

ADDICTIVE DISORDERS STUDIES

The Addictive Disorders Studies program at Oxnard College prepares students for careers in addiction counseling in various substance abuse treatment and prevention settings by providing both academic training and clinical experience in the field. The curriculum provides a broad base of knowledge regarding approaches to drug education and prevention, treatment issues, counseling skills, ethical issues, and practical knowledge about drugs and their effects as well as co-occurring mental illness. Programs within this major include entry-level certificates of achievement, Associate in Science degrees, and also advanced certificates, designed for counselors already practicing in the field.

Oxnard College's Addictive Disorders Studies program is accredited by CAADE (California Association of Alcohol/Drug Educators). Students who complete CAADE accredited college programs may apply for certification through qualified certifying bodies such as:

- ACCBC (Addiction Counselor Certification Board of California) which offers the Certified Addictions Treatment Counselor (C.A.T.C.) credential,
- CADTP (California Association of DUI Treatment Programs) which offers the Certified Alcohol and Other Drug Counselor (CAODC) and
- CCAPP (California Consortium of Addiction Program and Professionals) which offers:
 - the Registered Alcohol and Drug Technician (RADT),
 - the RADT II,
 - the Certified Alcohol Drug Counselor – Certified Addiction Specialist (CADC-CAS),
 - the CADC-I, CADC-II, CADC-III, and
 - Licensed Advanced Alcohol and Drug Counselor (LAADC) and LAADC - Supervisor.

ADS R101 Overview of Addiction 3 Units

In-Class Hours: 52.5 lecture

C-ID: ADS 110 X

This introductory course studies use, abuse and social control of drugs associated with substance use disorder. Included are overviews of the biopsychosocial factors in addictions; how drugs work in the brain and body; how addiction impacts children, families and society; as well as prevention and harm reduction. Fulfills one 3-unit core requirement for the California Association for Alcohol/Drug Educators (CAADE).

Grade Modes: Letter Graded

Field Trips: May be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: None

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: None

IGETC: None

ADS R102 Case Management for Treatment 3 Units

In-Class Hours: 52.5 lecture

C-ID: ADS 170 X

This course will provide students with a comprehensive foundation of tools and techniques for Screening, Assessment, Treatment Planning, Relapse Prevention, and Aftercare Planning. Professional Ethics and laws concerning Clients' Rights and Confidentiality will be covered as they apply to the Addiction Disorders Studies paraprofessional. Students will also learn crisis intervention techniques.

Grade Modes: Letter Graded

Field Trips: May be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: None

Transfer Credit: CSU

UC Credit Limitations: None

CSU GE-Breadth: None

IGETC: None

ADS R103 Pharmacology of Drugs of Abuse 3 Units

In-Class Hours: 52.5 lecture

C-ID: ADS 140 X

This course will give an overview of the physical and psychological effects of commonly used substances of abuse. It will describe the brain neurochemistry, especially as it is affected and changed by drug use. It will describe in detail the effects of all the major drugs of abuse on the body. Other addictions like compulsive gambling, eating disorders, sexual addictions will also be covered. The course will conclude with an overview of the therapeutic approaches for managing withdrawal, overdose, and substance use disorders. This course fulfills one 3-unit core requirement for the California Association for Alcohol/Drug Educators (CAADE).

Grade Modes: Letter Graded

Field Trips: May be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: None

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: None

IGETC: None

ADS R104 Addiction Counseling Theories and Techniques 3 Units

In-Class Hours: 52.5 lecture

C-ID: ADS 120 X

This course is designed to teach students basic interviewing and counseling techniques appropriate for paraprofessionals. Emphasizing motivational counseling and client-empowering approaches, students will develop basic competency in the one-on-one counseling skills most relevant to addiction treatment. Students will also learn about the importance of ethics and establishing professional boundaries with clients as well as the clear distinction between professional counseling and self-help group sponsorship. This course fulfills one 3-unit skills requirement for the California Association for Alcohol/Drug Educators (CAADE).

Grade Modes: Letter Graded, Credit by exam, license etc.

