HLTH106 – Drug Use and Abuse

**Semester:** Winter 2016
**Classroom and Time:** Online
**Instructor:** Tracy Zeeger, MPH, CHES
**Office:** 2324 SPH Building
**Email:** tzeeger@umd.edu

**Office Hours:** By appointment only

**Required Text:**

**Required:** Drugs, Behavior, Modern Society 8th Edition, Charles F. Levinthal
ISBN: 9780205959334

**Course Description:** HLTH 106 is an interdisciplinary analysis of contemporary drug issues and problems. The course will examine physiological, social, philosophical, historical, legal, and health aspects of drug use and abuse. Special attention is given to debating current drug topics. Because this is an online class with a condensed schedule, this will be a rigorous course with lots to keep up with. You will need to be very disciplined and set aside a lot of time to listen to lectures, review your lecture slides, read your assigned textbook chapters, respond to discussion questions, and study/take exams.

**Course Learning Objectives:**
Upon completing this course, the student will be able to:
1. Identify and describe a wide variety of psychoactive drugs.
2. Demonstrate knowledge of the symptoms of abuse and dependence.
3. Describe physiological mechanisms of drug actions on the body.
4. Describe physical, social, and emotional consequences of drug use and abuse.
5. Describe prevention efforts and interventions for drug problems.
6. Identify and summarize substance use issues in the media.

**Course Requirements:**

This course is run through Canvas, the University’s online classroom environment. All students MUST have access to Canvas. You will need to access Canvas at [http://elms.umd.edu/](http://elms.umd.edu/). You may login to this system using your UMCP Directory ID (your email login) and password. Under “My Courses,” you will select “HLTH106: Drug Use and Abuse.” This provides you with access to all of the necessary course materials you will need (besides your textbook, of course).

**Course Policies:**

Students are expected to read each assigned textbook reading and associated activities before the assigned due date. Students must take exams and submit discussion posts during the time frames presented in this syllabus. **Extra credit will not be given in this course, and late exams and discussion posts will not be accepted.** You will receive a zero for anything submitted late.
Students who enroll in the class at any time during the drop-add period are responsible for all in-class work to date.

Rude, disrespectful or disruptive behavior will not be permitted. As the course includes online discussion, it is expected that students will refrain from using disrespectful language when posting discussion responses.

Policies on Exams:
This course includes three 20-point exams. They are posted in the “Exams” folder in Canvas.

You will be given 45 minutes to take the three exams. The exams are open book/lecture, but you will not have enough time to find each answer. Therefore, it is important to study thoroughly for each exam.

The three exams will contain 40 questions, each worth 0.5 points (to total 20 possible points).

NOTE: Exams will be posted by 8 am on the day they are available, and they are due by 8 pm on the same day. It is advisable that you start at least one hour before 8 pm in case you have problems with the Canvas system. If you do not complete the exam in the required timeframe, you will be assigned a zero for that exam.

The exam can be opened only once. Once you open the exam you must complete it. If you close it, you won’t be able to open it again. Please refer to “Exam Instructions” on Canvas.

If you have a bad computer or poor internet connection, I recommend that you use a university computer for exams. I will not allow students to retake exams due to technical difficulties.

If you require DSS accommodations for the exams please notify me at least 48 hours prior to each exam and provide me with the necessary documentation from the DSS office.

Practice Exam: Available January 4-5 (Note that this is not graded, but you are required to take to acquaint yourself with the system)
Exam 1 (on modules 1 and 2): January 8
Exam 2 (on modules 3 and 4): January 15
Exam 3 (on modules 5 and 6): January 22

Policies on Discussion Board:
This course includes an online discussion board. The discussion board will be accessed through http://elms.umd.edu/ under our course site. Choose the “Discussions” tab on Canvas.

There are six graded discussions, and each is worth 5 points. Each discussion topic will be available for a set amount of time, and you are required to post your response by 8:00pm on the due date.

The discussion topics are all currently debated topics in drug research. You are expected to answer how you would in a typical class discussion—thoughtfully, with some sort of reference point to back your thoughts (include at least one outside citation, meaning not the text book or other supplied class materials).

Once the discussion topic has been posted, you are expected to answer the topic question directly (with an outside reference) and make an educated response to a post that one of your classmates has made.
You will receive credit for your original response (4 points) and your response (1 point) to an existing post.

Discussions must be 250 words or less and include citations from credible outside sources (peer reviewed journals, news articles, government websites). All opinions must be supported with referenced factual information.

Each discussion will be worth 5 points. Please note that if you do not participate, you will receive a zero. Posts will be graded as follows:

**5 points:** Student provides outstanding insight and synthesis in response and incorporates readings, lectures, and outside information with appropriate citations; demonstrates exceptional knowledge of the topic and has provided an in depth response using examples from outside sources in addition to in class examples; post is free of grammatical errors, is well structured and uses formal language; opinions and ideas are clearly and concisely stated. Student also posts a response to at least one other students post.

