Overview

- Introductions
- Purpose / Policies
- Overview of content
- Overview of Assignments
- History of Chemical Dependency
- Overview of Treatment
  - Alcoholics Anonymous
  - Harm Reduction
  - Inpatient treatment
  - Cognitive Therapy
Much of what has been in the media about this subject is distorted or not true.
The “Just say no”, or “Drugs Kill Dreams” or the “Dare Program” where programs that where expensive and produced few results.
This course is about the reality of drugs. They can produce miraculous results and catastrophic tragedy.
It is not easy to find what is true. This course will challenge you to do that.
I have learned from students in this class.
Most people have used legal and illegal drugs.
Sharing their experience has taught me many things not contained in books on the topic.
I respect everyone’s right to make their own choices, and will treat them with respect.
I do advocate treatment for addiction.
You know best and should use your own good judgment.
About the instructor

- Have taught for National University for decades
- Taught at SDSU for 10 years in Social Work
- Clinical Consultant for private agencies
- MSW, LCSW
- Much Substance abuse background
- See my biography on my website
About you

- What is your name, what you would like to be called
- How many Human Behavior classes have you taken?
- Do you have a background with addiction?
- Is there anything you like to see in this course?
Let’s take a look at the Course Website
Syllabus and Class schedule

- Please note the class schedule
- We will have a quiz on each Monday at the beginning of class
- A final exam and paper are due by the end of the course
- If any assignment is a problem, e-mail me and an alternative can be arranged.
Course Description

A survey course intended for a general audience with diverse interests in the phenomenon of drug use and abuse. Topics to be covered include pharmacology, history, theories of drug abuse, treatment methods, special populations, education models, prevention models, ethical, political, social, and legal considerations. Open to any graduate student with approval of their school except those who are required to take CHD 640.
1. A comprehensive overview of the social, biological, and interpersonal influences in the etiology and treatment of drug use and abuse.
2. Development of a personal/professional philosophy regarding drug use and misuse in American society.
Course Outcomes

• 1. Have a comprehensive and critical understanding of drug use and abuse.
• 2. Have formulated a personal or professional philosophy regarding how they, their employer, and/or society should respond to drug use and abuse.
• 3. Demonstrate an understanding of social, biological, and interpersonal theories of etiology and treatment of chemical dependency.
• 4. Demonstrate an understanding of the pharmacology of drugs
1. Societal influences related to drug use and abuse in American culture.
2. Theories of etiology and treatment of chemical dependency.
3. Development of a personal/professional philosophy regarding drug (including alcohol) use and abuse.
Course Text

- Drugs in American Society – Erich Goode
- Eighth Edition
- Available from NU
- May be available used from Amazon or other places
- Read for a broader understanding of this topic.
- Not used for quizzes or exams.
Online Research

• About E-books
  – E-books and journals are available from the National University library
  – You must use your id # and date of birth to log on the system
  – The advantage is you do not need to be near a National University library location
  – E-books often require some reader software on your computer
  – Contact the library if you have problems. NU Librarians are trained in online access.
  – DSM 5 has a link
  – DSM 5 has a section on Substance Abuse
The National University Library has a streaming video counseling collection available online. These include hundreds of counseling and therapy videos. It’s the largest of its type I know of. A link to this is under “links” in the course website. Let’s take a look. How any have seen this part of the library? Note this link, it’s not easy to find. May be worth a look. Not required viewing.
Supplementary Reference

- “The Clinician’s Guide to 12-step Programs” by Jan Parker is intended to provide more depth information in the area of 12-step groups
- Dr. Parker hired me to work at National University
- It may also be useful in writing papers required in this class
- This text is available in the National University online e-book system
- You may need to download reader software to access e-books at National University
Supplementary References

• Harm Reduction Journal
• E-Journal. Looks at the research on successful prevention programs and finds models which do reduce the incidence of drug abuse.
• Available at the National University Library Website
• Harm Reduction is an important element of the treatment spectrum, but is controversial as it does not use abstinence as the starting point.
In supporting National’s policy of writing across the curriculum, every assignment is designed to be a useful writing exercise. This means that every line that is turned in needs to be written as if it is being given to a job supervisor who expects full and literate sentences, written according to directions, and in a timely and professional manner. All papers will have 1” margins, no greater than 12 point type and will be double-spaced. References are required when writing papers and will conform with the APA format and be peer-reviewed. (See course documents for information on what a peer-reviewed document is.)

- National University requires the APA Style Guide, version 6, be used for papers in this area.
- You may not need the APA Style Guide.
- APA format is required for the paper in this class.
- You can find any information on APA Style you will likely need for this course on the APA Style website.
- Other material is available on my website and in course documents.
- You can always contact me via e-mail if you have a question.
Class Policies

• Grade Posting
  – Grades will be posted in eCollege
  – Posting will be within one week of assignment received date

• Final Grades will be posted to National within 10 calendar days after the last class.

