

# OGLALA LAKOTA COLLEGE

Department of Social Work

Syllabus: CD 103 Introduction to Alcohol

**Course Number and Title:** CD 103 Introduction to Alcohol

**Credit Hours:** 3

**Course Location and Time:**

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**Course Description:** This course will introduces you to the study of alcoholism and to the wide range of current approaches to treating and preventing it. You will study the symptoms and effects of alcohol abuse and addiction and you will be introduced to several models that have been advanced as helps to understanding them. You will also have the opportunity to assess what you learn in relation to problems of alcohol abuse and addiction in your community.

## *Prerequisites*

ENGL 103 English I

## *Required Texts and Materials*

Jean Kinney 10<sup>th</sup> Ed. *Loosening The Grip*, MaGraw Hill

Cladia Black, Ph.D 2001. *It Will Never Happen to Me*, Center City, MN: Hazelden

## *Supplementary Materials*

Articles and audio-visual materials relevant to the subject as assigned by instructor

## *Descriptive Reading Load*

Approx. 33 pages a week from text

2 to 3 pages from handouts

Research material for writing assignments

## *Types and Amount of Writing Expected*

Journal writing, reactions papers, exams and final project

## *Lakota Perspective Provided Through*

The conflict between alcohol use and Lakota Culture will be discussed

Discussion of the role traditional Lakota values play in treatment and recovery will also be included.

Review of the Lakota family structure and the effect alcohol has on the Lakota values and the family structure.

## **Applicable Policies:**

Policies apply as per Student Handbook 2008-2009, including those covering tardiness, absenteeism, grievances, and more. Students are encouraged to refer to their copy of the Student Handbook for reference.

## ***Guidelines and Expectations for student behavior***

1. Regular class attendance and participation are expected. The class is based on lecture, class discussion and group activities. (POINTS MISSED THROUGH ABSENCES CANNOT BE MADE UP)
2. You should plan to complete the assigned readings prior to each class. Be sure to look up words that are unfamiliar to you but realize that some terms have specialized meanings in the field of psychology. Ask in class if you have not understood a term or idea. *Classroom etiquette: Come to class on time and be prepared.*
3. In class assignments and homework must be turned in on time
4. Take all quizzes
5. Take responsibility for your coursework

## ***Intended Learning Outcomes***

At the conclusion of this course, students will be able to

1. Learn the properties of alcohol, the history of alcohol usage, and the effects on societies and individuals.
2. Understand the physical, emotional, and cognitive progression in the addiction process.
3. Identify past and current theories of addition and alcoholism.
4. Knowledge of the medical complications of alcoholism.
5. Understand the effects of alcohol problems on the family.
6. Knowledge of the different treatment approaches and techniques used for alcoholics and their families.
7. Identify local community resources and how to make appropriate use of them.

## ***Assessment Methods***

For each week's topic, students should be able to demonstrate knowledge relating to the learning outcomes for the course either in writing or orally.

An "A" grade at the undergraduate level means that a student is doing outstanding or excellent work. The student attends class regularly, hands in all of the course assignments and demonstrates a thorough grasp of the material. To receive an "A" grade a student must go above and beyond the basic expectations for the course.

A "B" grade at the undergraduate level means that a student is doing above average work. The student attends class regularly, hands in the entire course assignments and demonstrates (at the very least) a strong grasp of the material.

A "C" grade at the undergraduate level means that a student is doing at least satisfactory work, and meets the minimum requirements for the course. The student attends class regularly, hands in all of the course assignments, and demonstrates a basic level of understanding of the course concepts.

A "D" or "F" at the undergraduate level means that a student has missed more than 4 classes, did not complete the homework assignments, and received less than 65% on quizzes and exams.

### ***Evaluation and Markings***

1. Participation in class 15 x 10points.....	150pts
2. Journal entries..10 x 10points.....	100pts
3. Reaction papers 5 x 10points.....	50pts
4. 4 Quizzes X 50pts each .....	200pts
5. Mid-term exam.....	100pts
6. Final exam.....	100pts
	Total Points... 700pts

A = 627 to 700

B = 557 to 626

C = 487 to 556

D = 420 to 486

### **Suggestions to the Student**

1. Keep up on your reading and homework assignments
2. Attend all classes and participate in class activities
3. Be willing and ready to share your ideas and knowledge with others
4. Ask for help if needed
5. Start early on writing assignments

### **Communication:**

Students are encouraged to communicate freely with each other and with the instructor: in person, by phone, or e-mail; e-mail will be used for group mailings and all students are expected to have an OLC e-mail account.

