AS 131 Survey of Addiction

COURSE LEARNING OUTCOMES (CLOs)

1. Describe a variety of models and theories of addiction and other problems related to substance abuse.
2. Describe the behavioral, psychological, physical health and social effects of psychoactive substances on the person using, and significant others.
3. Provide culturally relevant formal and informal education programs that raise awareness and support substance abuse prevention and the recovery process.
4. Describe factors that increase the likelihood for an individual, community or group to be at-risk for, or resilient to, psychoactive substance use disorders.
5. Describe issues of cultural identity, ethnic background, age and gender in prevention, treatment and recovery.
6. Describe warning sign, symptoms, and the course of substance use disorders.
7. Describe principles and philosophy of prevention, treatment and recovery.
8. Describe current and evidenced-based approaches practiced in the field of addictions.

This course explores the nature and scope of alcohol/drug use, abuse, and addiction as well as problems with compulsive behaviors. Basic drug categories and effects are studied along with the identification and progression of the symptoms of addiction for both substance and behavioral problems. A variety of models are examined with particular focus on the disease model. Aspects of how society has historically and currently views the misuse of substances as a social problem and the evolution of social policy and attitudes are addressed. The socio-cultural and cross-cultural aspects of chemical dependency, including vulnerable populations—women, youth, elderly and ethnic-cultural groups are explored. Prevention, intervention and treatment are discussed. The basic steps necessary to become a Chemical Dependency Counselor in the state of Washington are described.

I. Major perspectives on use, abuse and addiction of alcohol/drug consumption and compulsive behaviors
   A. Moral – Legal Perspective
   B. Medical – Health Perspective
   C. Psychosocial Perspective
   D. Social – Cultural Perspective
   E. Spiritual Perspective

II. Models and theories of dependency and addiction
   A. Disease Model
   B. Genetic Model
   C. Addictive Personality Model
   D. Family Model
   E. Self-Medication Model

III. Drug Specific Information - Classification of Drugs,
   A. Central Nervous System Depressants
   B. Central Nervous System Stimulants
   C. Nicotine
   D. Narcotic Analgesics
   E. Hallucinogens
   F. Inhalants
   G. Cannabis Sativa
IV. Diagnostic Categories and progression of the symptoms of addiction
   A. Experimentation
   B. Intoxication
   C. Abuse
   D. Dependence
   E. Withdrawal
   F. Relapse from abstinence

V. Abuse and Dependence in the Family
   A. Imbalanced family systems
   B. Addicted family survival roles
   C. Impact of family addiction

VI. Prevention of substance and behavioral addictions
   A. Key components of a prevention program
   B. Programs aimed at at-risk-youth
   C. Prevention including vulnerable populations

VII. Interventions at various stages of the use/abuse/dependency continuum
   A. Initial contact interventions
   B. Experimentation Interventions
   C. Interventions at the regular use stage

VIII. Abuse and addiction recovery support, treatment and relapse prevention
   A. Becoming an addiction treatment provider in WA state
   B. Stages of recovery
   C. Harm reduction
   D. Outpatient
   E. Inpatient
   F. Individual, group and family treatment
   G. Medications
   H. Support Groups
   I. Alternative Approaches
   J. Recognizing the signs of relapse
   K. Relapse Prevention
   L. Prevalence of Co-occurring Disorders