• Written assignments
  • Will be sent via e-mail, but you can provide a paper copy.
  • Attachment format must be readable in Microsoft Word 2016
Grading

- Grading will be in compliance with the National University grading system as outlined in your catalog. The plus and minus system will be utilized in compliance with the National University General Catalog. There are 100 points to be earned in the course.
Each worth 5 points
One each week on Monday
The first one is next Monday.
Pretty brief, usually ten items
Multiple Choice
They will cover the material covered in presentations such as this one.
The exam questions are written by me.
We will have an opportunity to discuss them after the class.
This minimum 6 page research paper will look at the family impacts of chemical dependency. Look at the impacts on parents, children, spouses and others in the chemical dependent person’s life. Come prepared to discuss this paper during the last week of class. This can be either personal experience or an analysis of a typical family.
Family Impacts Paper

- If this paper looks at personal experience show how reading the professional literature helped you to better understand your experiences.
- This paper needs to be graduate level work. That means it does not just report but goes on to analyze what you have found.
- The grading rubric for this paper can be found under “course documents”.
Final Exam

- This will cover all material in this course. This final can take four hours so budget your time accordingly.
- The test will be multiple choice
- This may be at the library, given by library staff.
- Let me know if there is a scheduling problem.
Practice Exam

- This practice exam will help acquaint you with the format of quizzes and tests in this course.
- I make up the questions, hence they are unique.
- This is not graded – Answers follow
1. Which below best describes the effect of alcohol on violence?
   a) No effect  
   b) Some minor effect  
   c) By far the drug most likely to be involved in violent crime  
   d) Connected to violence because it's used in poor neighborhoods

2. What is the BAL (blood alcohol level) you would have after 2 glasses of wine as a 110 pound female?
   a) .01  
   b) .03  
   c) .05  
   d) .09
3. Which ethnic group is near the top in alcohol consumption?
   a) Irish  
   b) Jews  
   c) Asians  
   d) Iraqis

4. Where did tobacco originate?
   a) Europe  
   b) Asia  
   c) The Americas  
   d) Africa
• 5. A non-smoker is more likely to live to 75 than a smoker is to live to?
   a) 50
   b) 55
   c) 60
   d) 65

• 6. Smoking causes more deaths than:
   a) Alcohol
   b) Illegal drugs
   c) All other substances combined
   d) Smoking related deaths is a myth
Correct Answers are.
1. c
2. d
3. a
4. c
5. d
6. c
How did you do?
Use of drugs is not new. When I was drafted in the Army in 1966, drug use, including heroin, was widespread. Official estimates were that 20% of troops in Vietnam were heroin addicted. When these troops got discharged, they “recovered” and 90% had no heroin problem.

Last year I went to my 50th high school reunion in Connecticut.

Things had changed. The people I knew in high school who hadn’t left looked angry and hopeless. They were the “forgotten” people President Trump talks about. Heroin use, in my reading, is now widespread there.

I think there is a connection. What do you think?
History of Drugs in America

- “It’s discouraging to discover most people hold an inaccurate picture” (Goode, p. 112)
- Many drug policies are due to “accidents of history”
- Examples:
  - Columbus and Tobacco
    - “We should remember that of all these agents, tobacco remains the leading cause of preventable illness and death in the United States,” Koh (2012)
  - Alcohol and Prohibition
  - Marijuana and Fear of Immigrants
- “Vividness” is important (Goode, p. 112)
  - What is most vivid is what interests us, and what is remembered.
  - Movies like “Reefer Madness” play a role
Reefer Madness

- Done by a church group in 1936 for propaganda purposes.
- Very successful at the time.
- Let’s watch a little and discuss.
Drug Schedules - Schedule 1

The Controlled Substances Act defines a drug as schedule 1 if three conditions are met.

1. The drug or other substance has a high potential for abuse.
2. The drug or other substance has no currently accepted medical use in treatment in the United States.
3. There is a lack of accepted safety for use of the drug or other substance under medical supervision.
Marijuana is a Schedule 1 drug according to Federal Law. Another is Heroin.

This schedule is under the control of DEA. They recently reviewed the evidence, and decided to keep Marijuana at Schedule 1.

In a recent speech before Congress, Rep. Steve Cohen (D-TN): “It is ludicrous, absurd, crazy to have marijuana at same level as heroin. Ask the late Philip Seymour Hoffman if you could. Nobody dies from marijuana. People die from heroin.”