### **Plagiarism:**

Plagiarism is the term used when individuals “steal” other people’s intellectual productions. Copying other people’s written and spoken word and presenting it as your own fall under the heading of “plagiarism,” The minimum penalty for this is a grade of F in the work submitted without possibility of redoing the assignment. You must give credit to the author of an idea or piece of writing by appropriate references as footnotes and/or in your bibliography.

**Incomplete Grades:** Incomplete grades (I) may be granted under extraordinary circumstances.

**Disputed Grades:** Students may dispute a grade by following the policy as set out in the Student Handbook.

**Make-up exams:** Make-up exams must be arranged BEFORE the exam date, and can be taken only once.

**Disclaimer: This syllabus is not a contract with the student and is subject to change if needed by the Instructor.**

# WEEK BY WEEK CALENDAR FOR TOPICAL CONTENT

**The following is a guide. It is subject to change if needed.**

**Classes are held for 15 weeks. Follow the schedule below for each week of class. If you miss a class ask another student or the instructor for other assignments that may not be listed below.**

## 1<sup>st</sup> class

- Reading:** Homework: Read Chapter 1 “Alcohol” pages 1 to 28 and Chapter 2 “Alcohol and Its Costs” pages 31 to 48
- Class Activities:** Introductions of all class members. Review of syllabus and overview of the course. Discussion of student’s expectations of the course and the Instructor’s expectations of the students. Film and discussion
- Learning Objectives:** Understand the objectives of the course and begin to understand the impact alcohol has on society

## 2<sup>nd</sup> class

- Reading:** Homework: Read Chapter 3 “Alcohol and the Body” pages 51 to 76  
Bring 4 questions to class for discussion
- Class Activities:** **Take practice quiz**  
Review of Chapter 1 “Alcohol” and Chapter 2 “Alcohol and Its Costs” through lecture and discussion.  
Students pair up and discuss questions assigned and then present to class.  
Film and discussion
- Learning Objectives:** Learn the history of alcohol use, the early understanding of the effects and fermentation and distillation.  
Understand the theories to explain alcohol use and some of the myths. Learn about temperance and prohibition, drunkenness versus alcoholism, history of alcohol treatment efforts and the impact advertising has on the public.  
Review of tobacco and marijuana.  
Understand the costs associated with alcohol use and abuse.

## 3<sup>rd</sup> Class

- Reading:** Homework: Read Chapter 4 “Alcohol Dependence” pages 77 to 97  
Bring 4 questions to class for discussion
- Class Activities:** **Take practice Quiz**  
Review of Chapter 3 “Alcohol and the Body”  
Students pair up and discuss questions assigned and then present to class.
- Learning Objectives:** Understand how Alcohol is absorbed by the body and the effect it has on the body.  
Learn what BAC is and the difference between men and women and what is meant by tolerance.

## 4<sup>th</sup> Class

**Reading:** Homework: Read Chapter 5 “Etiology of Alcohol Dependence”.  
Bring 4 questions to class for discussion  
Study for Quiz over chapter 1 and 2 and 3

**Class Activities:** **Quiz 1 over Chapter 1-3**  
Review of chapter 4 “Alcohol Dependence” through lecture and discussion.  
film and discussion.  
Students pair up and discuss questions assigned and then present to class.

**Learning Objectives:** Learn the definitions of alcohol dependence throughout history.  
Understand the disease classification and its implications.  
Learn “Jellineks’s Phases of Alcoholism”, the NCA criteria and the DSM’s.

## 5<sup>th</sup> Class:

**Reading:** Homework: Read Chapter 6 “Medical Complications”  
Bring 4 questions to class for discussion

**Class Activities:** Review of Chapter 5 Etiology of Alcohol Dependence  
Class activity- Students will give their questions to another student who will answer and present to the class.

**Learning Objectives:** Evaluate what the students learned from the quiz.  
Understand the Public Health Model.  
Understand the abuse potential and the genetic factors (Nature) versus Environmental Factors (nurture).  
Understand the role twin and adoption studies, nonalcoholic blood relatives, and the animal and human studies play in alcoholism.  
Understand the role personality and psychological make-up influence drinking habits.  
Understand the sociological factors.

## 6<sup>th</sup> Class:

**Reading:** Read Chapter 7 “Behavior of Dependence”  
Bring 4 questions to class for discussion  
Study for next weeks’ class activity. Next week students will be divided into two teams for a college bowl like competition. Questions will be taken from all the questions used previously and additional ones from the Instructor.

**Class Activities:** Review of Chapter 6 Medical Complications. Class activity  
Students will work in groups of 2 and present to the class questions assigned by Instructor. Watch a film and discuss it.

**Learning Objectives:** Understand what moderate drinking and drug interactions the risks associated with it.  
Learn about the problems associated with drinking and intoxication.

