

**CHD 236**

**RECOVERY AND RELAPSE  
OF THE  
CHEMICALLY DEPENDENT**

**PRESENTED AND APPROVED: AUGUST 9, 2012**

**EFFECTIVE: FALL 2012-13**

Prefix & Number CHD 236	Course Title: Recovery and Relapse of the Chemically Dependent
Purpose of this submission: In curriculum meeting Feb. 2012 pre-requisite approved. This document is to complete the process	<input type="checkbox"/> New <input checked="" type="checkbox"/> Change/Updated <input type="checkbox"/> Retire
If this is a change, what is being changed? (Check all that apply)	<input type="checkbox"/> Update Prefix <input type="checkbox"/> Course Description <input type="checkbox"/> Title <input type="checkbox"/> Course Number <input type="checkbox"/> Format Change <input type="checkbox"/> Credits <input checked="" type="checkbox"/> Prerequisite <input type="checkbox"/> Competencies <input type="checkbox"/> Textbook/Reviewed Competencies-no changes needed
Does this course require additional fees? <input checked="" type="checkbox"/> No <input type="checkbox"/> Yes If so, please explain.	
Is there a similar course in the course bank? <input checked="" type="checkbox"/> No <input type="checkbox"/> Yes (Please identify)	
Articulation: Is this course or an equivalent offered at other two and four-year universities in Arizona? <input type="checkbox"/> No <input checked="" type="checkbox"/> Yes (Identify the college, subject, prefix, number and title: ASU (elective), NAU (elective), and U of A (elective).	
Is this course identified as a Writing Across the Curriculum course? <input checked="" type="checkbox"/> No <input type="checkbox"/> Yes	

### Course Textbook, Materials and Equipment

Textbook(s)  Current edition	Title	Staying Sober
	Author(s)	Terence T. Gorski and Merlene Miller
	Publisher	Herald House/Independence Press
	Title	
	Author(s)	
	Publisher	
Software/ Equipment		

### Course Assessments

Description of Possible Course Assessments (Essays, multiple choice, etc.)	Essay, Multiple Choice, Multiple Selection, Ordering, Matching, True/False
Exams standardized for this course? <input type="checkbox"/> Midterm <input type="checkbox"/> Final <input type="checkbox"/> Other (Please specify):	Are exams required by the department? <input checked="" type="checkbox"/> No <input type="checkbox"/> Yes If Yes, please specify:
Where can faculty members locate or access the required standardized exams for this course? (Contact Person and Location) Example: NCK - Academic Chair Office	
<b>Student Outcomes: Identify the general education goals for student learning that is a component of this course.</b>	

Check all that apply:	Method of Assessment
1. Communicate effectively. a. Read and comprehend at a college level. <input checked="" type="checkbox"/> b. Write effectively in a college setting. <input checked="" type="checkbox"/>	Examinations and writing assignments.
2. Demonstrate effective quantitative reasoning and <input type="checkbox"/> problem solving skills.	
3. Demonstrate effective qualitative reasoning skills. <input checked="" type="checkbox"/>	Cooperative learning, experiential learning, writing assignments and examinations
4. Apply effective methods of inquiry. a. Generate research paper by gathering information from varied sources, analyzing data and organizing information into a coherent structure. <input type="checkbox"/> b. Employ the scientific method. <input type="checkbox"/>	
5. Demonstrate sensitivity to diversity a. Experience the creative products of humanity. <input type="checkbox"/> b. Describe alternate historical, cultural, global perspectives. <input checked="" type="checkbox"/>	Cooperative learning, experiential learning, writing assignments and examinations

Office of Instruction Use only:

CIP Code:

ONET Code:

Minimum Qualifications:

