

GEORGE MASON UNIVERSITY  
School of Recreation, Health, and Tourism

**HEAL 310 – 001 – Drugs and Health (3)**  
Fall 2014

DAY/TIME:	MW 1:30 – 2:45 p.m.	LOCATION:	Krug Room 5
PROFESSOR:	David S. Anderson, Ph.D.	EMAIL ADDRESS:	danderso@gmu.edu
OFFICE LOCATION:	10396 Democracy Lane, 1 <sup>st</sup> Floor	PHONE NUMBER:	703-993-3698
OFFICE HOURS:	8:30–4:30 daily; email for appt.	FAX NUMBER:	703-934-2195
PREREQUISITES:	None		

**COURSE DESCRIPTION**

Analyzes drug use, with emphasis on positive aspects, and presents alternatives to drug misuse and abuse.

**COURSE OBJECTIVES**

At the completion of this course students should be able to:

1. Understand how drugs and alcohol work on the human body, including an appreciation of the addiction process.
2. Identify the nature and extent of drug and alcohol problems in the American culture.
3. Understand a variety of alternatives to drug use.
4. Assess social problems resulting from inappropriate drug use.
5. Specify positive approaches by a variety of societal groups for addressing drug abuse.
6. Provide insight regarding causes for individual and societal abuse of drugs and alcohol.
7. Describe the variety of components included in the continuum of care.
8. Critically evaluate misconceptions, beliefs and information on drugs in order to establish a sound basis for personal action.

**COURSE OVERVIEW**

The breadth of content for this course is complemented by the range of approaches incorporated. Classes will be held with a variety of methodologies, including lecture, discussion, small group work, reading reactions, and large group interaction. The assignments include a range of approaches, including reading current resources, attending group meetings, and preparing critical thinking and reflection papers. Examinations address reading assignments and class content. Participation in all aspects of the course – attendance, active participation in class discussions, and completion of all assignments - is expected to gain the breadth of content and achieve course objectives. Readings and assignments are due on the specified date in the syllabus.

**REQUIRED READINGS**

Textbook: Hanson, Glen; Venturelli, Peter; and Fleckenstein, Annette (2012) *Drugs and Society* 11<sup>th</sup> Edition. National Institute on Drug Abuse (2013) *Monitoring the Future Survey Results* [[www.monitoringthefuture.org](http://www.monitoringthefuture.org)]  
National Drug Control Strategy (2011) Office of National Drug Control Policy [[www.whitehousedrugpolicy.gov/strategy](http://www.whitehousedrugpolicy.gov/strategy)]  
Anderson, David and Milgram, Gail (2001) *Promising Practices: Campus Alcohol Strategies Sourcebook*  
Anderson, David and Milgram, Gail (2001) *Promising Practices: Campus Alcohol Strategies Action Planner*  
Anderson, David (2005) *COMPASS: A Roadmap to Healthy Living*. [[www.compass.gmu.edu](http://www.compass.gmu.edu)]  
Anderson, David (2009) *Best of CHOICES: Alcohol Education 1998-2008*. NCAA Resource.  
Anderson, David and Gusterson, Hugh (2010) *Understanding Teen Drinking Cultures in America*  
Office of National Drug Control Strategy - Media Campaign [<http://www.mediacampaign.org>]  
National Registry of Evidence-based Programs and Practices (SAMHSA) [<http://www.nrepp.samhsa.gov>]  
National Clearinghouse on Alcohol and Drug Information [[www.health.org](http://www.health.org)]

NATURE OF COURSE DELIVERY: Face to face

**Evaluation and Grading Scale:** This course is graded on a point system, with a total of 350 possible points.

A = 320 – 350	B+ = 300 - 309	C+ = 260 - 269	D = 190 - 219
A- = 310 - 319	B = 280 - 299	C = 230 - 259	F = 0 - 189
	B- = 270 - 279	C- = 220 - 229	

**Requirements:**

Critical Thinking Papers (3)	30 points
Resources Review Paper	20 points
Community Support/Self-Help Group Meetings & Paper	35 points
Reflection Summaries (5)	25 points
Future Strategies Paper	35 points
Additional Assignments (Alcohol Screening, COMPASS, Website Review, Others TBA)	35 points
Class Participation	35 points
Mid-Term Exam	60 points
Final Exam	75 points

**Participation and Attendance:**

Attendance at class sessions is critical for a thorough understanding of course material. Class participation is based on engagement in class discussions, preparation with readings and assignments, and questions. Exams encompass readings, assignments, and discussions.

