Course Information

- RHAB 5125: Models of Addiction
- Summer 2016 (10W)
- 3 Semester Hour Web-based Course
- Pre-requisites: None

Professor/Instructor Contact Information

- Instructor: Justin Watts Ph.D. NCC
- Communication: Blackboard Learn Internal Email

Required Materials – Text, Readings, Supplementary Readings

Additional readings will be assigned and made available via the Blackboard course website.

Course Description

Models of alcohol and other drug abuse (AODA) counseling provides students with a broad overview of intervention and counseling strategies utilized by rehabilitation programs serving persons with substance abuse disorders. Focuses on service delivery systems and AODA counseling theory.

Course Objectives & Outcomes

Participation in the course and completion of course requirements will enable the student to:

1. Understand how addiction affects the brain.
2. Become familiar with the behavioral defenses and thinking deficits common among those with addiction issues.
3. Distinguish the major approaches to counseling and behavior change used in substance abuse treatment.
4. Describe the foundations of cognitive-behavioral therapy (CBT) as it applies to addiction treatment.
5. Describe modern applications of cognitive-behavioral therapy used in the field.
6. Explain the rationale and practice of the Stages of Change model, Brief Intervention & Motivational Interviewing in helping clients with substance abuse issues.
7. Describe the origins, philosophy and operation of self-help 12 step groups.
8. Explain the basic structures through which substance abuse treatment is offered.
9. Describe the more common pharmaceutical interventions used with clients seeking sobriety and the special nutritional needs of individuals in recovery.
10. Outline the fundamentals of how relapse occurs and how it should be addressed and prevented in the course of substance abuse treatment.
11. Review the life skill deficits most commonly found in clients in recovery and how they are best addressed through the treatment process.
CORE Program Standards
C.10.7 Substance Abuse Treatment and Rehabilitation
C.10.7.a. Describe different recovery models that apply to substance abuse treatment and rehabilitation.
C.10.7.b. Identify and recommend treatment options that facilitate recovery and successful rehabilitation outcomes.

TECHNICAL REQUIREMENTS/ASSISTANCE
The following information has been provided to assist you in preparation for the technological aspect of the course.
- UIT Help Desk: http://www.unt.edu/helpdesk/index.htm
- Hardware and software necessary to use Bb Learn: http://www.unt.edu/helpdesk/bblearn/
- Browser requirements: http://kb.blackboard.com/pages/viewpage.action?pageId=84639794
- Computer and Internet Literacy: http://clt.odu.edu/oso/index.php?src=pe_comp_lit
- Necessary plug-ins: http://goo.gl/1lsVF
- Internet Access with compatible web browser
- Headset/Microphone (if required for synchronous chats)
- Word Processor

Minimum Technical Skills Needed:
- Using the learning management system
- Using email with attachments
- Creating and submitting files in commonly used word processing program formats
- Copying and pasting
- Downloading and installing software
- Using spreadsheet programs

Student Support
The University of North Texas provides student technical support in the use of Blackboard and supported resources. The student help desk may be reached at:
- Email: helpdesk@unt.edu
- Phone: 940.565-2324
- In Person: Sage Hall, Room 130
Regular hours are maintained to provide support to students. Please refer to the website: http://www.unt.edu/helpdesk/hours.htm for updated hours.

ACCESS & NAVIGATION
Access and Log in Information
This course was developed and will be facilitated utilizing the University of North Texas’ Learning Management System, Blackboard Learn. To get started with the course, please go to: https://learn.unt.edu

You will need your EUID and password to log in to the course. If you do not know your EUID or have forgotten your password, please go to: http://ams.unt.edu.

Student Resources
As a student, you will have access to:
- **Student Orientation via Blackboard Learn.** It is recommended that you become familiar with the tools and tutorials within the Orientation to better equip you in navigating the course.
- **Blackboard’s On Demand Learning Center for Students.** It is recommended that you become familiar with the tools and tutorials to better equip you to navigate the course.
- From within Blackboard, you will have access to the “UNT Helpdesk” tab which provides student resources and Help Desk Information.

**Being a Successful Online Student**
- [What Makes a Successful Online Student?](#)
- [Self-Evaluation for Potential Online Students](#)

**Course Organization**
This course is organized into weekly lesson plans with specific topics for each week. Each week begins on Monday and ends at 11:59 pm Sunday. All assignments will be due no later than Sunday of each week. All materials will be offered in multiple formats for accessibility purposes.

