Addiction Counseling
CNDV-5326
Fall 2021  Section L01  3 Credits  08/23/2021 to 12/14/2021  Modified 08/31/2021

Meeting Times

Weekly Webinars: Wednesdays at 5:30pm Central time

Contact Information

Dr. Patrick Millmore

LU Email: pmillmore@lamar.edu
Phone: 409-880-8978

Catalog Description

This course provides counselors and other human service workers with an overview and etiology of the addictive process. Students will develop conceptual knowledge, practical skills, and assessment strategies including the use of wraparound assessment and intervention services within a behavioral health setting. Pre-requisites: Admission to the Lamar Counseling Program.

Objectives

- To provide learning activities that align with professional standards for culturally competent leadership in group work
- To promote evidence-based practices for highly trained counselors who understand the therapeutic value, the design, and the implementation of counseling groups.

Outcomes

Learning Outcomes
At the completion of this course, students will be able to:

- Analyze the societal costs of addictions and substance abuse over time.
- Demonstrate an understanding of the history of substance abuse and addictions counseling, including development of associated legislation and laws.
- Define and understand the terminology commonly associated with chemical dependency.
- Describe the major effects of depressants, stimulants, cannabis, hallucinogens, opioids, and inhalants on the human brain and biological and physiological processes of the body.
| Analyze and discuss the major medical issues and diseases that are either caused by or exacerbated by substance addiction |
| Describe the genetic, biological, environmental, social, psychological, and philosophical influences of addiction. |
| Evaluate the main differences between the various models of addiction counseling. |
| Evaluate the etiological differences between subgroups that impact the development and maintenance of substance abuse disorders |
| Analyze and apply the diagnostic criterion and distinguishing features between substance dependence and abuse. |
| Analyze and discuss ethical issues inherent in substance abuse counseling |
| Understand the procedures and process for assessment and diagnosis of substance disorders. |
| Describe the various dynamics of relapse and prevention and be able to structure a treatment plan that incorporates these concepts. |
| Understand special needs and recommendations for individuals with dual diagnoses and/or poly-substance abuse. |
| Analyze and apply the main techniques, strategies, or approaches of common treatment options for substance addiction. |
| Analyze the various issues that can impact a family when a family member has an addiction such as, but not limited to, family dynamics, family roles, homeostasis, boundaries, and relationships. |
| Evaluate the different types of relapse prevention models/programs along with their associated pros and cons. |
| Explain the risk and protective factors that impact different populations, including, but not limited to, children; adolescents; adults; the elderly; women; men; lesbian, gay, bisexual, and transgendered (LGBT) people; people with disabilities; and different ethnic groups. |
| Understand the ethnic and cultural differences that can impact the etiology, diagnosis, treatment, and prognosis of addiction. |
| Analyze the strategies used in prevention efforts at the group, individual, and community levels. |

**Course Materials**


Course Policies

You are expected to participate in all online discussion activities with correct English usage, accurate spelling, APA writing rules, and standard grammar. Students are expected to post an initial response to the discussion questions by day 4 and maintain a thread of discussions throughout the week as you respond to colleagues by Day 6.

Points will be given for:

• Following the rubric timeline and quantity of posts to discussion questions
• Offering ideas or resources and inviting a review of them based on readings;
• Learning and using APA citations within the discussion to enrich your position;
• Articulating, explaining and supporting positions on ideas;
• Exploring and supporting issues by adding explanations and examples;
• Reflecting on and re-evaluating personal opinions based on readings;
• Offering a review, challenging, discussing and expanding ideas of others;
• Negotiating interpretations, definitions, and meanings;

Accreditation Standards

TAC: b.1.19, c.2.4, c.2.5, e.4.1, e.4.5, e.4.7, b.1.6, b.1.7, b.1.10, b.1.16, e.4.1, e.4.2, e.4.3, b.1.14, 3.4.5, f.5.3, f.5.7, g.6.2

Evaluation

You are expected to complete and turn in assignments on time. Any late assignments may be subject to a penalty of 10% per day. Acceptance of any late assignments is at the instructor’s discretion. Documentation may be required. Due to the nature of the discussion board assignments, late posts will not be allowed.

