

THE UNIVERSITY OF TEXAS AT AUSTIN

STEVE HICKS SCHOOL OF SOCIAL WORK

Course Number: Undergrad-SW N360K
Unique Number: 89240

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Course Number: Grad-SW N393R23
Unique Number: 89325

Office: 3.104A

Semester: Summer 2022

512-775-4210

Meeting Time: Tuesday & Thursday
1:30-4:00
Meeting Place: SSW 2.122

Office Hours: Tuesday and/or Thursday
Before/after class and by appointment

TREATMENT OF SUBSTANCE USE DISORDERS

I. Standardized Course Description

The course is designed to provide a basic understanding of contemporary treatment methods used in work with a diverse range of clients recovering from alcohol and/or drug addiction. Emphasis will be placed on integrating the use of Mindfulness-Based Therapy, Rational Emotive Therapy, and Behavior Therapy with the 12 Step Program of Recovery/ Minnesota Model, Faith-based, Pharmacological, the Therapeutic Community Model and the Drug Court Model.

II. Standardized Course Objectives

By the end of the semester;

1. The student should be able to work with a broad range of clients with understanding, affirmation, and respect for the positive value of diversity.
2. The student should be familiar with basic theoretical concepts and treatment techniques of selected contemporary counseling theories, adjunctive methods and medically supervised programs for treatment of clients with substance use disorders.
3. The student should be able to describe the concepts, procedures and preliminary outcome data related to six major models for treatment of substance use disorders: Pharmacological, 12 Step, Minnesota, Faith-based, Therapeutic Community and Drug Court.
4. The student should be able to describe basic concepts, propositions, treatment techniques, and procedures derived from major psychosocial theories including: Mindfulness, Rational Emotive, and Behavioral.

5. The student should be able to integrate counseling techniques derived from psychosocial theories covered in the course with the Pharmacological, 12 Step, Minnesota, the Faith-based, Therapeutic Community, and Drug Court models.

III. Teaching Methods

Teaching methods will include in-person, possibility Zoom, the use of Canvas, lectures, group discussion, audio-visual materials, a field trip and guest lecturers.

IV. Required Text and Materials

Miller, G. (2021). Learning the language of addiction counseling (5th ed.). Hoboken, NJ: John Wiley and Sons Publishing.

Corcoran and Roberts. *Social Workers' Desk Reference, 3rd Ed.*

Recommended Texts and Reading Materials

Alcoholics Anonymous World Services. (2001). The big book of alcoholics anonymous, 4th ed.). New York City, NY: The A. A. Grapevine, Inc.

Levine, N. (2014). Refuge Recovery: Buddhist Path to Recovery from Addiction.

Small, J. (2005) The Sacred Purpose of Being Human: A Journey Through the 12 Principles of Wholeness, Health Communications Inc.: Deerfield Beach, FL.

APA Resources - Learning Resource Center (LRC) Reference Book APA Style Guide

Living Sober: Some methods A.A. Members have used for not drinking. Alcoholics Anonymous. (2005). Living sober. (3 ed.). New York, NY: Alcoholics Anonymous World

Evidence-Based Addiction Treatment. Edited by: Peter M. Miller. Academic Press (2009).

V. Course Requirements -both Undergraduate and Graduate Students will complete requirements #1-4. Graduate students only - will complete requirement #5.

1. Family of Origin (FOO) Movie Review Paper

Goal – the goal of this assignment has two main purposes; to help you understand how SUD affects the family, and how SUD in the family can have long lasting effects on both an individual and the family. Outside of class, no later than June 21st you will watch the movie *Saving Mr. Banks*. Watch through your therapeutic lens. Using the plethora of clinical indications in the movie, record and discuss what stands out for you. Here are some questions that will help guide the process.

