- 9:00 p.m. HE 326

Instructor: Dr. Dana Ripley Office Address: MEP 203E NKU E G[NKU)-3()-2(E)]TETG0.00000912 0 612 792 reWhBT/ P \$2 0 612 792 reWhBT/ F3 12 KU

Other required readings/videos/resource materials will be made available on Canvas

Course Assignments

1. 12-Step/Reflection Papers (130 pts): Students will attend TWO 12-step meetings; Alcoholics Anonymous, Narcotics Anonymous, Al-a-non, or Nar-a-non support group meetings. After each meeting, students will write a reflection on their experience (maximum of 2 pages). After the 12-step meeting experience, an overall reflection paper will be turned in (both reflection papers and a brief conclusion: maximum 5 pages total). Students will be responsible for locating the place and times of the meetings (several meetings are available via Zoom). Meeting reflections may be turned in to the instructor upon completion or the listed due dates.

Change Project (130 pts): In order to better understand the experiences of clients in recovery, students will choose a personal habit/coping mechanism to change for a portion of the semester. Ideally, students will choose something that they will struggle to go without or to implement on a daily basis that they commonly use as a means of relaxing/daily coping and stress relief (e.g. coffee, cigarettes, video games, social media). For the project, students will be required to write a $\frac{1}{2}$ -1 page journal entry for each week they participate, and will highlight their emotional and behavioral experiences that coincide with the change process. At the end of the semester, students will write an additional 1-2 page reflection on the experience and how it has impacted their understanding of clients with addictions. APA style is not required, but students should turn in work consistent with a graduate level of writing and formatting.

3. Substance Exploration (80 pts): To better understand substances and process addictions, each student will choose one to research and report on. Information will be posted to Discussion Board in Canvarad d d repRr9ostCanvaaae end of the se

- Topic: MI Evoking
- Readings due: MI Ch. 12-18

April 5th

• Topic: Recovery and Family Impacts

Readings due: Facing Addiction Ch. 5; Materials on Canvas

April 12th

- Topic: MI Planning
- Readings due: MI Ch. 19-22
- Assignments due: Substance Exploration Materials

April 19th

- Topic: Substance Exploration
- Readings due: Online Activities
- Assignments due: Substance Exploration Discussion

April 26th

- Topic: Prevention and Policies
- Readings due: Facing Addiction Ch. 6
- Assignments due: 12-Step Reflections due by 6:15pm

May 3rd

- Topic: Relapse, Continuing Care, & Advocacy
- Readings due: Materials on Canvas
- Assignment due: Final Change Project Reflections due by 6:15pm

May 10th

• Assignments due: Final on Canvas due by 11:59pm

Course Policies

Submission of Assignments

Late assignments will receive a 20% reduction for each day they are late. Please communicate with the instructor if you believe an assignment will be late.

Any academic dishonesty such as cheating or plagiarism will result in either a failing grade in the course, a failing grade on the assignment, or other stipulations which are up to the instructor based on the nature of the case. Review

<u>http://www.plagiarism.org/learning_center/what_is_citation.html</u> for a brief overview of plagiarism and the benefit of accurate citations within your work.

Attendance Policy:

Attendance in all classes is required. In the case of emergency or illness please contact the instructor as soon as possible to let them know. 10 points will be taken off the participation grade for each missed class.

Non-Attendance Policy

NKU students are expected to attend the first scheduled class session of each course for which they are enrolled. If a student does not attend the first day of class, the instructor may drop the student for non-attendance.

Students who know they will be absent must contact their instructor(s) prior to the first class meeting to explain their absence and request to remain enrolled in the course.

Communication (online):

Students should expect responses to emails within 24 hours during the week and 48 hours on the weekend. If you have questions about assignments, please email me within 48 hours of the

due date. It is my hope that if you have concerns regarding the course, you will reach out to me to discuss the issue so we may address it. Should you have any concerns about my responsiveness, you are always welcome to contact the chair of the department/director of the school.

Accommodations Due to Disability

The University is committed to making reasonable efforts to assist individuals with disabilities in their efforts to avail themselves of services and programs offered by the University. To this end, Northern Kentucky University will provide reasonable accommodations for persons with documented qualifying disabilities. If you have a disability and feel you need accommodations in this course, you must present me a letter from the Disability Programs and Services Office (SU 303) indicating the existence of a disability and the suggested accommodations. More information on OSA can be found at https://inside.nku.edu/osa.html.

Allied Zone

I am a member of the Allied Zone community network, and I am available to listen and support you in a safe and confidential manner. I can help you connect with resources on campus to address problems you may face that interfere with your academic and social success on campus as it relates to issues surrounding sexual orientation and gender identity. My goal is to help you be successful and to maintain a safe and equitable campus.

Name/Pronoun

My gender pronouns are she/her, and I prefer to be addressed as Dr. Ripley. I will gladly honor your request to address you by an alternate name and/or your preferred honorific, and use your gender pronouns. Please advise me of these early in the semester so that I may make appropriate changes to my records.

Changes in the Syllabus

The syllabus is a projection of what the instructor anticipates for the course. The instructor has the right to modify the syllabus in order to adjust to changing circumstances.

Credit Hour Policy Statement

In accordance with federal policy, NKU defines a credit hour as the amount of work represented in the achievement of student learning outcomes (verified by evidence of student achievement) that reasonably approximates one hour (50 minutes) of classroom instruction and a minimum of two hours of out-of-class student work. For every course credit hour, a typical student should expect to spend at least three hours per week of concentrated attention on course-related work including, but not limited to, class meeting time, reading, reviewing, organizing notes, studying and completing assignments. At least an equivalent amount of time is expected for other academic activities such as online courses, laboratory work, internships, practica, studio work and other academic work leading to the award of credit hours. Estimates of the time required for a student to complete this course are:

Character Worksheets = 10

Opinion Papers = 5 Disorder Presentations = 15 Midterm = 5 Readings = 50 Class Meetings = 45 Final = 5 Total Hours = 135

Knowledge and Skill Outcomes:

CACREP 2016 Standards

Standards evaluated in connection with CACREP Key Objective Assessments are in bold.

Student Learning Outcomes		
Connected to CACREP 2016		Class
Standards	CACREP ¹	

Understand strategies to advocate for persons with mental health issues	5.C.3.e.	Opinion Papers, Exams	COU 673 COU 600
Characteristics, risk factors, and	5.G.2.g	Character Worksheets,	COU 602
warning signs of students at risk for		Opinion Papers	COU 620
mental health and behavioral disorders			COU 670
			COU 622
			COU 621
Recognize signs and symptoms of	5.G.2.i	Exams	COU 621
substance abuse in children and			COU 622
adolescents as well as the signs and			COU 675
symptoms of living in a home where			
substance use occurs			
Understand skills to critically examine	5.G.3.h.	Character Worksheets,	COU 602
the connections between social,		Opinion Papers, Exams	COU 621
familial, emotional, and behavior			COU 670
problems and academic achievement			

Other Information