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City College of New York

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2019

### Treatment of Substance Abuse 1

Helen Stayna  
*CUNY City College*

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**The City College of New York  
Department of Psychology**

**Treatment of Substance Abuse I  
Psychology 35000, Section C  
Spring 2019  
Mondays and Wednesdays 11:00am – 12:15pm  
Room – Shepard 20**

**Professor:** Helen Stayna, Ph.D.  
**Email:** hstayna.ccny@gmail.com  
**Office Hours:** Wednesday 12:30-1:30 pm  
**Office Location:** Room 7/229E, NAC Building

**Course Description:**

The aim of this course is to introduce CASAC and other psychology undergraduate students to basic concepts relevant to understanding the process of assessment and treatment of Alcohol, Tobacco, and Other Drugs (ATOD)-related problems. The course will review modern theories of addictions, assessment and evaluation of ATOD related problems, and the current range of treatment options available. Students will gain familiarity with the diagnostic criteria for alcohol and substance use disorders utilizing the Diagnostic and Statistical Manual Fifth Edition (DSM-5), as well as understanding other screening instruments for addictions.

Students will be introduced to a range of evidence-based treatments including motivational interviewing, cognitive behavioral therapy, twelve-step facilitation, and contingency management. The course will also expose students to the medications that have been developed to augment the treatment of addictions, and the ways medication and psychotherapy can work together.

This course meets the New York State Office of Alcohol and Substance Abuse Services (OASAS) requirements for Section 1- Diversity of Intervention and Treatment Approaches (12 hours; classes 15 [block grant requirements], 18-26), Section I. Introduction to Diagnostic Criteria (6 hours; classes 6- 12), Section I - Knowledge of 12 Step and Mutual Aid Groups (4 hours; classes 18-20), Section I - Toxicology Testing/ Screening (3 hours; classes 7-8), Section I – Supporting Recovery with MAT (3 hours of on-line training) and Section III - Assessment and Evaluation (20 hours; classes 2-15) in the Accredited CASAC-T Educational program.

**Objectives:**

- Students will learn about the most widely used screening instruments used to evaluate and diagnose ATOD-related problems.
- Students will learn about the DSM-5 diagnostic criteria for substance use disorders.
- Students will learn how to comprehensively assess and evaluate ATOD-related problems.
- Students will gain basic knowledge of evidence-based treatment practices commonly used in community substance abuse treatment programs.

**Required Readings:**

Davide, S. (2017). Effects of Synthetic Cannabinoid Use. Dimensions of Dental Hygiene.

[https://academicworks.cuny.edu/cgi/viewcontent.cgi?article=1270&context=ny\\_pubs](https://academicworks.cuny.edu/cgi/viewcontent.cgi?article=1270&context=ny_pubs)

Drope, Jeffrey; Liber, Alex C.; Cahn, Zachary; Stoklosa, Michael; Kennedy, Rosemary; Douglas, Clifford E.; Henson, Rosemarie; Drope, Jacqui. Who's still smoking? Disparities in adult cigarette smoking prevalence in the United States First published: 31 January 2018

<https://onlinelibrary.wiley.com/doi/full/10.3322/caac.21444>

McDonald, Emily Anne; Popova, Lucy; and Ling, Pamela M., "Traversing the triangulum: the intersection of tobacco, legalised marijuana and electronic vaporisers in Denver, Colorado" (2016). CUNY Academic Works.

[https://academicworks.cuny.edu/cgi/viewcontent.cgi?article=1131&context=jj\\_pubs](https://academicworks.cuny.edu/cgi/viewcontent.cgi?article=1131&context=jj_pubs)

OASAS. (2012, August 30). Local Services Bulletin No. 2012-01: Requirements Under the Federal Substance Abuse Prevention and Treatment (SAPT) Block Grant.

<https://www.oasas.ny.gov/mis/bulletins/LSB2012-01.cfm>

Referred to in syllabus as OASAS Requirements Under SAPT.

OASAS. Treatment of the pregnant woman with a substance use disorder: A Pregnant Woman Never Drinks Alone, Addressing Fetal Alcohol Spectrum Disorders.

<https://www.oasas.ny.gov/publications/pdf/FASD.pdf>

Referred to in syllabus as OASAS Treatment Guidelines for Pregnant Women.

**BLACKBOARD ACCESS**

All students are required to sign up for and access Blackboard for announcements, current syllabus, and course materials. Students are expected to keep their personal information current in Blackboard and check the website throughout the semester for updated information.

[https://cunyportal.cuny.edu/cpr/authenticate/portal\\_login.jsp](https://cunyportal.cuny.edu/cpr/authenticate/portal_login.jsp)

**Assignments and Grades:**

1. Attendance and class participation = 5%
2. Attendance at an AA meeting accompanied by write-up of the experience (1 page; See Guidelines Below) = 10%
3. MAT Online Training 5%
4. Quizzes = 20%
5. Midterm = 30%.
6. Final Exam = 30%.

