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Drug and Alchohol Abuse: Causes and Treatment

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PSY 3400 DRUG AND ALCOHOL ABUSE: CAUSES AND TREATMENT SYLLABUS

SPRING 2020

INSTRUCTOR INFORMATION

Instructor	Email	Location & Hours
Emel Taskakan	etaskakan@ccny.cuny.edu	NAC Building, 7/320 MW 11:00-12:15pm

GENERAL INFORMATION

DESCRIPTION

Course meets New York State Office of Alcohol and Substance Abuse Services (OASAS) requirements for Section I. Knowledge of Alcoholism and Substance Abuse (28 hours (Classes 1-2, 5-6, 8-11, 13-15, 17-20, 27-30 and Section III. 6 hours Legal/Confidentiality (Classes 3, 4, 22, 23) in the Accredited CASAC-T Educational program.

This course addresses the social, biological, and psychological factors of the major drugs associated with therapeutic and recreational use and abuse. Topics include drug use as a social problem, theories and treatment of addiction, how drugs work, detrimental health effects of drug use, and legal/ethical confidentiality issues. The aim of this course is to introduce CASAC and other psychology undergraduate students to the basic concepts relevant to understanding addictive behaviors.

This course is applicable to anyone interested in learning about the role of drugs in our society and how drugs affect our behavior. The course covers three major areas surrounding drugs and their use. In the first major area you will get a general overview of the role of drugs throughout history and in today's society. You will also examine the biological actions of drugs. In the second major area you will examine specific drugs and how they influence society and behavior. Finally, in the third major area you will learn about drug treatment and prevention. As this course progresses, you will be required to submit five reaction papers, take two exams, and complete a group project and presentation. Please try to stay on task as you move through the material and contact me with any questions.

EXPECTATIONS AND GOALS

To promote critical thinking and to employ these skills while understanding basic models of addictive behavior and knowledge of how this social problem impacts society and the world. In addition, a major aim will be for students to gain a repertoire of basic knowledge regarding drug and alcohol types, methods of actions and the clinical and societal issues relevant to each drug class. As an overriding philosophy, psychological concepts will incorporate an understanding of multicultural influences including (but not limited to) racial, ethnic, cultural, gender, sexual and social class in relation to chemical dependency and treatments for substance use disorders. Across all topics, communication skills in oral and written abilities will be tested.

STUDENT LEARNING OUTCOMES

1. Recognize, differentiate, and explain the influence of drugs on human behavior, cognitions, and emotions.
2. Identify biological systems influenced by drugs, and how these systems adapt to habitual drug use.
3. Review, interpret, and evaluate research literature of pharmacology and behavior.
4. Describe how culture and environment influences drug taking behaviors.
5. Examine and differentiate between recreational and therapeutic drug use, as well as the various methods of treating drug abuse.

If you have any questions, concerns, or problems, please DO NOT hesitate to contact me.

COURSE REQUIREMENTS

BREAKDOWN OF GRADES

A+ = 97-100				
A = 93-100	C+ = 77-79		1. A&P:	15
A- = 90-92	C = 73-76		2. EXAM I:	22
B+ = 87-89	C- = 70-72		3. EXAM II:	22
B = 83-86	D = 60-69		4. RP's:	21
B- = 80-82	F = BELOW 59		5: GROUP WORK:	20
			TOTAL:	100

ATTENDANCE (15%)

Attendance and participation are a major part of this class. *Only four absences* are permitted. If you are forced to miss several days, then we will have a meeting and discuss whether it makes sense to withdraw.

EXAMS (TOTAL 44% / 22% EACH)

Students will be required to complete two exams. The exams will not be cumulative. Students will have 1 hour and 15 minutes to complete both exams in class. Exams will include multiple choice and true-false questions. Exams will assess student learning of information presented in the course notes and any additional resources that are presented in the lessons. **ONLY ONE MAKE-UP EXAM** will be offered for those who have an excused absence. It is your responsibility to contact me if you are going to/ have missed an exam so I can inform you of when the make-up exam will be held.