**What Should Students Do First?**
Once logged into the course on blackboard, students should attempt to familiarize themselves with the course. Students are expected to read the course syllabus and schedule. Students should also read all the materials provided in Learning Module 1 during the first week of class.

Each week students should proceed based on the provided course schedule. On blackboard, the course has also been divided into weekly learning modules that are based on the course schedule. Students should read the weekly objectives, lecture materials, required text chapters, and any supplementary required readings. Once the readings have been completed, students should complete the weekly assignment. The weekly assignments can be accessed via the weekly learning module or in the assignments tab on the left hand sidebar.

**COMMUNICATIONS**
Information about the communication tools in the course and how they will be used:
- **Announcements** will be used for the duration of the semester to communicate updates or provide additional course-related information.
- **Blackboard Internal Email** will be used for all course communication.
- **Discussion Boards** will be used to promote engaged peer-to-peer and instructor-student learning.

**ACTIVITIES, ASSIGNMENTS & GRADING**
This course will consist of the following activities and assignments:
- Quizzes
- Discussion Boards
- Web Exercises
- Case Studies

Please review the online activity matrix for a comprehensive list of course assignments and activities as well as the assigned point value.

**Papers**
**Intensive Outpatient (IOP) Paper:** One-page essay about the purpose of Intensive Outpatient Programming (or Treatment).
**Facilities Tour Summary Paper:** Tour of one addiction treatment facility (outpatient or residential.) Utilizing information in the readings plus data gathered at the facility complete a one page paper outlining the following: type of facility visited, services offered (i.e. substance abuse treatment, detoxification services, trauma treatment, family and couples counseling, co-occurring mental health and substance use diagnoses, etc.), number of clients served, types of clinical professionals employed by this facility. Include a paragraph outlining your reaction to this experience; describe the capacity in which you may want to work with clients with substance abuse issues, and any relevant training, education, or licensure that you may require. Also include a concluding paragraph summarizing the experience outlining any questions or concerns that you may have working in a setting like this.

**Recovery Groups Paper:** Locate and visit different an addiction recovery group in your area. Drawing upon your experiences at the meeting you visited and the assigned readings, write a 3-page paper on why and how social support groups are beneficial to those recovering from alcohol or drug addiction. What do the different types of groups have in common, how do they differ and how would you handle making recommendations to your future clients?

**Term Paper**
You will develop an outline that contains the major points you wish to convey and you will conduct a literature review using a minimum of 10 scholarly articles.

Papers should reflect a professional tone and use person-centered language. Please proofread your paper prior to submission for spelling and grammar. APA format required. Guidelines for APA formatting: [https://owl.english.purdue.edu/owl/resource/560/01/](https://owl.english.purdue.edu/owl/resource/560/01/)

**Final Exam**
The final will consist of a self-reflection written assignment intended to encourage in-depth personal analysis of your experience in this course as well as thoughts related to your future in the field of addiction.

**STUDENT EVALUATION**
Course grades will be based on the instructor’s assessment of the student in the following areas:
- Quizzes
- Assignments
- Discussion board participation
- Project quality
- Final exam

**GRADING**
A = Outstanding performance; 90 – 100% of total points possible
B = Above average; 80 – 89% of total points possible
C = Average; 70 – 79% of total points possible
D = Below average; 60 – 69% of total points possible
F = Failing; less than 59% of total points possible.

**Assignment Submission Instructions**
Assignments are due on Sundays no later than 11:59 pm. All assignment must be submitted through the assigned Blackboard learn assignment drop box. Five (5) points will be deducted for each day the assignment is late.
Participation / Discussions
Students are expected to log-in weekly to the online class site and participate in all class activities such as discussion boards, online activities and group projects. The instructor has provided a rubric within each discussion board that outlines acceptable participation and conduct guidelines.

Online Tests/ Quizzes
Each quiz is timed and can be accessed only one time within the scheduled time window. Please read the on-screen instructions carefully before you click “Begin Assessment”. After each quiz is graded and released, you may go back to the Assessments page and click “View All Submissions” to review your exam results.

COURSE EVALUATION
The Student Evaluation of Teaching Effectiveness (SETE) is a requirement for all organized classes at UNT. This short survey will be made available to you at the end of the semester, providing you a chance to comment on how this class is taught. I am very interested in the feedback I get from students, as I work to continually improve my teaching. The SETE is considered to be an important part of your participation in this class. Information on accessing the SETE can be found here: https://sete.unt.edu/accessing-sete#student

COURSE POLICIES
Examination Policy
All examinations and assignments are open-book and should be completed individually unless otherwise noted in the assignment instructions. Please refer to the policy on ‘server unavailability or other technical difficulties’ if technical issues are experienced while attempting to complete an online examination or upload an online assignment.