**Supporting Recovery with Medications for Addiction Treatment (MAT) ATTC training:** In line with CASAC requirements, students must complete the following NIDA/SAMHSA-ATTC Medication Assisted Treatment Blending Team approved on-line training on Medications for Addiction Treatment (MAT):

<http://healthknowledge.org/course/search.php?search=Medication+Assisted>

**Grading Scale**

97-100% = A+	77-79% = C+
93-96% = A	73-76% = C
90-92% = A-	70-72% = C-
87-89% = B+	60-69% = D
83-86% = B	<60% = F
80-82% = B-	

Please be responsible for staying on top of your grades and bring any grade problems to my attention immediately.

**Extra Credit**

You can earn 3 points extra credit by being a research subject for the Psychology Department. Please forward me the email confirming you have participated as a subject and 3 points will be added to your final grade.

**COURSE POLICIES****Attendance and Participation:**

Attendance and class participation are a major part of this class. You are expected to attend all classes and arrive on time. Only two excused absences and one unexcused absence is permitted. Missing more than 3 classes will result in a 5% deduction from your final grade. If you miss an excessive number of classes, you will be encouraged to withdraw from the class.

The only excused absences are those that are serious or required (e.g., medical emergencies or serious illness/injury, death or serious illness in the family, military duties, jury duty) and they require documentation. Only students with approved documentation will be given an excused absence.

Students who arrive to class 10 minutes after the start of class are considered tardy. Students will be marked absent if they arrive more than 30 minutes after class has started. After 3 late arrivals, an unexcused absence will be marked in your record. Four or more absences are grounds for an academic withdrawal (a grade of WU).

The CUNY "F" Policy allows for an "F" grade, or any administrative failing grade, such as "WU" or "WF," to be excluded from the calculation of your cumulative GPA if you retake the failed course and receive a grade of "C" or better. Students must fill out the "F" Policy application form and submit it to the Office of the Registrar. Please note: the "F" grade is not removed from your transcript but it will no longer be reflected in the cumulative GPA. This policy is limited to 16 credits, and the course must have been taken after 1990. The CUNY "F" Policy needs to be first cleared with an academic advisor.

### **Class Conduct, Courtesy, And Electronic Devices**

Please be courteous of others if you arrive late or leave early from class. Students have the right to a course that is free of unnecessary distraction. Please refrain from talking during class unless you are participating in classroom discussion. Please turn off all cell phones, iPods, and other electronic devices while in class. It is inappropriate to text or use your cell phone during class. Computers or devices used for note-taking are permitted in the class for course purposes. Any disruptive behaviors will be addressed immediately, and if the behavior does not cease you will be asked to leave the class.

### **Policy for missed exam:**

**If you are not in attendance for an exam, and you have not been excused beforehand** (see attendance policy above), **a grade of zero will be recorded** by your name for that exam. Make-up exams will NOT be given automatically; you must have prior approval from the professor. Results of each exam will be available to you via Blackboard within a week after the test day.

### **Academic Policies:**

Students are expected to behave in an ethical manner and to abide by City University and Psychology Department policies. Disruptions, inappropriate classroom behavior, or disrespectful comments by students will be responded to per Departmental and University policies.

### **ACADEMIC DISHONESTY POLICY:**

Academic dishonesty is a basis for disciplinary action and will not be tolerated in this course in any guise. Academic dishonesty includes, but is not limited to: (1) *plagiarism*: using another's words, ideas, or paraphrases without giving credit to the source[s] and implying they are your own; (2) *cheating*: using hidden notes or examining another person's responses to answer questions on a quiz/test/exam; (3) *ringers*: having another person fulfill your assignment (e.g., homework, quiz, paper, or test). The faculty member has the option of failing the students for the academic hours in question and may refer the case to other academic personnel for further action. Penalties for academic dishonesty may include expulsion from the university. To help you in understanding what plagiarism is and how to avoid it, please read the guide provided by CUNY's offices of provost and student affairs.

### **ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES:**

The Office of Student Disability Services (SDS) provides a supportive environment for students with disabilities and can be helpful in arranging student accommodations, support services, and academic adjustments. Please contact the office at 212-650-5913 early in the semester to schedule an appointment. If after meeting with SDS it is determined that you would benefit from in-class accommodations, the office will ask you to bring me an Academic Adjustment Memo that specifies the nature of the accommodations. I can work with you to ensure that these accommodations are met. For more information, visit this site:

<http://www1.cuny.cuny.edu/current/student/services/access/>

## Class Schedule: Readings, Exams, and AA Paper

<b>Date</b> <b>Class</b>	<b>Topic</b>
1/28 Class 1	<b>Course Overview and Course Requirement</b>
1/30 Class 2	<b>History of Addiction</b> <b>Neurobiology of Addiction</b>
2/4 Class 3	<b>Gender and Substance Abuse</b> <b>Review of Racial/Ethnic, Gender, and Sexual Orientation Disparities in Tobacco/Nicotine Related Disorders</b>  <a href="https://onlinelibrary.wiley.com/doi/abs/10.3322/caac.21444">https://onlinelibrary.wiley.com/doi/abs/10.3322/caac.21444</a>
2/6 Class 4	<b>Substance Abuse in Various Populations</b> <b>(Elderly, Homeless)</b>
2/11 Class 5	<b>Substance Abuse in Children and Teens</b> <b>Marijuana</b> <a href="https://academicworks.cuny.edu/cgi/viewcontent.cgi?article=1131&amp;context=jj_pubs">https://academicworks.cuny.edu/cgi/viewcontent.cgi?article=1131&amp;context=jj_pubs</a>
2/13 Class 6	<b>Understanding the DSM-V and ICD 10</b> <b>Review of DSM-5 Diagnostic Criteria for Substance Use Disorders</b>
2/18	<b>No Class</b>
2/20 Class 7	<b>DSM-V/ICD 10 (continued)</b> <b>Toxicology Screening</b> <a href="https://academicworks.cuny.edu/cgi/viewcontent.cgi?article=1270&amp;context=ny_pubs">https://academicworks.cuny.edu/cgi/viewcontent.cgi?article=1270&amp;context=ny_pubs</a>
2/25 Class 8	<b>Toxicology Screening (continued)</b> <b>Quiz 1</b>
2/27 Class 9	<b>Screening:</b> <b>Alcohol Use Disorders Identification Test (AUDIT), Clinical Interview</b>
3/6 Class 10	<b>Screening:</b> <b>Michigan Alcoholism Screening Test (MAST)</b> <b>Drug Abuse Screening Test (DAST)</b>
3/11 Class 11	<b>Screening:</b> <b>Alcohol, Smoking, and Substance Involvement Screening Test (ASSIST)</b>
3/13 Class 12	<b>Level of Care Determination Tool:</b> <b>A.S.A.M. Patient Treatment Criteria</b>
3/18 Class 13	<b>Level of Care Determination Tool:</b> <b>OASAS Services</b>

3/20 Class 14	<b>Federal Requirements &amp; Provider Responsibilities: IV Substance Users &amp; Pregnant Women</b> <b>OASAS Requirements under SAPT</b> <a href="https://www.oasas.ny.gov/mis/bulletins/LSB2012-01.cfm">https://www.oasas.ny.gov/mis/bulletins/LSB2012-01.cfm</a> .  <b>OASAS Treatment Guidelines for Pregnant Women</b> <a href="https://www.oasas.ny.gov/publications/pdf/FASD.pdf">https://www.oasas.ny.gov/publications/pdf/FASD.pdf</a>	
3/25 Class 15	<b>Midterm Exam</b>	
3/27 Class 16	<b>Determining Treatment Readiness: Stages of Change SOCRATES &amp; URICA Measures</b>	
4/1 Class 17	<b>Biopsychosocial Model of Addiction</b>	
4/3 Class 18	<b>Biopsychosocial Model of Addiction (continued)</b>	
4/8 Class 19	<b>12 Step and Mutual Aid Groups</b>	
4/10 Class 20	<b>Family Systems Johnson Intervention, ARISE</b>	
4/15 Class 21	<b>Motivational Interviewing Quiz 2</b>	
4/17 Class 22	<b>Motivational Interviewing (continued) Brief Tobacco Clinical Interventions: 5A's CASE STUDY: Tobacco/Nicotine-Related Disorders</b>	
4/22	<b>No Class</b>	
4/24	<b>No Class</b>	
4/29 Class 23	<b>Cognitive Behavioral Therapy</b>	
5/1 Class 24	<b>Cognitive Behavioral Therapy (continued) Dialectical Behavior Therapy</b>	
5/6 Class 25	<b>Relapse Prevention</b>	
5/8 Class 26	<b>Contingency Management Seeking Safety Quiz 3</b>	<b>AA Paper DUE</b>
5/13 Class 27	<b>Behavioral Couples Therapy</b>	<b>MAT online training due</b>
5/15 Class 28	<b>Pharmacotherapy CASE STUDY: Tobacco/Nicotine-Related Disorders</b> <a href="http://healthknowledge.org/course/search.php?search=Medication+Assisted">http://healthknowledge.org/course/search.php?search=Medication+Assisted</a>	
5/22	<b>Final 10:30 - 12:45 p.m.</b>	

**GUIDELINES for 1 Page (Single-Spaced) Write-Up of Alcoholics Anonymous (AA) Meeting****Paper due 5/08/19**

**You can hand in or email me the paper anytime before it is due. 10 points will be deducted for each day the paper is late.**

*Only attend AA meetings that are labeled "open" meetings. Meeting locations can be found on the AA website (<http://www.aa.org>)*

**Questions to consider as you write your AA paper.**

I highly recommend you read ahead to learn more about the theoretical foundation and principles of AA beforehand so that you can gain the most out of your attendance.