**4 points:** Student provides good insight and synthesis in response and incorporates readings, lectures, and outside information with appropriate citations; demonstrates good knowledge of the topic and has provided an fairly in depth response using examples from the classroom but does not incorporate outside material; post has 1-2 grammatical errors and uses formal language; opinions and ideas are clear. OR student meets the post criteria for 5 and does not respond to another students post.

**3 points:** Student provides fair insight and response and ties in readings and lectures with appropriate citations; demonstrates fair knowledge of the topic and has provided an average response but does not incorporate outside material; post has 3-4 grammatical errors, formal language may be used; opinions and ideas are somewhat clear but leave the reader unsure. Student may or may not have responded to another student post.

**2 points:** Student provides fair insight in response but does not incorporate readings, lectures, and outside information or appropriate citations; demonstrates some knowledge of the topic and has provided a below average response; post has more than 4 grammatical errors and does not use formal language; opinions and ideas are unclear and interrupted by errors. Student may or may not have responded to another student post.

**1 point:** Student posts response to a discussion question but post is inadequate, provides little insight, and does not incorporate readings, lectures, or outside information; demonstrates little knowledge of the topic and has provided a shallow response; post contains many grammatical errors and no formulation of opinion or ideas is integrated. Student may or may not have responded to another student post.

**0 points:** student posts no response or is late in response to a discussion question

The schedule of discussions is as follows:

*Practice discussion:* Available January 4-5 *(You MUST post a discussion response although this is not graded)*

**Discussion 1:** Available January 5-6

**Discussion 2:** Available January 6-7

**Discussion 3:** Available January 11-13

**Discussion 4:** Available January 13-14

**Discussion 5:** Available January 18-19

**Discussion 6:** Available January 20-21
Email – The Official University Correspondence:

Verify your email address by going to www.my.umd.edu.

All enrolled students are provided access to the University’s email system and an email account. All official University email communication will be sent to this email address (or an alternate address if provided by the student). Email has been adopted as the primary means for sending official communications to students, so email must be checked on a regular basis. Academic advisors, faculty, and campus administrative offices use email to communicate important and time-sensitive notices.

Students are responsible for keeping their email address up to date or for redirecting or forwarding email to another address. Failure to check email, errors in forwarding email, and returned email (from “full mailbox” or “unknown user” errors for example), will not excuse a student from missing University announcement, messages, deadlines, etc. Email addresses can be quickly and easily updated at www.my.umd.edu or in-person at the Student Service Counter on the first floor of the Mitchell Building.

For technical support for University email: www.helpdesk.umd.edu or call 301-405-1400.

Late work and Missed Exams / Assignments:
Late assignments will not be accepted. You will receive a zero for anything submitted late.

Religious Observances:
The University System of Maryland policy provides that students should not be penalized because of observances of their religious beliefs; students shall be given an opportunity, whenever feasible, to make up within a reasonable time any academic assignment that is missed due to individual participation in religious observances. It is the student’s responsibility to inform the instructor in advance of any intended absences for religious observance.

Special Accommodations / Disability Support Services:
If you have a documented disability and wish to discuss academic accommodations for test taking or other needs, you will need documentation from Disability Support Service (301-314-7682). If you are ill or encountering personal difficulties, please let the instructor know as soon as possible. You can also contact Learning Assistance Services (301-314-7693) and/or the Counseling Center (301-314-7651) for assistance.

Academic Integrity:
The University’s code of academic integrity is designed to ensure that the principle of academic honesty is upheld. Any of the following acts, when committed by a student, constitutes academic dishonesty:
• CHEATING: intentionally using or attempting to use unauthorized materials, information, or study aids in an academic exercise.
• FABRICATION: intentional and unauthorized falsification or invention of any information or citation in an academic exercise.
• FACILITATING ACADEMIC DISHONESTY: intentionally or knowingly helping or attempting to help another to violate any provision of this code.
• PLAGIARISM: intentionally or knowingly representing the words or ideas of another as one’s own in any academic exercise.

For more information see: http://www.shc.umd.edu/code.html.
The Honor Pledge is a statement undergraduate and graduate students should be asked to write by hand and sign on examinations, papers, or other academic assignments. The Pledge reads:

I pledge on my honor that I have not given or received any unauthorized assistance on this assignment/examination.

The University of Maryland, College Park has a nationally recognized Code of Academic Integrity, administered by the Student Honor Council. This Code sets standards for academic integrity at Maryland for all undergraduate and graduate students. As a student you are responsible for upholding these standards for this course. It is very important for you to be aware of the consequences of cheating, fabrication, facilitation, and plagiarism. For more information on the Code of Academic Integrity or the Student Honor Council, please visit http://www.shc.umd.edu.

