

SAN JOSE STATE UNIVERSITY  
AJ 122 - Narcotic and Drug Abuse  
Sec. 2: 0730-0845 hrs., T-Th

Instructor: Sharon Grennan  
Spring, 2001: MH 523

Office Hours: T-Th, 0700-0730 hrs. MH 527  
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**Course Description**

This course will generally concern itself with examination of the drug problem, particularly as it relates to practitioners in criminal justice and health sciences. Class participants will be exposed to areas of drug classification, identification, pharmacology, and current trends. Current research in the field of chemical dependency will be presented.

This course will also deal to a large extent with the physical, psychological, social and legal ramifications of drug abuse and addiction; including areas of education, recovery, and treatment. Students will be introduced to such treatment modalities as: local community based drug treatment programs, narcotic replacement therapies, and recovery peer support groups. Other areas of concern will include the study of decriminalization, harm reduction, and legalization

**Course Objectives**

Students will acquire a basic knowledge of drugs and their classifications. Students will become familiar with current social problems precipitated by drug abuse and addiction, including areas of control and management. Students will also gain insight into the many reasons why people abuse drugs and how society responds to such abuse. Students will gain an understanding of contemporary drug laws designed not only to inhibit drug abuse, but to also treat individuals who are chemically dependent.

<b><u>Student Evaluation</u></b>	<b><u>Points</u></b>	<b><u>Due Date</u></b>
1 <sup>st</sup> Midterm Exam	100	03/01/01
2 <sup>nd</sup> Midterm Exam	100	04/17/01
1 <sup>st</sup> Paper	50	03/22/01
2 <sup>nd</sup> Paper	50	05/03/01
Extra Credit	20	05/03/01
Final Exam	100	05/23/01 0715-0930 hrs.

All tests will consist of multiple choice and true & false questions. Use Scantron #882.

**Note:** All written assignments and tests should be completed on time. No make-ups will be allowed unless the absence was necessitated by an emergency.

### **Required Reading**

Inaba, Darryl, Pharm.D. and William E. Holstein, Ph.D. UPPERS, DOWNERS, ALL-AROUNDERS, 4<sup>th</sup> Edition. Ashland, Oregon: CNS Publications, Inc., 2000.

### **Textbook Readings: 1<sup>st</sup> Midterm**

- Chapter 1 Psychoactive Drugs: History and Classification
- Chapter 2 Heredity, Environment, Psychoactive Drugs
- Chapter 4 Downers: Sedative-Hypnotics only, **NOT** Opiates/Opioids)
- Chapter 5 Downers: Alcohol

### **Textbook Readings: 2<sup>nd</sup> Midterm**

- Chapter 3 Uppers: Cocaine/Amphetamine/Methamphetamine
- Chapter 6 All Arounders: LSD/Club Drugs, etc.
- Chapter 7 Inhalants/Steroids/Other Addictions

### **Textbook Readings: Final Exam**

- Chapter 4 Downers: Opiates/Heroin
- Chapter 6 All Arounders: Marijuana
- Chapter 9 Treatment
- Chapter 10 Mental/Emotional Health and Drugs

### **Field Paper/Family History**

Students will complete two (2) papers, choosing from four (4) options, and will be afforded an opportunity to attend either Treatment Court Graduation, a 12-Step Meeting, or interview a counselor at a local Residential Substance Abuse Program or Sober Living Environment. An additional option involves writing a family alcohol and/or drug history. A detailed explanation is attached. The field papers will expose students to outside programs that greatly assist chemically dependent individuals in remaining clean and sober and holding them accountable. The last option will allow students to explore their own family history.

*Spelling or grammatical errors will result in point deductions.*

### **Extra Credit**

This research paper will consist of an 8-10 page paper using the American Psychological Association (APA) format. The instructor must approve the topic in advance. A maximum total of 25 points will be allowed, and spelling or grammatical errors will result in point deductions.

**Note: Attendance will not be taken in this class; however, much of the exams will be based on lectures, videos, and guest speakers.**

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Field Paper/Family History Handout

You may choose between **two (2)** of the following **four (4)** options. See Class Syllabus for due dates.

**Option #1-Field Paper** - Type a **three (3)** page, double-spaced paper on what you saw, heard and felt about the following experience.

Attend the **Treatment Court Graduation:**

**Location:** Thursday, February 8, 2001  
County Berger Drive Facility  
1555 Berger Dr., **Bldg. 2**  
San Jose, CA 95112

*or*

**Location:** Thursday, April 19, 2001  
Isaac Newton Center, East Wing, County Building  
70 W. Hedding St. (at First St.)  
San Jose, CA 95110

**Option #2-Field Paper** - Type a **three (3)** page, double-spaced paper on what you saw, heard, and felt about the following experience:

Attend one (1) **12 step-meeting peer support group**: Location information will be provided. You may choose any meeting that is not marked as "closed". All meetings are anonymous and papers should be written from memory, not from notes taken.

**Alcoholics Anonymous**  
**Narcotics Anonymous**  
**Marijuana Anonymous**  
**Cocaine Anonymous**  
**Al-Anon**

**\*\* Note: On-line meetings are NOT acceptable for this experience.**

**Option #3-Program Interview** - Type a **four (4)** page, double-spaced paper about the interview conducted and your personal reaction.