Institutional Policies

COVID-19 Statement

Lamar University returns to the 2021-2022 academic year after a pandemic that lasted more than 15 months. We will open for business without requirements for masks, vaccination requirements, or social distancing, as announced by Governor Abbott on July 29. However, for the health and safety of all concerned we encourage all faculty, staff, and students to take advantage of the free vaccines (available throughout the region and at the Student Health Center) as soon as possible. We strongly recommend that everyone continue to practice good personal hygiene practices including regular handwashing and/or use of hand sanitizing products when soap and water are not readily available. Please show respect to those who choose to practice social distancing measures and wear face coverings.

Everyone is asked to continue to self-screen for any signs or symptoms of COVID-19. Please seek medical attention if you begin
to feel ill. Members of the Lamar community share significant and unrelenting responsibilities. As members of the larger world community, we have not only the opportunity but the duty to develop and to exhibit a sense of social responsibility. We are responsible for each other and each of us must do what we can to protect our Lamar family and to remember that we have especially vulnerable populations among us (i.e., Lamar community members with chronic illnesses or disabilities, children, and factors that predispose many to respiratory ailments). As we look out for one another, our choices are of the utmost importance.

Should state or federal guidelines change, we will provide updates as soon as practicable.

**Academic Continuity Policy**

In the event of an announced campus closure in excess of four days due to hurricane or other disaster, students are expected to check Lamar University’s website and login to LU Connect for instructions about continuing courses remotely.

**Academic Honesty Policy**

Lamar University expects all students to engage in academic pursuits in a manner that is above reproach. Students are expected to maintain complete honesty and integrity in their academic experiences both in and out of the classroom. Any student found guilty of dishonesty in any phase of academic work will be subject to disciplinary action.

The University and its official representatives may initiate disciplinary proceedings against a student accused of any form of academic dishonesty including, but not limited to, cheating on an examination or other academic work which is to be submitted, plagiarism, collusion, and the abuse of resource materials.

All persons involved in academic dishonesty will be disciplined in accordance with University regulations and procedures. Discipline may include failure of the assignment and/or course up to suspension or expulsion from the university. The penalty may vary by instructor.

Additional information is available on the [Academic Policy website](https://students.lamar.edu/academic-support/academic-policies.html).

**Attendance Verification**

Students must complete an Attendance Verification Quiz for ALL COURSES - both on-campus and online - in which they are enrolled each term by the third class day to comply with U.S. Department of Education attendance requirements. Failure to complete this quiz by the deadline may result in loss of course enrollment and/or financial aid. The quiz is located in EVERY COURSE through LULearn (Blackboard) even if the course meets on campus.

**Course Drop Policy**

Students may drop a course and receive a grade of “Q” during the penalty-free period of the semester or session. For drops after this penalty-free period, grades are recorded as “Q” or “F,” indicating the student was passing or failing at the time of the drop. A grade of “Q” may not be assigned unless an official drop has been processed through the Records Office. Students may drop a course online up to the census day by logging into Self-Service Banner. After the census day, courses must be dropped through the Records Office. For additional help, contact the academic advisor or the Records Office at [registration@lamar.edu](mailto:registration@lamar.edu). **Students may not drop a course during the last 20 percent of the term. Students should check the academic calendar at [https://www.lamar.edu/academic-calendar](https://www.lamar.edu/academic-calendar) for specific dates.**

**Students with Disability Policy**

Lamar University is committed to providing equitable access to learning opportunities for all students. The Disability Resource Center (DRC) is located in the Communication building, room 105. Office staff collaborate with students who have disabilities to provide and/or arrange reasonable accommodations.

If you have, or think you may have, a disability (e.g. mental health, attentional, learning, chronic health, sensory, or physical), please contact the DRC at 409-880-8347 or drc@lamar.edu to arrange a confidential appointment with the Director of the DRC to explore possible options regarding equitable access and reasonable accommodations.

