

# ADS-120: INTRODUCTION TO ADDICTION STUDIES

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## Effective Term

Fall 2026

## CC Approval

12/05/2025

## AS Approval

12/11/2025

## BOT Approval

12/18/2025

## COCI Approval

02/19/2026

## SECTION A - Course Data Elements

### CB04 Credit Status

Credit - Degree Applicable

### Discipline

Minimum Qualifications	And/Or
Counseling (Master's Degree)	

### Subject Code

ADS - Addiction Studies

### Course Number

120

### Department

Counseling

### Division

Counseling (COUN)

### Full Course Title

Introduction to Addiction Studies

### Short Title

Intro to Addiction Studies

### CB03 TOP Code

2104.40 - \*Alcohol and Controlled Substances

### CB08 Basic Skills Status

NBS - Not Basic Skills

### CB09 SAM Code

C - Clearly Occupational

### Rationale

Updated textbooks.

## SECTION B - Course Description

### Catalog Course Description

An introductory course in substance abuse that orients the learner to commonly abused substances and their physical and cognitive impact, addiction theory, problem identification treatment modalities, behavioral health systems including documentation and health records. This course emphasizes prevention and intervention strategies for helping professionals working in a variety of health and human service settings.

**SECTION C - Conditions on Enrollment****Open Entry/Open Exit**

No

**Repeatability**

Not Repeatable

**Grading Options**

Letter Grade or Pass/No Pass

**Allow Audit**

Yes

**Requisites****SECTION D - Course Standards****Is this course variable unit?**

No

**Units**

3.00

**Lecture Hours**

54.00

**Outside of Class Hours**

108

**Total Contact Hours**

54

**Total Student Hours**

162

**Distance Education Approval****Is this course offered through Distance Education?**

Yes

**Online Delivery Methods**

DE Modalities	Permanent or Emergency Only?
Entirely Online	Permanent
Hybrid	Permanent

**SECTION E - Course Content****Student Learning Outcomes****Upon satisfactory completion of the course, students will be able to:**

1. Identify commonly abused drug and alcohol substances, how these substances affect individuals, and how those struggling with abuse issues can be treated in health and human service settings.

**Course Objectives****Upon satisfactory completion of the course, students will be able to:**

1. Examine the composition, physical and cognitive effects, addictive factors, and symptoms of withdrawal and overdose of commonly abused substances.
2. Demonstrate knowledge of addiction theories in work and/or internship settings.

3. Accurately identify and assess persons using substances in order to facilitate appropriate referral for treatment in the community.
4. Select and apply prevention and treatment models to case studies and/or practice.
5. Examine family/social dynamics related to substance abuse and treatment.
6. Evaluate and apply appropriate substance abuse treatment strategies to substance abusers from diverse backgrounds and cultures.
7. Identify risk factors and behaviors that could lead to abuse and/or relapse.
8. Assist clients in understanding the relapse process and in developing strategies for relapse prevention.
9. Demonstrate knowledge of behavioral health systems and how medical treatment is documented including use of electronic health records.

### Course Content

1. The nature of Addiction
2. Identification of commonly used substances:
  - a. depressants
  - b. barbiturates
  - c. benzodiazepines
  - d. stimulants
  - e. cannabis
  - f. hallucinogens
  - g. steroids
  - h. other legal products
3. Physical and cognitive impact of substance abuse
4. Addiction Theory
  - a. moral
  - b. disease
  - c. genetic
  - d. systems
  - e. behavioral
  - f. sociocultural
  - g. bio-psychosocial
5. Historical Perspectives
  - a. History of substance abuse
    - i. Identify local and national patterns of substance use and addiction
6. Substance Misuse, Dependence, and the Body
7. Gambling, Eating Disorders, Shopping, and Other Behavioral Addictions
8. Addiction Across the Life Span
  - a. Developmental stages, risk and issues for children
  - b. Developmental stages, risk and issues adolescents and transitional age youth
  - c. Developmental stages, risk and issues for adults
  - d. Developmental stages, risk and issues for older adults
9. Family Risks and Resiliencies
  - a. Recognition of family roles
  - b. Evidence-based family treatment interventions
  - c. Communication patterns amongst the family
  - d. Impact of substance use on family members
  - e. Child and Adolescent risk factors and use
10. Ethnicity, Culture, and the Socioeconomic Determinants of Addiction
  - a. The nature and extent of alcoholism/drug dependency problems among target populations
11. Gender and Sexual Orientation Differences
  - a. Gender differences in use, abuse, treatment, and prevention
  - b. Cultural/Lifestyle consideration in assessment, treatment, and prevention for LGBTQI individuals.
12. Screening and Assessment
  - a. Biopsychosocial assessment
  - b. Differential diagnosis with medical, psychological disorders
  - c. DSM/SAM diagnosis and differential diagnosis
  - d. Validated Screens and clinical tools for assessment, identification of symptoms
13. Substance Misuse with a Co-Occurring Mental Disorder or Disability