Understand the medical complications of chronic heavy alcohol use including FAS and FAE and sleep disorders.

Learn what the withdrawal systems are.

### 7<sup>th</sup> Class

**Reading:** Homework: Review on-line quizzes and study in class questions for the mid-term.

**Class Activities:** Review of chapters 1 through 7 by class activity.  
Class will be divided into two teams by drawing numbers from a hat. All odd numbers will be on Team 1 and all even numbers will be on Team 2. (If agreed by everyone, losers will bring the winners a snack for next week)

**Learning Objectives:** Review of all learning objectives for the last 6 classes  
Learn the Johnson's model. Understand the effect of the behavior on family, friends and work  
Check to see what the students have learned and retained

### 8<sup>th</sup> Class

**Reading:** Homework: Read Chapter 8 "Effects of Alcohol Problems on the Family"  
Bring in examples for discussion. The examples could be personal, articles from newspapers or magazines, or TV shows or movies.

**Class Activities:** **Quiz 2 over chapters 4-7**  
**Take Home MID-TERM EXAM:** Over Chapters 1 through 7  
Watch Film "Once Were Warriors"

**Learning Objectives:** Understand the impact alcohol abuse in the family has on the family system

### 9<sup>th</sup> Class

**Reading:** Homework: Read Chapter 9 "Evaluation and Treatment Overview"  
Evaluate the approaches as to their effectiveness for Native Americans. Think of other techniques that would work for Native Americans.  
Bring 4 questions to class for discussion

**Activities:** Review of Chapter 8 Effects of Alcohol Problem on the Family by discussion and lecture, film and discussion. Students will share their examples and discussion will follow.

**Learning Objectives:** Learn what is meant by the "Family Illness"

### 10<sup>th</sup> Class

**Reading:** Homework: Read Chapter 10 "Treatment Techniques and Approaches"  
Bring 4 questions to class for discussion

**Activities:** Review returned mid-term exam.  
Review Chapter 9 Evaluation and Treatment Overview.  
Students share their responses and ideas.  
Film and discussion.

**Learning Objectives:** Understand evaluation and treatment.  
Understand why screening instruments are necessary.  
Understand the stages of recovery and common themes in treatment.  
Learn what a relapse is.

### **11<sup>th</sup> Class:**

**Reading:** Homework: Read Chapter 11 “Special Populations”  
Bring 4 questions to class for discussion

**Activities:** Review Chapter 10 Treatment Techniques and Approaches. If possible we will have a Speaker from the field

**Learning Objectives:** Understand individual counseling techniques and process. Understand case management and administrative tasks. Understand the process of group therapy. Understand what intervention is and the process. Learn about self-help groups including AA.

### **12<sup>th</sup> Class**

**Reading:** Homework: Read Chapter 12 “Other Psychiatric Considerations”  
Bring 4 questions to class for discussion  
Study for Quiz 3 over chapters 8-10

**Activities:** **Quiz 3 over chapters 8-10**  
Review Chapter 11 Special Populations.  
Review of chapters through lecture and discussion.  
Group work on questions from chapter 7 through 11.

**Learning Objectives:** Understand the issues with adolescents and the impact alcohol and drug use has on them. Understand the framework for addressing adolescent substance use/problems. Understand the issues of alcohol and other drugs use among college students. Understand the issues of the elderly and alcohol and drug use. Understand the increase in women drinkers and their special needs. Understand the impact alcohol and drugs use has on the workplace and steps to address it.

### **13<sup>th</sup> Class**

**Reading:** Read Chapter 13 ‘Drugs of Abuse Other Than Alcohol’ and 14 “Odds “n” Ends”.  
Study for Quiz 4 over chapters 11 and 12.  
Bring 4 questions to class for discussion  
Ask around in your community and see how many other drugs beside alcohol are used and what types of programs are available for help.

**Activities:** Review Chapter 12 Other Psychiatric Considerations. The student will share what they found out about their community.

**Learning Objectives:** Understand the role alcohol plays in suicide. Understand other psychiatric illness and the relationship to alcoholism. Learn about some of the psychotropic medications.

### 14<sup>th</sup> Class

**Reading:** Homework: Study for Final Exam taken from on-line quizzes.  
Handout: take home part of final

**Activities:** **4 Quiz Over 11 and 12**  
Review of Chapter 13 Drugs of Abuse Other Than Alcohol and Chapter 14 “Odds’n’ End”

**Learning Objectives:** Learn about other drugs used and abused. Understand prevention and certification and licensure.

### 15<sup>th</sup> Class:

**Reading:** none

**Activities:** *Final Exam* and Film. Pot-Luck, Research papers and journals are due