



**COUN 481.01W**

## **INTRODUCTION TO DRUG AND ALCOHOL EDUCATION**

Summer 2025

June 2nd, 2025 – July 3rd, 2025

### **INSTRUCTOR INFORMATION**

Instructor: Dr. Rusty Fox  
Office Location: Binnion 221  
Office Hours: Times are available by appointment, virtual or in person  
Office Phone: 903.886.5594  
University Email Address: [Rusty.Fox@etamu.edu](mailto:Rusty.Fox@etamu.edu)  
Preferred Form of Communication: Email

***(please always put course number 481 in subject line)***

Communication Response Time: Within 24 hours during weekdays

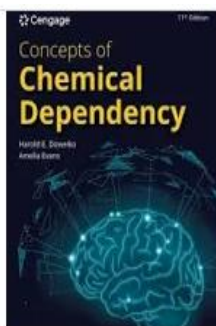
### **COURSE INFORMATION**

Materials – Textbooks, Readings, Supplementary Readings

**Textbook Required (must have before the 2<sup>nd</sup> class day)**

**Concepts of Chemical Dependency, 11<sup>th</sup> Edition.** Harold E. Doweiko -

Viterbo University ISBN-10: 0840033907 ISBN-13: 9780840033901



### **Course Description**

CONCEPTS OF CHEMICAL DEPENDENCY provides comprehensive coverage and the latest information on a full spectrum of substance use disorders and the compounds commonly abused. Topics include: the abuse of and addiction to alcohol; how the active agent in marijuana, THC, affects neural growth and development; the emerging body of evidence suggesting a relationship between marijuana abuse and psychotic disorders; the emerging body of evidence suggesting that marijuana is not as benign as it was thought to be even a few years ago; and updated information on the abuse of cough syrups, a trend that has evolved in adolescent substance abusers in the past decade.

*Welcome to class*, and this excellent summer semester of learning! I am excited you have chosen to take this class. And I have genuinely been anticipating for weeks, our work here together! I greatly enjoy teaching. And I particularly enjoy our professional field of Human Services/the undergraduate degree in Counseling.

The primary focus of this class is LEARNING. It is the most important consideration of our work together. As you are aware summer classes last a little shorter than 5 weeks, so the pace is considerably faster than a traditional semester. **Five times as fast in fact.** You will not have time to start a new job, travel, or prepare for other major life events. Please be aware that taking summer semester classes will require almost all your time. But, the great news is in exchange for that, you complete a semester's worth of work in under five weeks! It's gonna be a great semester!

- Rusty Fox, Ph.D.

Toward that end, content above is summarized by the following:

1. Prepare for class.

Outline each chapter.

Read each chapter after outlining.

Attempt to reconstruct the key concepts of each chapter.

Do this BEFORE the topic is reviewed in class.

2. Attend class (Online, this means active, daily, participation in D2L)

This class utilizes experiential learning, and therefore one must be present. In D2L, that means actively reviewing and posting Discussions and Assignments. (*Do NOT use generative AI, in writing for this course. All work must be your own.*) Actively participating means applying the content you have learned and prepared before class. Assessing main content for the chapter/discussion. Making your hypothesis. And then being brave enough, to explore your thoughts, knowledge, opinions, learning... out loud (in writing) with your peers!

**Student Learning Outcomes**

- Why We Worry About Substance Abuse
- The Nature of the Beast (What are the Substance Use Disorders?).
- Introduction to Pharmacology.
- Social Alcohol Use and its Effects.
- Chronic Alcohol and Drug Use and their Consequences.
- Barbiturates and Barbiturate-like Drugs, Benzodiazepines, Amphetamine and Amphetamine-like Compounds, Cocaine, Marijuana, Narcotic Analgesics, Hallucinogens, Inhalants, Anabolic Steroids, OTC Analgesics, Tobacco Use,
- Important Issues Related Such As:
  - Neonatal Drug Exposure.
  - Addiction in Women.
  - Hidden Faces of Substance Use
    - Disorders (Minorities, etc.).
  - Substance Use by Children and Adolescents.
  - Substance Abuse in College Settings
- Fundamental Understanding of Codependency, Addiction and the Family, Dual Diagnosis Issues, Medical Model of the Addictions, Psychosocial Models of the Addictions, Spiritual Model of the Addictions.
- Assessment of the Patient.
- Intervention.
- Treatment Settings. Treatment Formats.
- Pharmacotherapy (Pharmacological Treatment of Addictions).
- Treatment Problems.

## GRADING

Final grades in this course will be based on the following scale:

A = 90%-100%  
B = 80%-89%  
C = 70%-79%  
D = 60%-69%  
F = 59% or Below

Total points corresponding to the final letter grades

A = 900-1000 Points  
B = 800- 899 Points  
C = 700- 799 Points  
D = 600 -699 Points  
F = 599 or Fewer Points

### Assessments

Weights of the assessments in the calculation of the final letter grade.

