COURSE OUTLINE

Alcohol/Drug Studies 154 Self-Help Groups, Recovery & Community Networking

I. Catalog Statement

Alcohol/Drug Studies 154 provides students with an opportunity to attend, observe and evaluate Alcoholics Anonymous, Al-Anon, Narcotics Anonymous, Gamblers Anonymous and other self-help groups involved in the treatment of alcohol/drug dependency and related disorders. Alcoholics Anonymous is studied as the foundation and blueprint for other well utilized self-help groups. The class provides an opportunity for the student to survey and analyze a variety of resources in the community involved in the treatment of alcohol and drug dependency. In analyzing the facilities, students examine policies and procedures as well as employment opportunities and expectations regarding services.

Total Lecture Units: 4.0

Total Course Units: 4.0

Total Lecture Hours: 64.0

Total Faculty Contact Hours: 64.0

Prerequisite: ADST 101 and ADST 103

Recommended Preparation: Eligibility for ENGL 120 or ESL 151.

II. Course Entry Expectations

Skills Level Ranges: Reading 5; Writing 5; Listening/Speaking 5; Math 1.

Prior to enrolling in the course, the student should be able to:

- 1. discuss alcohol use and abuse within various cultures and societies from a historical perspective;
- 2. describe the acute and chronic effects of alcohol and other drugs of abuse on the human body;
- 3. compare and contrast various psychological, sociological, learning, and behavioral theories on the development of alcohol dependency;
- 4. diagram and explain the bio-psycho-social perspective of the progression of alcohol and other drug dependencies;
- 5. describe the dynamics of early intervention and its relationship to effective treatment and rehabilitation.

III. Course Exit Standards

Upon successful completion of the required coursework, the student will be able to:

Page 2

- 1. identify self-help groups, private and community based programs that are part of the continuum of care in the treatment of chemical dependency and related disorders;
- 2. analyze the philosophical concepts which are the foundation of Alcoholics Anonymous and other self-help recovery groups;
- 3. evaluate the internal philosophical consistency of several self-help groups;
- 4. explain the Twelve Step recovery process from both a psychological and behavioral perspective;
- 5. describe the philosophical concepts of community agencies and programs providing chemical dependency treatment;
- 6. survey and assess community agencies and programs with regard to scope, quality of services, and sources of financial support.

IV. Course Content

Total Faculty Contact Hours = 64.0

A. Introduction to Alcoholics Anonymous (AA), Al-anon, Narcotics Anonymous(NA)

5 hours

- 1. AA, Al-anon, Narcotics Anonymous as a solution
- 2. Alcohol and drug dependency from the AA and NA perspective
- 3. Codependency from the Al-anon perspective
- 4. Ideological and Spiritual components
- B. Principles and Guidelines of the Individual Recovery Process

5 hours

- 1. Individual participation components
- 2. Informal treatment understanding
- 3. Individual compliance and outcomes
- C. Organizational Traditions of Conduct and Ethics

4 hours

- 1. Group guidelines and responsibility
- 2. Individual guidelines and responsibility
- D. Contemporary Recovery Self-Help Organizations

4 hours

- 1. Other Twelve Step Programs
- 2. Alternative Self Help Groups
- E. Established Community Agencies and the Continuum of Care

10 hours

- 1. Philosophical foundations of treatment
- 2. Organizational structure
- 3. Policies and procedures
- 4. Documentation
- 5. Service population
- F. Community Agency Assessment Techniques

11 hours

- 1. Design and development
- 2. Use of and implementation assessment tools
- 3. On-site visitation

- 4. Interview techniques
- 5. Guidelines to group presentations

G. Types of Facilities and Programs, and Services

13 hours

- 1. Acute inpatient treatment programs
- 2. Community support services
- 3. Detoxification center
- 4. DUI and diversion programs
- 5. Education and prevention services
- 6. Information and referral agencies
- 7. Outpatient treatment programs
- 8. Recovery homes, shelters, special programs
- 9. Residential care centers and outpatient programs
- 10. Social model treatment program

H. Developing New Community Services

12 hours

- 1. Licensing or credentialing requirements of counselors
- 2. Physical plant certification and location
- 3. Organizational structure
- 4. Operating policies and procedures
- 5. Financial considerations and sources
- 6. Treatment services and staffing
- 7. Community and stakeholder input

V. **Methods of Instruction**

The following instructional methodologies may be used in the course:

- 1. lecture and class discussion;
- 2. multimedia (e.g. "Bill W, The Documentary");
- 3. field activities and experience;
- 4. student group presentations.

VI. **Out of Class Assignments**

The following out of class assignments may be used in this course:

- 1. group project (e.g. presentations on how different types of facilities meet the treatment needs of diverse demographics of the community);
- 2. individual project (e.g. individual project on counselor competencies and standards in workplace);
- 3. field activities and reports (e.g. attending various Twelve Step meetings and evaluation of how different Twelve Step groups help attendees with various treatment issues, i.e. AA vs. NA).

VII. Methods of Evaluation

The following methods of evaluation may be used in this course:

- 1. midterm examination;
- 2. final examination essay (compare and contrast different types of facilities and benefits to clients);
- 3. final in-class examination.

VIII. Textbooks

Alcoholics Anonymous World Services, Inc. Alcoholics Anonymous. Fourth Edition.

New York: Alcoholics Anonymous, 2010.

12th Grade Textbook Reading Level. ISBN: 1-893007-16-2

Alcoholics Anonymous World Services, Inc. <u>Twelve Steps and Twelve Traditions</u>. Current Edition.

New York: Author, 1983.

12th Grade Textbook Reading Level. ISBN: 0-916856-01-1

Substance Abuse and Mental Health Services Administration; Addiction Counseling Competencies; The

Knowledge, Skills, and Attitudes of Professional Practice, Technical Assistance Publication Series,

(T.A.P.) #21, Department of Health and Human Services Publication No. (SMA) 08-4171, 2008

College Sophomore Textbook Reading Level, Government Document, no ISBN number

IX. Student Learning Outcomes

- 1. Student will be able to identify Twelve Steps groups located within the community that are involved in the treatment of chemical dependency and related disorders.
- 2. Students will be able to analyze the philosophical concepts which are the foundation of Alcoholics Anonymous and other self-help recovery groups.
- 3. Students will be able to explain the Twelve Steps recovery process from both a psychological and behavioral perspective.
- 4. Students will be able to describe the philosophical concepts which underlie and define community agencies and programs providing treatment of chemical dependency.
- 5. Students will be able to identify the private and public agencies and programs that are part of the continuum of care in the community for the treatment of chemical dependency.
- 6. Students will have the ability to survey and assess community agencies and programs with regards to scope of practice, policies and procedures, quality of services, and sources of financial support.