University of Central Oklahoma
Department of Sociology, Gerontology, and Substance Abuse Studies

Fall, 2013

SAS 4273 & 5273, CRN: 14262 & 14273 – Substance Abuse and the Family

FACULTY CONTACT INFORMATION

Mrs. Linda J. Williams, M.Ed., LADC
Office Hours: Wednesday, 4:00 – 4:30pm*

*Or by appointment
Office: LAR 102K

The best way to reach me is by e-mail!

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The Sociology and Substance Abuse Studies Department secretary is in LA 201.

THE CENTRAL SIX

At the University of Central Oklahoma, we are guided by the mission of helping students learn by providing transformative experiences so that they may become productive, creative, ethical and engaged citizens and leaders contributing to the intellectual, cultural, economic and social advancement of the communities they serve. Transformative learning is a holistic process that places students at the center of their own active and reflective learning experiences. A student’s major field is central to the learning experience and is a vital part of the “Central Six”: Discipline knowledge; Leadership; Problem Solving (research, scholarly and creative activities); Service Learning and Civic Engagement; Global and Cultural Competencies and Health and Wellness.

REQUIRED TEXT:

Sharon Wegscheider-Cruse. ANOTHER CHANCE: Hope and Health for the Alcoholic Family

Handouts will be provided by instructor. Please read and keep these, as I sometimes will use questions for my tests from these handouts. For your convenience, please have a notebook with pockets for your handouts!

COURSE DESCRIPTION:
According to the UCO 2013 catalog, this course is described as follows: This course will examine substance abuse and the family as a natural social system and the influence that alcohol and other drugs of abuse have on this system. Major emphasis is placed on theoretical models of roles that typically exist in families dealing with substance abuse and dependence, including common patterns of the progression of the disease and the consequences on the family system.

**COURSE OBJECTIVES:**

When you have successfully completed the course, you will have accomplished the following:

1. Understand the conceptual frame.
2. Understand the shared disease.
3. Be familiar with the family roles.
4. Become aware of the treatment plan
5. Understanding treatment for co-dependents.
6. Have knowledge of the heart of full recovery

**COURSE ORGANIZATION:**

The course objectives will be accomplished through the following methods:

1. **Reading:** An outline of the reading schedule is provided in this syllabus. It is important to read the material before class, not only to become aware of the material; but, also be able to participate in class discussions.
2. **Lectures/Handouts:** Lecture material will include the text plus information from various sources outside the text. It will be necessary for you to attend class, so you can acquire additional information that will be included on the exams.
3. **Class Participation:** Participation is an important part of this class and will enhance not only your grade; but, also your learning process. Sharing an opinion is important; however, always be respectful and appropriate.
4. **Field Experience:** ALL students will complete a field experience. This will be a visit to an open Alcoholics Anonymous/Al-Anon meeting. Each student will write a paper (2-4 pages) and oral presentation on this meeting.
5. **Graduate students:** Graduate students will be expected to write a 5-7 page paper (cite all references) on a topic of their choice pertaining to Substance Abuse and the Family. Graduate students will prepare an oral summary of their paper and present it to class on a chosen date.

**COURSE SCHEDULE**

| Week 1/Aug 19 | Introductions, cover syllabus, discussion Ch.1/Old myths, new insights, what are your beliefs and attitudes about alcoholism/alcoholism as a family disease. |
| Week 2/Aug 23 | Questions over syllabus, explain attendance procedure, Discussion Ch. 2/ The Whole Person Model |
Week 3/Sep 2  Discussion Ch. 3 & 4/ Anatomy of a family and Addiction Spiral
Week 4/Sep 9  Discussion Ch.5 & 6/ The family disease “There is no healthy way to adapt to alcoholism”…The enabler
Week 5/Sep 16 Discussion Ch. 7 & 8/ The Hero as the little enabler – The scapegoat as the truth teller
Week 6/Sep 23 Discussion Ch. 9 & 10/ The Lost Child – The Mascot
Week 7/Sep 30 Discussion Ch. 11 & 12/ Intervention – The continuum of Care
Week 8/Oct 7 Al-Anon paper due, and oral presentations
Week 9/Oct 14 Discussion on Al-Anon
Week 10/Oct 21 Review for test Chapters 1 – 12
Week 11/Oct 28 TEST #1 (chapters 1-12)
Week 12/Nov 4 Discussion Ch. 13 & 14/ Primary care – Aftercare/some tools for the counselor
Week 13/Nov 11 Discussion Chps. 15 & 16/ Recovery unlimited – AA as a treatment ally
Week 14/Nov 18 Discussion Ch. 17, 18, 19, 20 & 21/ The whole counselor – adult children and co-dependents – family reconstruction – professional denial and spirituality.

Week 15/Nov 25 Review for chapters 13 - 21
Week 16/Dec 2 TEST # 2, CHAPTERS 13 - 21/ LAST CLASS!!! NO FINAL :0)

EXAMINATIONS AND GRADING PROCEDURES:

1. There will be two (2) section examinations given during the semester. These exams will consist of combination of multiple choice and essay questions. Each exam will be worth 100 points for a total of 200 points for all three examinations.
2. The only excused absences will be for illness or family death or University sponsored events with signed documentation.
3. Attendance and participation in class and activities are essential components of students’ final grade. This class starts at 4:30pm please be on time; however, I do realize there will be exceptions from time to time. To get full credit for being in class, you MUST return after the break. There will be a required opportunity for gaining field experience in this course.
4. **Graduate** students will be expected to write a paper on a topic of their choice and prepare an oral presentation summary.
5. **ALL** students will be expected to attend one Al-Anon meeting and write a response paper and oral presentation.
6. Final grades will be determined in the following manner:

**Undergraduate and Graduate Points**

- Exams (2) @ 100 points each = 200 possible points (75%)
- Al-Anon paper @ 100 points each = 100 possible points (25%)
- TOTAL = 300 possible points (100%)

**Graduate Points Only:**

- Exams (2) @ 100 points each = 200 possible points (50%)
- Al-Anon paper @ 100 points each = 100 possible points (25%)
- Paper & oral presentation @ 100 points each = 100 possible points (25%)
- TOTAL = 400 possible points (100%)

7. Standard grading scale will apply for all grades as follows:

90-100 = A  
80-89 = B  
70-79 = C  
60-69 = D  
59 and below = F

**EXTRA CREDIT** – I will discuss this on an individual basis

**ATTENDANCE:**

Attendance is quite important. I will call roll at the beginning of every class. If you come in late, you are responsible to check at the end of class to make sure you are checked-in. If you have to leave class after break, or you come to class after break, it will be counted as an absence. A student can have up to two (2) absences before points are taken off the final grade. 5 points for each missed class (after 2 absences) will be deducted from final grade, **NO EXCEPTIONS!**
The attendance issue for the day is closed once I leave the classroom. I will discuss in class any other information pertinent to absences.

**ACCOMMODATIONS:**
The University of Central Oklahoma complies with Section 504 of the Rehabilitation Act of 1973 and the American with Disabilities Act of 1990. Students with disabilities who need special accommodations must make their requests by contacting Disability Support Services at (405) 972-2549. The DSS office is located in the Nigh University Center, Room 309. Students should also notify the instructor of special accommodation needs by the end of the first week of class.

**PHONES & PAGERS:**

Please turn off all cell phones and pagers when you enter the classroom. Both forms of technology can be annoying and disruptive to the class (this includes text messaging).

**CHILD CARE:**

At times it is quite difficult to find child care and it is never-the-less inappropriate to bring children to class. If this matter does arise, please seek classroom notes from another student.