Field Trips: May be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: None

Transfer Credit: CSU

UC Credit Limitations: None

CSU GE-Breadth: None

IGETC: None

ADS R105A Group Leadership I 3 Units*In-Class Hours:* 52.5 lecture*Prerequisites:* ADS R101*Advisories/Rec Prep:* ADS R104*C-ID:* ADS 130 X

This course is designed to familiarize students with group dynamics and group leadership, especially groups involving treating substance use disorders. The focus is on group development, interpersonal and intrapersonal processes, and group facilitation skills. This course offers practicums in group leadership skills, examines various types of groups and teaches specific skills for facilitating behavior change. Fulfills one 3-unit skills requirements for the California Association for Alcohol/Drug Educators (CAADE).

Grade Modes: Letter Graded**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** None**Transfer Credit:** CSU**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None**ADS R105B Group Leadership II 3 Units***In-Class Hours:* 52.5 lecture*Prerequisites:* ADS R105A

This course in group counseling is designed to provide students with knowledge and skills training in advanced group leadership and advanced counseling skills and techniques. Students will learn to: broaden their effective questioning skills in order to identify client defense mechanisms, symptoms of psychopathology, improve awareness in addressing co-occurring disorders and other considerations when working with resistant clients and other barriers effecting treatment outcome. They will learn how to use and integrate counseling theories, engage in depth work with clients, and how to develop a group session format. Advanced skill delivery methods will be demonstrated and integrated in the course simulation exercises. Special attention will also be given to addressing and managing difficult clients, court-mandated and probation-mandated treatment program requirements; and interacting with probationers/parolees. Other counseling issues will be addressed as they relate to working within the scope of practice and competence for addiction professionals which support evidence-based treatment practices.

Grade Modes: Letter Graded**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** None**Transfer Credit:** CSU**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None**ADS R106 Adult Children of Alcoholics 3 Units***In-Class Hours:* 52.5 lecture

This course is designed to teach potential counselors how to recognize the characteristics of adult children of alcoholics. Students will examine their own upbringing and study the traits of healthy and unhealthy families and how those parenting styles lead to co-dependency and issues with maintaining boundaries in adult relationships. Effective methods for changing behavior through the reprogramming of family roles and setting healthy boundaries will be taught. Students will also be taught healthy parenting approaches. This course fulfills one 3-unit skills requirement for the California Association for Alcohol/Drug Educators (CAADE).

Grade Modes: Letter Graded**Field Trips:** May be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** None**Transfer Credit:** CSU**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None**ADS R107 Alcohol/Drug Treatment of Adolescents 3 Units***Formerly:* ADS R107B*In-Class Hours:* 52.5 lecture

This course integrates the biological, psychological and social factors of teen development into a comprehensive model for treating adolescents with substance use disorders. The differences between adolescent and adult treatment engagement, assessment, counseling skills and readiness to change will be explored. The unique set of ethical, legal, fiscal and social implications regarding teens in treatment and their effected family members will be discussed. Students will learn about the cross-cultural differences existing within the adolescent population.

Grade Modes: Letter Graded**Field Trips:** May be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** None**Transfer Credit:** CSU**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None**ADS R108 Alcohol/Drugs and Human Development 3 Units***In-Class Hours:* 52.5 lecture

This course is an analysis of developmental behaviors associated with each stage in human development and the way the social environment impedes or helps this development. Special emphasis is given to address physical and emotional effects of substance use disorders throughout the life-cycle and during pregnancy. Many examples of the disruptive influences of alcohol and drugs on human development will be given along with the ways human service occupations develop systems and services to minimize these influences. This course fulfills one 3-unit behavioral requirement for the California Association for Alcohol/Drug Educators (CAADE) and Domain VI of TAP 21 (Technical Assistance Publication Series: Addiction Counseling Competencies).

Grade Modes: Letter Graded**Field Trips:** May be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** None**Transfer Credit:** CSU**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None

ADS R109 Counseling Addicted Families 3 Units*In-Class Hours:* 52.5 lecture*C-ID:* ADS 180 X

This course provides an overview of the family systems approach to addiction counseling including analysis and examination of the relationship patterns that develop in families including multicultural families. The student will develop treatment strategies for assisting families and significant others during the stages of active addiction, addiction treatment, long-term recovery and relapse prevention using family-involved approaches. The student will learn techniques and strategies tailored to meet the various cultural challenges. This course fulfills one 3-unit skills course for the California Association for Alcohol/Drug Educators (CAADE) and Domain VC and VI of TAP 21 (Technical Assistance Publication Series: Addiction Counseling Competencies).