If you are registered with the DRC and have a current letter requesting reasonable accommodations, we encourage you to contact your instructor early in the semester to review how the accommodations will be applied in the course.
Academic Support

Academic Support can be located at https://www.lamar.edu/students/#acad-supp.

There are many areas (i.e. Advising, Writing Center, etc.) of academic support. Each area provides their own specific contact information and days and hours of operation.

Student Services

Lamar University recognizes that students may experience challenges that hinder success in their academics and/or college experience. We believe in giving all students access to resources that allow them to overcome these challenges. If you are struggling with stress, procrastination, anger management, depression, anxiety, substance abuse and/or eating disorders, please reach out to our counseling professionals at the Student Health Center at 880-8466 to call for an appointment or visit our website https://www.lamar.edu/students/student-engagement/student-health-center/index.html for more information about our services.

Students who face challenges securing food or housing, tuition and/or books and believes this may affect their performance in the course is urged to contact the LU Strong program. The program is located in the Setzer Student Center, Room 230 at 409-880-8458 or at lustrong@lamar.edu Furthermore, please notify your professor if you are comfortable in doing so. This will enable them to provide any additional resources they may possess.

Your information and situation will be treated with the utmost privacy and is protected by Texas law. These services are available to all currently enrolled students at Lamar University and Lamar Institute of Technology.

Information on Student Services can be located at http://students.lamar.edu/index.html. There are many resources (i.e. Course schedules, important phone numbers, etc.) available. Each area provides their own specific contact information and days and hours of operation.

Emergency Procedures

Many types of emergencies can occur on campus; instructions for severe weather or violence/active shooter, fire, or chemical release can be found at the Office of Environmental Health/Safety and Risk Management (https://www.lamar.edu/about-lu/administration/risk-management/index.html) webpage.

Severe Weather

- Follow the directions of the instructor or emergency personnel.
- Seek shelter in an interior room or hallway on the lowest floor, putting as many walls as possible between you and the outside.
- If you are in a multi-story building and you cannot get to the ground floor, pick a hallway in the center of the building.
- Stay in the center of the room, away from exterior walls, windows, and doors.

Violence/Active Shooter

- CALL - 7777 from a campus phone (Text 409-241-8002 from a cell phone). Note: Calling 911 from either a campus or cell phone will contact the City of Beaumont dispatch rather than the LU police.
- AVOID - If possible, self-evacuate to a safe area outside the building. Follow directions of police officers.
- DENY - Barricade the door with desks, chairs, bookcases or any other items. Move to a place inside the room where you are not visible. Turn off the lights and remain quiet. Remain there until told by police it is safe.
- DEFEND - Use chairs, desks, cell phones or whatever is immediately available to distract and/or defend yourself and others from attack.

Copyright Policy Statement
Copyright is defined as the ownership and control of the intellectual property in original works of authorship which are subject to copyright law. As an institution of higher learning that values intellectual integrity, Lamar University prohibits the distribution of published materials (print or electronic) in violation of copyright law.

**LU Connect Portal**

Students are asked to obtain a Lamar Electronic Account username and password so they can log onto the LU CONNECT website. Students may get information on how to get into the LU CONNECT website from the University’s homepage ([http://www.lamar.edu](http://www.lamar.edu)) by clicking on the LU CONNECT link on the left top corner of the screen. Follow the steps to secure your LU CONNECT username and password.

**LU Learn/Blackboard Learning Management System (LMS)**

Students will utilize the Lamar University’s Learning Management System (LMS), Blackboard, for online courses.

For Blackboard technical support go to [https://blackboardsupport.lamar.edu](https://blackboardsupport.lamar.edu).

Phone: 866-585-1738

Phone and chat are available 24/7/365

Exams and quizzes taken within LULearn (Blackboard) may require online proctoring. Lamar University uses Proctorio for online proctoring. For additional information about online proctoring click [here](https://www.lamar.edu/lu-online/student-support-services-quick-links/index.html#proctoring-services) and view details under proctoring services.

