*Assignment #1 - AA/NA Summary Due*

**Required Readings**
Doweiko, Chapter 6 – Abuse of and Addiction to the Barbiturates and Barbiturate-like Compounds
McNeece & DiNitto, Chapter 5 - Screening, Diagnosis, Assessment, and Referral

**Themes Presented**
Incorporating substance abuse assessment into all social work assessment activities  
Explore substance abuse screening tools  
Criteria for Substance Use Disorders  
Psychological defenses that may impact treatment  
Documenting the substance abusers social history

**Recommended Readings**
Miller, Chapter 1 – Why do People Change  

Class 4  
**TREATMENT: THE SYSTEM OF CARE**

**Required Readings**
Doweiko, Chapter 7 - Abuse and Addiction to Benzodiazepines and Similar Agents  
McNeece & DiNitto, Chapter 6 – Treatment: The System of Care

**Themes Presented**
Definitions of levels of care in the treatment system  
Treatment modalities and effectiveness issues  
Treatment Plans  
History, pharmacology, and side effects of barbiturates, benzodiazepines and similar agents

Class 5  
**EVIDENCE BASED TREATMENT**

**Required Readings**
Doweiko, Chapter 31 – The Treatment of Substance use Disorders  
Chapter 32 – The Process of Treatment  
Prochaska, Chapters 1-3 – Part One: The Science
**Themes Presented**
Using screening tools and substance abuse assessment information to guide treatment planning development
The process of changing behavior
Introduction to various evidence based substance abuse treatment models

**Recommended Readings**
Miller, Chapter 2 – Ambivalence: The Dilemma of Change

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### Class 6

**PHARMACOLOGICAL INTERVENTION**

**Required Readings**
Doweiko, Chapter 11 - Opioid Use, Abuse and Addiction
   - Chapter 33 – Pharmacological Intervention Tactics and Substance Abuse

**Themes Presented**
Pharmacological treatment of substance use disorders to assist in the recovery process
History, pharmacology, and side effects of opioids

**Recommended Readings**
Miller, Chapter 3 – Facilitating Change

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### Class 7

**THE FAMILY, CODEPENDENCY AND ENABLING**
Assignment # 3 Mid-term Exam

**Required Readings**
Doweiko, Chapter 15 - The Over-the-Counter Analgesics: Unexpected Agents of Abuse
   - Chapter 22 – Codependency and Enabling
   - Chapter 28 – The Process of Intervention
McNeece & DiNitto – Chapter 10 – Family Systems and Chemical Dependency

**Themes Presented**
How codependency and enabling behaviors impact treatment and recovery
The ACOA movement
Assessing and intervening with families
History, pharmacology, and side effects of analgesics

**Recommended Readings**
Miller, Chapter 23 – Motivational Interviewing with Couples
Class 8  **THE RECOVERY PROCESS**

**Required Readings**
Doweiko, Chapter 34 – Relapse and Other Problems Frequently Encountered in Treatment
McNeece & DiNitto, Chapter 16 – Chemical Dependency: Current Issues and Future Prospects
Prochaska, Norcross & Diclemente, Chapters 4-9 – Part Two: The Applications

**Themes Presented**
The chronic and relapsing nature of substance dependence
Explore current research on harm reduction models, treatment and pharmacotherapy
The impact of policy and funding on substance abuse treatment
Examine the relationship of policies and service delivery systems to treatment

Class 9  **ETHNICITY, CULTURE, AND SUBSTANCE ABUSE**

**Required Readings**
Doweiko, Chapter 12 – The Abuse of and Addiction to Hallucinogens
Chapter 36 – Substance Abuse/Addiction and Infectious Disease
McNeece & DiNitto, Chapter 11 - Ethnicity, Culture, and Substance Use Disorders

**Themes Presented**
Prevalence of common infectious disease among substance abusers
Substance abuse treatment considerations for underserved populations
History, pharmacology, and side effects of hallucinogens
Intervention at the community level

Class 10  **CO-OCCURRING DISORDERS, SUBSTANCE ABUSE & CRIME, THE HOMELESS**

**Required Readings**
Doweiko, Chapter 9 – Cocaine Abuse and Dependence
Chapter 37 – The Relationship between Crime and Drugs
McNeece & DiNitto, Chapter 13 – Substance Use Disorders and Co-Occurring Disabilities

**Themes Presented**
Prevalence and assessment of co-occurring mental illness and substance use disorders
Integrative treatment approaches
Impact of drug use on the criminal justice system
How substance abuse impacts other disabilities, and the homeless population
History, pharmacology, and side effects of cocaine

Recommended Readings
Miller, Chapter 24 – Motivational Interviewing with Criminal Justice Populations

Class 11  GENDER ISSUES

Recommended Readings
Doweiko, Chapter 16 – Tobacco Products and Nicotine Addiction
Chapter 27 - Chemicals and the Neonate: The Consequences of Drug Abuse during Pregnancy
McNeece & DiNitto, Chapter 15 – Gender and the Use of Drugs and Alcohol: Fact, Fiction, and Unanswered Questions

Themes Presented
Biological, psychological and social differences between men and women
System of care and its impact on women and women with children
The impact of drug use during pregnancy
History, pharmacology, and side effects of nicotine

Class 12  GAY, LESBIAN, BISEXUAL CLIENTS
Assignment # 3 - Substance Abuse Assessment is due.

Required Readings
Doweiko, Chapter 8- CNS Stimulants
McNeece & DiNitto, Chapter 12 – Substance Abuse Treatment with Sexual Minorities

Themes Presented
Special issues for gay men and for lesbians
Gay affirmative practice and substance abuse treatment
History, pharmacology, and side effects of amphetamines and CNS stimulants

Recommend Reading
ncadi.samhsa.gov/lgbt

Class 13  YOUNGER PEOPLE AND SUBSTANCE ABUSE
Assignment #4 - Group Presentation
Required Readings
Doweiko, Chapter 10 – Marijuana Abuse and Addiction
   Chapter 13 – Abuse of and Addiction to the Inhalants and Aerosols
   Chapter 14 – The Unrecognized Problem of Steroid Abuse and
   Addiction
McNeece & DiNitto, Chapter 9 – Treating Substance-Abusing Youth

Themes Presented
History, pharmacology, and side effects of marijuana, steroids, inhalants, and
aerosols
Differences in treatment, diagnosis, and assessment instruments for young people

Recommended Readings
Miller, Chapter 21 – Motivational Interviewing with Adolescents

Class 14

OLDER PEOPLE AND SUBSTANCE ABUSE
Assignment #4 – Group Presentation

Required Readings
Doweiko, Chapter 5 – The Effects of Alcohol and Addiction
McNeece & DiNitto, Chapter 14 – Alcohol and Drug Use among Elderly People

Themes Presented
History, pharmacology, and side effects of alcohol
Differences in treatment, diagnosis, and assessment instruments for older people

Recommended Readings
Treatment Improvement Protocol (TIP) Series 26. Chapter 1: Substance abuse
among older adults: An invisible epidemic. Available:
http://ncadi.samhsa.gov/govpubs/BKD250/26d.aspx#top