Welcome to RHAB 3975 Addictions~!! I am Dr. Justin Watts and will serve as your instructor for the course. I look forward to working together and getting the semester started off strong! If you have any questions or concerns over the course of the semester please do not hesitate to contact me.

About the professor:

Dr. Watts received a PhD. in Counselor Education and Supervision from the Pennsylvania State University with a focus on addiction research. He received a Master’s degree in Clinical Mental Health Counseling and a bachelors in Psychology from the University of North Texas. He several years of clinical experience working with college students and individuals with substance related issues, and have spent the last few years focusing research and clinical work on understanding trauma, child-maltreatment, and collegiate recovery. He teaches coursework in Group Counseling, Addictions Counseling, Advanced Counseling Skills, and Addictions (undergraduate).

Instructor Contact

Justin Watts PhD. NCC, CRC, LPC-Intern
Office Location: Chilton Hall 238k
Office hours: Wednesdays 1-4. Please email me to schedule office hours, due to the size of the class, this will ensure everyone has time to meet with me if needed
Email: Justin.watts@unt.edu (preferred method of contact)

Course Information

- RHAB 3975 - Addictions
- Spring 2020
- 3.0 Credit Hours
- Monday, 2:00 pm – 4:50 pm, ENV 125
- No pre-requisites required

Course Objectives and Outcomes

In this course, we will examine the biological, social-developmental, and psychological impact of substance use and behavioral-process addiction and its relationship to individual and family functioning. We will investigate the relationship between substance use and chronic stress, trauma, and psychological health. We will also review current treatment methods and settings for substance use disorders in addition to current and historical social-political issues related to substance use and legislation.

By the end of this course, students should be able to:
- Recognize several models for understanding substance use disorders and their implications for successful treatment
- Identify biological, psychological, and social processes which contribute to the development and maintenance of substance use disorders and behavioral process addictions
- Understand factors which promote successful treatment outcomes for individuals with substance use disorders
- Recognize the impact of stress and traumatic stress on substance use
- Identify risk factors that increase the likelihood of problematic substance use
- Understand the developmental impact of trauma and co-occurring mental health issues on substance related diagnoses
- Objectively evaluate empirically supported literature regarding their own health behaviors
- Understand basic mechanisms of drug actions
- Identify symptoms of substance use disorders, mental health disorders and process addiction
- Explain the role of family in the development and maintenance of substance use disorders

Required Materials


Additional readings will be assigned and made available via the Canvas course website.

Technical Support

Student Helpdesk:
Sage Hall 130 940-565-2324
desk@unt.edu

Technical Skill Requirements

- Using the learning management system (Canvas)
- Using email with attachments
- Creating and submitting files in commonly used word processing program formats
- Copying and pasting
- Downloading and installing software

Course Requirements

Below is a list of all required assignments and graded activities for the course:

<table>
<thead>
<tr>
<th>Assignment(s)</th>
<th>Points Possible</th>
</tr>
</thead>
<tbody>
<tr>
<td>Online Quiz (1)</td>
<td>50</td>
</tr>
<tr>
<td>In class assignments (5)</td>
<td>250</td>
</tr>
<tr>
<td>Abstinence Project Papers (2)</td>
<td>400</td>
</tr>
<tr>
<td>Exams (2)</td>
<td>500</td>
</tr>
<tr>
<td>-----------------</td>
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</tr>
<tr>
<td>Attendance and Participation</td>
<td>200</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>1400</strong></td>
</tr>
</tbody>
</table>

Submitted through canvas, Submitted in class

Grading

<table>
<thead>
<tr>
<th>Letter Grade</th>
<th>% of total points</th>
<th>Total points</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>90 – 100%</td>
<td>1260-1400</td>
</tr>
<tr>
<td>B</td>
<td>80 – 89%</td>
<td>1120-1259</td>
</tr>
<tr>
<td>C</td>
<td>70 – 79%</td>
<td>980-1119</td>
</tr>
<tr>
<td>D</td>
<td>60 – 69%</td>
<td>840-979</td>
</tr>
<tr>
<td>F</td>
<td>Less than 59%</td>
<td>0-839</td>
</tr>
</tbody>
</table>

Assignments will be submitted both in class and online through Canvas (see above). It is expected that you demonstrate a high degree of professionalism in your work. No late work will be accepted. Only with each of the following requirements will a late assignment be considered at the instructor’s discretion: (a) advance notice, (b) documentation of circumstances, and (c) a serious health related issue of self or family member (this includes in-class assignments). In order to be fair to all students in the class exceptions to this policy will only be made in the event that all circumstances are met. Grades will be rounded up and down based on the nearest tenth of a point.

Course Expectations

As the instructor in this course, I am responsible for

- providing course materials that will assist and enhance your achievement of the stated course goals, guidance,
- providing timely and helpful feedback within the stated guidelines, and, assisting in maintaining a positive learning environment for everyone.