- Exam I : 03/16 (Overview, Social Problem, Laws & Regulations, Stimulants: Cocaine, Amphetamines, Tobacco)
- Exam II: 05/13 (Hallucinogens, Depressants: Benzodiazepines, Alcohol, Cannabis, Opioids)

GROUP PROJECT (10%) & PRESENTATION (10%)

Groups will be assigned 1 of the 9 available treatment methods. For the Group Project, your group must find at least 1 peer reviewed journal article as well as other sources discussing the effectiveness of the treatment method on the chosen drug and form an outline of the information. The outline of treatment method presentation as well as the peer-reviewed journal article must be submitted on Blackboard prior to the presentation day.

Groups will present their treatment method to their peers on one of the designated days. The outline will be made available to the entire class on the day of the presentation. The presentation must be 15 minutes long. PowerPoint slides are *not* permitted. Further details will be explained in class.

- 3/11 Presentation: Cognitive Behavioral Therapy – Cocaine
The Matrix Model – Amphetamines
Nicotine Replacement Therapy – Nicotine
- 4/08 Presentation: Motivational Enhancement Therapy – Benzodiazepines
Mindfulness – Hallucinogens
12-Step Facilitation Therapy – Alcohol
- 5/11 Presentation: Contingency Management Interventions – Opioids
Medication-Assisted Treatment – Heroin
Family Behavior Therapy – Cannabis

REACTION PAPERS (TOTAL 21% / 3% EACH)

Reaction Paper

Topic: Each paper should be at least 2 pages (12pt font and double spaced). Your reaction paper should briefly explain the content of the article and offer your perspective on the topic. Check the class schedule for the topic of the reaction paper that is due. No late assignments will be accepted for reaction papers in this course. Failure to turn in assignments on the day they are due will result in a grade of 0 on that assignment.

Reaction Paper 1

Read: Monitoring the Future 2019 Survey Results: Overall Findings
<https://www.drugabuse.gov/related-topics/trends-statistics/infographics/monitoring-future-2019-survey-results-overall-findings>

National Institute on Drug Abuse Lessons from Prevention Research:
<https://www.drugabuse.gov/publications/drugfacts/lessons-prevention-research>

Answer: What more we can do to support the work of the people on the front lines of America's drug crisis? Is calling it a drug crisis, blowing it out of proportion? Who are the people most affected by this "drug crisis"? How effective do you believe are the types of prevention methods discussed in reading?

Reaction Paper 2

Read: FDA publication titled: Enhancing the Diversity of Clinical Trial Populations – Eligibility Criteria, Enrollment Practices, and Trial Designs Guidance for Industry posted on Blackboard.

Answer: What are some practical changes that can be made in order to ensure that a more diverse sample is able to participate? Who typically participates in clinical trials? Which groups are underrepresented in clinical trials and why? Why do you think such a homogenous group of people participate in clinical trials today? Is this area of research important? What are the implications of this publication? Strengths/weaknesses? Are there ethical concerns?

Reaction Paper 3

Read: the 3 articles posted on Blackboard titled
The Drug War, Mass Incarceration and Race
& Prevalence of Imprisonment in the U.S. Population, 1974-2001
& The Washington Post article.

Answer: What evidence is there that the war on drugs was racially motivated? What effect has the war on drugs had on the relationship between the police and the communities they serve? Was the war on drugs successful? Who benefits the most from the war on drugs? Why do we continue the War on Drugs? Do you believe drug use should remain criminalized?

Reaction Paper 4

Read: Vice article: https://www.vice.com/en_us/article/bmvdnm/how-psychedelic-drugs-psilocybin-ld-could-help-treat-addiction

Clinical potential of psilocybin as a treatment for mental health conditions:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6007659/>

Summarize: Is there valid research being done with hallucinogens like LSD? Do you think we should invest more time and effort on such research? What would be the benefits? Do you believe it should be a Schedule I substance?

Reaction Paper 5

Read: Drinking While Pregnant: An inconvenient Truth:
<https://www.nytimes.com/2019/02/05/style/drinking-while-pregnant.html>

Bartenders Can't Refuse Pregnant Women Alcohol, New York City Says:
<https://www.nytimes.com/2016/05/10/nyregion/bartenders-cant-refuse-pregnant-women-alcohol-new-york-city-says.html>

Reaction Paper

Topic: Each paper should be at least 2 pages (12pt font and double spaced). Your reaction paper should briefly explain the content of the article and offer your perspective on the topic. Check the class schedule for the topic of the reaction paper that is due. No late assignments will be accepted for reaction papers in this course. Failure to turn in assignments on the day they are due will result in a grade of 0 on that assignment.