- How does someone’s family of origin (specifically with SUD) affect their ability to adjust in adult life? Consider;
 - Relationships
 - The color red
 - Pears
 - Fun
 - Kids
- When working with SUD clients how much do you think someone’s FOO might be something that you will work with?
- Why did Pamela need to push everyone away? Was Ralph an exception, why?
- What are some of the cultural aspects of this movie? How do they influence addiction?
- What did the progression of Travers Goff’s addiction look like?
- Identify the various potential for trauma in this family.

When you have finished the movie, complete a 3-5-page paper discussing your thoughts. You may use some of the above questions as writing points, but you are not limited to them. Also, make sure to include at the end of your paper, the impact of this assignment on your self-awareness. What did you learn about yourself and your FOO from watching the movie? What areas might you need to monitor so that your experiences do not get in the way of what your client’s and/or families need? *Be reflective!*

The paper must adhere to APA guidelines (with the exception of the self-reflection portion).

It should also be carefully edited for organization, spelling, grammar, punctuation, and clarity of thought. **Due anytime between June 14th – June 21st, it must be posted on Canvas no later than 12pm June 21st.**

Please Note: Reflecting on your family of origin can sometimes be difficult. Issues may arise that cause thoughtfulness, pain or questioning. Please remember that all families ebb and flow between unhealthy and healthy periods. This is central to our human condition. One of the goals of this assignment is to help provide insight into your own family dynamics and emotional system so you can better use and monitor your experiences in your work/practice. The information contained in this paper will be kept confidential -no one will read this paper except for me. Feel free to contact me if you have any trepidation about the assignment.

2. Final Exam Exam Date: July 26th.

A final exam will be given on July 26th. Exam questions will include multiple-choice, T/F, reflective questions and short answer questions and will cover material over the course of the semester. A review will be provided 2 weeks prior to the exam. Graduate students will be given additional questions, specifically reflective and short answer.

3. Class Participation

Class participation grade will include attendance to all classes, punctuality, preparedness for class, informed class discussion, brief assignments that may be given, and the extent to which students take part in the question and discussion class time. Class Participation forms will be

posted on Canvas. Students will fill this out and turn it in on the last day of class. If you fail to turn in the form, you will receive 0 points in this area. **Due: Posted on Canvas. Due no later than 12pm July 26th.**

4. Recovery Support Exploration and Discussion (RSE&D)

Students will have the opportunity to learn more about what support looks like for an individual in recovery. Students can choose 2 of the following to participate in and investigate; read a peer-reviewed article about support in recovery, interview/talk with a person in recovery, watch a video/movie of someone’s story in recovery, or attend an on-line or in person support group meeting of any flavor. The two RSED’s must be different and they must contain information regarding what support looks like for an individual in treatment, recovery/sobriety.

On **July 7th** students will be assigned to a discussion group in class to discuss their RSE&D experience. When the discussion time is over, students will complete two Rubrics for this assignment, one will be a self-evaluation and the other will be for an assigned group member, this will be done prior to the assignment. The final grade will be an average of the two rubrics. Evaluation forms are due no later than July 7th.

Due: Posted on Canvas no later than 12pm July 7th.

Graduate students will complete requirement 5, in addition to 1-4.

5. Visitation to a Treatment Facility Graduate Students ONLY

During the semester graduate students will find an SUD treatment facility to tour and learn more about. The facility can be inpatient/residential, outpatient (IOP), partial hospital (PHP), detox, or co-occurring SUD/mental health. The only criteria are that the facility offers support/treatment for SUD. You can set up a tour through the *Director of Development*, which most facilities have on staff. Your tour must be in person and not a virtual tour. When you have completed the tour, fill out the *Visitation to SUD Facility* form – this can be found on Canvas. You may go with other students at the same time, just make sure to ask the Director of Development what would be the max number. On July 12th we will have a class discussion regarding the information that is gathered. This assignment will be evaluated on a P/F bases.