As a student in this course, you are responsible for

- reading and completing all requirements of the course in a timely manner,
- working to remain attentive and engaged in the course and interact with your fellow students,
- assisting in maintaining a positive learning environment for everyone
- showing up to class on time

Policies

Examination Policy

Exams will be held in class. Please make every effort to show up on time for exams to avoid distracting other students. The late work policy (see above) will apply to examinations as well.
Copyright Notice
Some or all of the materials on this course Web site may be protected by copyright. Federal copyright law prohibits the reproduction, distribution, public performance, or public display of copyrighted materials without the express and written permission of the copyright owner, unless fair use or another exemption under copyright law applies. Additional copyright information may be located at: http://copyright.unt.edu/content/unt-copyright-policies.

Syllabus Change Policy
The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary. The instructor has the right to make adjustments to the syllabus and course schedule at any time during the semester.

Policy on Server Unavailability or Other Technical Difficulties
The University is committed to providing a reliable online course system to all users. However, in the event of any unexpected server outage or any unusual technical difficulty which prevents students from completing a time sensitive assessment activity, the instructor will extend the time windows and provide an appropriate accommodation based on the situation. Students should immediately report any problems to the instructor and also contact the UNT Student Help Desk: helpdesk@unt.edu or 940.565.2324. The instructor and the UNT Student Help Desk will work with the student to resolve any issues at the earliest possible time.

Class Participation
Class discussion and participation are extremely important given the nature of this course. Since this class is dependent upon class participation, it is important that you engage in discussion and work collaboratively with your group. It is expected that all students will have read the material and will be prepared to discuss the material.

Student Behavior in the Classroom
- Carrying on conversations during lectures is not tolerated, everyone in this class deserves an environment conducive of learning
- Cell phones must be silenced and put away during class (off your desk). Constantly checking phones is distracting to lecturers and interferes with your engagement in class.
- Laptops are permitted, however if the user is conducting personal business, or working on things that do not pertain to this class, you will be asked to put it away.
- Grades are discussed only with the involved student in private, please do not attempt to discuss a grade with me outside of office hours.
- Students are responsible for getting ALL announcements made in class and/or via Canvas. Many announcements are made only in class (e.g., comments on exam content). You are responsible for getting notes on announcements made in class from another student
- You are responsible for getting all lecture material from a classmate if you miss class
- Be on time to class. We will begin class promptly at 2:00 pm. Consistent tardiness will have an impact on your attendance grade, students who arrive more than 15 minutes late may miss in-class assignments and will not be permitted to sign in.
- If you come to class please make it a point to stay for the full class. Leaving early is very distracting to other students in the classroom as well as the speaker. Packing up and walking out of the middle of a lecture is inconsiderate of other students and the speaker.
- Please avoid entering the center front of the room during lecture. If you must leave before the end of lecture, then you must arrange a seat in the rear of the room near a side aisle and exit via the back or side.
- Students who disrupt the class in any manner will be asked to leave. Depending on the nature, severity and number of times students disrupt the class, you may be required to meet with the instructor during office hours, information may be forwarded to the dean of students in order to arrange disciplinary measures.

Class Attendance
Students are expected to attend every class.

UNT Policies

Student Conduct and Discipline
The primary concern of the University of North Texas is the student. The university attempts to provide for all students a campus environment that is conducive to academic endeavor and social and individual growth. To that end, rules, regulations and guidelines governing student behavior and the student's relationship with the university have been formulated into a student code of conduct and discipline. Enrollment at the University of North Texas is considered implicit acceptance of these and other policies applicable to students, all of which are educational in nature and designed to help students understand expectations and accept responsibility for their own actions. Link to full policy: https://policy.unt.edu/policy/07-012

Academic Integrity
Policies regarding student conduct and academic honesty posted by the University Center for Student Rights and Responsibilities in the Student Handbook apply to this class. See the full policy here: https://deanofstudents.unt.edu/academic-integrity

Incompletes
Students are expected to complete the course within the session time frame. A grade of Incomplete will only be given if the student is (a) passing the course, (b) has completed 75% of the course requirement, (c) has very compelling special circumstances, and (d) provides adequate documentation. I will require that the course requirements be fulfilled by the end of the following semester. Link to full UNT policy: https://registrar.unt.edu/grades/incompletes

ADA Policy
The University of North Texas makes reasonable academic accommodation for students with disabilities. Students seeking reasonable accommodation must first register with the Office of Disability Accommodation (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with a reasonable accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request reasonable accommodations at any time, however, ODA notices of reasonable accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of reasonable accommodation for every semester and must meet with each faculty member prior to implementation.
in each class. Students are strongly encouraged to deliver letters of reasonable accommodation during faculty office hours or by appointment. Faculty members have the authority to ask students to discuss such letters during their designated office hours to protect the privacy of the student. For additional information see the Office of Disability Accommodation website at http://disability.unt.edu/. You may also contact them by phone at 940.565.4323.