Class Activities/Assignments	30%
Class Discussions/Participation	20%
Three, 6+-Chapter Exams	30%
Support Group Report	10%
<u>Project</u>	<u>10%</u>
<b>TOTAL</b>	<b>100%</b>

- Daily activities posts, will be found under the Assignments tab in D2L. You will receive feedback, and grades for these each two weeks. Your responses must include both content from the text, as well as your opinion. Content from the text is to be summarized, and not directly quoted.
- Discussion posts will be found under a tab of that same name in D2L. You must post a response to the prompt, and then respond to two classmates' posts. These must be completed within the two-week period where they are posted, in order to receive credit. These will be reviewed, but will not necessarily receive feedback from your instructor. Feedback will be from classmates in Discussions; thus the importance of your daily responses.
- You are required to attend and observe a Support Group Meeting 12-Step, or YouTube Testimonial Video and complete a report.
- You will complete a Project, in which you create a spreadsheet or PowerPoint of the different treatment modalities that may be utilized to address substance abuse disorders (See Chapter 31 as an *initial* reference).
- There will be an exam every two weeks of the course, for a total of 3 exams. All of equal weight, and each containing content from the chapters assigned for that period of time.

## COURSE REQUIREMENTS

### Minimal Technical Skills Needed

It is required that you outline your chapters, and read ahead, preparing before you participate in class, and participation in each class session. Responses should include both your observations, and new content learned from the text. Additional information about technology requirements listed below.

### Instructional Methods

This course consists of postings, discussion, applications of content/experiential learning, reading and writing assignments, guided practice and perhaps even role-plays, and group activities. Self-reflection, self-evaluation, and offering and receiving feedback are essential instructional methods in this course.

### Student Responsibilities or Tips for Success in the Course

Read ahead. Be present. Outline each chapter, first. Read chapter and review outline before assigned class time. Review outline and reconstruct core content daily for each discussion and activity. Actively participate in class. Ask questions. This course is 5 times as accelerated as a traditional long semester. **You will need to reschedule your typical activities to accommodate for this extra time and effort.**

*The syllabus/schedule are subject to change.*

The following criteria will be used to determine participation & attendance points on assignments and discussions:

**Class Participation & Attendance Rubric**

*3 – Significantly Meets or Exceeds Expectations*

*91% - 100%*

*2 – Meets Expectations*

*75% - 90%*

*1 – Minimally or Does Not Meet Expectations*

*74% and below*

Proactive participation: leading, originating, informing, challenging contributions that reflect in-depth study, thought, and analysis of the topic under consideration. Clear application of learning. This does not mean dominating discussion or self-disclosure inappropriate to the circumstances. Full attendance in the class experience. No absence/no evident pattern of lateness.

Reactive participation: supportive, follow-up contributions that are relevant and of value, but rely on the leadership and study of others, or reflect opinion/personal self-disclosure rather than study, contemplation, synthesis, and evaluation. One absences/no evident pattern of lateness.

Passive participation: present, awake, alert, attentive, but not actively involved or invested; Or Uninvolved: absent, present but not attentive, sleeping, texting/surfing, irrelevant contributions. More than two absences/pattern of lateness evident

*\*Reminder:* D2L reports the hours you are logged in and working on assignments. You must meet the 3 posted due dates in order to earn a passing grade in this course. Posting everything during the last week, will not suffice.

Missed assignments, discussions, presentations and projects cannot be accepted late, unless they are a consequence of a University approved absence, reviewed by your instructor. In those cases, an assigned paper covering the content missed from those chapters, with additional references, may be substituted by your instructor for activities missed.

## **COURSE OUTLINE / CALENDAR**

**June 2<sup>nd</sup> through July 3<sup>rd</sup> (4 weeks and 4 days)**

This outline is subject to change.

Notification will be posted if a significant change occurs or should due dates or requirements need to be adjusted.

Through a series of 30 Chapters, (**the first 30** of 38 in this text) the structure of this class will occur in FIVE Parts: (***In THIS class, we will cover Substance Misuse through Treatment Settings***)

Part 1, Chapters 1 through 6: pages 1-68, June 2<sup>nd</sup> through June 8<sup>th</sup>

Part 2, Chapter 7 through 12: pages 69-168 (Quiz 1), June 9<sup>th</sup> through June 15<sup>th</sup>

Part 3, Chapter 13 through 19: pages 169-248 (Quiz 2), June 16<sup>th</sup> through June 22<sup>nd</sup>

Part 4: Chapters 20 through 25: pages 249-327 (Project), June 23<sup>rd</sup> through June 29<sup>th</sup>

Part 5: Chapter 26 through 30: pages 328-405 (Quiz 3), June 30<sup>th</sup> through July 3<sup>rd</sup> (*Short Week*)

This means that each week we will cover *roughly 6 chapters*. There MAY be some adjustments, based on progress, events, or the dynamics of our interactions. I reserve the right to amend this as needed and will post information if there is a change.

