

Framingham State University
Division of Professional and Continuing Education
Course Syllabus

COURSE NAME: Substance Abuse and Addiction: Current Trends and Prevention

DATES/TIMES:

CREDIT HOURS: One graduate credit

INSTRUCTOR: Caroline Maloney

978-270-3952

LOCATION: Online Blackboard Learning Management System

COURSE DESCRIPTION: This course will offer some effective tools and resources that will keep one up-to-date on current substance abuse information and prevention. These resources will aid in creating lessons or implementing a school/district wide plan that will impact teens in their decisions around drug/alcohol use. Part of the approach will include holistic strategies including how teaching about good decision making, healthy coping and stress management are key components to helping a child avoid turning to drug involvement.

*Do you wonder if we prepare our younger generation enough to fight the battle against drugs?
Do you feel like your school doesn't do enough prevention?
Are you not sure how to teach about the dangers of marijuana with all the changes going on in our country with medical marijuana and legalization?
Do you feel overwhelmed with keeping up with all the new trends?
Is it hard or awkward to talk about this issue?*

COURSE OBJECTIVES:

Participants will:

- Recognize that addiction is a disease that continues to be an ongoing battle and often requires ongoing treatment.
- Identify common stressors and healthy ways for teens to cope
- Analyze and explain the current trends of drug use
- Distinguish between the facts and myths of marijuana
- Describe what medical marijuana treats vs. what it cannot
- Prepare a comprehensive substance abuse plan for your classroom, school or district

MA COMPREHENSIVE HEALTH STANDARDS

1. Describe the contribution of a personal support system to good mental health
2. Analyze healthy ways to express emotions and to cope with feelings, including the common causes of stress, its effects on the body, and managing stress
3. Describe addictions to alcohol, tobacco, and other drugs, and methods for intervention, treatment, and cessation
4. List the potential outcomes of prevalent early and late adolescent risk behaviors related to tobacco, alcohol, and other drugs, including the general pattern and continuum of risk behaviors involving substances that young people might follow
5. Describe the relationship between multi-drug use and the increased negative effects on the body, including the stages of addiction, and overdose
6. Demonstrate the ability to make informed decisions regarding the use of tobacco, alcohol, and other drugs Students generate a list of alternatives to teenage drinking, tobacco, and other substance use
7. Apply promotion skills to encourage healthy behaviors (such as identifying and evaluating initiatives and opportunities for promotion, collecting and disseminating information, and modeling)

COURSE EXPECTATIONS:

- a) Online attendance is mandatory which includes posting several times a week to the discussion board
- b) Participants will be expected to complete the weekly assignments on time which will include readings, video viewing, written responses and participating in a class discussion.
- c) A final project is required and due before the end of the course

COURSE OUTLINE:

WEEK ONE:

- **Keeping up with the trends.** Let's look at recent national/state surveys of drug use and compare them from past years and identify the most significant changes.
 - **Assessing drug involvement in your own community.**
 - **Where it all begins (the gateway drugs: tobacco, alcohol and marijuana).**
 - **The new trend of "Vaping/E-Cigarettes" (are they a safe alternative? what are the early findings? does it contribute to other drug use? Is it making smoking cool again?)**
1. Read over the most recent survey results to help support your responses to the written assignment below:
 - a. Do you think these surveys provide good data for assessing the youth risks? (consider the size of the population surveyed and frequency)
 - b. Does your school participate in a school wide (or partially school wide) assessment? If so, can you talk about it? When is it given, do the students take it seriously and is there any kind of faculty training? What do you do with the results?
 - c. Based on reviewing the surveys, what are the current trends around the use of the 3 gateway drugs (alcohol, tobacco, and marijuana) What do the most recent statistics say? Have the numbers increased? Decreased? Or remained the same?

The MTF (Monitoring the Future) Survey:

<https://www.drugabuse.gov/publications/drugfacts/monitoring-future-survey-high-school-youth-trends>

<http://www.monitoringthefuture.org//pubs/monographs/mtf-overview2016.pdf>

The NSDUH (National Survey on Drug Use and Health)

<http://www.drugabuse.gov/publications/drugfacts/nationwide-trends>

YRBSS Survey (Youth Risk Behavior Surveillance Survey)

<http://www.cdc.gov/healthyyouth/data/yrbs/overview.htm>

2. Read the articles and watch the videos on the current news about e-cigarette/vaping/hookah use. These will support your Discussion post for this week.

