



Course Title: Foundations of Addiction (COU-108-HYB)

Credit Hours: 3

Semester: Spring 2022

Cap: 15

Faculty: Dr. Dianna Dekelaita-Mullet (please call me “Dianna” or “Dr. Dianna”)
E-mail: dmullet@navajotech.edu

Office: MOD-8

Office Hours: Monday, Tuesday, Wednesday, Thursday from 11:00 a.m. – 12:00 p.m.

Class Location: SUB 208 (Main Campus)

Class Meeting Times:

- Monday, 6:00 – 7:15 p.m. in SUB 208 (Face-to-Face meeting)
- Wednesday, 6:00 – 7:15 p.m. on Blackboard (online/asynchronous learning activities)
- Both meetings are required each week.

Required Materials:

Blackboard account, Skyhawk student email account, textbook, paper, pen/pencil.

Textbook:

No textbook for this course. Reading materials will be provided by the instructor.

Course Format: This course is a *hybrid* course. That means that half of the course is conducted face-to-face. The other half of the course is conducted online through Blackboard. ***You are required to attend the in-person classes AND log in to Blackboard to complete homework every week.***

Mission

Navajo Technical University honors Diné culture and language, while educating for the future.

Vision

Navajo Technical University provides an excellent educational experience in a supportive, culturally diverse environment, enabling all community members to grow intellectually, culturally and economically.

Philosophy

Through the teachings of Nitsáhákees (thinking), Nahátá (planning), Íina (implementing), and Siihasin (reflection), students acquire quality education in diverse fields, while preserving cultural values and gaining economic opportunities.

Course Description

This course provides foundational knowledge regarding addiction and substance use disorders. Biopsychosocial dynamics; stages, processes, and impact of addiction and substance use; and the role of the addiction professional in prevention, intervention, relapse prevention, and aftercare will be studied.

How substance use impacts family and community will be explored. The course provides an overview of the substance abuse counselor's code of ethics, HIPAA, and legal issues involved in counseling.

Course Outcomes

1. Distinguish among illicit drug use, deviant drug use, drug misuse, drug abuse, and drug addiction.
2. Describe the methods for gathering information about drug use and recognize the advantages and disadvantages of each method.
3. Become aware of recent trends in illicit drug use among adolescents and adults of all races and ethnic groups.
4. Recognize psychosocial variables related to drug use.
5. Describe three basic processes relating to addiction.
6. Discuss some current methods of treating addiction.
7. Identify the major subdivisions of the nervous system and describe their function.
8. Complete a drug analysis paper describing a specific drug, the scope of the use of the drug in the U.S., how the drug affects the brain, the acute and chronic effects of the drug, the dependence potential of the drug, the effects of the drug on an unborn fetus, and the treatments available for people who abuse the drug.

Course Assessments

- Movie Analysis Assignment (assignment with rubric)
- Drug Analysis Paper (assignment with rubric)

Connections to Program Assessment (Course-Embedded Measures)

- *Outcome: Analyze Frameworks.* This program level outcome will be assessed by means of an assignment with rubric (Drug Analysis Paper Assignment).

Instructor Policies

- Grades are non-negotiable. If you are struggling in the class, please speak to me during office hours or make an appointment with me after class so we can set you up on a plan for success as soon as your grades start to slip. The longer you wait, the less likely your grade will recover.
- Arrive to class on time, prepared, and attentive. Failure to prepare results in disruptions to the class and will result in a lower participation grade.
- You **MUST** log in to Blackboard every week and complete the week's homework!
- An academic warning will be issued if a student's average falls below C at any time during the semester and I will request that you meet with me.
- A student will be issued a disciplinary warning after ANY behavior that I deem as disruptive to the learning environment.
- If at any point you are contemplating dropping out of school, please keep in mind that I have an open-door policy to assist you in resolving any issues that may prevent you from finishing school. Your education is as important to me as it is to you! With help, you can still accomplish your goal. *I cannot help you if you do not ask for help.* Do not be afraid to ask for help—I am here for you.