Instructor Responsibilities and Feedback
As your instructor:
- I am responsible for helping students grow and learn; for providing clear instructions for projects and assessments, answering questions about assignments, identifying additional resources as necessary, providing rubrics, continually reviewing and updating course content, etc.);
- I will do my best to provide feedback in a timely manner. Students can anticipate a response regarding:
  o Emails – within 24 hours
  o Assignment feedback – within one week of assignment submission

Turnitin Notice
Students may be required to submit written assignments for this class to Turnitin, a web-based plagiarism detection service. Before submitting your paper to Turnitin, please remove your title page and other personal information.

Podcasting/Vodcasting Notice
Sample notice: Podcasts of the class or some sessions may be retained and used in future course offerings via digital voice recording, classroom capture, and video, Live Classroom or Blackboard Collaborate. A digital copy of the release is located at: http://clear.unt.edu/copyright
Late Work
As stated previously, all assignments are due Sunday no later than 11:59 PM. Assignments submitted after this time will receive a 5 point per day deduction.

Class Participation
Students are required to login regularly to the online class site. The instructor will use the tracking feature in Blackboard to monitor student activity. Students are also required to participate in all class activities such as discussion board, chat or conference sessions and group projects.

Virtual Classroom Citizenship
The same guidelines that apply to traditional classes should be observed in the virtual classroom environment. Please use proper netiquette when interacting with class members and the professor.

Incompletes
Students are expected to complete the course within the session time frame. A grade of Incomplete will only be given if the student is (a) passing the course, (b) has completed 75% of the course requirement, (c) has very compelling special circumstances, and (d) provides adequate documentation. I will require that the course requirements be fulfilled by the end of the following semester. According to UNT policy:

An Incomplete Grade ("I") is a non-punitive grade given only during the last one-fourth of a term/semester and only if a student (1) is passing the course and (2) has a justifiable and documented reason, beyond the control of the student (such as serious illness or military service), for not completing the work on schedule. The student must arrange with the instructor to finish the course at a later date by completing specific requirements. These requirements must be listed on a Request for Grade of Incomplete form signed by the instructor, student, and department chair; and also entered on the grade roster by the instructor. (http://essc.unt.edu/registrar/incomplete.htm, p. 1)

If you fail to complete the course requirements by the end of the subsequent semester the grade of Incomplete will be replaced with an “F”. I strongly urge you to complete the course. If you find you are falling behind, or not passing, I recommend you consider withdrawing from the class so that your record and GPA is not negatively affected. Please come talk to me if you find yourself having any difficulties with keeping up with the assignments or are not doing well on the quizzes.

Copyright Notice
Some or all of the materials on this course Web site may be protected by copyright. Federal copyright law prohibits the reproduction, distribution, public performance, or public display of copyrighted materials without the express and written permission of the copyright owner, unless fair use or another exemption under copyright law applies. Additional copyright information may be located at: http://copyright.unt.edu/content/unt-copyright-policies.

Syllabus Change Policy
The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary.

Policy on Server Unavailability or Other Technical Difficulties
The University is committed to providing a reliable online course system to all users. However, in the event of any unexpected server outage or any unusual technical difficulty which prevents students from completing a time sensitive assessment activity, the instructor will extend the time windows and provide an appropriate accommodation based on the situation. Students should immediately report any problems to the instructor and also contact the UNT Student Help Desk: helpdesk@unt.edu or
The instructor and the UNT Student Help Desk will work with the student to resolve any issues at the earliest possible time.

UNT POLICIES
Student Conduct and Discipline
The primary concern of the University of North Texas is the student. The university attempts to provide for all students a campus environment that is conducive to academic endeavor and social and individual growth. To that end, rules, regulations and guidelines governing student behavior and the student's relationship with the university have been formulated into a student code of conduct and discipline. Enrollment at the University of North Texas is considered implicit acceptance of these and other policies applicable to students, all of which are educational in nature and designed to help students understand expectations and accept responsibility for their own actions. Additional information can be found in the Code of Student Conduct.