**Network Use**

**ACCEPTABLE USE**

Students must respect the integrity and security of Lamar University computer systems and network, and the privacy and preferences of other users. Responsibility for learning about and complying with Lamar University Acceptable Use Policy ultimately rests with the individual. The network may be used to download, copy, or store any software, shareware, digital media files or freeware, as long as the use complies with copyright law licensing agreements, and campus policies, such as storage space limitations and network bandwidth restrictions. The network may not be used for any activity, or to transmit any material, that violates United States or local laws.

**UNACCEPTABLE USE**

The network may not be used for commercial purposes. Advertising and sponsorships on Lamar University websites is restricted. In addition, students may not permit other persons to use their usernames, passwords, accounts or disk space, or disclose their usernames, passwords or account information to any third party. Students may not log on to someone else’s account, internet address, or other network codes, or attempt to access another user’s files. Students may not create false or dummy accounts to impersonate someone else. Students may not try to gain unauthorized access ("hacking") to the files or computer systems of any other person or organization. Students may not impersonate another person by forging e-mail, web pages or other electronic media. Students who maliciously access, alter, delete, damage or destroy any computer system, computer network, computer program, or data will be subject to disciplinary action by Lamar University, and criminal prosecution as well. Students may not disrupt or attempt to disrupt network traffic, and they may not attempt to monitor or capture network traffic in any way. Finally, students may not intentionally create, store, display, print or transmit information that violates the university’s Sexual Harassment Policy.

**Netiquette (Online Etiquette) Statement**

Please adhere to the same standards of behavior and professional respect online that you would follow in face-to-face communication with others, but most particularly when writing email and when taking part in collaborative and discussion board activities. Lamar provides access to network resources, including the Internet, in order to support learning and to prepare students for the 21st century world. Students, however, are expected to adhere to the [Lamar University Acceptable Use Policies when Using Networks](https://students.lamar.edu/academic-support/code-of-conduct.html). More comprehensive student code of conduct can be found at [https://students.lamar.edu/academic-support/code-of-conduct.html](https://students.lamar.edu/academic-support/code-of-conduct.html).

**GENERAL GUIDELINES TO RESPECT ALL PARTICIPANTS**

- Respect the right of each person to disagree with others.
• Treat people the same as you would face-to-face.
• Respect the time of others.

GUIDELINES WHEN COMMUNICATING WITH OTHERS (EMAIL, DISCUSSIONS, BLOGGING, AND ETC.)

• Always sign your name to any contribution you choose to make.
• Be constructive in your responses to others in the class.
• Do not use all caps (Doing so may be interpreted as shouting).
• Re-read your postings before sending them.
• Always think before you write.
• Respond respectfully.
• Use appropriate grammar and structure.
• Spell-check your postings.
• Use short paragraphs focused on one idea.
• Use appropriate business language at all times.

Technical Support

Technical Support can be located at http://students.lamar.edu/it-services-and-support/index.html.

Phone: 409-880-2222
Email: servicedesk@lamar.edu

Hours of Operation (CST):
Monday - Thursday 7:30 a.m.-12:00 a.m.
Friday 7:30 a.m. - 7:30 p.m.
Saturday 9:00 a.m. - 6:00 p.m.
Sunday 3:00 p.m. - 12:00 a.m.

Course Subject Outline

COURSE SCHEDULE

The Fall course will begin on Monday, August 23 and end Sunday, December 5, 2021.