Fetal alcohol spectrum disorder - an overview:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1472723/>

Write: How we can reduce the prevalence of fetal alcohol syndrome without infringing on the rights of women? Specifically looking at the sale of alcohol to pregnant women.

Reaction Paper 6

Analyze information provided in the following websites:

New York State Medical Marijuana Program:

https://www.health.ny.gov/regulations/medical_marijuana/

National Cancer Institute Cannabis and Cannabinoids (PDQ®)–Health Professional Version

<https://www.cancer.gov/about-cancer/treatment/cam/hp/cannabis-pdq>

Write: Why is medical marijuana a viable option for some people/ specific conditions? How should pediatric dosage guidelines on the medical marijuana program be determined? What are your thoughts on the way the government regulates medical marijuana? Does the legalization of marijuana serve as a precursor to recreational legalization and why?

Reaction Paper 7

Analyze the following website:

New York State I-STOP/PMP - Internet System for Tracking Over-Prescribing - Prescription Monitoring Program:

https://www.health.ny.gov/professionals/narcotic/prescription_monitoring/

Examine the Frequently Asked Questions.

Write: Do you think the prescription opioids are currently over regulated in New York? What are the benefits of having an electronic monitoring system? Do you think the system may influence the way doctors may prescribe opioids? For example, would they prescribe more or less? And what could be a result of either scenario? How can the system help catch addiction early on? How might this affect the heroin usage rates in the long run?

EXTRA CREDIT OPTIONS

- **Twelve-Step Meeting/ Other Substance Abuse Recovery Support Group (2pts toward overall grade)**

Attend any 12-step meeting (AA, NA, MA, etc.). You can find a meeting on the various websites for the organizations, for example: <http://www.aa.org>. Before you attend a meeting, make sure that it is an “Open Meeting” or a “Public Meeting”, meaning that it is open to new people interested in joining the group. Some meetings are “Closed,” for people who have already been meeting together. You can check on the website, and also ask the meeting leader when you arrive. After attending a meeting, you should send me a 2-page (12pt / double-spaced) paper in which you:

- 1) Describe the meeting and your own reaction to the meeting
- 2) Explain what you think might be helpful about it to people struggling with addiction, and what might not be so helpful about it.

- **Naloxone (Narcan®) Training (1pt. toward overall grade)**

Narcan is a safe medication that can save someone’s life by reversing the effects of an opioid overdose. It only works on opioids, such as heroin, prescription painkillers and fentanyl, but it is safe to use even if opioids are not present. Attend a training exercise to administer Narcan and provide proof of attendance. <https://www1.nyc.gov/site/doh/health/health-topics/naloxone.page>

- **Op-Ed (1 pt. towards overall grade)**

Find an article in a recent publication in the media that addresses a topic related to substance use or abuse. Your reaction paper should briefly explain the content of the article and offer your perspective on the topic. Some questions you may want to address: Did the article accurately reflect the research cited? Is this area of research important? What are the implications of these findings? Strengths/weaknesses? What kind of questions does this raise? Are there ethical concerns? Submit a copy of the article with your response.

- **Complete a review paper on a drug. (2 pts towards overall grade)**

The paper will be written in the format of the American Psychological Association (APA) and be at least 4 pages in length (12pt / double-spaced, excluding title and reference pages). Paper must reference at least 3 peer reviewed journal articles. Websites may be used as a source, but only in addition to the 3 peer reviewed journal articles.

You should address the following questions:

1. What is the history of the drug?
2. What are problems or issues that surround the drug?
3. How does the drug work? What are the adverse health effects of taking the drug?
4. What is being done to combat the adverse health effects associated with the drug?
5. Are there any current treatments for addiction to the drug? How effective are they?
6. What recommendations do you have for a drug education/prevention program for this particular drug?

Note: Extra credit is due by Wednesday, May 13th

ADDITIONAL INFORMATION AND RESOURCES

STUDENTS WITH DISABILITIES

Any student with a disability may be accommodated. Please speak to me in private about specific needs. It is also recommended that you contact Disability Services at City College; they can provide a number of helpful recommendations and remediation services. In order to accommodate a student with any disability, that student must be on record with Disability Services.