**Critical Thinking Papers:**

Please prepare three critical thinking papers for published articles on drug- or alcohol-related topics; papers may be on the same or different topics. The three papers should be from different sources, one for each paper: a professional journal (print version in the library), a newspaper/magazine, and a government or trade publication. Each paper should be one-page, single-spaced and include five sections, *clearly identified with headings*: (1) Title and Reference; (2) Summary Abstract; (3) Messages and Audiences; (4) Critique; and (5) Personal Reaction.

**Resources Review Paper:**

Several web-based resources on substance abuse issues exist. Please review those identified below, and prepare a 4- to 5-page single-spaced paper that follows the general outline of the Critical Thinking Paper, with emphasis on the critique. Also, add a section to identify clearly recommendations for improvement. The resources to be reviewed include “Alcohol 101 Plus” [[alcohol101plus.org](http://alcohol101plus.org)], “Think About It” [Campus Clarity – details in class], and WAVES [[waves.gmu.edu](http://waves.gmu.edu)].

**Community Support/Self-Help Group Meetings:**

Attend two *open* support or self-help group meetings (e.g., AA, NA, ACOA, AlAnon or similar meetings) that you have not attended previously. Prepare a 4-6 page single-spaced paper that summarizes the following items, with particular attention to (c) and (d): (a) themes, attendees, location, publicity; (b) observations; (c) thoughts about what happened; (d) ways in which the meetings affected your feelings, and (e) questions or other observations.

**Future Strategies Paper:**

Prepare a 5-10 page single-spaced paper focused on future strategies with drugs/alcohol. Identify an area of need and prepare a paper that describes specific strategies that could be implemented to better address this need. Include the following elements in your paper: (a) The need – why this is a need or gap; clearly define the audience/group; (b) Current approach(es), and why they are not sufficient; (c) Recommended strategy/strategies – be creative and innovative; (d) Resources to implement the strategy; and (e) Challenges, obstacles and other considerations. Include references and sources.

***Note: Papers are due on the scheduled date; those received late are subject to point reduction***

## SCHEDULE OF TOPICS AND ASSIGNMENTS

August 25	Introduction and Overview, Societal Context, Terms		
August 27	Motivations for Use, Classifications, Principles	<u>Chapters 1, 2</u>	
<b>LABOR DAY</b>			
September 3	Principles, Properties and Brain Health	<u>Chapters 3, 4, 5</u>	<i>CTP #1</i>
September 8	Campus Referral Services		
September 10	Nature of the Issue	<u>Monitoring the Future</u>	
September 15	Alcohol	<u>Chapters 7, 8</u>	
September 17	Bystander Engagement and Resources		
September 22	Alcohol		<i>Refl. Summary #1</i>
September 24	Alcohol		<i>Resources Review</i>
September 29	Depressants	<u>Chapter 6</u>	
October 1	Narcotics	<u>Chapter 9</u>	<i>CTP #2</i>
October 7	Stimulants	<u>Chapter 10</u>	<i>Refl. Summary #2</i>
October 9	Hallucinogens	<u>Chapter 12</u>	
<b>FALL BREAK</b>			
October 14 (Tuesday)	Marijuana	<u>Chapter 13</u>	<i>CTP #3</i>
October 15	Marijuana		<i>Refl. Summary #3</i>
October 20	<b>Mid-Term Exam</b>	<u>Chapter 11</u>	
October 22	Tobacco		
October 27	Inhalants / OTC Drugs	<u>Chapters 14, 15</u>	
October 29	Addiction: "What" and "Why"	<u>Chapter 2</u>	
November 3	Intervention and EAPs		
November 5	Family and COA Issues		<i>Refl. Summary #4</i>
November 10	Treatment and Recovery	<u>Chapter 18</u>	<i>CS/SHG Paper</i>
November 12	Prevention and Education	<u>Chapters 3, 17</u>	
November 17	School and Community Strategies	<u>Chapter 16</u>	
November 19	Higher Education Strategies	<u>Sourcebook, Best of Choices</u>	
November 24	Strategic Planning	<u>Action Planner</u>	<i>Future Strategy Paper</i>
<b>THANKSGIVING BREAK</b>			
December 1	Health Communication		<i>Refl. Summary #5</i>
December 3	Future Strategies / Wrap-Up		

# GMU POLICIES AND RESOURCES FOR STUDENTS

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## *Student Expectations*

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/honor-code/>].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>].
- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.

## *Campus Resources*

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu>].

**PROFESSIONAL BEHAVIOR:** Students are expected to exhibit professional behaviors and dispositions at all times.

**CORE VALUES COMMITMENT:** The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.