1. Was it easy or hard to find an open meeting?
2. Which meeting did you attend? What type of facility was it held in (church, school)? How many people were in attendance? How diverse (age, race/ethnicity, gender, social class etc.) was the group of people in attendance?
3. What was the general atmosphere like? (lively, cheerful, somber, low-key) Did anyone approach you or greet you?
4. What happened in the meeting? (Please leave out any identifying information). You can keep this section brief.
5. Discuss your personal reactions (emotional and intellectual reactions) to the meeting and the stories that were told. What emotions came up for you? What questions came to mind?
6. What messages were being given to the people who were attending the group?
7. Do you agree or disagree with the philosophy and principles of AA? Explain why. Did your AA meeting attendance change your perspective of AA in any way? Explain why.

Do not take notes during the AA meeting. Try to write your paper soon after your attendance so that the experience will be fresh in your mind as you write. If you have already attended an AA meeting in the past, you are welcome to attend a Narcotics Anonymous (NA) meeting instead.

## APPENDIX A: PROFESSIONAL DEVELOPMENT RESOURCES

### **Web-based Resources for Clients with Substance Use Disorders including Tobacco Use Disorders**

- New York State’s Smoker’s Quitline: <https://www.nysmokefree.com/>
- Online Guide to Quit Smoking: <https://smokefree.gov/>
- Quite Guide App: <https://smokefree.gov/apps-quitguide>
- National Cancer Institute’s quitline. Call 1-877-44U-QUIT to talk with an expert for free.
- Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline: <https://www.samhsa.gov/find-help/national-helpline>
- National Suicide Prevention Hotline: <https://suicidepreventionlifeline.org/>

### **Community Resources for Referral for Medical, Psychiatric, or Psychosocial Problems**

- NYS Office of Alcoholism and Substance Abuse Services: <https://www.oasas.ny.gov/>
- Resources from NYC Health: <https://www1.nyc.gov/site/doh/health/healthtopics/alcohol-and-drug-use-services.page>
- Call New York City’s 24-hour-a-day, seven-day-a-week hotline at 1-888-NYC-WELL (1-888-692-9355) or visit NYC Well online: <https://nycwell.cityofnewyork.us/en/>
- The Addiction Institute at Mount-Sinai - West: (212) 523-6491; info@addictioninstituteny.org  
<http://www.roosevelthospitalnyc.org/psychiatry/addiction/>
- The Addiction Institute at Mount-Sinai - Beth Israel: (212) 420-4220  
[http://www.wehealny.org/services/bi\\_stuysq/](http://www.wehealny.org/services/bi_stuysq/)
- Realization Center: (718) 342-6700; Multiple Locations in NYC and Brooklyn, NY  
<http://www.realizationcenternyc.com/>
- Outreach Project: (718) 849-6300; Multiple Locations in Queens, Brooklyn, and Long Island, NY  
<http://www.opiny.org/outreach-treatment>
- Montefiore Hospital, Substance Abuse Treatment Program: (917) 564-8780  
<http://www.montefiore.org/psychiatry-services-substance-abuse-treatment>

### **Key Journals**

- Nicotine and Tobacco Research: <https://academic.oup.com/ntr>
- Journal of Smoking Cessation: <https://www.cambridge.org/core/journals/journal-of-smoking-cessation>
- Addiction: <http://www.addictionjournal.org/pages/aims-scope>
- Drug and Alcohol Dependence: <https://www.journals.elsevier.com/drug-and-alcohol-dependence/>
- Addictive Behaviors: <https://www.journals.elsevier.com/addictive-behaviors>

### **Professional Societies**

- Society for Research on Nicotine and Tobacco (SRNT): <https://www.srnt.org/>
- Society of Addiction Psychology (SOAP), Division 50, American Psychological Association: <http://addictionpsychology.org/>
- Research Society on Alcohol: <http://www.rsoa.org/>

### **National Organizations**

- National Institute on Alcohol Abuse and Alcoholism: <https://www.niaaa.nih.gov>
- National Institute on Drug Abuse: <https://www.drugabuse.gov>
- National Council on Alcoholism and Drug Dependence: <https://www.ncadd.org>
- Surgeon General’s Report on Addiction: <https://addiction.surgeongeneral.gov/>
- North American Quitline Consortium: <http://www.naquitline.org/>
- Association for the Treatment of Tobacco Use and Dependence (ATTUD): <https://attud.org/>
- Council for Tobacco Treatment Training Programs: <http://cttp.org/>