



LILIE, LLC Course Information

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Title of Course (*45 hours*): Adolescent Addiction and Prevention

Course Description:

Understanding addictions and their societal impact is the basis for this course, which will help teachers understand the fundamentals of the problem in adolescents and how they affect the student population. Participants will be exposed to a wide variety of common psychological and psychological addictions, predispositions, and causes, and the preventions and community support available. Ultimately teachers will leave the course with a solid understanding of what common addictions are, how to recognize addictions, and where to direct those in need of treatment.

Overall Course Objective and Expectation(s):

- Teachers will analyze the types of addictions that occur among adolescents.
- Teachers will identify an addiction that they may have, and attempt to break their addiction using strategies they have learned in this class.
- Teachers will describe the various types of addictions that they have encountered in their classrooms.
- Teachers will describe the differences between a habit and an addiction.
- Teachers will understand the differences between drug abuse and drug addiction.
- Teachers will determine whether the disease of addiction is “curable.”
- Teachers will analyze if individuals are prone to addiction.
- Teachers will examine the differences between physiological and psychological addiction.
- Teachers will understand the causes of adolescent addictions.
- Teachers will explore the risk factors associated with adolescents and addictive behavior.
- Teachers will determine how the effects of addiction impacts student learning.
- Teachers will analyze the phenomena of cross-addictions in our society.
- Teachers will understand the various methods of treatment for addictive behavior and determine which ones are effective.
- Teachers will understand effective prevention strategies for addiction and incorporate them into their classrooms.

Course Instructional Materials:

All courses maintain a fully developed and dynamic webpage that houses all resources, reference material and various other required informational texts, videos and alike that is both active and relevant to course objectives and content. Course web pages are routinely updated to reflect most current research and available readings therefore instructional materials used to teach course objectives are subject to change.

Instructor Consultation and Interaction:

Real time consultation and instruction is provided through the LILIE, LLC discussion boards for each course/classroom on a daily basis.

Suggested Readings (*subject to change*):

- [Adolescent Substance Abuse and Addictions](#) Manuel Schydlower, Peter D. Rogers.
- [Alcohol Problems in Adolescents and Young Adults: Epidemiology, Neurobiology, Prevention, and Treatment](#) Marc Galanter.
- [Drugs 101: An Overview for Teens](#) Margaret O. Hyde, John F. Setaro.
- [Dying to Tell: The Hidden Meaning of Adolescent Substance Abuse](#) David K. Lewis, Carly H. Dodd.
- [I Am Your Disease: The Many Faces of Addiction](#) Sheryl Letzqus McGinnis and Heiko Ganzer
- [Substance Use among Children and Adolescents : Its Nature, Extent, and Effects from Conception to Adulthood](#) Ann Marie Pagliaro and Louis A. Pagliaro

Proof of Course Completion:

LILIE, LLC is committed to assuring that enrollees fully participate in and receive the educational benefits contemplated by the course. Enrollees must demonstrate participation by making detailed postings designed to foster dialogue among colleagues and instructors. These enrollee postings must be made four times each week in separate sessions. Enrollees will be required to submit a detailed log documenting at least 45 hours of course work, including discussion board posts, and will be required to apply information and strategies acquired from the course content to weekly classroom instruction. Attempts to falsify logs or discussion board entries will result in denial of credit and a report to the enrollee's employer.



Scope & Sequence/Weekly Topics and Objectives

Week 1

Topic(s):

- What is Addiction?
- Types of Addictions
- When is someone addicted?
- Addiction and the brain
- Abuse vs. Dependence
- Why do some people become addicted?
- Myths of Addiction

Objectives:

- To analyze what types of addiction occur among adolescents and why.
- To describe the various types of addiction you have encountered in your classroom.
- To describe the differences between a habit and an addiction.
- To distinguish whether someone is a drug abuser or has a drug addiction and why?
- To determine whether addiction is a disease that is curable. Why or why not?
- To analyze whether people are prone to addiction and determine if it is a learned behavior or genetically based?

Impact on Classroom Instruction:

- Teachers will analyze the types of addictions that occur among adolescents.
- Teachers will identify an addiction that they may have, and attempt to break their addiction using strategies they have learned in this class.
- Teachers will describe the various types of addictions that they have encountered in their classrooms.
- Teachers will describe the differences between a habit and an addiction.
- Teachers will understand the differences between drug abuse and drug addiction.
- Teachers will determine whether the disease of addiction is “curable.”
- Teachers will analyze if individuals are prone to addiction.

Learner Outcomes:

- Teachers will be able to identify an addiction that they may have, and attempt to break their addiction using strategies they have learned in this class.
- Teachers will be able to describe the various types of addictions that they have encountered in their classrooms.
- Teachers will be able to describe the differences between a habit and an addiction.
- Teachers will be able to understand the differences between drug abuse and drug addiction.

Assessment of Understanding and Learning/ Weekly Assignments (*including but not limited to posting requirements set forth by LILIE, LLC*):

- Educators will comment on peer responses and peer interactive conversation relating to addiction.
- Educators will identify an addiction that they may have, and attempt to break their addiction using strategies they have learned in this class.
- Educators will compare and discuss the various types of addictions among adolescents and why they occur.