Course Schedule

<i>Week</i>	<i>Topic</i>	<i>Reading</i>	<i>Assignments</i>
1	Introductions Drug Use and Abuse	Syllabus Chapter 1	Syllabus Quiz
2	Drug Use Yesterday & Today	Chapter 2	Biographical Sketch
3	Drugs and the Nervous System	Chapter 3	Quiz 1: Chapters 1, 2, 3
4	Introduction to Pharmacology & Psychopharmacology	Chapter 4 Chapter 5	Reflective Journal 1
5	Stimulants	Chapter 6	Drug Analysis Paper: Please submit your topic for approval this week.
6	Alcohol	Chapter 9	Quiz 2: Chapters 4, 5, 6, 9
7	Opiates	Chapter 10	Nothing due this week.
8	Marijuana	Chapter 11	Reflective Journal 2
9	Hallucinogens	Chapter 12	Quiz 3: Chapters 10, 11, 12
10	Movie + Discussion	No reading	Drug Analysis Paper: Please submit your status check this week.
11	Movie + Discussion	No reading	Nothing due this week.
12	Psychotherapeutic Medications	Chapter 13	Movie Assignment Due
13	Prescription and Over- the-counter Drugs	Chapter 14	Reflective Journal 3
14	Treatment of Substance Abuse	Chapter 15	Quiz 4: Chapters 13, 14, 15
15	Prevention of Substance Abuse	Chapter 16	Nothing due this week.
16	Review	No reading	Drug Analysis Paper Due

***** Each week's homework is always due by the end of the week (Sunday at 11 p.m.) *****

Important Dates

January 21: Last day to add classes or drop classes without a W

February 25: Graduation petition is due

March 31: Last day to withdraw with a W

Grading Plan

Class participation and attendance	250 points	A = 900 – 1000 points
Reflective journals (3 x 50 pts)	150 points	B = 800 – 899 points
Quizzes (4 x 50 pts)	200 points	C = 700 – 799 points
Movie analysis assignment	200 points	D = 600 – 699 points
Drug analysis paper	200 points	F = < 600 points
TOTAL POINTS	1000 points	

Class Participation

The activities that are part of this class are designed to not only increase your knowledge of addiction, but to improve your professional skills as well. Because this is a course that explores the psychology of addiction, a vital component of this course involves the expression of different thoughts and experiences of everyone in the class. Active participation will make the material more interesting, engaging, and memorable; hence, your participation is a large part of your grade. Participation includes attendance; being attentive and prepared for class by completing all readings, journals, quizzes, and assignments on time; contributing to class discussions and group work; and sharing input and thinking critically to apply the content on a deeper level. It is of utmost importance to be respectful, polite, and professional when participating, particularly when you have a different opinion or experience from someone else, as this is a valuable skill to master to ultimately be successful in your career. Disrespectful attitudes and comments, unruly behavior, interruptions, and outbursts will not be tolerated and additionally, your class participation grade will suffer.

Reflective Journals

You will write 3 reflective journal entries this semester. In these journals you will share your thoughts on topics from our lessons that resonated with you. The journals prompt or question will be posted on Blackboard in the week that journal is due. These journals will be kept confidential and only your instructor will read them. The point of this assignment is to think critically and make connections between the material you are learning, how it affects you on a personal level in your life, and how it might affect your future work as a counselor. You will be graded on the content of your ideas and expression (honesty, depth, connections to what you have learned); you will NOT be graded on grammar, spelling, or style. Each journal entry should be at least 250 words in length, but you are welcome to write more if you have more to share.

Movie Assignment

You will watch a movie related to drug/alcohol addiction. You may choose which movie to watch, but your choice ***must be approved in advance by your instructor*** (please email to ask for approval before beginning this assignment). After watching the movie, you will submit a one-page review that discusses the psychological effects of drug or alcohol addiction that take place in the movie. You will describe the characters' symptomology based on their drug of choice.