Inclement Weather / University Closings:
In the event that the University is closed for an emergency or extended period of time, the instructor will communicate to students regarding schedule adjustments, including rescheduling of examinations and assignments due to inclement weather and campus emergencies. Official closures and delays are announced on the campus website (http://www.umd.edu) and snow phone line (301-405-SNOW), as well as local radio and TV stations. However, because this is an online course, University closings due to inclement weather will not apply to coursework/due dates for this class. In other words, even if the University is closed due to inclement weather, you are still expected to complete all readings/lectures and coursework. Please contact me if you have any questions about this.

Available Support Services:
For problems with the University of Maryland Canvas System (ELMS), please contact the Office of Information Technology at 301-405-1400. I will not be able to help you gain access to Canvas.

If you have technical difficulties, you may also access the course via one of the campus’ computer facilities.

Grading Procedures:
Student grades will be derived from the following course components (100 total points):
- Exams (3), 20 points each for a total of 60 points
- Addiction Journal (5 entries, 1 point each) and Paper (1, 5 points), 10 points total
- Online Discussions (6), 5 points each for a total of 30 points

There is no curve in this course. Student grades will be earned on a point scale such that:
- A+ = 96-100%
- A = 93-95%
- A- = 90-92%
- B+ = 86-89%
- B = 83-85%
- B- = 80-82%
- C+ = 76-79%
- C = 73-75%
- C- = 70-72%
- D+ = 66-68%
Course Outline / Course Calendar:
There are 6 modules in this course. Each module has associated readings and various videos. Videos are available through the “Modules” tab on Canvas. You may want to print associated slides and take notes in order to study for the exams. You may move through the readings and videos at your own pace OR you can follow the suggested timeline provided in the course outline below. Regardless of the way you proceed in this course, keep in mind that exams and discussions will cover specific modules inclusive of readings and videos.

Module One: Drug use in Modern Society (Week 1)
Readings:
Chapter 1: Drugs and Behavior Today
Chapter 2: Drug Taking Behavior: Personal and Social Issues
Chapter 3: How Drugs Work in the Body and on the Mind

Other Media:
Tragedy and Hope: Stories of Addiction (ACCESSIBILITY)
http://video.pbs.org/video/2365163435/

Drug Abuse: A Family Matter? A Lecture by Glen Hanson, PhD, DDS
http://www.youtube.com/watch?v=44fwTFecoAM

The Brain on Drugs:
https://www.youtube.com/watch?v=of0TiyXWhOk

Module Two: Legally Restricted Drugs in Our Society (Week 1)
Readings:
Chapter 4: The Major Stimulants: Cocaine and Amphetamines
Chapter 5: Opioids: Opium, Heroin, and Opioid Pain Medications
Chapter 6: LSD and Other Hallucinogens
Chapter 7: Marijuana

Other Media:
Drugs, Inc. COCAINE:
http://channel.nationalgeographic.com/drugs-inc/videos/cocaine/

The Truth About Meth:
http://www.drugfreeworld.org/real-life-stories/crystal-meth.html

The Truth About LSD:
http://www.drugfreeworld.org/drugfacts/lsd.html

The Truth About Marijuana:
http://www.drugfreeworld.org/drugfacts/marijuana.html
Frontline: Medicating Kids, documentary  
http://www.pbs.org/wgbh/pages/frontline/shows/medicating/watch/

**Module Three: Legal Drugs in Our Society (Week 2)**  
**Readings:**  
Chapter 8: Alcohol: Social Beverage/Social Drug  
Chapter 9: Chronic Alcohol Abuse and Alcoholism  
Chapter 10: Nicotine and Tobacco Use  
Chapter 11: Caffeine

**Other Media:**  
Real Life Alcohol Stories:  
http://www.drugfreeworld.org/real-life-stories/alcohol.html

Deadly Persuasion: The Advertising of Alcohol and Tobacco  
https://www.youtube.com/watch?v=-qFENymgk8#t=262

10 Things the Alcohol Industry Won’t Tell you  
https://www.youtube.com/watch?v=D8djI1rUQkw

Alcohol: Drugged High on Alcohol:  
https://www.youtube.com/watch?v=CrTIl6seM0A

The Effects of Smoking on your Body:  
https://www.youtube.com/watch?v=bA-s39UH4QY

Biology of Nicotine Addiction:  
https://www.youtube.com/watch?v=coLit2bksJl

E-Cigarettes: Safe Alternative To Smoking Or Gateway To Nicotine Addiction?  
https://www.youtube.com/watch?v=dtfiH7ud6Yk

