

College of San Mateo
Official Course Outline

1. **COURSE ID:** SOSC 301 **TITLE:** Introduction to Alcohol and Other Drug Studies

Semester Units/Hours: 3.0 units; a minimum of 48.0 lecture hours/semester

Method of Grading: Letter Grade Only

Recommended Preparation:

Eligibility for ENGL 838 or 848.

2. **COURSE DESIGNATION:**

Degree Credit

Transfer credit: CSU

AA/AS Degree Requirements:

CSM - GENERAL EDUCATION REQUIREMENTS: E5d. Career Exploration and Self-Development

3. **COURSE DESCRIPTIONS:**

Catalog Description:

An introductory course for students who are interested in any area of human services and who wish to increase their knowledge of substance abuse (alcohol and other drugs) in society. Covers the history of alcohol and other drug abuse, its impact on the community and the community's responses. Includes cultural factors of use and abuse of chemical prevention strategies and individual/society intervention. Also covers theories of substance abuse and identification of signs and symptomatology, as well as treatment resources and myths of use.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**

Upon successful completion of this course, a student will meet the following outcomes:

1. Identify a variety of models and theories of addiction and other problems related to substance abuse and the importance of research and outcome data and their application to clinical practice.
2. Describe the philosophies, practices, policies, and outcomes of the most generally accepted and scientifically supported models of treatment, recovery, relapse prevention and continuing care for addiction and other substance-related problems.
3. Recognize the importance of family, social networks, and community systems as causative and preventive forces in addiction.
4. Recognize behavioral, psychological, health, and social effects of psychoactive substances on the user and the user's family, friends, associates and community.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

Upon successful completion of this course, a student will be able to:

1. Identify a variety of models and theories of addiction and other problems related to substance abuse and the importance of research and outcome data and their application to clinical practice.
2. Describe the philosophies, practices, policies, and outcomes of the most generally accepted and scientifically supported models of treatment, recovery, relapse prevention and continuing care for addiction and other substance-related problems.
3. Recognize the importance of family, social networks, and community systems as causative and preventive forces in addiction.
4. Recognize behavioral, psychological, health, and social effects of psychoactive substances on the user and the user's family, friends, associates and community.

6. **COURSE CONTENT:**

Lecture Content:

1. Historical perspective.
2. Cultural factors.
3. Overview of alcohol and other drugs use/abuse in society.
 - A. Family and co-dependency issues.
 - B. Characteristics of various abusers.
 - C. Dynamics of addiction.
 - D. Treatment issues.
4. Education about alcohol and other drugs.
 - A. The physiological effects of alcohol and other drugs.

- B. The psychological and emotional effects of various drugs.
 - C. Theories of addiction.
 - D. Treatment modalities.
 - E. Environmental issues.
5. Prevention strategies.
- A. At-risk populations.
 - B. Community mobilization.
 - C. Individual/Society needs and goals.

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lecture
- B. Discussion
- C. Guest Speakers

8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

Writing Assignments:

Students write library research reports on selected topics.

Reading Assignments:

Weekly reading assignments from the assigned texts.

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Exams/Tests
- C. Homework
- D. Oral Presentation
- E. Papers
- F. Written examination

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. Vernon Johnson. *I'll Quit Tomorrow: A Practical Guide to Alcoholism Treatment* , ed. HarperOne, 2013
- B. Jean Kinney. *Loosening the Grip: A Handbook of Alcohol Information* , ed. McGraw-Hill, 2011
- C. Phelps, Lori. *Intervention, Treatment, and Recovery: A Practical Guide to the TAP 21 Addiction Counseling Competencies*, ed. Kendall Hunt Publishing, 2013

Origination Date: August 2010

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Course Originator: Angela Stocker