Grade Modes: Letter Graded**Field Trips:** May be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** None**Transfer Credit:** CSU**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None**ADS R110A Alcohol and Drug Studies Field Experience I 3 Units***In-Class Hours:* 52.5 lecture*Prerequisites:* ADS R101 and ADS R102 and ADS R104 and ADS R105A and ADS R124

This course offers the student a supervised field experience in a community organization, agency, or institution, allowing the student to apply knowledge and learn new skills outside of the classroom environment. This course is designed to provide the student with an opportunity to develop skills that would facilitate gaining employment in the addiction or human services field. This course fulfills one 3 unit field studies requirement of CAADE.

Grade Modes: Letter Graded**Field Trips:** May be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** None**Transfer Credit:** CSU**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None**ADS R110B Alcohol and Drug Studies Field Experience II 3 Units***In-Class Hours:* 52.5 lecture*Prerequisites:* ADS R110A

This course guides students through the second set of work experience hours required for students to gain experience in applied alcohol studies. Students are placed in various agencies and organizations in the alcohol education and treatment field. During this course, emphasis will be placed on student growth in self-awareness and self-esteem, interviewing skills, connections and interrelationships with other core courses, introduction to systems, and the agency and other client systems. This course fulfills one 3 unit field studies requirement of CAADE.

Grade Modes: Letter Graded**Field Trips:** May be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** None**Transfer Credit:** CSU**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None**ADS R111 Management and Supervision in Alcohol Programs 3 Units***In-Class Hours:* 52.5 lecture*Prerequisites:* ADS R101

This course focuses on five levels of alcohol program management; federal, state, and local governments, and private and voluntary agencies. The following organizational components will be emphasized: supervision at all levels of treatment and management; inter and intra organizational relationships, communication, employee assistance programs; and management styles and their influence on services. Students will also study the current and anticipated impact of alcohol and drug abuse on individual and community health problems and societal institutions and resources integrated into analysis of program management. This course fulfills one 3-unit skills requirement for the California Association of Alcohol/Drug Educators (CAADE) and Domain VIII of TAP 21 (Technical Assistance Publication Series: Addiction Counseling Competencies).

Grade Modes: Letter Graded**Field Trips:** May be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** None**Transfer Credit:** CSU**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None**ADS R112 Prevention, Intervention and Recovery 3 Units***In-Class Hours:* 52.5 lecture*C-ID:* ADS 150X

This course provides a comprehensive overview of theories and strategies for the prevention of substance use disorders. Primary, secondary, tertiary and evidence-based prevention models will be introduced and assessed. Prevention programs and activities appropriate for the community, school, parents and family, and work-sites will be covered. Strategies such as education, public policies, media/information dissemination, ethnic, cultural, and gender-specific approaches, environmental risk reduction, and alternatives will be presented and assessed for their application to different target populations. This course fulfills one 3-unit skills requirement of the California Association for Alcohol/Drug Educators (CAADE) and Domain VI of TAP 21 (Technical Assistance Publication Series: Addiction Counseling Competencies).

Grade Modes: Letter Graded**Field Trips:** May be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** None**Transfer Credit:** CSU**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None

ADS R113A Co-Occurring Disorders I 3 Units*Formerly:* ADS R113*In-Class Hours:* 52.5 lecture*C-ID:* ADS 190 X

This course addresses the coexistence of substance use disorders and other mental health disorders. It will focus on identification and assessment of common co-occurring disorders such as mood, anxiety, adjustment disorders, and post-traumatic stress disorder. It will also explore appropriate treatment and management approaches as well as making appropriate referrals. This course fulfills one 3-unit skills requirement for the California Association for Alcohol/Drug Educators (CAADE).