Academic Honesty Policy
Policies regarding student conduct and academic honesty posted by the University Center for Student Rights and Responsibilities in the Student Handbook apply to this class. As stated in the Policy: http://www.unt.edu/csrr/student_conduct/misconduct.html, misconduct for which students are subject to discipline falls into the following categories:

A. Acts of Dishonesty, including but not limited to:
   1. Academic dishonesty - cheating. The term "cheating" includes, but is not limited to:
      a. use of any unauthorized assistance in taking quizzes, tests, or examinations;
      b. dependence upon the aid of sources beyond those authorized by the instructor in writing papers, preparing reports, solving problems, or carrying out other assignments;
      c. the acquisition, without permission, of tests, notes or other academic material belonging to a faculty or staff member of the University;
      d. dual submission of a paper or project, or resubmission of a paper or project to a different class without express permission from the instructor(s);
      e. any other act designed to give a student an unfair advantage.
   2. Academic Dishonesty — plagiarism. The term "plagiarism" includes, but is not limited to:
      a. the knowing or negligent use by paraphrase or direct quotation of the published or unpublished work of another person without full and clear acknowledgement and/or
      b. the knowing or negligent unacknowledged use of materials prepared by another person or by an agency engaged in the selling of term papers or other academic materials.

Discipline may range from not having an assignment accepted for credit to expulsion from the course. For more information regarding policies regarding student conduct, please visit: http://www.unt.edu/csrr/student_conduct/index.html

ADA Policy
The University of North Texas makes reasonable academic accommodation for students with disabilities. Students seeking reasonable accommodation must first register with the Office of Disability Accommodation (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with a reasonable accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request reasonable accommodations at any time, however, ODA notices of reasonable accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of reasonable accommodation for every semester and must meet with each faculty member prior to implementation.
in each class. *Students are strongly encouraged to deliver letters of reasonable accommodation during faculty office hours or by appointment. Faculty members have the authority to ask students to discuss such letters during their designated office hours to protect the privacy of the student.* For additional information see the Office of Disability Accommodation website at [http://www.unt.edu/oda](http://www.unt.edu/oda). You may also contact them by phone at 940.565.4323.

**Add/Drop Policy**

Please refer to the [Office of the Registrar](http://www.unt.edu) regarding the Add/Drop Policy.

**Information about the University of Texas’ Attendance Policy may be found at:** [http://policy.unt.edu/policy/15-2-5](http://policy.unt.edu/policy/15-2-5)

**Important Notice for F-1 Students taking Distance Education Courses:**

Federal Regulation


The paragraph reads:

(G) For F–1 students enrolled in classes for credit or classroom hours, no more than the equivalent of one class or three credits per session, term, semester, trimester, or quarter may be counted toward the full course of study requirement if the class is taken on-line or through distance education and does not require the student’s physical attendance for classes, examination or other purposes integral to completion of the class. An on-line or distance education course is a course that is offered principally through the use of television, audio, or computer transmission including open broadcast, closed circuit, cable, microwave, or satellite, audio conferencing, or computer conferencing. If the F–1 student's course of study is in a language study program, no on-line or distance education classes may be considered to count toward a student’s full course of study requirement.

**University of North Texas Compliance**

To comply with immigration regulations, an F-1 visa holder within the United States may need to engage in an on-campus experiential component for this course. This component (which must be approved in advance by the instructor) can include activities such as taking an on-campus exam, participating in an on-campus lecture or lab activity, or other on-campus experience integral to the completion of this course.

If such an on-campus activity is required, it is the student’s responsibility to do the following:

1. Submit a written request to the instructor for an on-campus experiential component within one week of the start of the course.

2. Ensure that the activity on campus takes place and the instructor documents it in writing with a notice sent to the International Student and Scholar Services Office. ISSS has a form available that you may use for this purpose.

Because the decision may have serious immigration consequences, if an F-1 student is unsure about his or her need to participate in an on-campus experiential component for this course, s/he should contact the UNT International Student and Scholar Services Office (telephone 940-565-2195 or email internationaladvising@unt.edu) to get clarification before the one-week deadline.
RESOURCES
Links to Academic Support Services, such as Office of Disability Accommodation, Counseling and Testing Services, UNT Libraries, Online Tutoring, UNT Writing Lab and Math Tutor Lab can be located within Blackboard Learn on the “Academic Support” tab.
- Computer Labs: General access computer lab information (including locations and hours of operation) can be located at: http://www.gacl.unt.edu/
- UNT Portal: http://my.unt.edu
- UNT Blackboard Student Resources: Technical Support: https://ecampussupport.unt.edu/index.cfm?M=Student_Resources
- UNT Library Information for Off-Campus Users: http://www.library.unt.edu/services/for-special-audiences/offcampus/information-for-off-campus-users
- UNT Computing and Information Technology Center: http://citc.unt.edu/services-solutions/students