

**ADCT 210, Understanding Drug/ Alcohol Abuse and Addiction**  
**We will meet in classroom N322, 9-11am Mondays and Wednesdays**

**Course Information**

Semester & Year: Fall 2024

Course ID & Section #: ADCT-210-E8713

Instructor's name: Suzy Bibona

Course units: Non-Credit course

**Catalog Description**

A course designed to create an understanding of drug and alcohol abuse from a sociological and physiological perspective. Students will learn about various aspects of recovery and the recovery process. Topics will include: treatment, detox processes, support groups, and post-recovery issues.

**Course Student Learning Outcomes**

1. Identify the recovery road maps and various treatment options to clean and sober living.
2. Explain the detoxification process and how to utilize treatment and support groups.
3. Identify community resources for recovery and how to incorporate them into a sober lifestyle.

**Class Content**

**We will cover the following course topics and concepts:**

1. Current definitions and models of addiction
2. Dependence, Withdrawal, and Tolerance in addiction.
3. How addiction hijacks the brain.
4. Recovery Road Maps: The first step - deciding to quit.
5. The roads to clean and sober.
6. Home or hospital Detox
7. Inpatient and Outpatient treatment options
8. Addiction recovery programs and support groups, such as AA and sponsorship.
9. Relapse Prevention.
10. Local Resources.

**Student Responsibilities**

1. Attend class regularly.
2. Listen attentively to instructor and other students.
3. Take notes.
4. Participate in class activities and discussions.
5. Read assignments and complete written homework assignments.
6. Keep a notebook of resources for reference.

**Student Feedback Policy**

For coursework submitted on-time, instructor will provide feedback within a week.

**Emergency Procedures**

In an emergency, follow the emergency procedures of the Humboldt County Correctional Facility