**Important Notice for F-1 Students taking Distance Education Courses**

**Federal Regulation**


The paragraph reads:

(G) For F-1 students enrolled in classes for credit or classroom hours, no more than the equivalent of one class or three credits per session, term, semester, trimester, or quarter may be counted toward the full course of study requirement if the class is taken on-line or through distance education and does not require the student's physical attendance for classes, examination or other purposes integral to completion of the class. An on-line or distance education course is a course that is offered principally through the use of television, audio, or computer transmission including open broadcast, closed circuit, cable, microwave, or satellite, audio conferencing, or computer conferencing. If the F-1 student's course of study is in a language study program, no on-line or distance education classes may be considered to count toward a student's full course of study requirement.

**University of North Texas Compliance**

To comply with immigration regulations, an F-1 visa holder within the United States may need to engage in an on-campus experiential component for this course. This component (which must be approved in advance by the instructor) can include activities such as taking an on-campus exam, participating in an on-campus lecture or lab activity, or other on-campus experience integral to the completion of this course.

If such an on-campus activity is required, it is the student’s responsibility to do the following:

1. Submit a written request to the instructor for an on-campus experiential component within one week of the start of the course.
2. Ensure that the activity on campus takes place and the instructor documents it in writing with a notice sent to the International Student and Scholar Services Office. ISSS has a form available that you may use for this purpose.

Because the decision may have serious immigration consequences, if an F-1 student is unsure about his or her need to participate in an on-campus experiential component for this course, s/he should contact
the UNT International Student and Scholar Services Office (telephone 940-565-2195 or email internationaladvising@unt.edu) to get clarification before the one-week deadline.

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topic</th>
<th>Activity</th>
<th>Reading</th>
<th>Assignment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>1/13</td>
<td>Course Introduction</td>
<td>Syllabus</td>
<td>Quiz 1 (Online through Canvas, due before class on 1/27)</td>
<td></td>
</tr>
<tr>
<td>Week 2</td>
<td>1/20</td>
<td>No class (Martin Luther King Day)</td>
<td></td>
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<tr>
<td>Week 3</td>
<td>1/27</td>
<td>Attitudes and Beliefs about Addiction: Models</td>
<td>Chapter 2</td>
<td>In class assignment</td>
<td></td>
</tr>
<tr>
<td>Week 4</td>
<td>2/3</td>
<td>Physiology, Addiction and the Brain</td>
<td></td>
<td>Find 2 empirically supported articles through the library at UNT to support your position on cannabis legalization bring to class next week</td>
<td></td>
</tr>
<tr>
<td>Week 5</td>
<td>2/10</td>
<td>Current trends in the addictions field: Prevalence</td>
<td>Cannabis legalization debate Documentary</td>
<td>1.1-1.7</td>
<td></td>
</tr>
<tr>
<td>Week 6</td>
<td>2/17</td>
<td>Pharmacological influences of drugs: Stimulants, depressants and psychedelics</td>
<td>Chapter 3.0-3.6; 4.0-4.3; 6.1-6.3; 5.0-5.26</td>
<td>In class assignment</td>
<td></td>
</tr>
<tr>
<td>Week 7</td>
<td>2/24</td>
<td>Mental Health Substance Use and Disability</td>
<td>Documentary Exam review</td>
<td>Chapter 10</td>
<td>In class assignment</td>
</tr>
<tr>
<td>Week 8</td>
<td>3/2</td>
<td>Exam 1</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Week 9</td>
<td>3/9</td>
<td>No class (Spring Break)</td>
<td></td>
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<tr>
<td>Week 10</td>
<td>3/16</td>
<td>Psycho-social developmental aspects of addiction</td>
<td>Article posted via Canvas</td>
<td>Abstinence Project Begins (3/16)</td>
<td></td>
</tr>
<tr>
<td>Week 11</td>
<td>3/23</td>
<td>Stress and Substance Use</td>
<td></td>
<td>Abstinence Project Paper 1 (Online through Canvas, due before class on 3/30)</td>
<td></td>
</tr>
<tr>
<td>Week 12</td>
<td>3/30</td>
<td>Trauma and Substance Use Disorders</td>
<td>Article posted via Canvas</td>
<td>In class assignment</td>
<td></td>
</tr>
<tr>
<td>Week 13</td>
<td>4/6</td>
<td>Drug and Alcohol Treatment Addiction Professionals: Treatment Approaches and the process of Recovery</td>
<td>Chapter 9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 14</td>
<td>4/13</td>
<td>Process Addictions: Eating Disorders</td>
<td>Chapter 7.30-7.62</td>
<td>Abstinence Project Ends (4/13) Abstinence Project Paper 2 (Online through Canvas, due before class on 4/20)</td>
<td></td>
</tr>
<tr>
<td>Week 15</td>
<td>4/20</td>
<td>Addiction and the Legal Process</td>
<td>Documentary</td>
<td></td>
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</tr>
</tbody>
</table>
**A note on readings, please check the table of contents. Because this book does not have page numbers, I am lining up your readings with the sections listed in the table of contents**

<table>
<thead>
<tr>
<th>Week 16</th>
<th>4/27</th>
<th>Addiction in Families</th>
<th>Exam review</th>
<th>In class assignment</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Week 17</strong></td>
<td><strong>5/4</strong></td>
<td><strong>Exam 2</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>