COURSE GRADING CRITERIA	Undergraduate	Graduate
Family of Origin Movie Paper	25 %	25%
Class Participation Rubric	20%	20%
RSE&D Rubric	25%	25%
Final Exam	30%	30%
Visitation to Treatment Facility (Graduate Students)		P/F
TOTAL	100%	100%

VI. Grading Scale

94.0 & Above	A
90.0 to 93.999	A-
87.0 to 89.999	B+
84.0 to 86.999	B
80.0 to 83.999	B-
77.0 to 79.999	C+
74.0 to 76.999	C
70.0 to 73.999	C-
67.0 to 69.999	D+
64.0 to 66.999	D
60.0 to 63.999	D-
Below 60.0	F

VII. Class Policies

ATTENDANCE AND CLASS PARTICIPATION. In all courses, regular attendance is required in order to receive a passing grade. If students are going to be absent it is important to contact the instructor via email or phone as soon as possible. Students who have excessive absences in the course will not pass the class. Exceptions may be made, with respect to individual students, subject to the approval of the Academic Dean. Class participation grade will include attendance, punctuality, preparedness for class, participation in class and group discussions, informed class discussion, brief assignments that may be given, and the extent to which students take part in the question and discussion class time. Each student will be given a class participation form the first day of class for review, posted on Canvas. Students will fill this out and submit it on Canvas the last day of class. If you fail to turn in the form, you will receive 0 points in this area.

ZOOM. All students are required to keep their video camera on during class. Please do not move about the house/office as it is distracting to the class. Please do not cook your lunch, ride your exercise bicycle, or forget you have boxers on and get up from your chair. Please treat this classroom as you would a regular classroom.

TURNING IN ASSIGNMENTS AND LATE ASSIGNMENTS. Assignments are due on the date indicated on the syllabus. Assignments are to be submitted on Canvas. Late assignments will not be taken without penalty. Five points will be deducted each day the assignment is late.

RUBRICS. Students will receive rubrics the first day of class, they will be posted on Canvas. Use your rubrics as guides to the content and format of the assignment. It is a requirement that the correct rubric be included as the cover page with each assignment turned in.

VIII. University Policies

COVID-19 RELATED INFORMATION. The University's policies and practices related to the pandemic may be accessed at: <https://protect.utexas.edu/>

THE UNIVERSITY OF TEXAS HONOR CODE. The core values of The University of Texas at Austin are learning, discovery, freedom, leadership, individual opportunity, and responsibility. Each member of the university is expected to uphold these values through integrity, honesty, trust, fairness, and respect toward peers and community.

DOCUMENTED DISABILITY STATEMENT. Any student who requires special accommodations must obtain a letter that documents the disability from the Services for Students with Disabilities area of the Division of Diversity and Community Engagement (471- 6259 voice or 471-4641 TTY for users who are deaf or hard of hearing). A student should present the letter to the professor at the beginning of the semester so that needed accommodations can be discussed and followed. The student should remind the professor of any testing accommodations no later than five business days before an exam. For more information, visit: <http://diversity.utexas.edu/disability/>.

PROFESSIONAL CONDUCT AND CIVILITY IN THE CLASSROOM. The professor expects students to act as professionals in class. This means students should arrive on time for class, be prepared to participate in the class discussion, and show respect for one another's opinions. A course brings together a group of diverse individuals with various backgrounds. Students are influenced and shaped by such factors as race, ethnicity, gender, sex, physical abilities, religious and political beliefs, national origins, and sexual orientations, among others. We expect to learn from each other in an atmosphere of positive engagement and mutual respect. This atmosphere includes working intentionally to recognize and dismantle racism, sexism, heterosexism, and ableism in the classroom. Social Work also deals with complex and controversial issues. These issues may be challenging and uncomfortable, and it would be impossible to offer a substantive classroom experience that did not include potentially difficult conversations relating to challenging issues. In this environment, we will be exposed to diverse ideas and opinions, and sometimes we will not agree with the ideas expressed by others. Nevertheless, the professor requires that students engage one another with civility, respect, and professionalism.