Grade Modes: Letter Graded**Field Trips:** May be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** None**Transfer Credit:** CSU**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None**ADS R113B Co-Occurring Disorders II 3 Units***Formerly:* R198A*In-Class Hours:* 52.5 lecture*Prerequisites:* ADS R113A

This course in co-occurring disorders is designed to give students advanced knowledge and skills in managing and treating clients with both substance use disorders and mental illness. It focuses on current treatment approaches, understanding medications, and how addiction counselors may interface with the professional mental health community to manage cases. This course fulfills one 3-unit skills elective of the California Association for Alcohol/Drug Educators (CAADE) and is required for the CAADE Co-Occurring Disorders Certificate.

Grade Modes: Letter Graded**Field Trips:** May be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** None**Transfer Credit:** CSU**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None**ADS R115 Alcohol, Drugs, Eating Disorders and Nutrition 3 Units***In-Class Hours:* 52.5 lecture

In this course, students will learn the principles of sound nutrition and how to apply them to the nutritional needs of recovering individuals. The prevalence of eating disorders such as bulimia, anorexia, and compulsive overeating in recovering individuals will be emphasized. The similarities between drug addiction and eating disorders will also be discussed. Students will learn about the special nutritional needs of pregnant women and about the effects of drugs/alcohol on fetal development, including fetal alcohol syndrome.

Grade Modes: Letter Graded**Field Trips:** May be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** None**Transfer Credit:** CSU**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None**ADS R116 Alcohol, Drugs, and Driving Laws 3 Units***In-Class Hours:* 52.5 lecture

This is a course designed for students currently working in, or interested in working in, a Driving Under the Influence (DUI) program, a Probation program, police work, and for people who supervise others, some of whom have DUI problems. The student will be introduced to the effects of alcohol and other drugs on the driver, as well as the laws and penalties regarding driving under the influence incidents. This course is designed to demonstrate the need for DUI programs as intervention strategies.

Grade Modes: Letter Graded**Field Trips:** May be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** None**Transfer Credit:** CSU**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None**ADS R117 Treatment Modalities in the Criminal Justice System 3 Units***In-Class Hours:* 52.5 lecture

This course examines treatment and intervention models utilized in the Criminal Justice System (CJS) to bring about desirable and positive changes in the substance abusing offender. The focus is on various approaches utilized at each phase of the CJS (pretrial, custodial, pre-release, and probation/parole supervision). Graduated sanctions for drug use violations by offenders under CJS jurisdiction are examined. Similarities and differences within the CJS and the effects on recovery for offenders and treatment providers are also explored.

Grade Modes: Letter Graded, Credit by exam, license etc.**Field Trips:** May be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** None**Transfer Credit:** CSU**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None**ADS R118 Culture, Race and Gender Diversity in Treatment 3 Units***In-Class Hours:* 52.5 lecture*C-ID:* ADS 195 X

This course will introduce students to the unique problems, issues, and concerns of diverse populations. The characteristics of these populations with respect to the incidence of substance use disorders, intervention needs, and responses to treatment will be explored. Research on historical, cultural, social, health and environmental factors impacting special populations will be discussed, as well as the role of ethnic and cultural differences. Particular attention will be given to population characteristics such as ethnicity/race, gender, age, economic, sexual orientation, and disability status. Ethnic and cultural differences will be emphasized to provide students with the skills needed to communicate effectively with diverse populations.

Grade Modes: Letter Graded**Field Trips:** May be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** None**Transfer Credit:** CSU**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None

ADS R119 Community as Treatment in the Criminal Justice System 3 Units*In-Class Hours:* 52.5 lecture

This course is designed to familiarize students with the various theories of rehabilitation for substance use disorders in the Criminal Justice System, from initial incarceration to reinstatement in the community. Students will be introduced to various therapeutic community models, the methodology involved in such models, and step-by-step explanations and illustrations of the entire process.

Grade Modes: Letter Graded, Credit by exam, license etc.**Field Trips:** May be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** None**Transfer Credit:** CSU**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None**ADS R120 Introduction to Alcohol and Drugs in the Criminal Justice System 3 Units***In-Class Hours:* 52.5 lecture

This course is an introduction to the treatment of alcohol and drug addicts living in the Criminal Justice System. It will include the history and evolution of the Justice System as well as sentencing practices, people of color and criminal justice reform in the United States. Crime, criminal behavior, the police, courts and corrections are also covered.