<https://www.drugabuse.gov/publications/drugfacts/electronic-cigarettes-e-cigarettes>

<http://www.nbcnews.com/health/cancer/you-vape-high-levels-formaldehyde-hidden-e-cigs-n290826>

3. Watch the "Truth About Drugs" video and explore the website. You want to click on "Watch the Documentary." <http://www.drugfreeworld.org/drugfacts/the-truth-about-drugs.html>

WEEK TWO: Prevention and the Gateway Drugs

Let's Talk about Prevention. Many people turn to drugs as a way to escape their problems so it is important to educate youth on healthy ways to cope with their struggles. You want them to have a plan in place in case they ever need it. This may prevent them from going down the wrong path.

1. Read about what leads teens to drugs:

<https://www.drugabuse.gov/publications/principles-adolescent-substance-use-disorder-treatment-research-based-guide/introduction>

<http://www.unionleader.com/article/20161218/NEWS12/161219374/0/NEWHAMPSHIRE0201>

Stress: Check out the resources to help build a lesson on stress.

2. What is Stress? What is the Flight or Fight Response? Brainpop has a good introduction on stress if you have a subscription. Take a look at these websites:

<http://kidshealth.org/en/teens/stress.html>

3. Watch the Ted Ed Video on stress below: "How Stress Affects Your Body."

4. Watch the video "How to Make Stress Your Friend" attached below.

5. How much stress are you taking on? Take the stress scale test to assess your level of stress. Look at what the scores mean.

http://www.zabrininanmd.com/user/Adult%26Child_AdolescentStressScale.pdf

6. Coping vs. Avoiding: Take the test and see if you are someone who copes vs. avoids (See attached worksheet below) This comes from the Second Step Curriculum. You may not have access to it, but you could build your own similar questionnaire.

Optional: Stress relief activities: Try some guided meditation using apps ("Take a Break," Pacifica and Mindfulness are good)

The Gateway Drugs: Marijuana (this week's focus) Alcohol will be next week.

7. Watch the documentary on Marijuana and review the articles. Use the information for this week's discussion board.

<http://www.drugfreeworld.org/drugfacts/marijuana.html>

<https://www.drugabuse.gov/publications/marijuana/what-are-marijuanas-long-term-effects-bra>

WEEK THREE: The Dangers of Underage Drinking, Other Illicit Drugs and Addiction **Alcohol: The most abused drug in our country.**

1. Watch the PSA and Documentary on Alcohol

<http://www.drugfreeworld.org/drugfacts/alcohol.html>

2. Check out these website resources for alcohol (there are a lot of them, so take a quick look and then dig deeper into the sites that you think will be most helpful for you)

<https://www.toosmarttostart.samhsa.gov/teens/facts/myths.aspx>

(check out the other parts of the website as well)

<https://www.toosmarttostart.samhsa.gov/media/LessonPlan.pdf>

https://www.toosmarttostart.samhsa.gov/media/Bonus_Worksheets.pdf

<https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>

The Disease of Addiction.

Let's look at some of the culprits: Opiates and Prescription Medicine

3. Watch the PSA and Documentary videos for information on Heroin, Prescription Medicines and Painkillers (or any other ones that spark your interest)

<http://www.drugfreeworld.org/drugfacts/heroin.html>

<http://www.drugfreeworld.org/drugfacts/prescription-drugs.html>

<http://www.drugfreeworld.org/drugfacts/painkillers.html>

4. Read the article on the Dangerous drug Fentanyl

<http://drugfree.org/newsroom/news-item/overdose-deaths-fentanyl-rise-know/>

Synthetic drugs- (Spice, K2, Bath Salts, Salvia)

5. Watch the PSA and Documentary videos for information on

<http://www.drugfreeworld.org/drugfacts/synthetic.html>

6. If you haven't done so already, order some free booklets from the Foundation for a Drug Free World. They are great booklets to use in class, leave out for students to pick up in the classroom or nurses office.