Module 1 - Weeks 1-3: Monday, August 23 – Sunday, September 12, 2021
Module 2 – Weeks 4-6: Monday, September 13 – Sunday, October 3, 2021
Module 3 Weeks 7-9: Monday, October 4 – Sunday, October 24, 2021
Module 4 Weeks 10-12: Monday, October 25 – Sunday, November 14, 2021
Module 5 Weeks 13-15: Monday, November 15 – Sunday, December 5, 2021

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<th>Topics</th>
<th>Readings and Lectures</th>
<th>Assignments/Discussions</th>
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<tr>
<td>Module 1</td>
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<tr>
<td>Foundational Principles of Substance Abuse</td>
<td>Readings: Stevens &amp; Smith Chapters 1, 2, &amp; 13</td>
<td>Module 1 Journal Article Critique: Submit by 11:59 pm Day 7 of Week 1.</td>
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<td>Discussion 1: Submit initial post by Day 4 of Week 2 and all responses by Day 6 of Week 2. Go to Module 1 for Discussion prompt.</td>
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<td>Assignment 1: Submit by 11:59 pm Day 7 of Week 3, Module 1. Go to Module 1 for Assignment template and instructions.</td>
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<td>Journal Article for Critique</td>
<td>Work on Final Project. Due Week 14, Module 5.</td>
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<td>Lecture: View and read lectures/videos</td>
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<td>*Also read supplemental articles in the &quot;Resource&quot; section and view other supplemental resources provided in the resource section.</td>
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**Module 2**

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<tr>
<th>Physiology, Psychopharmacology, &amp; Etiology; Behavioral Addictions</th>
<th>Readings: Stevens &amp; Smith Chapters 3, 4, &amp; 14</th>
<th>Journal Article Critique: Submit by 11:59 pm Day 7, Week 4, Module 2.</th>
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<td>Discussion 2: Submit initial post by Day 4, Week 5, and all responses by Day 6, Week 5, Module 2.</td>
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<td>Assignment 2: Submit by 11:59 pm Day 7, Week 6, Module 2.</td>
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<td>Journal Article for Critique</td>
<td>Work on Final Project which is due Week 14, Module 5.</td>
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<td>Lecture: View and read lectures/videos</td>
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**Module 3**

| Assignment 1: Submit by 11:59 pm Day 7 of Week 3, Module 1. Go to Module 1 for Assignment template and instructions. | Work on Final Project. Due Week 14, Module 5. |
| Assessment, Diagnosis & Treatment | Readings:  
Stevens & Smith Chapters 5, 6, & 7  
Journal Article for Critique  
Lecture: View and read lectures/videos  
*Also read supplemental articles in the "Resource" section and view other supplemental resources provided in the resource section. | Module 3 Journal Article Critique: Submit by 11:59 pm Day 7, Week 7, Module 3.  
Discussion 3: Submit initial post by Day 4, Week 8, and all responses by Day 6, Week 8, Module 3.  
Assignment 3: Submit by 11:59 pm Day 7, Week 9, Module 3.  
Continue work on Final Project. Due Week 14, Module 5. |
|-----------------|---------------------------------|-------------------------------------------------|
| Module 4 | Group Counseling, Systems Issues, and Relapse Prevention | Readings:  
Stevens and Smith Chapters 8, 9, & 10  
Journal Article for Critique  
Lecture: View and read lectures/videos  
*Also read supplemental articles in the "Resource" section and view other supplemental resources provided in the resource section. | Journal Article Critique: Submit by 11:59 pm Day 7, Week 10, Module 4.  
Discussion 4: Submit initial post by Day 4, Week 11, and all responses by Day 6, Week 11, Module 4.  
Assignment 4: Submit by 11:59 pm Day 7, Week 12, Module 4.  
Module 4 Work on Final Project. Due Week 14 Mod. 5. |
| Module 5 | Cultural Issues and Issues Related to Special Populations | Readings:  
Stevens & Smith Chapters 11 & 12  
No Journal Article Critique  
Lecture: View and read lectures/videos  
*Read supplemental articles in the "Resource" section and view other supplemental resources provided in the resource section. | Discussion 5: Submit initial post by Day 4, Week 13, and all responses by Day 6, Week 13, Module 5.  
Final Assignment: Submit by 11:59 pm Day 7, Week 14, Module 5. Upload to Blackboard.  
Final Exam: Submit by 11:59 pm Day 7, Week 15, Module 5.  
Complete Course Evaluation by 11:59 pm Day 7, Week 15, Module 5. |