Grade Modes: Letter Graded, Credit by exam, license etc.**Field Trips:** May be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** None**Transfer Credit:** CSU**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None**ADS R121 Alcohol/Drugs and Domestic Violence 3 Units***In-Class Hours:* 52.5 lecture

This course will explain the dynamics of domestic violence and the related power and control effects it has on all aspects of relationships and intimacy. It will also examine its interconnectedness with substance abuse, cultural diversity, and family dynamics. The course will teach the tools and techniques for developing anger management skills and other alternatives to violence. In order to meet the counselor "core" training requirements for working within batterers' intervention and counseling programs in California, students will learn the theories and practice the skills necessary for working with abusive offenders, and extremely difficult and resistant clients.

Grade Modes: Letter Graded**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** None**Transfer Credit:** CSU**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None**ADS R122 Reducing Binge and Underage Drinking: A Collective Responsibility 3 Units***In-Class Hours:* 52.5 lecture

This course is designed for those students who are interested in starting or working in primary prevention programs including those already employed in alcohol programs or in enforcement fields. It will cover the scope and nature of binge and underage drinking, associated problems, national, state and local research and data on binge and underage drinking, effective municipal, college, and university law enforcement and community prevention strategies.

Grade Modes: Letter Graded**Field Trips:** May be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** None**Transfer Credit:** CSU**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None**ADS R123 Alcohol, Drug Addiction and Trauma 3 Units***In-Class Hours:* 52.5 lecture

This course will identify the symptoms, stages and cycles of substance use and relational addictions manifesting from trauma and the correlated treatment strategies of delivering trauma informed care (evidence-based treatment practices). Students will learn to recognize the triggers and symptoms of post traumatic stress and destructive high-risk relational bonds noted in victims, offenders and others suffering from addictive, obsessive and compulsive behaviors. Effective treatment methods and modalities supporting trauma informed care for addicted trauma survivors will also be covered.

Grade Modes: Letter Graded**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** None**Transfer Credit:** CSU**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None**ADS R124 Ethics and Confidentiality for Alcohol/Drug Studies 3 Units***In-Class Hours:* 52.5 lecture*C-ID:* ADS 160 X

This course will introduce potential alcohol/drug counselors to the principles in the Code of Ethical Standards for Alcohol/Drug Educators and the steps involved in making ethical decisions. The course will also cover client rights, counselor responsibilities, confidentiality, managing boundaries, conflicting values and other ethical issues. The importance of cultural competence in counseling diverse populations will be a key component of this course.

Grade Modes: Letter Graded**Field Trips:** May be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** None**Transfer Credit:** CSU**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None

ADS R125 Treatment of Eating Disorders 3 Units*In-Class Hours:* 52.5 lecture*Prerequisites:* ADS R115

This course introduces students to the assessment and treatment of eating disorders as co-occurring with alcohol/drug addiction and abuse. Students will develop an understanding of the variety of eating disorders and the complexity of treating clients who have them. Treatment settings, including inpatient, day treatment, and outpatient options and the roles of eating disorder treatment personnel within those settings will be discussed. Various philosophies regarding etiology and treatment for clients with eating disorders will be explored and students will be taught to evaluate the efficacy of treatment.

Grade Modes: Letter Graded**Field Trips:** May be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** None**Transfer Credit:** CSU**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None**ADS R131 Abnormal Psychology 3 Units***Same-As:* PSY R131*In-Class Hours:* 52.5 lecture*C-ID:* PSY 120

This course surveys various definitions, causes, and treatment methods relative to abnormal behavior. This course also covers psychological, biological and sociocultural theories of abnormal behavior. Topics include: diagnosis of abnormal behavior, clinical syndromes, various forms of intervention and preventive strategies.

Grade Modes: Letter Graded**Field Trips:** May be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** B2**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None

For more information contact:

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- Addictive Disorders Studies in the Criminal Justice System, Associate in Science (<http://catalog.vcccd.edu/oxnard/programs-courses/addictive-disorders-studies/addictive-disorders-studies-criminal-justice-system-as/>)
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