Call ahead for an appointment with the director or counselor at one of the following programs:

**In-Patient Residential:**

**Treatment Options (co-ed)**  
2345 Mather Dr.  
San Jose, CA 95116 (at Jackson Av.)  
(408) 937-7083  
Contact person: **Peggy Sims**

**Sober Living Environment:**

**Rainbow Recovery**  
2162 Sufonet Dr.  
San Jose, CA 95124 (85 @ Union)  
(408) 371-2106  
Contact person: **James Brunner**

**Sample Questions:** What is the program modality; i.e. social model, medical model, therapeutic community, Sober Living Environment? What is the program format; i.e. group, individual counseling? What training is required for staff? What length is the program? What is the population make-up; i.e. gender specific, co-ed? Does the program offer bilingual services? Do they use 12-step or other philosophy? How do they define and measure their success rate?

**Option #4-Family Alcohol/Drug History** - Type a **four (4)** page, double-spaced paper on your family history. This exercise is confidential and will be returned to you. The format may include, but not limited to, any of the following:

1. If you know your family history, are there any relatives, distant or otherwise, which were thought to have issues with alcohol and/or any other drugs? This includes nicotine, prescribed medication, and any over-the-counter medication. This might be a grandparent on either side of your family, or Uncle Joe or Aunt Mary. Were they identified as an alcoholic or addict, or just known to imbibe or use sporadically?
2. Within your immediate family, is there any history of the above? What messages were you given growing up regarding any use of alcohol and/or any other drugs? Was this forbidden, considered something that would bring shame to the family, or was use normal behavior?
3. What are your own personal experiences and attitudes regarding use or abuse of alcohol and/or other drugs?

***\*\*Spelling and grammatical errors will result in a point deduction.***

## **12-Step Meeting Information**

Log on and locate a meeting close to your location and for general information about the program.

**AA-Alcoholics Anonymous**

Web Site: [www.aasanjose.org](http://www.aasanjose.org)

**Al-Anon (for family and friends of alcoholics)**

Web Site: [www.al-anon.org](http://www.al-anon.org)

**CA-Cocaine Anonymous**

Web Site: [www.ca.org](http://www.ca.org)

**Marijuana Anonymous**

Web Site: [www.marijuana-anonymous.org](http://www.marijuana-anonymous.org)

**Narcotics Anonymous**

Web Site: [www.sjna.org](http://www.sjna.org)

**\*\* On-line meetings are not acceptable for this assignment**

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Class Schedule

Note: Subject to change

**January**

25 (Class 1) Introduction/Class Syllabus/Handouts

30 (Class 2) Scope of Problem  
Video: *Moyers on Addiction*

**February**

1 (Class 3) Chapter 1: Historical Perspective  
Video: *Reefer Madness*

*The Lost Weekend*

6 (Class 4) Chapter 1: Drug Classification  
Video: *Uppers, Downers & All Arounders*

8 (Class 5) Chapter 2: Definitions  
Video: *Roots of Addiction*

13 (Class 6) Chapter 2: Brain Basics/Neuroanatomy  
Video: *Moyers: Hijacked Brain*

15 (Class 7) Chapter 2: Addiction Theories  
Video: parts of: *Clean & Sober, Jo Jo Dancer, This is your Life*

20 (Class 8) Chapter 4: Downers/Depressants/Sedative-Hypnotics  
Video: *Date Rape Drug*

22 (Class 9) Chapter 5: Downers/Alcohol  
Video: *Moyers on Addiction*

27 (Class 10) Chapter 5: Downers/Alcohol  
Video: *48 Hrs.-Binge Drinking*

**\*\*1<sup>st</sup> midterm review**

**March**

1 **\*\* (Class 11) 1<sup>st</sup> Midterm**

6 (Class 12) Chapter 3: Uppers/Cocaine  
Video: *HBO: High on Crack Street, part one*

8 (Class 13) Chapter 3: Uppers/Crack Cocaine  
Video: *HBO: High on Crack Street, part two*

13 (Class 14) Chapter 3: Uppers/Amphetamine/Methamphetamine  
Video: *Rush to Crash*

15 (Class 15) Chapter 3: Methamphetamine/  
Video: *Meth Madness*

20 (Class 16) Chapter 3: Other Stimulants/Ritalin/Nicotine/Tobacco

22 (Class 17) Guest Speaker: San Jose Police Dept./11550 H&SC  
**\*\*1<sup>st</sup> Paper due**

27 *Spring break*

29 *Spring break*

## April

- 3 (Class 18) Guest Speaker: Lance H., recovering addict  
5 (Class 19) Chapter 7: Inhalants/Steroids  
10 (Class 20) Chapter 6: All-Arounders/LSD/PCP  
Video: cuts from: *Fear and Loathing in Las Vegas*  
12 (Class 21) Chapter 6: Club Drugs/Ecstasy, etc.  
Video: *Stop the Raves*  
**\*\*2<sup>nd</sup> midterm review**  
17 **\*\* (Class 22) 2<sup>nd</sup> Midterm**  
19 (Class 23) Chapter 6: All-Arounders/Marijuana  
Video: *Marijuana: The Mirror that Magnifies*  
24 (Class 24) Medical Marijuana  
Video: *Hemp, B.C.*  
26 (Class 25) Chapter 4: Downers/Opiates/Heroin  
Video: *From Pleasure to Pain*

## May

- 1 (Class 26) Chapter 4: Downers/Heroin  
Video: *Turning Point: Hooked on Heroin*  
*MSNBC: Heroin: Along Comes the Horse*  
3 (Class 27) Guest Speaker: Santa Clara Police Dept./Narcotics  
**\*\*2<sup>nd</sup> paper/extra credit due**  
8 (Class 28) Chapter 10: Dual Diagnosis/HIV-AIDS  
10 (Class 29) Chapter 9: Treatment/War on Drugs  
Video: *Moyer on Addiction: Politics of Addiction*  
15 (Class 30) Last day of instruction/closure/  
**\*\*final review**  
23 **\*\*Final exam, 0715-0930 hrs.**