Movie Assignment Rubric

	<i>Distinguished</i>	<i>Very Good</i>	<i>Proficient</i>	<i>Needs Improvement</i>
Formatting: 20 points	Zero errors in the following: 12-point font size 1" page borders Double spacing	One error in the following: 12-point font 1" page borders Double spacing	Two errors in the following: 12-point font size 1" page borders Double spacing	Three or more errors in the following: 12-point font size 1" page borders Double spacing
Mechanics: 20 points	0-3 spelling and/or punctuation errors	4-6 spelling and/or punctuation errors	7-10 spelling and/or punctuation errors	More than 10 sp. or punctuation errors
Style: 30 points	Language is natural, interesting, figurative, and concise	Language is functional and sometimes goes beyond the ordinary	Language is predictable and/or repetitious	Language is limited, monotonous, and/or misused
Organization: 30 Points	Paper is clear and well developed. Strong introduction and conclusion with thoughtful use of transitions. Flows smoothly from one idea to the next.	Organization is present though rather predictable; transitions are used which enable the reader to follow the flow of thought	Organization is emerging so reader can follow some of the text, but introduction and conclusion undeveloped or unclear.	No clear introduction or conclusion. Organization is lacking which causes confusion in reader.
Content: 100 Points	Accurate and complete description of the	Mostly accurate and complete description of	Some inaccuracies and/or incomplete description of	Inaccurate and incomplete description of the

	character's symptoms and behaviors based on their drug choice(s).	the character's symptoms and behaviors based on their drug choice(s).	the character's symptoms and behaviors based on their drug choice(s).	character's symptoms and behaviors based on their drug choice(s).
Total Points: 200				
<i>Scale: Distinguished (A) = 170-200, Very Good (B) = 150-169, Proficient (C) = 130-149, Needs Improvement (D) < 130</i>				

Drug Analysis Paper

You will complete a drug analysis paper (5 pages, APA format (title page, references page, and at least 3 pages of content) describing a specific drug, the scope of the use of that drug in the United States, how the drug affects the brain, the acute and chronic effects of the drug, the dependence potential of the drug, the effects of the drug on an unborn fetus, and the treatments available for people who abuse the drug. ***The written paper is to be completed in APA format with a title page and reference page; you must have a MINIMUM OF THREE SOURCE listed on your title page.***

Drug Analysis Paper Rubric

	<i>Distinguished</i>	<i>Very Good</i>	<i>Proficient</i>	<i>Needs Improvement</i>
Formatting: 20 points	Zero errors in the following: -Times New Roman 12 font -1" page borders -Double spacing	One error in the following: Times New Roman 12 font 1" page borders Double spacing	Two errors in the following: Times New Roman 12 font 1" page borders Double spacing	Three or more errors in the following: Times New Roman 12 font 1" page borders Double spacing
Mechanics: 40 points	0-2 spelling and/or punctuation errors	3-5 spelling and/or punctuation errors	6-9 spelling and/or punctuation errors	More than 10 sp. or punctuation errors
Word Choice: 20 points	Language is natural, interesting, figurative, and precise	Language is functional and sometimes goes beyond the ordinary	Language is predictable and/or repetitious	Language is limited, monotonous, and/or misused
Sentence Fluency: 20 Points	Sentences are well-constructed, strong and varied. Flows easily when read aloud.	Sentences are somewhat varied. Fairly easy to read aloud.	Sentence structure mechanical and sometimes clumsy.	Sentences are difficult to follow. incomplete, run-on, or awkward
Organization: 40 Points	Paper is clear and well developed. Strong introduction and conclusion with thoughtful use of transitions. Flows smoothly from one idea to the next.	Organization is present though rather predictable; transitions are used which enable the reader to follow the flow of thought	Organization is emerging so reader can follow some of the text, but introduction and conclusion undeveloped or unclear.	No clear introduction or conclusion. Organization is lacking which causes confusion in reader.
Content: 60 Points	Accurate and complete description of the drug, scope of use, effects, dependence potential, and treatments.	Mostly accurate and complete description of the drug, scope of use, effects, dependence potential, and treatments.	Some inaccuracies and/or incomplete description of the drug, scope of use, effects, dependence potential, and treatments.	Inaccurate and incomplete description of the drug, scope of use, effects, dependence potential, and treatments.
Total Points: 200				
<i>Scale: Distinguished (A) = 170-200, Very Good (B) = 150-169, Proficient (C) = 130-149, Needs Improvement (D) < 130</i>				

Grading Policy

Each student must do his or her own homework and case studies. Discussion among students on homework and cases is encouraged for clarification of assignments, technical details of using software, and structuring major steps of solutions - especially on the course's Web site. Students must do their own work on the homework and exam. Cheating and plagiarism are strictly forbidden. Cheating includes but is not limited to: plagiarism, submission of work that is not the student's own, submission or use of falsified data, unauthorized access to exam or assignment, use of unauthorized material during an exam, supplying or communicating unauthorized information for an assignment or exam.