## **Our Plan of Action:**

June 2<sup>nd</sup> through June 8<sup>th</sup>

Part 1: Substance Misuse, Nature of the Beast, Brief Intro to Pharmacology,

*The syllabus/schedule are subject to change.*

## Alcohol Disorders, Barbiturates

June 9 <sup>th</sup> through June 15 <sup>th</sup>	Part 2: Benzodiazepines, Central Nervous System Stimulants, Cocaine, Cannabis, Opioids, Hallucinogens ( <b>Quiz 1, due back in D2L before 11:59p, June 15<sup>th</sup></b> )
June 16 <sup>th</sup> through June 22 <sup>nd</sup>	Part 3: Inhalants and Aerosols, Steroid Misuse, Tobacco Products, Over-the-counter Analgesics, Chemicals and the Neonate, Gender and Substance Abuse Disorders, Hidden Faces of Substance Use Disorders (Quiz 2, due back in D2L before 11:59p June 16 <sup>th</sup> . ( <b>Quiz 2, due back in D2L before 11:59p, June 22<sup>nd</sup></b> )
June 23 <sup>rd</sup> through June 29 <sup>th</sup>	Part 4: Use by Children, Use by College Students, Use in Older Adults, Use in the Family, Codependency and Enabling, Co-Occurring Disorders ( <b>Support Group Report Due before 11:59p June 24<sup>th</sup></b> ; and Project due before 11:59p June 29 <sup>th</sup> )
June 30 <sup>th</sup> through July 3 <sup>rd</sup>	Part 5: Biopsychosocial Model of Addictions, Disorders and Spirituality/Religion, Screening and Assessment, Interventions, Treatment Settings ( <b>Quiz 3, due back in D2L before 11:59p, July 3<sup>rd</sup></b> ) *PLEASE NOTE, this is a SHORT week, semester ends <u>THURSDAY</u> , July 3 <sup>rd</sup> )

**Support Group Meetings (10% of grade)** – Each student will be required to attend at least one (virtual) open support group meeting, AA or NA, Al-Anon, ACOA. The meeting can be any 12 Step meeting or a YouTube testimonial video. You are to develop a 1 - 2-page summary of your observations and reactions to the visit. Do remember this is an anonymous meeting, and names or identifiers must not be used.  
**(Due: June 24<sup>th</sup>)**

### Project –

**Additional Resources: (These periodicals, journals, and publications may be of further interest to you, as will the final 8 chapters of the text)**

#### Substance Abuse Periodicals

Addictive Behaviors

Advances in Alcohol and Substance Abuse

Alcohol Health and Research World

Alcohol Treatment Quarterly

American Journal of Drug and Alcohol Abuse

International Journal of the Addictions

Journal of Chemical Dependency Treatment

Journal of Studies in Alcohol

Journal of Substance Abuse Treatment

Psychology of Addictive Behaviors

## TECHNOLOGY REQUIREMENTS

*The syllabus/schedule are subject to change.*

## LMS

All course sections offered by Texas A&M University-Commerce have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements:

<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

[https://documentation.brightspace.com/EN/brightspace/requirements/all/browser\\_support.htm](https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm)

YouSeeU Virtual Classroom Requirements:

<https://support.youseeu.com/hc/en-us/articles/115007031107-Basic-System-Requirements>

## ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or [helpdesk@tamuc.edu](mailto:helpdesk@tamuc.edu).

**Note:** Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

## COMMUNICATION AND SUPPORT

If you have any questions or are having difficulties with the course material, please contact your Instructor.

### Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

*The syllabus/schedule are subject to change.*

<https://community.brightspace.com/support/s/contactsupport>

## **Interaction with Instructor Statement**

# **COURSE AND UNIVERSITY PROCEDURES/POLICIES**

## **Course Specific Procedures/Policies**

### **Syllabus Change Policy**

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

## **University Specific Procedures**

### **Student Conduct**

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](#).

<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: <https://www.britannica.com/topic/netiquette>

### **TAMUC Attendance**

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

### **Academic Integrity**

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)

[Undergraduate Student Academic Dishonesty Form](#)

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<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>  
Graduate Student Academic Dishonesty Form

<http://www.tamuc.edu/academics/graduateschool/faculty/GraduateStudentAcademicDishonestyFormold.pdf>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

### **Students with Disabilities-- ADA Statement**

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Services

Velma K. Waters Library- Room 162

Phone (903) 886-5718

Email: [StudentDisabilityServices@tamuc.edu](mailto:StudentDisabilityServices@tamuc.edu)

Website: <http://inside.tamuc.edu/campuslife/campusServices/StudentDisabilityServices/default.aspx>

### **Nondiscrimination Notice**

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

### **Campus Concealed Carry Statement**

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

*The syllabus/schedule are subject to change.*



For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

## **A&M-Commerce Supports Students' Mental Health & Well-being**

**The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.**



## **Counseling Center Services**

The Counseling Center at A&M-Commerce, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit [www.tamuc.edu/counsel](http://www.tamuc.edu/counsel)

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