

<p>Course Name: HLTH 237/3.0</p> <p>An Introduction to Drugs, Drug Use and Drug Dependence</p>	<p>Course Instructor:</p> <p>Not Offered in 2021-22</p>	<p>Contact Hours: Lectures: 1 x 3 hrs / 12 weeks</p> <p>Prerequisite: PSYC 100/6.0</p> <p>Exclusion: None</p>
<p>Course Description:</p> <p>This course is a journey into the myriad of issues surrounding contemporary drug use. In order to understand humanity's timeless and persistent desire to alter consciousness, we will probe into the nature of intoxication, transcendental and trance states. This course provides students with a contemporary and evidence-informed perspective on drugs, addiction, harm reduction and treatment. From pharmacokinetics to public policy, and from psychedelics to behavioural addictions, we examine the timeless human interaction with these peculiar substances and consuming habits. Taking a multidisciplinary approach and looking at the historical and cultural functions of substance use, we will attempt to develop an informed, critical drug literacy.</p> <p>This course deeply examines concepts key to the understanding of drugs, drug use, and drug use dependency, including:</p> <ul style="list-style-type: none"> • What drugs are and how they work • When drug use becomes problematic • Contemporary and current issues • Known health impacts • Healthy drug policy, public policy and health policy • Can we become addicted to behaviours as well as to substances? What is addiction and how can it best be treated? • Is there a healthy way to use substances and how can we reduce the risks and known harms? • What is happening in our bodies when we use drugs? • What is consciousness and what are we seeking in substances? • Is there a value to altered states of consciousness? • Ultimately, what can drug use teach us about being 		<p>Course Texts:</p> <p>Recommended – Not Required In the Realm of Hungry Ghosts: Close Encounters with Addiction, by Gabor Mate (can be purchased easily online)</p> <p>OnQ and Turnitin will be used.</p> <p>Readings will be assigned. Independent reading and research is expected.</p>

<p>human, and how have humans used substances over time and space, across cultures?</p> <ul style="list-style-type: none"> • What is the importance of set and setting? 	
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<p>Intended Student Learning Outcomes:</p> <ul style="list-style-type: none"> • To improve our understanding of substance use, its meaning, drivers and impacts. • To develop a literacy in discussing and examining matters of substance use and addiction. • To improve our understanding of effective prevention, treatment and care in matters related to substance use disorders. • To recognize and understand the ways in which behaviours can create substance-like effects, rewards, harms, and patterns of dependence. • To improve our understanding of consciousness, what it is and how and why we seek to change it. • To develop an evidence-informed approach to substance use and behavioural addictions. • To improve empathy and reduce stigma. • To improve practices to limit drug related harm. 	<p>Course Evaluation:</p> <table> <tr> <td>Assignments (5)</td> <td>70%</td> </tr> <tr> <td>Final exam</td> <td>30%.</td> </tr> </table>	Assignments (5)	70%	Final exam	30%.
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Course Outline

Introduction to Course Material and Course Overview	Cannabis
Cultural Constructs: Peculiar Substances and Consuming Habits; the Anthropology and History of drugs	Stimulants
The Psychedelic Renaissance and Total Drug Effect	MDMA & Behavioral Addictions
The Neuroscience of Drugs, Consciousness & Addiction	Decriminalization, Legalization and Public Policy
Harm Reduction	The Stages of Change, Drugs Treatment and the Future of Mental Health
Alcohol and its Impacts with a Particular Focus on Campus Alcohol health prevention and promotion	Exam Review