**COURSE INFORMATION**

Initiator: Lori Howell		
Date of proposal to Curriculum Sub-Committee: 8/9/12		
Effective Semester/Year	Fall 2012	Spring
		Summer
Prefix & Number: CHD 236	Full Title: (100 character limit) Recovery and Relapse of the Chemically Dependent Short Title: (30 character limit) Relapse Prevention	
<b>Catalog Course Description:</b> Introduction to the foundations of the alcohol and drug abuse rehabilitation field. Emphasis is on the roles and responsibilities of the addiction paraprofessional counselor, ethical issues, pharmacology, family dynamics, dual diagnosis, intervention techniques, self-help groups, levels of care, symptom identification, and conducting alcohol/drug histories. Interactive work stressed.		
SUN Course Number: None		
Credit Hours: 2	Lecture Hours: 2	Lab Hours: 0
Prerequisite(s) CHD 100		
Co-requisite(s)		

**Intended Course Goals**

***By the end of the semester, students will be able to:***

1. Describe the medical model of addiction.
2. Describe the relapse process and the factors which impact the likelihood of relapse.
3. Explain the recovery process in chemical dependency.
4. Explain relapse prevention planning for use with clients.
5. Describe the impact of recovery and relapse prevention on family members.

**Course Competencies and Objectives**

***By the end of the semester, students will be able to:***

<p>Competency 1 Understand the addictive disease.          Objective 1.1 Differentiate between various types of addictive chemicals.          Objective 1.2 Understand the disease of addiction.          Objective 1.3 Understand the withdrawal process.          Objective 1.4 Recognize and respond to the various stages of progression.          Objective 1.5 Understand delusional thinking associated with substance use/abuse.          Objective 1.6 Understand the addiction cycle.          Objective 1.7 Understand the stages of recovery.</p>
<p>Competency 2 Understand and recognize Post-Acute Withdrawal.          Objective 2.1 Recognize and respond to symptoms of Post-Acute Withdrawal.          Objective 2.2 Recognize and respond to patterns of Post-Acute Withdrawal.          Objective 2.3 Demonstrate the ability to manage Post-Acute Withdrawal symptoms.</p>
<p>Competency 3 Explain the difference between recovery and partial recovery.          Objective 3.1 Describe the pretreatment period.          Objective 3.2 Describe the stabilization period.          Objective 3.3 Describe the early recovery period.          Objective 3.4 Describe the middle recovery period.          Objective 3.5 Describe the late recovery period.          Objective 3.6 Describe the maintenance period.          Objective 3.7 Describe partial recovery.</p>
<p>Competency 4 Explain mistaken beliefs about recovery and relapse.          Objective 4.1 Understand the mistaken beliefs about the role of Alcohol and Drug Use in Recovery.          Objective 4.2 Understand the mistaken beliefs about the warning signs of relapse.          Objective 4.3 Understand the mistaken beliefs about motivation.          Objective 4.4 Understand the mistaken beliefs about treatment.</p>
<p>Competency 5 Understand the relapse process.          Objective 5.1 Describe the role of substitute addictions.          Objective 5.2 Describe the role of caffeine.          Objective 5.3 Describe the role of compulsive behavior.          Objective 5.4 Describe positive outlets vs. compulsive behaviors,          Objective 5.5 Describe and understand the process of relapse.          Objective 5.6 Describe sobriety based denial.</p>
<p>Competency 6 Understand and recognize the relapse syndrome.          Objective 6.1 Demonstrate how to interrupt the relapse syndrome.          Objective 6.2 Understand, explain and recognize phases and warning signs of relapse.</p>
<p>Competency 7 Demonstrate the ability to execute relapse prevention planning with clients.          Objective 7.1 Describe and implement stabilization.          Objective 7.2 Describe and implement self-assessment.          Objective 7.3 Describe and implement relapse education.          Objective 7.4 Identify and respond to relapse warning signs.          Objective 7.5 Describe and implement warning sign management.          Objective 7.6 Describe and implement inventory training.          Objective 7.7 Describe and implement a review of recovery program.          Objective 7.8 Describe and implement involvement of others.          Objective 7.9 Describe and implement follow up and reinforcement.</p>
<p>Competency 8 Understand family involvement in the relapse syndrome.          Objective 8.1 Identify and respond to relapse warning signs for co-addiction.          Objective 8.2 Inform and assist with relapse prevention for the family.</p>