

HS-1101: FOUNDATION OF SUBSTANCE ABUSE, ADDICTION, AND GROUP WORK

Cuyahoga Community College

Viewing: HS-1101 : Foundation of Substance Abuse, Addiction, and Group Work

Board of Trustees:

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Academic Term:

Fall 2020

Subject Code

HS - Human Services

Course Number:

1101

Title:

Foundation of Substance Abuse, Addiction, and Group Work

Catalog Description:

Introduction to psychological and medical complications of alcohol, tobacco, and other drugs (ATOD), with emphasis on short term and long term effects. Provide overview of history of ATOD, etiology of dependency, physiological, neuropsychological, psychological and social effects of chemical abuse on the body and relationships. Also includes investigation of group work theories, different types of groups, group dynamics, stages of group process, group facilitation, participant role/influences, and group counseling techniques.

Credit Hour(s):

4

Lecture Hour(s):

4

Requisites

Prerequisite and Corequisite

ENG-1010 College Composition I or concurrent enrollment.

Outcomes

Course Outcome(s):

Recognize the effects of addiction on all dimensions of an individual's health (physical, social, mental, intellectual, and spiritual) with particular emphasis on the effects of addictive substances on sensations, perception, learning and memory, human growth and development, and behavior.

Essential Learning Outcome Mapping:

Written Communication: Demonstrate effective written communication for an intended audience that follows genre/disciplinary conventions that reflect clarity, organization, and editing skills.

Objective(s):

1. Describe the physiology of normal metabolism, the nature and pharmacology of the use of addictive substances, and the effects of drugs on metabolism in terms of addiction and cross-addiction.
2. Explain neurophysiology of substance use and abuse in the brain.
3. Describe medical aspects of substance abuse during pregnancy, childhood, and adulthood.
4. Identify common infectious diseases associated with ATOD use.
5. Describe the extent of chemical dependency as a major health problem.
6. Describe specific medical complications associated with addictive substances.
7. Differentiate addiction from other medical and psychological conditions.
8. Explain the concept of addiction as a disease/illness.
9. Recognize patterns and signs/symptoms of use and abuse of addictive substances and their interactions.

10. Describe the unique problems associated with alcohol use in special populations; i.e. adolescents, women, the elderly, dually diagnosed, clinically chronically depressed.
11. Recognize the impact substance abuse has on family, friends, employment and community.

Course Outcome(s):

Apply knowledge of aspects of chemical dependency theory and treatment when working in the community-based clinical setting.

Essential Learning Outcome Mapping:

Written Communication: Demonstrate effective written communication for an intended audience that follows genre/disciplinary conventions that reflect clarity, organization, and editing skills.

Objective(s):

1. Research professional journals relative to the medical/health aspects of chemical dependency.
2. Identify psychoactive drugs, prescription and illicit drugs.
3. Recognize current street drug names.
4. Recognize various substances that are abused including Alcohol, Tobacco, Illegal Drugs, Prescription Drugs and over the counter products.
5. Identify legal aspects of substance abuse and addiction.
6. Identify terminology and professional documentation used in the chemical dependency field.
7. Identify counseling strategies and techniques for people with various addictions.
8. Identify aspects of service coordination in a treatment setting.
9. Identify how addiction reverberates throughout the family systems and provide treatment and resources to those impacted by others addictions.
10. Discuss the professional role of a counselor including professionalism and ethics applied to approaches taken with clients.
11. Explain models and theories used to describe addiction both from a historical and contemporary perspective, and how social and cultural contexts interact with the addictive process.
12. Recognize current evaluation tools used to assess addictions versus abuse/use.
13. Examine contemporary methodologies including medical assisted treatment, harm reduction, and other new treatment approaches.

Course Outcome(s):

Apply group work theories and utilize basic facilitation and counseling techniques to interact effectively in groups within the human services environment.

Objective(s):

1. Identify different theories of group work.
2. Identify different types of groups within the Human Service environment.
3. Create and plan the group session.
4. Define the stages of a group.
5. Describe group facilitation skills.
6. Demonstrate sensitivity to special populations.
7. Recognize common problem situations which arise in groups.
8. Demonstrate group facilitation techniques via role-playing in the classroom setting.

Methods of Evaluation:

1. Examinations
2. Quizzes
3. Class interaction and group work
4. Group Simulations
5. Role playing simulations
6. Written assignments
7. Case Review

Course Content Outline:

1. Alcohol and other addictive substances
 - a. Pharmacology
 - b. Use in America
 - c. Problems
 - d. History of treatment efforts
 - e. Economic costs
2. Alcohol other addictive substances and the body
 - a. Digestion and absorption
 - b. Concentration, breakdown, and removal
 - c. Acute effects on the body
 - i. digestive
 - ii. circulatory
 - iii. liver
 - iv. kidneys
 - v. central nervous system
 - vi. acute overdoses and toxicity
 - vii. differences in women
 - viii. tolerances
3. Substance Use Disorder (Chemical Dependency)
 - a. Definitions
 - b. Implications of disease classification
 - c. Jellinek's phases of alcoholism
 - d. Guide for diagnosis
4. Etiology of Substance Use Disorder
 - a. Public health model
 - b. Alcohol as an agent
 - c. The individual
 - i. Genetic factors
 - ii. Familial versus nonfamilial Substance Use Disorder
 - iii. Psychological factors
 - iv. Theories of personality used in the past to understand addiction
 - v. Learning theories
 - d. Sociological factors
 - i. Cultural orientation
 1. Norms
 2. Cultural subgroups
 - ii. Effect of legal sanctions and approaches
5. Psychoactive substances
 - a. Stimulants
 - b. Depressants
 - c. Psychedelics
 - d. Inhalants
 - e. Sporting drugs (anabolic steroids)
 - f. Psychiatric medications (psychotropic)
6. Medical complications of addictive substances
 - a. Contraindications for moderate use
 - i. alcohol-drug interactions
 - ii. problems associated with use and intoxication
 - iii. ATOD use during pregnancy
 - b. Medical complications of chronic heavy substance abuse
 - i. Visible signs and symptoms
 - ii. Gastrointestinal system
 - iii. Hematological system
 - iv. Cardiovascular system
 - v. Genitourinary system
 - vi. Respiratory system
 - vii. Endocrine system

