

University of South Dakota
School of Health Sciences
ADAS 220 Alcohol /Drug Helping Skills
Fall 2009

Instructor: Mary Merrigan, MA. LPC, CCDC III
Office Hours: TBA
Telephone: 605/677-6133

Welcome to ADS 220 Alcohol/Drug Helping Skills

Online Fall 2009

This course is designed to be an interactive and collaborative learning experience and instructor supported. Collaborative learning promotes authentic learning as students learn with and from each other. The interactive group discussions are an essential part of this course because we will not be meeting face-to-face in a traditional classroom. **This class is not an independent study course, weekly assignments and collaboration and communication between students is required.**

Course Description:

An introduction to multicultural counseling theories and skills. The student will develop basic communication and individual helping skills appropriate in dealing with abusers of alcohol/drugs. Required for ADS majors/minors. PREREQUISITE: ADS 116 and ADS 117.

Course Goals:

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- The overall goal of this course is to provide the student with a basic understanding of the various theories of counseling so the student can begin the process of developing a personal theory of counseling.
- A second goal of this course is to introduce the student to basic skills in the area of empathy, exploration of values/attitudes, and problem solving so that the student can establish and maintain more effective helping relationships with their alcohol/drug clients.
- A third goal is to provide a learning experience for the student that increases their appreciation for the responsibilities, the influences, and the limitations of the counselor in their helping relationship.

- A fourth goal is for the student to develop an understanding of the dynamics of the helping relationship and an appreciation of the need for self-awareness on the part of the counselor and an appreciation for the necessity to respond to the client as a whole person, with alcohol/drug problems being one part of who the client is.

Required Texts:

Textbook: Essentials of Chemical Dependency Counseling 3/E., Larson, Lawson & Rivers
ISBN 0-944480-9

Packet: "Helping Skills Models & Theories," Dona Kenneally

If you decide to get your texts from an online source (i.e. Amazon), order it early. Class participation and assignment due dates are adhered to, even if you do not have your book yet.

Course Requirements:

The student will be assessed in this class on contribution to class discussions/ chapter reflection questions, involvement in class activities, shadowing experience/paper, philosophy statement paper, and exams. Although online classes do not require actual attendance, time spent in the class online is very important. You should plan on spending one hour online for every hour that you would spend in the actual class if you were taking it on campus. It is the responsibility of the student to initiate contact with the instructor and to make suitable arrangements for completing all course requirements if the work cannot be completed as scheduled due to extenuating circumstances.

Course Requirements: Students will be assessed in this class according to

- Contribution to online discussions
- Involvement in online activities,
- Performance on class papers: Personal Philosophy of Counseling and reflection on Shadowing experience
- Weekly reflections from chapter questions
- Midterm and final exams

Technology Requirements

- If this is your first online course at the University, I would suggest that you review the new student's guide for online learning for valuable information to help you be

successful as an online learner. The guide can be found at the following URL, www.usd.edu/ce/Orientation.pdf. **If you struggle with working on a computer or using the required technology you will want to receive training if you are to be a successful online learner and keep pace with the class. Contact Continuing Education for assistance.**

- The University has established minimum hardware and software requirements to ensure the effective delivery of online courses. Those requirements are listed in the student guide at the following URL, www.usd.edu/ce/Orientation.pdf.
- **I can not help you with technology. If you have technology questions and/or problems you should go to <http://www.usd.edu/technology/>.** There you will find links to FAQs and email and telephone contact information so that your questions/problems can be resolved as soon as possible. It is your responsibility to resolve any issues with access to the course so that you can begin to participate in the course on the first day of the semester.
- Any supplementary information, resource, or power points will be provided to you as .pdf files so you will need to have a pdf reader software on your computer. If you have any technical problems contact the IT Helpdesk at 605-677-5028.

This class is held via D2L, which means there will be no face to face classroom time, and no scheduled meeting times. Be prepared to spend the amount of hours online that you would in a regular classroom.

It is extremely important that you pay careful attention to the syllabus, as there are many important dates outlined.

Important Deadlines:

- **Deadline to have setup a shadowing site by Sunday October 4 at 11:59pm**
- **Deadline for completion of Shadowing experience Sunday October 25 at 11:59pm**
- **Due date for Shadowing paper Sunday November 8 at 11:59pm**
- **October 5-11 Midterm Exam**
- **Philosophy Paper Due Sunday November 22 at 11:59pm**
- **Week of December 14 Final Exam**
- **Deadlines for the chapter questions are Thursdays at 11:59pm.**
- **Deadlines for the feedback discussions are Sundays at 11:59pm.**

In order to be registered for the course you must have a valid USD ID and password. If you have a USD e-mail account you have a valid USD ID and can access D2L anytime. If not, Continuing Education will require and provide you with instructions for obtaining a valid USD ID. Once the USD ID is established you will be able to access ADS 220 Alcohol and Drug Helping Skills on the first day of class and for the rest of the semester.

Be sure to log on to the class in D2L during the first week; failure to do so may result in being dropped from the class as a matter of Continuing Education policies.

The Course Homepage will coordinate your work in this course. To begin, you should read the Syllabus and take the D2L quiz. Introduce yourself to your classmate the first week on the discussion board. For weekly assignments see the syllabus and postings in news.

An important step is to read the Online Registration Packet from Continuing Education found at www.usd.edu/ce/Orientation.pdf. This guide will also provide you valuable information on **Etiquette/Netiquette**. Students will be responsible for learning to see each other as sources of information and realize that we are respectful and courteous to other persons even if the discussion should become intense. All fallible, including your instructor. Never post anything that can be perceived negatively by another student. Never email or post in anger. Always be respectful of the views of others.

There may be times when the information in this class touches personal issues. This class is intended to provoke self-exploration however; it is not intended to be therapeutic. If you are in need of counseling, services are available for enrolled USD students at the Student Counseling Center, 301 Julian Hall @677-5777 or through private providers.

Interaction with the Instructor:

Virtual Office Hours: **Instructor is available through the phone, e-mail and online. I will return e-mails and calls within 48 hours, excluding weekends** (in order to protect my private life, I will be unavailable on weekends.)

Please utilize the Desire 2 Learn e-mail function for all correspondence. Instructor is available by phone @ 605-677-6133 or ADS Dept 605-677-5386

Meet Your Instructor:

I am looking forward to being the instructor for this class. I have 21 years of experience working in the fields of chemical dependency, mental health, and co-occurring disorders. I have a Master of Arts degree in Counseling and Educational Psychology from The University of South Dakota

(USD). I am a Licensed Professional Counselor and a Certified Chemical Dependency Counselor.

Previous to becoming full time faculty in the ADS Dept during the spring 2009 semester I taught ADS class as Adjunct faculty for two years and worked as the lead counselor, treatment team leader, and a clinical supervisor for the Student Counseling Center at The University of South Dakota.

I was involved in providing ongoing counseling for substance abuse, mental health, and co-occurring disorders, as well as psychological and treatment needs assessment, aftercare, prevention, supervision, and consultation, and training for faculty and staff. I participated in crisis management for mental health, substance abuse emergencies, and the training and supervision of the USD Crisis Team.

I serve as a Change Agent in the South Dakota System Transformation Project, with the mission of improving services system-wide to individuals (and families) with co-occurring psychiatric and substance disorders. I have provided inpatient and intensive outpatient substance abuse treatment, developed a long-term aftercare program, and worked with children impacted by addiction and dysfunction. I also developed and implemented a statewide program for adolescents emancipating out of Child Protection Service and the Department of Corrections. The populations I have worked with include adults, young adults (college students), adolescents, and young children.