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Course Outline for PCN 35
DRUGS, HEALTH, AND SOCIETY
Effective: Fall 2018

I. CATALOG DESCRIPTION:

PCN 35 — DRUGS, HEALTH, AND SOCIETY — 3.00 units

This course provides an overview of the epidemiology and toxicology of substance abuse and its relevance to personal and public health. Students will be introduced to the concept of substance abuse and dependence, the definition of licit and illicit drugs, and the pharmacologic, neurologic and physiologic effects of selected substances on the human brain. Political, social and economic factors involved in the supply and demand for drugs will be discussed. Epidemiologic data on the prevalence, incidence, and trends of smoking, alcohol, prescription and other drug dependencies in the U.S. will be covered, as well as risk factors associated with the use and abuse of these substances. Current options for recovery and a survey of local resources will be reviewed.

3.00 Units Lecture

Strongly Recommended

- Eligibility for ENG 1A -

Grading Methods:

Letter or P/NP

Discipline:

- Counseling

	MIN
Lecture Hours:	54.00
Total Hours:	54.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

Before entering this course, it is strongly recommended that the student should be able to:

- A. -Eligibility for ENG 1A
1. Use concepts of paragraph and essay structure and development to analyze his/her own and others' essays
 2. Write effective summaries of texts that avoid wording and sentence structure of the original
 3. Respond to texts drawing on personal experience and other texts
 4. Organize coherent essays around a central idea or a position
 5. Apply structural elements in writing that are appropriate to the audience and purpose
 6. Provide appropriate and accurate evidence to support positions and conclusions
 7. Produce written work that reflects academic integrity and responsibility, particularly when integrating the exact language and ideas of an outside text into one's own writing
 8. Utilize effective grammar recall to check sentences for correct grammar and mechanics

IV. MEASURABLE OBJECTIVES:

Upon completion of this course, the student should be able to:

- A. Apply basic knowledge of drug laws to evaluate historical legal cases and situations related to substance abuse.
- B. Identify the factors associated with the use of specific substances of abuse, including populations at most risk based on age, sex, education, socioeconomic status, ethnicity, race and age at first initiation.
- C. Describe the neurological and physiological responses to various types of drugs.
- D. Describe the neurological and physiological short and long term consequences of substance use and abuse.
- E. Analyze the current public health perspective on the issue of substance abuse, including broad political, social and economic factors related to substance abuse.
- F. Interpret reliable public data sources to find statistical and epidemiologic data on incidence, prevalence, and trends in drug, tobacco and alcohol use.
- G. Analyze arguments on both sides of a selected controversial issue, such as drug testing in the work place or legalization of marijuana.
- H. Distinguish the difference between drug use, misuse and abuse.
 - I. Describe the psychotherapeutic benefits (if any) and harmful effects of common substances of abuse, and identify the populations most at risk of using these substances.

V. CONTENT:

- A. Introduction to Drugs and Society
 - 1. History of drugs and drug use
 - 2. Prevalence and demographics
 - 3. Epidemiological and statistical data
- B. Definitions of Drug Use, Misuse and Abuse
 - 1. Defining use, abuse, and dependence
 - 2. Origin and nature of addiction
 - 3. Cycle of drug addiction
- C. Drug Use, Regulation, and the Law
 - 1. History of laws regulating drug use
 - 2. Current controversies and status of illicit drugs
- D. Homeostatic Systems and Drugs
 - 1. Brief overview of the nervous system
 - 2. Methods of drug administration
 - 3. Tolerance and withdrawal
 - 4. Other physiological effects
- E. How and Why Drugs Work
 - 1. Pharmacology of drugs
 - 2. Beneficial versus harmful effects
- F. CNS Depressants
 - 1. Sedative-Hypnotics
 - 2. Alcohol: pharmacological effects and behavioral perspective
 - 3. Narcotics (opioids)
 - 4. Marijuana
- G. Stimulants
 - 1. Tobacco etc...
- H. Hallucinogens (Psychedelics)
- I. Inhalants
- J. Over the Counter (OTC), Prescriptions and Herbal Drugs
- K. Drug Use Within Major Sub-Cultures
 - 1. Definition of subculture
 - 2. Athletes and drugs, Women and drugs, Adolescents and drugs
- L. Social Issues Surrounding Drug Use, Abuse, Prevention and Laws
 - 1. Cultural attitudes
 - 2. Advertising
 - 3. Regulation
 - 4. Legalization
 - 5. Drug Testing
- M. Drug Abuse Prevention
 - 1. Primary, secondary, and tertiary prevention
 - 2. Education as prevention
- N. Treating Drug Dependence
 - 1. Psychological
 - 2. Self-help
 - 3. Biological
- O. Federal Agencies Focused on Drug Abuse Prevention

VI. METHODS OF INSTRUCTION:

- A. **Student Presentations** -
- B. **Audio-visual Activity** -
- C. **Discussion** -
- D. **Classroom Activity** -
- E. **Lecture** -

VII. TYPICAL ASSIGNMENTS:

- A. Oral Presentation:
 - 1. Students will be required to research mood-altering substances/chemical and then orally present their findings to the class. Students must submit a written outline of their presentation & research including references.
 - 2. Students should include the following in their presentations:
 - a. The pharmacology of the substance
 - b. Physiological impact on the brain/body & addictive qualities
 - c. Any Alternative Uses of Substance (historical or current)
 - d. Current trends related to the substance
- B. Beautiful Boy: Themes of Addiction Paper
 - 1. Read the text and submit a 5-6 page paper. Themes will be introduced, defined and discussed during class time allowing the student the opportunity to interpret the text, as they see it, while applying acquired knowledge of the disease of addiction.
 - 2. The following themes must be discussed:
 - a. Love
 - b. Betrayal/trust
 - c. Guilt/Shame
 - d. Isolation/loss
 - e. Forgiveness/Letting Go
- C. Case Study Analysis
 - 1. There will be 2 Case Study Analysis during the course. The student is required to analyze and thoroughly present moral, factual, and conceptual issues surrounding the topic in each case analysis.

VIII. EVALUATION:

- A. **Methods**
 - 1. Exams/Tests
 - 2. Quizzes
 - 3. Papers
 - 4. Oral Presentation
 - 5. Projects
 - 6. Class Participation
- B. **Frequency**

1. Exams/Tests
 - a. One mid-term exam and a final
2. Quizzes
 - a. Weekly
3. Research or Group Projects
 - a. One major project or research paper
4. Oral Presentation
 - a. One on an assigned topic
5. Class Work/Home Work
 - a. Weekly written exercises on assigned material
6. Class Participation
 - a. Daily attendance and participation

IX. TYPICAL TEXTS:

1. Hanson, Glen, Peter Venturelli, and Annette Fleckenstein. *Drugs and Society*. 13 ed., Jones & Bartlett Learning, 2018.
2. Goldberg, Raymond. *Drugs Across the Spectrum*. 7 ed., Wadsworth, 2014.
3. Miller, Dennis. *Taking Sides: Clashing Views in Drugs and Society*. 11 ed., McGraw-Hill Education, 2015.
4. Abadinsky, Howard. *Drug Use and Abuse: A Comprehensive Introduction*. 9 ed., Wadsworth, 2018.
5. Hart, Carl, and Charles Ksir. *Drugs, Society, and Human Behavior*. 16 ed., McGraw-Hill Education, 2015.

X. OTHER MATERIALS REQUIRED OF STUDENTS: