

**GOVERNORS STATE UNIVERSITY
COLLEGE OF HEALTH PROFESSIONS
DIVISION OF SOCIAL WORK, ADDICTIONS STUDIES & HEALTH ADMINISTRATION**

COURSE SYLLABUS

COURSE TITLE: Alcoholism and Drug Abuse - Recovery Process

COURSE NUMBER: ADDS 505

CREDIT HOURS: 3 Hours

INSTRUCTOR: David O'Donnell, MHS
Office - 708/534-6365
Office Hours: Tuesday, 2:30pm – 4:30pm
Thursday, 2:30pm – 4:30pm

TRIMESTER: Summer, 2010



CATALOG DESCRIPTION:

The Recovery Process for substance abuse will examine current models of etiology and definitions of recovery characteristics of those models. It will further trace the stages that the recovering person moves through for precontemplation to relapse prevention. The student will learn to identify and learn specific techniques that will motivate and facilitate the recovery process with their clients.

COURSE OBJECTIVES:

1. To understand the different models of recovery as they relate to different theories of substance abuse.
2. Identify the different stages of recovery.
3. Understand the theory and value of 12 step programs.
4. Administer and assess the URICA screening tool.
5. Understand motivational techniques useful in moving the process of change forward.
6. Examine effective models of relapse prevention.

REQUIRED TEXT:

DeClemente, Carlo-Addictions & Change, Guilford Press

Study Guide Packet/Syllabus

SCHEDULE:

5-6-10	Course overview, House Rules Evaluation
5-13-10	Theories - Biological - Hepatic, Brain Dysfunction, Text Chap. 1 pp.1-32
5-20-10	Theories – Social Learning and Moral Model
5-27-10	Video 20/20 Discussion – Disease vs. Learned
6-3-10	Transtheoretical Model - Handout, Text Chapter 2, pp. 22-44
6-10-10	6-Stages of Change and Pre-contemplators, Text Chap. 6 pgs. 113-137
6-17-10	Quiz #1 and U.R.I.C.A. Change Assessment Scale – Handout, Markers
6-24-10	+Processes of Change– Handout
7-1-10	Principles of M.E.T. / Handout - Clinical Considerations - exercise
7-8-10	Motivational Interviewing – Handout: Motivation, Denial, and Confrontation
7-15-10	A.A. Profile (take home profile)
7-22-10	Quiz #2 – Relapse Prevention
7-29-10	Relapse Prevention cont'd text
8-5-10	Review for Final (return take home profile)
8-12-10	Final

EVALUATION:

Grading Scale

0 misses	100%
1 miss	95%
2 misses	90%
3 or more misses	85%
4 misses	80%

90-100 = A
80-89 = B
70-79 = C
60- 69 = D

• Client Profile	20%
• Attendance	20%
• 2 Quizzes	20%
• Final	<u>40%</u>

Total 100%

1 point will be added to final average for attendance of 1 self-help meeting. 1 point will be subtracted from final average for not attending.

POLICY REGARDING DISABILITY OR SPECIAL NEEDS

Students, who have a disability or special needs and require accommodation in order to have equal access to the classroom, must register with the designated staff member in the Division of Student Development. Please go to Room B1201 or call (708) 534-4090 and ask for the Coordinator of Disability Services. Students will be required to provide documentation of any disability when an accommodation is requested.