UNANTICIPATED DISTRESS. Students may experience unexpected and/or distressing reactions to course readings, videos, conversations, and assignments. If so, students are encouraged to inform the professor. The professor can be responsive and supportive regarding students' participation in course assignments and activities, but students are responsible for communicating clearly what kind of support is desired. If counseling is needed, students may contact a service provider of their choosing, including the UT Counseling Center at 512-471-3515 or online at <https://cmhc.utexas.edu/>.

POLICY ON SOCIAL MEDIA AND PROFESSIONAL COMMUNICATION. Public social networks are not private. Even when open only to approved or invited members, users cannot be certain that privacy will exist among the general membership of sites. If social work students choose to participate in such forums, please assume that anything posted can be seen, read, and critiqued. What is said, posted, linked to, commented on, uploaded, subscribed to, etc., can be accessed and archived, posing potential harm to professional reputations and prospective careers.

Social work students who use social media (e.g., Facebook, Twitter, Instagram) and other forms of electronic communication (e.g., blogs) must be mindful of how their communication may be perceived by clients, colleagues, faculty, and others. Social work students are expected to make every effort to minimize material which could be considered inappropriate for a professional social worker in training. Because of this, social work students are advised to manage security settings at their most private levels and avoid posting information/photos or using any language that could jeopardize their professional image.

Students are asked to consider the amount of personal information posted on these sites and are obliged to block any client access to involvement in the students' social networks. Client material should not be referred to in any form of electronic media, including *any* information that might lead to the identification of a client or compromise client confidentiality in *any* way. Additionally, students must critically evaluate any material that is posted regarding community agencies and professional relationships, as certain material could violate the standards set by the School of Social Work, the Texas Code of Conduct for Social Workers, and/or the NASW Code of Ethics.

Social work students should consider that they will be representing professional social work practice as well as The University of Texas at Austin School of Social Work program while in the classroom, the university community, and the broader area communities.

POLICY ON ACADEMIC INTEGRITY. Students who violate University rules on academic dishonesty are subject to disciplinary penalties, including the possibility of failure in the course and / or dismissal from the University. Since such dishonesty harms the individual, all students, and the integrity of the University, policies on academic dishonesty will be strictly enforced. For further information, please visit the Student Conduct and Academic Integrity website at: <http://deanofstudents.utexas.edu/conduct>.

USE OF COURSE MATERIALS. The materials used in this course, including, but not limited to exams, quizzes, and homework assignments, are copyright protected works. Any unauthorized duplication of the course materials is a violation of federal law and may result in disciplinary action being taken against the student. Additionally, the sharing of course materials without the specific, express approval of the professor may be a violation of the University's Student Honor Code and an act of academic dishonesty, which could result in further disciplinary action. This sharing includes, among other things, uploading class materials to websites for the purpose of distributing those materials to other current or future students.

CLASSROOM CONFIDENTIALITY. Information shared in class about agencies, clients, and personal matters is considered confidential per the NASW Code of Ethics on educational supervision and is protected by regulations of the Family Educational Rights and Privacy Act (FERPA) as well. As such, sharing this information with individuals outside of the educational context is not permitted. Violations of confidentiality could result in actions taken according to the policies and procedure for review of academic performance located in sections 3.0, 3.1, and 3.2 of the Standards for Social Work Education.

UNIVERSITY ELECTRONIC MAIL STUDENT NOTIFICATION. Electronic mail (email), like postal mail, is a mechanism for official University communication to students. The University will exercise the right to send email communications to all students, and the University will expect that email communications will be received and read in a timely manner. Students can find UT Austin's policies and instructions for updating their e-mail address at <https://it.utexas.edu/policies/university-electronic-mail-student-notification-policy>.

RELIGIOUS HOLY DAYS. A student who misses classes or other required activities, including examinations, for the observance of a religious holy day should inform the instructor as far in advance of the absence as possible so that arrangements can be made to complete an assignment within a reasonable period after the absence. A reasonable accommodation does not include substantial modification to academic standards, or adjustments of requirements essential to any program of instruction. Students and instructors who have questions or concerns about academic accommodations for religious observance or religious beliefs may contact the [Office for Inclusion and Equity](#). The University does not maintain a list of religious holy days.

