HS-1101: FOUNDATION OF SUBSTANCE ABUSE, ADDICTION, AND GROUP WORK

Cuyahoga Community College

Viewing: HS-1101 : Foundation of Substance Abuse, Addiction, and Group Work

Board of Trustees:
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Academic Term:
Fall 2026

Subject Code
HS - Human Services

Course Number:
1101

Title:
Foundation of Substance Abuse, Addiction, and Group Work

Catalog Description:
Introduction to psychological and medical complications of alcohol, tobacco, and other drugs (ATOD), with emphasis on short term and long term effects. Provide overview of history of ATOD use, etiology of addiction, physiological, neuropsychological, psychological, relational, and social effects of substance misuse. Review of clinical assessment and treatment tools and protocols, as well as counseling theory and techniques. Also includes investigation of group work theories, different types of groups, group dynamics, stages of group process, group facilitation, participant role/influences, and group counseling techniques.

Credit Hour(s):
4

Lecture Hour(s):
4

Requisites

Prerequisite and Corequisite
ENG-1010 College Composition I or concurrent enrollment.

Outcomes

Course Outcome(s):
Recognize the effects of addiction on all dimensions of an individual's health (physical, social, mental, intellectual, and spiritual) and the effect of mood-altering substance on sensation, perception, learning and memory, human growth and development, and behavior.

Essential Learning Outcome Mapping:
Written Communication: Demonstrate effective written communication for an intended audience that follows genre/disciplinary conventions that reflect clarity, organization, and editing skills.

Objective(s):
1. Describe the physiology of normal metabolism, the nature and pharmacology of the use of addictive substances, and the effects of drugs on metabolism in terms of addiction and cross-addiction.
2. Explain neurophysiology of substance use and misuse.
3. Describe medical aspects of substance use and misuse during pregnancy, childhood, and adulthood.
4. Identify common infectious diseases associated with substance use and misuse.
5. Describe the extent of substance misuse as a major health problem.
6. Describe specific medical complications associated with substance use and misuse.
7. Define addiction
8. Differentiate addiction from other medical and psychological conditions.
9. Explain the concept of addiction as a disease/illness.
10. Recognize patterns and signs/symptoms of substance misuse.

11. Describe the unique problems associated with substance use and misuse in special populations; i.e. adolescents, women, the elderly, dually diagnosed, clinically chronically depressed.
12. Recognize the impact substance use and misuse has on family, friends, employment and community.

Course Outcome(s):

Apply knowledge of aspects of chemical dependency theory and treatment when working in the community-based clinical setting.

Essential Learning Outcome Mapping:

Written Communication: Demonstrate effective written communication for an intended audience that follows genre/disciplinary conventions that reflect clarity, organization, and editing skills.

Objective(s):

1. Research professional journals relative to the medical/health aspects of addiction.
2. Identify psychoactive drugs, (including alcohol, prescription medication, and illicit drugs).
3. Recognize current street drug names.
4. Identify legal aspects of addiction.
5. Recognize current evaluation tools used to assess addiction.
6. Identify terminology and professional documentation used in the addiction treatment field.
7. Identify counseling strategies and techniques for people with various addictions.
8. Summarize evidenced-based approaches for assisting people in treatment, including Motivational Interviewing and Cognitive Behavioral approaches.
9. Identify aspects of service coordination in a treatment setting.
10. Identify how addiction reverberates throughout the family and support systems of an individual and treatment and resources to those impacted by others addictions.
11. Discuss the professional role of a counselor including professionalism and ethics applied to approaches taken with clients.
12. Explain models and theories used to describe addiction both from a historical and contemporary perspective, and how social and cultural contexts interact with the addictive process.
13. Identify specific skills and techniques to support ongoing recovery.
14. Examine contemporary methodologies including medical assisted treatment, harm reduction, and other new treatment approaches.

Course Outcome(s):

Apply group work theories and utilize basic facilitation and counseling techniques to interact effectively in groups within the human services environment.