- a. Co-occurring disorders
  - b. Co-occurring medical conditions
  - c. Treatment approaches and models for co-occurring disorders
  - d. Biopsychosocial implications for treatment of co-occurring disorders
    - i. Locating appropriate placement
    - ii. Referrals to specialized programs
    - iii. Cost and insurance associated with co-occurring disorders
14. Integrated treatment approaches
- a. Evidence-based treatment
    - i. Detoxification
    - ii. psychoeducation
    - iii. CBT, MI
    - iv. Modification of evidence-based treatments for co-occurring disorders
    - v. Medication used for the treatment of addictions
    - vi. Social Models
    - vii. Substance specific interventions models (drinking driver programs)
    - viii. Treatments for co-occurring disorders
  - b. Mutual Help Groups and Spiritual/Religious Resources
    - i. Alcoholic Anonymous, SMART recovery, substance specific treatment and support groups
    - ii. Aversion Therapy
15. Treatment planning
- a. Referral processes
  - b. Evaluation of clients using placement criteria, including the American Society of Addiction Medicine patient placement criteria or other validated clinical tools for level of care, eligibility, and admission to drug and alcohol programs
  - c. Identification of client goals, objectives, to inform treatment planning
  - d. Behavioral health systems, medical documentation and use of electronic health records
  - e. Cultural competence, awareness and humility, including for people with disabilities, and its implication for treatment
16. Prevention: theory and strategies

## Methods of Instruction

### Methods of Instruction

Types	Examples of learning activities
Discussion	Small group discussion/work and in-class presentations by students.
Visiting Lecturers	Instructor will invite community representatives to provide lectures on various topics related to the subject matter.
Lecture	Students will attend instructor led lecture (in-person or synchronous or pre-recorded).
Group Work	Students will work on different projects during synchronous lecture.

### Online Adaptation

Types	Examples of learning activities
Discussion	Small group discussion/work and in-class presentations by students.
Lecture	Students will attend instructor led lecture (in-person or synchronous or pre-recorded).
Group Work	Students will work on different projects during synchronous lecture.

### Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards  
 Discussion Boards  
 E-mail Communication  
 Telephone Conversations  
 Video or Teleconferencing

### Student-Initiated Online Contact Types

Chat Rooms  
 Discussions  
 Group Work

**Course design is accessible**

Yes

**Methods of Evaluation**

**Methods of Evaluation**

Types	Examples of classroom assessments
Exams/Tests	Example 1: Midterm quizzes and/or final exam. Example 2: Oral interviews and case scenarios applied to addiction services.
Quizzes	Example 1: Complete quizzes at the end of a chapter.
Essays/Papers	Students will be assigned written work related to readings and in-class exercises. Example 1: Write up a case intake interview. Example 2: Write a paper on an agency who is serving a population of interest within the addiction services.
Homework	Students will read from their textbooks and submit assignments. Example 1: Complete the exercises at the end of a chapter. Example 2: Complete a chapter summary written report by stating the major headings of the chapter, and writing the main points under each heading.
Other	Reading and writing assignments, in class exercises, exams and quizzes. Example 1: A written comprehensive case study on a fictitious individual seeking assistance for an addiction. Example 2: A short answer and multiple choice quiz on commonly abused substances.
Projects	Attend a self-help meeting and write about the experience.