TITLE IX REPORTING. In accordance with Title IX of the Education Amendments of 1972, the University of Texas at Austin is committed to maintaining a learning environment that is free from discriminatory conduct on the basis of sex <https://titleix.utexas.edu/>. Faculty, field instructors, staff, and/or teaching assistants in their supervisory roles are mandated reporters of incidents of sex discrimination, sexual harassment, sexual violence, stalking, dating violence, or any other forms of sexual misconduct. Students who report such incidents will be informed of University resources. Incidents will be reported to the University's Title IX Coordinator. Further information, including student resources related to Title IX, may also be found at <https://titleix.utexas.edu/>.

CAMPUS CARRY POLICY. The University's policy on campus carry may be found here: <https://campuscarry.utexas.edu>.

SAFETY. As part of professional social work education, students may have assignments that involve working in agency settings and/or the community. As such, these assignments may present some risks. Sound choices and caution may lower risks inherent to the profession. It is the student's responsibility to be aware of and adhere to policies and practices related to agency and/or community safety. Students should notify the professor regarding any safety concerns.

BEHAVIOR CONCERNS and COVID-19 ADVICE LINE (BCCAL). If students have concerns about their behavioral health, or if they are concerned about the behavioral health of someone else, students may use the Behavior Concerns and COVID-19 Advice Line to discuss by phone their concerns. This service is provided through a partnership between the Office of the Dean of Students, the Counseling and Mental Health Center (CMHC), the Employee Assistance Program (EAP), and The University of Texas Police Department (UTPD). Call 512-232-5050 or visit <https://safety.utexas.edu/behavior-concerns-advice-line>. The Behavior Concerns and COVID-19 Advice Line has been expanded to support The University of Texas at Austin community during the COVID-19 pandemic. By calling 512-232-5050 - Option 2 for COVID-19, students, faculty and staff can be assisted in English and Spanish with COVID-19 support.

EMERGENCY EVACUATION POLICY. Occupants of buildings on the UT Austin campus are required to evacuate and assemble outside when a fire alarm is activated or an announcement is made. Please be aware of the following policies regarding evacuation:

- Familiarize yourself with all exit doors in the classroom and the building. Remember that the nearest exit door may not be the one you used when entering the building.
- If you require assistance to evacuate, inform the professor in writing during the first week of class.
- In the event of an evacuation, follow the professor's instructions.
- Do not re-enter a building unless you are given instructions by the Austin Fire Department, the UT Austin Police Department, or the Fire Prevention Services office.

GRADING SCALE

94.0 and Above	A
90.0 to 93.999	A-
87.0 to 89.999	B+
84.0 to 86.999	B
80.0 to 83.999	B-
77.0 to 79.999	C+
74.0 to 76.999	C
70.0 to 73.999	C-
67.0 to 69.999	D+
64.0 to 66.999	D
60.0 to 63.999	D-
Below 60.0	F

IX. Course Schedule

Date	Description	Text/Readings
June 2 Thurs	Overview & Introductions Review PP - Etiology of Substance Use Disorder Watch Dr. McCauley video – before class 6/7 https://www.360north.org/video/brain-recovery-dr-kevin-mccauley/	Syllabus & rubrics Chapter 1 - Introduction Readings: Bib: Genetics – <i>New insights...</i> Discussion Board Post (DBP) due 6/7
June 7 Tues	Video discussion – Dr. McCauley Review PP - Pharmacology and Pharmacotherapy	
June 9 Thurs	Review PP - Assessment of SUD – DSM V Watch Sam’s story video – Watch closely for assessment criteria. Sam's Addiction to the 3 Most Addictive Substances True Stories of Addiction Detox To Rehab - YouTube Post RE: Sam’s video and class discussion	Chapter 3 Discussion Board Post (DBP) due 6/14
June 14 Tues	Review PP - Evidenced based treatment in SUD	Chapter 2 Readings: Canvas: <i>A systematic Review..</i>
June 16 Thurs	Continue SUD Treatment * Review PP - Refuge Recovery - Buddhist Path * Spirituality and SUD * The Power of Habit	Chapter 8 & 12 Readings: Bib: 1. Buddhist Philosophy – <i>Buddhist and addictions...</i> 2. Spirituality – <i>Relation of spirituality...</i>