Objective(s):

1. Identify different theories of group work.
2. Identify different types of groups within the Human Service environment.
3. Create and plan the group session.
4. Define the stages of a group.
5. Describe group facilitation skills.
6. Demonstrate sensitivity to special populations.
7. Recognize common problem situations which arise in groups.
8. Demonstrate group facilitation techniques via role-playing in the classroom setting.

Methods of Evaluation:

1. Examinations
2. Quizzes
3. Class interaction and group work
4. Group simulations
5. Role playing simulations
6. Written assignments
7. Case review

Course Content Outline:

1. Alcohol and other addictive substances
   a. Pharmacology
   b. Use patterns in America and NE Ohio
   c. Problems associated with substance misuse
   d. History of treatment efforts
   e. Economic costs
2. Alcohol other addictive substances and the body
   a. Digestion and absorption
   b. Concentration, breakdown, and removal
   c. Acute effects on the body
      i. digestive
      ii. circulatory
      iii. liver
      iv. kidneys
      v. central nervous system
      vi. acute overdoses and toxicity
      vii. differences in women
      viii. tolerances
3. Substance Use Disorder (Chemical Dependency)
   a. Definitions
   b. Implications of disease classification
   c. Jellinek's phases of alcoholism
   d. Guide for diagnosis
4. Etiology of Substance Use Disorder
   a. Public health model
   b. The individual
      i. Genetic factors
      ii. Family history
      iii. Psychological factors
      iv. Theories of personality used in the past to understand addiction
      v. Learning theories
   c. Sociological factors
      i. Cultural orientation
         1. Norms
         2. Cultural subgroups
      ii. Effect of legal sanctions and approaches
5. Psychoactive substances
   a. Stimulants
   b. Depressants
   c. Psychedelics
   d. Inhalants
   e. Sporting drugs (anabolic steroids)
   f. Psychiatric medications (psychotropic)
6. Medical complications of addictive substances
   a. Contraindications for moderate use
      i. alcohol-drug interactions
      ii. problems associated with use and intoxication
      iii. Substance use during pregnancy
   b. Medical complications of chronic heavy substance abuse
      i. Visible signs and symptoms
      ii. Gastrointestinal system
      iii. Hematological system
      iv. Cardiovascular system
      v. Genitourinary system
      vi. Respiratory system
      vii. Endocrine system
      viii. Skin

   ix. Musculoskeletal system
   x. Nervous system
   xi. Neuropsychological impairment
   xii. Sleep and sleep disturbances
   xiii. Withdrawal
   xiv. 1. Syndromes
      2. Late withdrawal phenomena
      3. Cautions
7. Medical considerations of special populations
   a. Adolescents
   b. The elderly
   c. Women
   d. Homeless
   e. Dually diagnosed
8. Other addictions
   a. Compulsive behaviors
   b. Gambling
9. Substance Use Disorder and human systems
   a. Deteriorating functioning
   b. Family and friends
   c. Friendships
   d. Work
   e. Co-dependency
   f. Children
   g. Housing
   h. Medical care/respite care/transitional care
10. Neurophysiology of substance use and abuse
   a. Neurotransmitters
   b. Synapses
   c. Memory
   d. Wet brain
   e. Long term symptoms
   f. Short term symptoms
11. Treatment Modalities
   a. Cognitive behavioral therapy
   b. Reality therapy
   c. Solution focused
   d. Motivational interviewing
   e. Trauma focused cognitive behavioral therapy
12. Types of groups within the Human Service environment
   a. Educational
   b. Discussion
   c. Task
   d. Growth and experiential
   e. Counseling and therapy
   f. Support
   g. Self-help
13. Planning group
   a. Population
   b. Session
   c. When/where
   d. Screen members
   e. Topics
   f. Stages of group
   g. Phases
   h. Common problems
14. Stages of Group