- viii. Skin
- ix. Musculoskeletal system
- x. Nervous system
 - 1. Dependence, tolerance, and withdrawal
 - 2. Pathological intoxication
 - 3. Organic brain damage
 - 4. Subdural hematoma
- xi. Neuropsychological impairment
- xii. Sleep and sleep disturbances
- xiii. Addictive substance use in pregnancy
 - 1. Fetal alcohol syndrome
 - 2. Fetal alcohol effects
 - 3. Effects of other substances
 - 4. Legal issues
- xiv. Withdrawal
 - 1. Syndromes
 - 2. Late withdrawal phenomena
 - 3. Cautions
- 7. Medical considerations of special populations
 - a. Adolescents
 - b. The elderly
 - c. Women
 - d. Homeless
 - e. Dually diagnosed
- 8. Other addictions
 - a. Compulsive behaviors
 - b. Gambling
- 9. Substance Use Disorder and human systems
 - a. Deteriorating functioning
 - b. Family and friends
 - c. Friendships
 - d. Work
 - e. Co-dependency
 - f. Children
 - g. Housing
 - h. Medical care/respite care/transitional care
- 10. Neurophysiology of substance use and abuse
 - a. Neurotransmitters
 - b. Synapses
 - c. Memory
 - d. Wet brain
 - e. Long term symptoms
 - f. Short term symptoms
- 11. Treatment Modalities
 - a. Cognitive behavioral therapy
 - b. Solution focused
 - c. Motivational interviewing
 - d. Trauma focused cognitive behavioral therapy
- 12. Types of groups within the Human Service environment
 - a. Educational
 - b. Discussion
 - c. Task
 - d. Growth and experiential
 - e. Counseling and therapy
 - f. Support
 - g. Self-help
- 13. Planning group

- a. Population
 - b. Session
 - c. When/where
 - d. Screen members
 - e. Topics
 - f. Stages of group
 - g. Phases
 - h. Common problems
14. Stages of Group
- a. Beginning
 - b. Working
 - c. Closing
 - d. Transition
15. Group facilitation skills
- a. Active Listening
 - b. Reflecting
 - c. Clarification and questioning
 - d. Summarizing
 - e. Linking
 - f. Mini-lecturing and information giving
 - g. Encouraging and supporting
 - h. Tone setting
 - i. Modeling and self-disclosure
 - j. Use the leader's energy
 - k. Identifying allies
 - l. Multicultural understanding
 - m. Cutting off
 - n. Drawing out
 - o. Pacing
 - p. Co-leading
 - q. Focus
 - r. Shift focus
 - s. Dyads
 - t. Rounds
 - u. Exercises
16. Special population dynamics
- a. Children
 - b. Adolescents
 - c. Adults
 - d. Chronic disease/disabilities
 - e. Divorced
 - f. Older adults
 - g. Voluntary/non-voluntary
 - h. Children of abuse
 - i. Traumatized
17. Common problem situations which arise in groups
- a. Chronic talker
 - b. Dominator
 - c. Distractor
 - d. Rescuing member
 - e. Resistant member
 - f. Member that tries to get the leader
 - g. Dealing with silence
 - h. Dealing with sexual feelings
 - i. Dealing with crying
 - j. Hostile members

- k. Asking a member to leave
 - l. Addressing prejudiced, narrow minded, or insensitive members
18. Role playing
- a. Demonstrate appropriate group counseling techniques
 - b. Facilitate a group session in the classroom
 - c. Theories of group work

Resources

Levine, Joanne. *Working with People: The Helping Process*. 9th ed. White Plains, NY: Longman, 2012.

Doweiko, H. *Concepts of Chemical Dependency*. 10th ed. Pacific Grove, CA: Brooks/Cole Publishing, 2018.

Kinney, Jean and Gwen Leaton. *Loosening the Grip*. 11th ed. St. Louis, MO: Mosby-Yearbook, 2015.

Inaba, Darryl and William Cohen. *Uppers, Downers, All Arounders: Physical and Mental Effects of Psychoactive Drugs*. 8th ed. Ashland, OR: CNS Publications, Inc., 2014.

Coyne, Robert K. *Group Work Leadership: An Introduction for Helpers*. Sage Publishers: Los Angeles, CA, 2014.

Jacobs, Edward E., Riley L. Harvill, and Robert L. Masson, eds. *Group Counseling: Strategies and Skills*. 8th ed. Pacific Grove, CA: Brooks/Cole Publishing, 2016.

American Psychiatric Association. *The Diagnostic Statistical Manual of Mental Disorders*. 5th edition. Washington, D.C.: American Psychiatric Association, 2014.

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