Week II

Topic(s):

- Habit-vs-Addiction
- Psychological vs Physiological Addictions
- What Adolescents are Using
- Addiction Risk Factors

Objectives:

- To compare and explain the differences between a habit and an addiction.
- To determine when someone is physically dependent on a substance
- To assess what is harder to break a physiological or a psychological dependency and why?
- To understand why adolescents develop addictions.
- To analyze some common addictions in our society.
- To determine some risk factors associated with adolescents and addictive behavior.
- To understand how the effects of addiction impact student learning and impact us as educators
- To examine how the knowledge of adolescent addiction enhances both your instruction and your student success.

Impact on Classroom Instruction:

- Educators will understand how the effects of addiction impact student learning and impact us as educators
- Educators will examine how the knowledge of adolescent addiction enhances both your instruction and your student success.

Learner Outcomes:

- Educators will be able to understand why adolescents develop addictions.
- Educators will be able to analyze some common addictions in our society.
- Educators will be able to determine some risk factors associated with adolescents and addictive behavior.
- Educators will be able to understand how the effects of addiction impact student learning and impact us as educators.

Assessment of Understanding and Learning/ Weekly Assignments *(including but not limited to posting requirements set forth by LILIE, LLC):*

- -Educators will comment on peer responses and peer interactive conversation relating to psychological and physiological addiction.
- -Educators will identify what adolescents are using and the risk factors that are associated with developing an addiction.
- -Educators will view the film 28 Days and apply the definition of addiction to the film's characters and identify problems that are encountered due to drug use and the role of rehabilitation.



Week III

Topic(s):

- Drugs
- Alcohol
- Food
- Gambling
- Sex
- Video Games
- Exercise
- Shopping
- Co-Dependency

Objectives:

- -To explore various the types of addictions that are common in our society.
- -To identify the key components of various addictions.
- -To determine what makes various addictions similar, and what makes them different in terms of treatment and recovery
- -To determine why adolescents engage in alcohol and drug abuse, and what we can do as educators to prevent experimentation.
- -To analyze the phenomena of “cross-addictions.”
- -To determine whether it is more likely to have more than one addiction i.e. the addictive personality.
- -To assess how the prevalence of video games in our society affects the learning of adolescents, and how they affect our ability to teach.

Impact on Classroom Instruction:

- Teachers will determine why adolescents engage in alcohol and drug abuse, and what we can do as educators to prevent experimentation.
- Teachers will assess how the prevalence of addictions in our society affects the learning of adolescents, and how they affect our ability to teach.

Learner Outcomes:

- Educators will be able to determine how the effects of addiction impacts student learning.
- Educators will be able to analyze the phenomena of cross-addictions in our society.
- Educators will be able to determine whether it is more likely to have more than one addiction i.e. the addictive personality.

Assessment of Understanding and Learning/ Weekly Assignments (including but not limited to posting requirements set forth by LILIE, LLC):

- Educators will comment on peer responses and peer interactive conversation relating to the similarities and differences of various addictions.
- Educators will debate and discuss the phenomena of cross-addictions in our society.
- Educators will discuss the various types of addictions among adolescents affect our ability to teach.



Week IV

Topic(s):

- Incorporation and Instruction
- Prevention
- Treatment
- After care
- Discussion of Film “28 Days”

Objectives:

- -To determine how your perception of adolescent addiction and recovery have been influenced by what you have learned in this course.
- -To determine what strategies you will incorporate into your classroom to aid in the prevention of addictive behavior among your students
- -To discuss the various options of treatment for addictive behavior. -To determine what methods of treatment are the most effective and why
- -To examine how AA and NA are common forms of aftercare for alcohol and drug addiction and to determine if they are effective or contributors to relapse and why?

Impact on Classroom Instruction:

Teachers will understand the various methods of treatment for addictive behavior and determine which ones are effective.

Teachers will understand effective prevention strategies for addiction and incorporate them into their classrooms.

Learner Outcomes:

- Educators will be able to understand the various methods of treatment for addictive behavior and determine which ones are effective.
- Educators will be able to understand effective prevention strategies for addiction and incorporate them into their classrooms.
- Educators will be able to discuss the various options of treatment for addictive behavior.
- Educators will be able to determine what methods of treatment are the most effective and why
- Educators will be able to examine how AA and NA are common forms of aftercare for alcohol and drug addiction and to determine if they are effective or contributors to relapse and why?

Assessment of Understanding and Learning/ Weekly Assignments (including but not limited to posting requirements set forth by LILIE, LLC):

- Educators will comment on peer responses and peer interactive conversation relating to the prevention of various addictions.
- Educators will debate and discuss the effective methods of treatment for addiction.
- Educators will debate if AA and NA are effective treatment methods or contributors to relapse and why.
- Educators will post a 2 page reaction paper regarding the film “28 Days” as it applies to the content of this course, and educators will respond to other peer postings.