**Assignments**

**Reading Assignments**

Selected readings from the textbook, or articles covering substance abuse issues.  
 Example 1: Read a chapter from the text book on primary treatment modalities offered by agencies treating substance abuse issues.  
 Example 2: Read articles covering the impact of electronic health records (EHR) on substance abuse treatment.  
 Example 3: Read the textbook on the assessment and intervention of substance abuse treatments and write a response paper.  
 Reading assignments from the text and supplemental reading list; a research paper; oral presentations; a group assignment; weekly writing assignments; essay examinations.

**Writing Assignments**

Reading assignments from the text and supplemental reading list; a research paper; oral presentations; a group assignment; weekly writing assignments; essay examinations.  
 Example 1: Substance abuse in the Media oral and written presentation.  
 Example 2: Research paper on the treatment needs of special populations/diverse cultures.  
 Example 3: Provide a written example of proper medical documentation for a specific scenario involving a hypothetical client  
 Example 4: Research and report on behavioral health systems in California and nationwide.

**Outside-of-Class Assignments**

Example 1: Complete a biopsychosocial assessment  
 Example 2: Create a handout, infogram, or video on treatment or prevention

**SECTION F - Textbooks and Instructional Materials**

**Material Type**

Textbook

**Author**

Stevens, Patricia and Smith, Robert L.

**Title**

Substance Abuse Counseling: Theory and Practice

**Edition/Version**

5th

**Publisher**

Pearson

**Year**

2013

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**Material Type**

Textbook

**Author**

VanWormer, Katherine; Davis, Diane Rae

**Title**

Addiction Treatment: A Strengths Perspective

**Edition/Version**

4th

**Publisher**

Tomson Brooks/Cole

**Year**

2018

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**Material Type**

Textbook

**Author**

Levinthal, Charles F.

**Title**

Drugs, Behavior and Modern Society

**Edition/Version**

5th

**Publisher**

Allyn and Bacon

**Year**

2008

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**Material Type**

Textbook

**Author**

Substance Abuse and Mental Health Services Administration (SAMHSA)

**Title**

Addiction Counseling Competencies: The knowledge, skills and attitudes of professional practice, (TAP 21)

**Edition/Version**

Volume 4171

**Publisher**

SAMHSA

<b>Year</b>	2011
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<b>Material Type</b>	Open Educational Resource (OER)
<b>Author</b>	Jemima A Frimpong 1,#, Xun Liu 2, Lingrui Liu 3, Ruoqiuyan Zhang 2
<b>Title</b>	Adoption of Electronic Health Record Among Substance Use Disorder Treatment Programs: Nationwide Cross-Sectional Survey Study
<b>Edition/Version</b>	2023
<b>Publisher</b>	J Med Internet Res 2023;25:e45238
<b>Year</b>	2023
<b>ISBN #</b>	PMID: 38096006 PMCID: 10755658

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## SECTION G - Diversity, Equity and Inclusivity

### How does your course and/or course outline of record reflect strategies for accommodating and engaging diverse student populations, advancing equitable outcomes, and fostering inclusion for all students?

The course is being updated to align with state requirements for certification. These updates will address the needs of a diverse study body seeking to work in the SUD field. Cultural competence, awareness and humility, including for people with disabilities, was added to the core which fosters inclusion for all students.

### Course Codes (Admin Only)

**CB00 State ID**

CCC000284289

**CB10 Cooperative Work Experience Status**

N - Is Not Part of a Cooperative Work Experience Education Program

**CB11 Course Classification Status**

Y - Credit Course

**CB13 Special Class Status**

N - The Course is Not an Approved Special Class

**CB23 Funding Agency Category**

Y - Not Applicable (Funding Not Used)

**CB24 Program Course Status**

Program Applicable

**Allow Pass/No Pass**

Yes

**Only Pass/No Pass**

No