Do you agree with Steven Cohen?
Marijuana Legalization

- Marijuana is now legal in many states
- Taxes collected on marijuana sales in Colorado in 2015 exceed 1 billion dollars, more than alcohol
- From Maranjian, S. (February 23, 2016)
- Marijuana for recreational use is now legal in California
- The Federal Government has called for increased enforcement
- Do you think this is wise?
The “War on Drugs”

- The history, from my perspective
- Our longest running war, by far
  - Over 50,000 killed in Mexico
  - Hundreds of thousands jailed in the United States
  - Continues to be our major focus
  - Treatment would be a better idea in my view
- What do you think?
Juarez, Mexico

• The newspaper in Juarez, Mexico printed it’s last copy last week.
• It said that the death of reporters was such a problem that they no longer thought it was worth it to publish anymore.
• I lived in Juarez 50 years ago, and am saddened by this news.
• There was drug smuggling and violence 50 years ago, but it’s much more frequent now.
Portugal’s Drug Initiative

- Effective July 2001, Portugal became the first country to make possession of small amounts of all illegal drugs an administrative offense.
- The results are that HIV declined six fold, drug use by teens has decreased and cost of treatment has doubled.
California’s Proposition 36

- Enacted by the voters in 2000
- The evaluation by UCLA shows it saves 2.5 times what is spent saving California 2.5 Billion dollars so far.
- About 34% of those sentenced complete treatment
- Prop 47 was voted in 2014, making drug possession a misdemeanor. Some feel this lessens Prop 36’s effect.
What is Addiction?

- In DSM-5, released in June 2013, the chapter for Substance Related Disorders uses the same criteria as DSM-IV, except it adds a mild severity category.
- The DSM-5 changes are controversial, and likely will be changed again.
- Addiction is a bio-psycho-social disease according to most addiction professionals.
- There is some disagreement about this, but the evidence is this is what is.
HBO “Addiction” Series

- 2007 series on chemical dependency
- It is available on the web in streaming video at: www.hbo.com/addiction
- Many videos are contained in this series. It takes four DVDs for them to fit.
What is Addiction?

Dr. Nora Volkow answers this question and others in an interview in the HBO series “Addiction”

The link is here.
Targets of Intervention

• Individual

• Group
  – Preferable for substance abuse and other addictions

• Community
  – Sometimes overlooked

• State/National
  – Usually fragmented
Levels of Intervention

- Primary Prevention
  - Targets everyone
  - Billboards are an example

- Early Intervention
  - Targets at-risk individuals and groups
  - Brief Counseling for those at-risk

- Intervention
  - Most common target group
  - Professional treatment
  - AA / NA level
Treatment Methods

• Self-Help
  – AA / NA

• Social Model
  – Common in San Diego and elsewhere
  – May employ those in recovery as staff

• Medical Model
  – Expensive
  – Not as common or effective
  – Usually used for those needing medical support in recovery
Effective Treatment

- The National Institute of Drug Abuse has heavily funded research into effective treatment
- You can read more at the website below http://www.nida.nih.gov/PODAT/PODATindex.html
- Let’s take a look at this website
- According to this, treatment has a 12 to 1 return ratio; for every 1 dollar invested we get 12 dollars in reduced costs for jails, medical care and the like
54% say they have used marijuana by age 25 (NIDA, 2002)
Only 18% of parents believe their child is using illegal drugs
Under-reporting is common due to the criminal penalties.
Social impacts of drug abuse

- The effects are worldwide
- The primary cash crop of Afghanistan is opium poppies
- Afghanistan now produces 93% of the world’s supply of opium and heroin
- The primary cash crop of the U.S. is marijuana
- The toll on families worldwide is immense
New Theories

- **Death by Despair**
  - Drug Overdose has become the leading cause of accidental death
  - We will look more at this when we study etiology

- **Microdosing on LSD**
  - A new trend in Silicon Valley
  - Programmers use small amounts of LSD

- **Marijuana – it’s not like the sixties**
  - Now legal, types of use have proliferated
  - High THC edibles
  - Vaping has come into being
  - Daubing is now used
Many groups worldwide
First to call alcoholism a disease in 1935
Depends on anonymity
Used in AA and other areas
People may think they can change many things they cannot
This can be a source of unhappiness
And there are times we do not change what we can because we are afraid or lazy.
Let’s talk

God grant me the Serenity
to accept the things I cannot change
Courage to change the things I can
and the Wisdom to know the difference
Questions to consider

- Is AA the way most people get sober?
- How important is the tradition of support?
- Are there other options?
- Has anyone been to an AA or NA meeting?
- We will look at these more in the future
Drug Treatment and Spirituality

- Spirituality is important to AA, and other drug and alcohol abuse programs
- Current thinking sees this as important to assess and understand
- This is a wider concept than traditional religion.
Harm Reduction

- Harm Reduction does not depend on abstinence
- Treatment starts where the client is
- Whatever steps to change the client is willing to do is acceptable
- Usually this may be an intermediate step to abstinence
What’s the Problem

- **Immaturity**
  - Drug use may be a way of allowing us to have fun
- **NIMBY mentality**
  - No body wants a treatment program next door
  - We would rather send people to jail
- **Automation**
  - Robots can do the work
For Next time

- Read Chapter 5 & 7 in the “Goode” text
- Be ready to discuss two of the most dangerous drugs known, alcohol and tobacco
- For questions you can send me an e-mail.