

**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: Wednesday, 2:30pm – 4:30pm  
Thursday, 2:30pm – 4:30pm

**TRIMESTER:** Fall, 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:**

- 9-2-10 Course overview, House Rules, Evaluation, Self-Help and Take Home Assignment
- 9-9-10 Theories - Biological, Disease Concept, Text Chap. 1 pp.1-32
- 9-16-10 Theories cont'd– Social Learning Theory and Moral Model
- 9-23-10 Theories cont'd - Video ABC Nightline 20/20 - Disease vs. Learned Behavior with discussion
- 9-30-10 Transtheoretical Model - Handout, Text Chapter 2, pp. 22-44
- 10-7-10 Stages of Change and Pre-Contemplator Types, Text Chap. 6 pgs. 113-120
- 10-14-10 U.R.I.C.A. Change Scale – Handout, Markers of Change, and Context pp. 36-44
- 10-21-10 Processes of Change – Handout Text pp. 32-36
- 10-28-10 Handout (packet) - Clinical Considerations (exercise)
- 11-4-10 Handout (packet) Motivational Interviewing
- 11-11-10 A.A. Profile - Handout (packet), Relapse Prevention-handout
- 11-18-10 Relapse Prevention cont'd (Return Profile), Review for Final
- 11-25-10 OFF – THANKSGIVING HOLIDAY
- 12/2-10 FINAL (Turn in Self-Help paper)
- 12-2-10 Final
- 12-9-10 Attend Self-Help Meeting

### **SELF-HELP PAPER**

Paper is to be typed and double-spaced. Not to exceed 1-page.

### **OUTLINE**

- Name of meeting and location time and date.
- Describe type of meeting (i.e. open,closed, estimate number of people, gender, age, race). What went on (i.e. warm & friendly, etc.).
- Would you refer a client there? Why? Why not?

**EVALUATION:****Grading Scale**

|                  |            |
|------------------|------------|
| 1 miss           | 100%       |
| 2 misses         | 95%        |
| 3 misses         | 90%        |
| 4 or more misses | 85%        |
| 5 misses         | 80%        |
| ✓ Client Profile | 30%        |
| ✓ Attendance     | 20%        |
| ✓ Final          | <u>50%</u> |

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

**Total** 100%

2 points will be added to final average for attendance of Self-Help Meeting with documentation. 2 points will be subtracted for failure to attend and document.

**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.