



COUN 481.01W

INTRODUCTION TO DRUG AND ALCOHOL EDUCATION

Summer 2026

June 1st, 2026 – July 2nd, 2026

INSTRUCTOR INFORMATION

Instructor: Dr. Rusty Fox
Office Location: Henderson 323C
Office Hours: Times are available by appointment, virtual or in person
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Preferred Form of Communication: Email

(please always put course number 481 in subject line)

Communication Response Time: Within 24 hours during weekdays

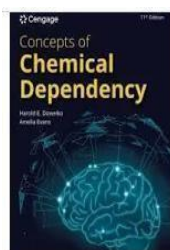
COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Textbook Required (must have before the 2nd class day)

Concepts of Chemical Dependency, 11th 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. Participate DAILY in 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:

Total points corresponding to the final letter grades

A = 90%-100% A = 900-1000 Points

B = 80%-89% B = 800- 899 Points C = 70%-79%

C = 700- 799 Points

D = 60%-69%

F = 59% or Below

Assessments

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

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

- Daily activities posts will be found under the Assignments tab in D2L. You will receive grades, and early on, feedback 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. (These will be due in 3 portions, June 8th, June 22nd, and July 2nd)
- 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 must post your discussion by Wednesday of each week, and respond to 2 classmates before Sunday night) (These will be due in 3 portions; June 15th, June 29th, and July 3rd)
- You are required to attend and observe a YouTube Testimonial Video or a 12-Step/Support Group Meeting, and complete a report. (Participation, and an observation report are due before 11:59p, June 24th)
- 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). (This will be due before 11:59p, June 29th)
- There will be an exam roughly 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. (Dates: June 15th, June 22nd, July 3rd)

The syllabus/schedule are subject to change.

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

Class Participation & Attendance Rubric

3 – Significantly Meets or Exceeds Expectations

91%- 100%

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.

2 – Meets Expectations

75% - 90%

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.

1 – Minimally or Does Not Meet Expectations

74% and below

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 1st through July 2nd (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 1st through June 7th

Part 2, Chapter 7 through 12: pages 69-168 (Quiz 1), June 8th through June 14th

Part 3, Chapter 13 through 19: pages 169-248 (Quiz 2), June 15th through June 21st

Part 4: Chapters 20 through 25: pages 249-327 (Project), June 22nd through June 28th

Part 5: Chapter 26 through 30: pages 328-405 (Quiz 3), June 29th through July 2nd (*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.

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Our Plan of Action:

- June 1st through June 7th Part 1: Substance Misuse, Nature of the Beast, Brief Intro to Pharmacology, Alcohol Disorders, Barbiturates
- June 8th through June 14th Part 2: Benzodiazepines, Central Nervous System Stimulants, Cocaine, Cannabis, Opioids, Hallucinogens (**Quiz 1, due back in D2L before 11:59p, June 14th**)
- June 15th through June 21st 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 11:59o June 16th. (**Quiz 2, due back in D2L before 11:59p, June 21st**)
- June 22nd through June 28th Part 4: Use by Children, Use by College Students, Use in Older Adults, Use in the Family, Codependency and Enabling, Co-Occurring Disorders (**Support *Group Report Due before before 11:59p June 24th**)
- June 29th through July 1st Part 5: Biopsychosocial Model of Addictions, Disorders and Spirituality/Religion, Screening and Assessment, Interventions, Treatment Settings (**Quiz 3, due back in D2L before 11:59p, July 2nd**)
*PLEASE NOTE, this is a SHORT week, semester ends THURSDAY, July 2nd)

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 24th)**

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

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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, selfevaluation, 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.**

TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by East Texas A&M University 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

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@etamu.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

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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 ETAMU 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:

<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.etamu.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>

ETAMU Attendance

For more information about the attendance policy please visit the [Attendance Procedure](#)

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

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

Academic Integrity

Students at East Texas A&M University 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](#)

<http://www.etamu.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf> [Graduate Student Academic Dishonesty Form](#)

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

<http://www.etamu.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@etamu.edu

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

Nondiscrimination Notice

East Texas A&M University 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.

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Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in East Texas A&M University 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 ETAMU Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations. 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.etamu.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

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

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East Texas A&M Supports Students' Mental Health & Well-being

Mental Health and 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.



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