<http://www.drugfreeworld.org/drugfacts-booklets.html>

Other Helpful links for teaching to check out:

<https://teens.drugabuse.gov/teachers>

Check out these "Choose Your Path" interactive videos

<https://teens.drugabuse.gov/videos/choose-your-path>

Addiction

7. Read the articles "Understanding Drug Use and Addiction" and "Drugs, Brains, and Behavior: The Science of Addiction."

<https://www.drugabuse.gov/publications/drugfacts/understanding-drug-use-addiction>

https://www.drugabuse.gov/sites/default/files/soa_2014.pdf

8. Watch the video "What Causes Addiction?"

<http://ed.ted.com/featured/Hm9X3Yrt>

WEEK FOUR: The Role of Media and Curricula Overview

1. The Role the Media plays in substance abuse. Review the links and respond to the questions under the week 4 assignment

<http://pediatrics.aappublications.org/content/126/4/791>

<https://www.teenrehabcenter.org/resources/social-media-impact/>

<https://smokefreemovies.ucsf.edu/>

2. Review the substance prevention curricula below. See if there are any that you can use in your final project plan.

<https://www.dea.gov/pr/multimedia-library/publications/get-it-straight-student.pdf>

<https://www.projectalert.com/>

<https://www.dea.gov/pr/multimedia-library/publications/prevention4teens.pdf>

<http://www.drugfreeworld.org/takeaction/anti-drug-education-package-details.html>

3. Review the links for Substance Abuse treatment information. These may be helpful for your final project.

<https://www.drugabuse.gov/publications/principles-adolescent-substance-use-disorder-treatment-research-based-guide/principles-adolescent-substance-use-disorder-treatment>

<https://www.drugabuse.gov/publications/principles-adolescent-substance-use-disorder-treatment-research-based-guide/treatment-referral-resource>

4. As you plan your final project, think about curriculum booster programs that you think would be valuable for your district. Review the resources below:

- Field Trip to a local House of Correction
- Former Drug addict Speakers: Chris Herren--the full story

<https://vimeo.com/79305689>

<http://www.wbur.org/onlyagame/2014/10/11/chris-herren-nba-drug-addiction>

Chris Herren Ted Talk <https://www.youtube.com/watch?v=gAZ9aL30qOI>

<http://thpprojectpurple.org/>

- Guest Speakers: ER doctors, law enforcement. Parents can often be a good resource especially if your budget is tight. (I had an ER doctor come in that was a student's father. He spoke about the struggles he sees in his job with addiction and drug overdoses. I have a parent coming in this month who is a probation officer)
- Field Trip to a local rehab hospital
- Host a community screening like the "Race to Nowhere" to address the stress level of today's student <http://www.racetonowhere.com/> or check out <http://drugfree.org/article/film-screening/>

5. Goal Setting: Thinking ahead is another very important step with substance abuse prevention. It can be valuable to teach about goal setting and have students think about their future and what they could lose if they choose to get involved with drugs. I often do an activity called "7 Things."

<https://www.pinterest.com/explore/goal-setting-activities/>

<http://7mindsets.com/smart-goal-setting-for-teens/>

Course Requirement: Due on or before the last day of class

Final project:

Participants are required to develop a Substance Abuse Prevention plan for your school or district. This plan could be a curriculum unit for a Wellness/Health type class, or a school or district-wide plan for those in positions such as guidance, psychology, or administration. The project should be specific to what you think your school's needs are with using the information, resources and knowledge you acquired from taking the class. The plan should be outlined in a platform that can be shared with others as though you were teaching a class or presenting your plan to an audience such as a school committee, school administrators or parents forum.

Format choices: Slideshow, Prezi, Screencast

Grading Criteria:

Weekly board discussion participation 40%

Weekly homework assignments 40%

Final Project 20%

Grades by points:

94-100: A 90-93: A- (Level of work exceeds expectations and includes a high level of quality work)

87-89: B+ 83-86: B 80-82: B- (Level of work has met the expectations and was acceptable based on expectations)

77-79: C+ 73-76: C 70-72: C- (Level of work did not adequately meet the requirement)

Academic Honesty Policy:

Integrity is essential to academic life. Consequently, students who enroll at Framingham State College agree to maintain high standards of academic honesty and scholarly practice. They shall be responsible for familiarizing themselves with the published policies and procedures regarding academic honesty.

Refer to *FSU Graduate Catalog, Student Conduct section, page 7 at:*

<http://www.framingham.edu/graduate-and-continuing-education/documents/grad-catalog-0910.pdf>.