	<ul style="list-style-type: none"> * 12-steps of Alcoholics Anonymous * Rational Recovery <p>Watch Group Therapy Behind Bars video https://www.youtube.com/watch?v=s1JoTGUFHTM</p>	<p>Canvas: 1. <i>Counseling Latinos with Substance....</i> 2. Chapter 3 from the Power of Habit - <i>The Golden Rule of Habit Change</i></p>
June 21 Tues	<p>Group discussion re: topics below</p> <ul style="list-style-type: none"> * Drug Court * Therapeutic Communities * Harm Reduction <p>Guest Speaker: Bluebonnet Trails Community Services. (2:15-3:45)</p>	<p>Chapter 6 pages 195-197</p> <p>Readings: Link: therapeutic communities - http://www.ncbi.nlm.nih.gov/books/NBK64342/ Link: Homeless Outreach Street Team - www.austintexas.gov/department/homeless-outreach-street-team</p> <p>Bib: Mixed Model & Therapeutic Communities – <i>The story of CURA...Canvas: The Impact of Acculturation.....</i></p> <p>*Last date to turn in FOO paper</p>
June 23 Thurs	Review PP – Family and SUD	<p>Chapter 5 p. 144-151</p> <p>Readings: Bib: Family Systems – 1. <i>Family roles in homes with.....</i> 2. <i>Partner enabling of substance.....</i> 3. <i>A critique of the codependency.....</i></p>
June 28 Tues	<p>Guest Speakers – families</p> <p>Julie McElrath (2:15-3:45)</p>	
June 30 Thurs	Review PP -- Co-occurring and SUD	Chapter 4
July 5 Tues	<p>Guest Speaker – Sobering Center of Austin (1:35-2:10)</p> <p>Group Discussion re: topics below</p> <ul style="list-style-type: none"> * Stigma video * Language of SUD handouts 	<p>Readings: Canvas: Language of SUD handouts</p>

	<ul style="list-style-type: none"> * You Tube – Improving the Language and Coverage of Addiction, April 23, 2018 * https://www.youtube.com/watch?v=S_yAfgwWZBM 	
July 7 Thurs	RSE&D small group discussions	RSE&D evaluation rubrics due by 12pm
July 12 Tues	<p>Visitation to a Treatment Center assignment discussions</p> <p>Guest Speakers – individuals in recovery – UHS, Community & other (2:30-3:35)</p>	Visitation to treatment center forms due by 12pm – Grad students only
July 14 Thurs	<p>Treatment of emotional sobriety</p> <ul style="list-style-type: none"> * Emotions and SUD <p>Class Discussion</p> <ul style="list-style-type: none"> * 2 things – chapter 10 * Challenges in working with SUD * Questions when working with SUD 	<p>Readings: Canvas: 1. Cultural differences and shame.... 2. Christian faith and recovery from shame....</p> <p>Chapter 10</p>
July 19 Tues	Field Trip – Phoenix House Treatment Center	400 West Live Oak, Austin 78704
July 21 Thurs	Class review and exam prep	
July 26 Tues	Final exam	Participation Form due

X. Bibliography

Commonly Abused Drugs - Pharmacotherapy

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Diagnosis and Paths to Treatment

ASAM, New Definition of addiction. The NSDUH Report, Alcohol treatment: Need, utilization, and barriers. p.1-10.

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12-Step & Mutual Support Recovery Groups

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Family Systems

Johnson, VE. (1986). *Intervention: How to help someone who does not want help*. San Francisco: Harper & Row. 61-87.

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Mixed Model & Therapeutic Community

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Faith-Based Programs

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