

**Addictions Treatment****SW 4171/5171 Syllabus****Instructor Contact Information (QM 1.2, 1.8, 5.3)**

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<b>Class Delivery</b>	Online / Blackboard Learn
<b>Preferred Communication</b>	I will primarily communicate with students via email. Preferred mode of contact is through the e-mail listed above.
<b><a href="http://www.uni.edu/vanworme/index.html">Dr. van Wormer's website</a></b>	<a href="http://www.uni.edu/vanworme/index.html">http://www.uni.edu/vanworme/index.html</a>

**Course Information****Course Overview**

This course is designed for students in the helping professions, addictions counselors already in the field, social workers, teachers and health educators. The subject matter, though basic, is not simplistic. Readings should generate as many questions as answers. The handouts and readings included in this course have focused on material related to youth and schools, as many of you taking the course are teachers or counselors.

A basic assumption throughout the readings and exercises is that alcoholism and other addiction to illegal drugs, sedatives, food, nicotine, gambling, etc.) are caused by a combination of biological, psychological, and social factors. A second basic assumption is that prevention is better than cure. In fact, for addiction there may be no cure, only remission; remission may occur spontaneously from spiritual growth or through treatment. Treatment is a major focus of this course. In this course, the student will be introduced to a strengths approach to counseling, an approach that also serves to bridge the gap between the 12 step-based treatment model and harm reduction theory. A biopsychosocial and spiritual understanding of substance abuse and addiction are provided in this course.

## Learning Objectives

### University Level Objectives

- **Critical Thinking**

Graduates will demonstrate critical thinking through the ability to evaluate, analyze, and integrate information from a variety of sources in order to develop reasoned positions and solutions to problems.

- **Communication**

Graduates will display competence in oral, written, and visual communication, as appropriate for their discipline.

- **Program Content Knowledge**

Graduates will demonstrate discipline-specific knowledge and skills in their major fields of study

### Course Level Objectives

1. To acquire an understanding of addiction as a chronic problem and chronic disease. To recognize that relapse is not a failure but an expected phase of the withdrawal process. A familiarity with the ecological model as a framework that identifies biopsychosocial components in alcoholism.
2. To develop familiarity with harm reduction as a practice and policy and with other major treatment modalities and to recognize that approaches should be individualized for clients.
3. To recognize the need to meet the client where he/she is in terms of time; to delve into the here-and-now and also to explore the legacy of the past.
4. To recognize high possibility of recovery, though not cure, for addiction.
5. To acquire knowledge of alcoholism and drug dependency as a family disease so that interventions may include family members for best results. To discuss the role of the school in identifying and treating children in alcoholic homes. To view the school as a primary source of prevention.
6. To be familiar with the basic philosophy and principles of Alcoholics Anonymous and Al Anon.
7. To acquire knowledge of physiological aspects of alcoholism addiction, withdrawal, blackouts, tolerance.
8. To develop a realistic appreciation for the field of alcoholism counseling as a newly emerging area of employment.
9. To be aware of the stringent requirements for client confidentiality under federal law.
10. To view the use of substances in cultural and international perspective. To be aware of special treatment needs of diverse populations in American society.

## Course Requirements

### Required Texts

- *Addiction Treatment: A Strengths Perspective* (4<sup>th</sup> ed.), by Katherine van Wormer and Diane Rae Davis (2018) (Cengage)

This is available from The University of Northern Iowa Bookstore. We are covering Chapters 1-13 but omitting Chapter 7 on screening and assessment. If you plan to engage in substance abuse treatment, the information in this chapter will be useful, so read it on your own. There are no test questions on this chapter, however.

### Supplemental Readings (QM 4.3, 4.6)

- Supplementary readings (those recommended but not required)

## Course Organization

This course will be delivered over the World Wide Web, utilizing web pages and a learning management system (eLearning). The course is divided into 12 assignments and 2 exams. All written assignments will be submitted via eLearning. Please refer to the assignments for specific instructions. Your exams will be proctored.

### Written Assignments:

Type all assignments using Microsoft Word and save as a file. Submit your assignment by clicking on the Assignment Submission link in Course Content menu and upload your assignment. Need help? Find a link to the Blackboard Tutorials in Start Here for instructions on how to submit an assignment.

Written Assignments will be graded on thoughtfulness, relevance to the question, thoroughness of responses, and organization of material in the body of the writing. Please type each question out before you answer it. Average length is about one long paragraph or two short paragraphs; creative assignments generally should be a page. Even though you will not be asked to submit answers to all questions, students are responsible for the content of all questions for testing purposes.