a. Beginning
b. Working
c. Closing
d. Transition

15. Group facilitation skills
    a. Active Listening
    b. Reflecting
    c. Clarification and questioning
    d. Summarizing
    e. Linking
    f. Mini-lecturing and information giving
    g. Encouraging and supporting
    h. Tone setting
    i. Modeling and self-disclosure
    j. Use the leader's energy
    k. Identifying allies
    l. Multicultural understanding
    m. Cutting off
    n. Drawing out
    o. Pacing
    p. Co-leading
    q. Focus
    r. Shift focus
    s. Dyads
    t. Rounds
    u. Exercises
16. Special population dynamics
    a. Children
    b. Adolescents
    c. Adults
    d. Chronic disease/disabilities
    e. Divorced
    f. Older adults
    g. Voluntary/non-voluntary
    h. Children of abuse
17. Common problem situations which arise in groups
    a. Chronic talker
    b. Dominator
    c. Distractor
    d. Rescuing member
    e. Resistant member
    f. Dealing with silence
    g. Hostile members
    h. Asking a member to leave
    i. Addressing prejudiced, narrow minded, or insensitive members
18. Role playing
    a. Demonstrate appropriate group counseling techniques
    b. Facilitate a group session in the classroom
    c. Theories of group work

Religious Accommodation

Before reviewing the course schedule, students should carefully review the following religious accommodation policy and other required instructional policies:

Religious Accommodation:

Students seeking an accommodation for absences permitted under Ohio's Testing Your Faith Act must provide the instructor with written notice of the specific dates for which the student requires an accommodation and must do so not later than fourteen

(14) days after the first day of instruction. Please submit requests for accommodations at this link: https://portal2.tri-c.edu/ReligiousAccommodation/ Religious Accommodation Form. Students with questions about their religious accommodations under Ohio's Testing Your Faith Act may contact the College's Office of General Counsel and Legal Services by phone at 216.987.4856 or via email at legal@tri-c.edu.

Other Required Instructional Policies:

https://www.tri-c.edu/student-resources/curriculum/documents/syllabus-part-b.pdf

Weekly Schedule

	Topics
Week 1	Course Introduction - Drug Classification
Week 2	History of Substance Use
Week 3	Physiology of Substance Use Disorder
Week 4	Substance Use Disorder & the Family
Week 5	Group Counseling - Introduction and Theory
Week 6	Group Counseling - First Stage, First Session
Week 7	Drugs of Abuse - Sedatives and Opiates/Opioids
Week 8	Drugs of Abuse - Stimulants and Hallucinogens
Week 9	Assessment and Diagnosis of SUD
Week 10	Treatment Planning for SUD
Week 11	Counseling Skills For SUD
Week 12	Supporting Recovery - Case Management
Week 13	Group Therapy - Working Stage, Ending Stage
Week 14	Group Therapy - Counseling Skills Clinic
Week 15	Professionalism, Cultural Competence, Ethics
Week 16	Final Exam

The Course Schedule is subject to change due to pedagogical needs, instructor discretion, parts of term, and unexpected events.

Required/Recommended Readings

Readings will be from one of the below recommended textbooks, as selected by the individual instructors.

- Inaba, D. *Uppers, Downers, All Arounders.*
- Jacobs, E., Schimmel, C., Masson, R., & Harvill, R. *Group Counseling Strategies and Skills.*

Resources for the Instructor

Inaba, Darryl and William Cohen. *Uppers, Downers, All Arounders: Physical and Mental Effects of Psychoactive Drugs.* 8th ed. Ashland, OR: CNS Publications, Inc., 2014.

Jacobs, Edward E., Riley L. Harvill, and Robert L. Masson, eds. *Group Counseling: Strategies and Skills*. 9th ed. San Diego: Cognella, 2022.

American Psychiatric Association. *The Diagnostic Statistical Manual of Mental Disorders*. 5th Edition, Text Revision. Washington, D.C.: American Psychiatric Association, 2022.

Doweiko, H. *Concepts of Chemical Dependency*. 11th ed. Cengage, 2024.

Top of page

Key: 2331