Participation

Students are expected to attend and participate in all class activities as listed above, as it **is a significant part of your overall course grade**. Points will be given to students who actively participate in class activities including events, co-curricular activities, extra credit opportunities, and who ask questions of guest speakers and other presenters.

Cell Phone and Head Phone Use

Please turn cell phones off or place them on silence or vibrate mode **before** coming to class. Also, answer cell phones **outside of class** (not in the classroom). Exercising cell phone courtesy is appreciated by both the instructor and classmates. Headphones are to be removed before coming to class.

Attendance Policy

Students are expected to regularly attend all classes for which they are registered. A percentage of the student's grade will be based on class attendance and participation. Absence from class, regardless of the reason, does not relieve the student of his/her responsibility to complete all course work by the required deadlines. Furthermore, it is the student's responsibility to obtain notes, handouts, and any other information covered when absent from class and to arrange to make up any in-class assignments or tests if permitted by the instructor. Incomplete or missing assignments will necessarily affect the student's grades. Instructors will report excessive and/or unexplained absences to the Counseling Department for investigation and potential intervention. **Instructors may drop students from the class after three absences unless prior arrangements are made with the instructor to make up work and the instructor deems any excuse acceptable.**

Study Time for Hybrid or Blended Courses

For a hybrid or blended course of one credit hour, a student is expected to spend three hours per week studying the course materials.

Academic Integrity

Integrity (honesty) is expected of every student in all academic work. The guiding principle of academic integrity is that a student's submitted work must be the student's own. Students who engage in academic dishonesty diminish their education and bring discredit to the University community. Avoid situations likely to compromise academic integrity such as: cheating, facilitating academic dishonesty, and plagiarism; modifying academic work to obtain additional credit in the same class unless approved in advance by the instructor, failure to observe rules of academic integrity established by the instructor. **The use of another person's ideas or work claimed as your own without acknowledging the original source is known as plagiarism and is prohibited.** The following are among the forms of dishonesty, in a classroom of any type, for which sanctions may be applied:

- Using books, notes or other materials during an examination, unless expressly permitted;
- Using purchased essays, term papers or preparatory research for such papers;
- Copying others' work or engaging in unauthorized cooperation during an assignment or examination;
- Allowing another student to copy from an examination or other assignment intended to be performed independently;
- Borrowing from published works, whether material is taken verbatim or with minor alterations, without proper and/or sufficient acknowledgment;
- Submitting as one's own work originally done by someone else;
- Submitting the same written report in more than one course without prior approval from the instructor(s) involved;
- Stealing examinations or assignments;

- Supplying or selling examinations or assignments;
- Misrepresenting statements concerning work submitted;
- Falsifying or fabricating experimental data or results;
- Falsifying or fabricating the need for extensions on papers or make-up examinations.
- Misrepresenting identity in an online course

Please see the student handbook for more information.

Diné Philosophy of Education

The Diné Philosophy of Education is incorporated into every class for students to become aware of and to understand the significance of the four Diné philosophical elements, including its affiliation with the four directions, four sacred mountains, the four set of thought processes and so forth: Nitsáhákees, Nahat'á, Iná and Sih Hasin which are essential and relevant to self-identity, respect and wisdom to achieve career goals successfully.

Students with Disabilities

The Navajo Technical University and the School of Arts & Humanities are committed to serving all enrolled students in a non-discriminatory and accommodating manner. Any student who feels he/she may need an accommodation based on the impact of disability or needs special accommodations should inform NTU in accordance with the procedures of the subsection entitled “Students with Disabilities” under Section 7: Student Support Programs, NTU Student Handbook.