For research assignments go to [Partnership for Drug-Free Kids website](http://drugfree.org): <http://drugfree.org> and/or [Your Life Iowa website](https://yourlifeiowa.org): <https://yourlifeiowa.org>, and the phone number is 855-581-8111. For information on Iowa substance abuse certification, go to the [Iowa Board of Certification website](http://www.iowabc.org): <http://www.iowabc.org>.

### Exams:

The Midterm Exam will be taken after the completion of Assignment 5. The Final Exam will be taken after the completion of Assignment 12. Both exams will be based on the information gleaned from the assignments and central

facts from the chapters. The Final Exam concentrates on the last seven chapters and assignments, but may contain ideas from earlier work. The exam format will be a combination of matching, short answer and essay questions.

Students often ask how to prepare for the exams. Review all the questions with each chapter and the concepts and people listed in this booklet with each chapter.

## Grading

Grades will be assigned to all assignments and examinations with written assignments composing 1/3 of the final grade; the Midterm Exam 1/3 of the final grade and, of course, the Final Exam contributing 1/3 of the final grade.

For graduate students receiving graduate credit, greater elaboration is expected on each question answered. If two paragraphs are required, you should submit three paragraphs. You are expected to go beyond the book content to include personal experience or external research sources.

Please note that UNI Guided Independent Study requires that you submit all assignments and complete all exams to receive a grade in the course.

### Determination of Grades

[Final grades will be reported using the following scale:]

Grading scale					
93-100%	A	80-82%	B-	67-69%	D+
90-92%	A-	77-79%	C+	63-66%	D
87-89%	B+	73-76%	C	60-62%	D-
83-86%	B	70-72%	C-	< 59%	F

### Academic Integrity

To ensure academic integrity and to follow UNI policies on Student Academic Ethics (see: IV. Academic Ethics Violations), students will not plagiarize, misrepresent, fabricate, or cheat. Unless otherwise instructed and approved by the instructor, students will take quizzes and exams **individually**, without collaboration with other parties and/or using notes or other texts. Similarly,

students will submit work (papers, presentations, and other assessments) that is their own work (in regard to violations of these ethics policies, see: V. Academic Ethics Sanctions).

## Course Communication and Technology

### Online Component:

This course is completely an online utilizing eLearning for instruction, materials, and communication. This online component can be accessed through the [UNI Blackboard website](http://elearning.uni.edu/) (<http://elearning.uni.edu/>)

All of the handouts and information for this course will be available in eLearning. Students are advised to check the website and their e-mail for communication. Any changes to the course syllabus or schedule will be announced through eLearning. Assignments are due as specified in the course schedule and on the course Blackboard page in eLearning. Students are responsible for learning how to use Blackboard for on-time submission of assignments. Blackboard tutorials are available at the [Blackboard Help website](http://www.uni.edu/continuinged/support/tutorials/index.shtml#elearning). (<http://www.uni.edu/continuinged/support/tutorials/index.shtml#elearning>)

### Technology Requirements

The following information has been provided to assist you in preparing to use technology successfully in this course. You are required to have access to and ability to use:

- UNI Gmail account
- Microsoft Office
- High speed internet connection
- eLearning is supported on Firefox and Chrome (Internet Explorer and Safari do not support eLearning and users can experience difficulty opening files)

### Technical Support (QM 1.3, 5.3, 5.4, 7.1)

If you experience any technical problems, do **not** contact the instructor. Please contact the **Office of Continuing and Distance Education** at 319-273-7740 (local), 800-772-1746 (toll-free) or [cesp-consult@uni.edu](mailto:cesp-consult@uni.edu). Support hours are available Monday – Thursday 8am – 9pm and Friday 8am – 4:30pm.

Unlike inpatient treatment, outpatient treatment does not involve 24-hour care. Instead, outpatient programs organize treatment sessions around the patient's schedule. These programs also vary in length, the types of services offered, and levels of intensity. After someone undergoes addiction treatment, there is always a chance for relapse. So, relapse prevention is used after treatment to help prevent this from happening. Addiction treatment must help the person do the following: stop using drugs. stay drug-free. NIDA. 2019, January 17. Treatment Approaches for Drug Addiction DrugFacts. Retrieved from <https://www.drugabuse.gov/publications/drugfacts/treatment-approaches-drug-addiction>. NIDA. "Treatment Approaches for Drug Addiction DrugFacts." National Institute on Drug Abuse, 17 Jan. 2019, <https://www.drugabuse.gov/publications/drugfacts/treatment-approaches-drug-addiction>. For those seeking addiction treatment for themselves or a loved one, the Treatment4Addiction.com helpline is a private and convenient solution. Calls to any general helpline (non-facility specific 1-8XX numbers) for your visit will be answered by American Addiction Centers (AAC). We are standing by 24/7 to discuss your treatment options. Our representatives work solely for AAC and will discuss whether an AAC facility may be an option for you.