ACADEMIC POLICIES

Students are expected to behave in an ethical manner and to abide by City College and Psychology Department policies. Disruptions, inappropriate classroom behavior, or disrespectful comments by students will be responded to according to Departmental and University policies. The use of cell phones, including iPhones and PDAs, MP3 players, and other electronic devices are **NOT ALLOWED IN CLASS**. If you are caught using any of these electronic devices during an exam or quiz, you will receive an automatic zero for that test.

DISHONESTY POLICY

Academic dishonesty is a basis for disciplinary action. Academic dishonesty includes, but is not limited to, activities such as cheating, using or purchasing "ghost-written" papers, and plagiarism (presenting as one's own the intellectual or creative accomplishments of another without giving credit to the source[s]). All papers will be checked through Safe Assign. The faculty member, in whose course or under whose tutelage an act of academic dishonesty occurs, has the option of failing the student 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.

COURSE SCHEDULE

Week	Topic	Reading
1	M 01/27 Introduction to Class Structure W 01/29 Drug Use: An Overview	2013 National Survey on Drug Use and Health: http://www.samhsa.gov/data/sites/default/files/NSDUHresultsPDFWHTML2013/Web/NSDUHresults2013.htm#3.1.2 How do Drugs Affect the Brain: https://www.youtube.com/watch?v=8qK0hxuXOC8&feature=youtu.be
2	M 02/03 Overview Continued W 02/05 Drug Use as a Social Problem	The Science of Drug Use - Discussion Points: https://www.drugabuse.gov/related-topics/criminal-justice/science-drug-use-discussion-points Drugs, Brain and Behavior: The Science of Addiction <i>see Blackboard</i>
3	M 02/10 Reaction Paper 1 DUE Drug Laws and Regulation W 02/12 College Closed	<i>See Blackboard</i>
4	M 02/17 College Closed W 02/19 Drug Laws and Regulation Continued	
5	M 02/24 Reaction Paper 2 DUE Documentary: Reversing the Stigma W 02/26 Stimulant: Cocaine	Reversing the Stigma: https://www.youtube.com/watch?v=KuZyWnTIOXU&feature=youtu.be
6	M 03/02 Stimulant: Amphetamines W 03/04 Stimulant: Tobacco	<i>See Blackboard</i>
7	M 03/09 Reaction Paper 3 DUE Stimulant: Tobacco W 03/11 <i>Treatment Presentations</i>	<i>See Blackboard</i>
8	M 03/16 Exam I W 03/18 Hallucinogens	Human Hallucinogen Research: Guidelines for Safety Johnson, Richards and Griffiths (2008) https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3056407/ Hallucinogen Use: https://emedicine.medscape.com/article/293752-overview#a4

Week	Topic	Reading
9	M 03/23 Reaction Paper 4 DUE Hallucinogens / Depressant: Benzodiazepines W 03/25 Benzodiazepines Continued	<i>See Blackboard</i> YouTube - What's It Like To Hear Colors? - A VR 360° Synesthesia Experience: https://www.youtube.com/watch?v=obrBAysVef0 Center for Substance Abuse Research: http://www.cesar.umd.edu/cesar/drugs/benzos.asp
10	M 03/30 Depressant: Alcohol W 04/01 Alcohol Continued	<i>See Blackboard</i>
11	M 04/06 Reaction Paper 5 DUE Alcohol Continued Tu 04/07 NO CLASS W 04/08 <i>Treatment Presentations</i>	
12	M 04/13 College Closed: Spring Break W 04/15 College Closed: Spring Break	
13	M 04/20 Reaction Paper 6 DUE <i>Reaction Paper Discussions</i> W 04/22 Depressant: Cannabis	<i>See Blackboard</i>
14	M 04/27 Cannabis Debate W 04/29 HBO Documentary: WARNING This Drug May Kill You	
15	M 05/04 Reaction Paper 7 DUE Depressant: Opioids W 05/06 Depressant: Opioids	<i>See Blackboard</i>
16	M 05/11 <i>Treatment Presentations</i> W 05/13 EXTRA CREDIT DUE EXAM II	