A Completely Brief History of Caffeine Addiction:  
https://www.youtube.com/watch?v=pullfPriFxE

A Dangerous Mix Energy Drinks and Booze  
https://www.youtube.com/watch?v=z9xcGVDFLrE

**Module Four: Enhancers and Depressants (Week 2)**  
**Readings:**  
Chapter 12: Performance Enhancing Drugs and Drug Testing in Sports  
Chapter 13: Depressants and Inhalants

**Other Media:**  
Performance Enhancing Drugs I:  
http://www.youtube.com/watch?feature=player_embedded&v=S6Azka6Ms5w

Performance Enhancing Drugs II:
Module Five: Medicinal Drugs (Week 3)

Readings:
Chapter 14: Prescription Drugs, Over the Counter Drugs, and Dietary Supplements
Chapter 15: Drugs for Treating Schizophrenia and Mood Disorders

Other Media:
The Truth About Prescription Drugs:
http://www.drugfreeworld.org/drugfacts/prescription-drugs.html

Nutrition Supplements Dangers:

Dangerous Supplements:
http://www.consumerreports.org/cro/2012/05/dangerous-supplements/index.htm

Module Six: Prevention and Treatment (Week 3)

Readings:
Chapter 16: Substance Abuse Prevention
Chapter 17: Substance Abuse Treatment: Strategies for Change

Other Media:
Aligning Substance Abuse Prevention with Mental Health and Primary Care (SAMSHA)
http://www.youtube.com/watch?v=HfFLUegG3Zw

The Final Word:
http://www.drugfreeworld.org/real-life-stories/final-word.html

Preventing Adolescent Drug Abuse Through Life Skills Training:
https://www.youtube.com/watch?v=g1exi-mvp6k

Addiction Paper/Journal:
For a five day period (five consecutive days starting January 11th and ending January 15th) you will abstain from something you use or do on a daily basis. Examples of substances or behaviors are caffeine, chocolate, tobacco, fried foods, refined sugar, watching television, shopping, gambling, fast food restaurant eating, Facebook, Snapchat, Twitter). You will choose the same behavior/item to abstain from for the duration of the project.

Keep a daily diary (1 page each, 1.5 spaced, 12 pt font, 1 inch margins) with commentary on the substance or behavior for each day. Your diary should include a record of your feelings related to the
substance or behavior; i.e., Do you miss it? Did you almost use it out of habit? Were you aware of how much you used it or engaged in the behavior? What has helped you abstain? Did you relapse? What were your triggers? How did you overcome your triggers? At the end of the day, how do you feel about your progress? Journals should be thoughtful and well written, describing your experiences withstanding the substance/behavior.

**Journals are due daily by 11:59pm (January 11th-January 15th)**

At the end of the five days you will write a summary of your project comparing your experience of cessation with that of someone who is drug dependent/addicted discussing for example how your thoughts were consistent with that of a drug addict, your actions in relationship to a drug addict, and/or your physical body reactions in comparison to what you have learned about drug addiction (these are just a few ways to compare for example purposes). Use at least two peer-reviewed references (from scholarly journals) to support your comments (for example, should you relapse: research relapse and theory behind why relapse occurs). Provide references within the body of the paper and also at the end of the paper in APA format. (2 pages plus reference page, 10-12 point font, 1.5 spacing, 1-inch margins)

**The summary paper is due Monday, January 18th by 5pm.**

*There is a separate entry page for EACH journal so you can submit them as they are written. Do NOT submit all journals in one document.*
Introduction to Canvas for HLTH 106

The Canvas site has 6 modules. The contents within each site are described below. Material will be added to these modules throughout the semester. An announcement will be placed in the Announcements module when new material is added. You will also get email alerts for essential information. Make sure the email the registrar has on record for you is your preferred email for course communication.

**Announcements** – This module is where announcements for the course are posted throughout the semester. Please read them whenever you log into Canvas.

**Syllabus** – This module contains a file of your syllabus. Please read it carefully and be sure to let me know if you have any questions.

**Modules** – Here you will find each module including slides to help you take notes as you read the chapters and various videos to supplement the readings. Videos range from 3 minutes to over an hour, please plan accordingly.

**Assignments** – This module contains the information for the Addiction Journal and Paper and is where you will complete the journals and upload your compiled journals, paper, and works cited.

**Discussion Board** – Here you will find a practice discussion (in which you will introduce yourself) and open forum to ask questions related to the course. Within a discussion, you can post a new thread or respond to an existing thread.

**Quizzes** – This module is where you take your 3 exams. A practice exam will also be posted here to provide you with a chance to familiarize yourself with taking a test on-line.

**My Grades** – You will be able to view your grades here once they have been posted. I will send out an email when grades are posted.

**Course Calendar** – This is a calendar of due dates for your exams and discussion posts.