### RXRS 414: Buzzed: Modern Substances of Abuse and Addiction

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**Office Hours:** Health Sciences Campus, CHP-140F – Friday 10am – 2pm

University Park Campus – By appointment, email tchurch@usc.edu

**Course Weight:** 4 Units (course meets 3 hours per week)

Day/Time/Location: Monday, Wednesday, 2pm-3:20pm, WPH 106

On-line – Zoom link will be available via Blackboard

*Catalogue description:* Modern perspectives; discovery and use of legal and illicit drugs of addiction including alcohol and opioids. How drugs have helped, shaped, modified or changed individuals and society.

## Introduction

In conventional terms, buzzed is the effect encountered after smoking various plants, drinking various alcoholic drinks, or ingesting various substances. Buzzed is the "high" one experiences. This course is designed to investigate what buzzed means in relation to substances of abuse and addiction. Examples of substances that will be discussed include alcohol, opioids, benzodiazepines, synthetic drugs, soda, coffee, and tobacco. Together we will survey the most recent discoveries about substances of abuse like prescription opioids, purple drank, and bath salts. This course will include information about biological and behavioral changes in addiction, distinctive drug effects on the adolescent brain, trends from popular culture related to these drugs, and ethical issues as related to modern substances of abuse. In quick-reference summaries, this class will report on how these drugs enter the body, how they manipulate the brain, their short-term and long-term effects, the different "highs" they produce, and the circumstances in which they can be deadly. This course does not pay homage to the "just say no" doctrine of abstinence, nor does it function as a "how-to" manual for people interested in becoming buzzed. This course will allow people to make informed decisions with accurate information about these substances, which they may encounter throughout their lives. There exists very little material available to the public on the most up-to-date psychological, legal, and pharmacological research on these drugs. This course aims to provide a clear understanding of how these substances work, the consequences of their use, the policies to regulate them, and the social beliefs surrounding them.

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# **Objectives**

This course is designed for undergraduates of both scientific and non-scientific majors with an interest in learning about current trends that mark today's drug climate as they explore the social, psychological, economical and biological reasons why drug use, misuse and abuse occur. This course will also examine the historical, political, and cultural foundations of drug use in contemporary society by studying pharmacologic, literary, political, economic, philosophical, legal, ethical and religious traditions as they relate to drug use. For example, the prescription drug abuse crisis and implications of this phenomenon is one way in which we will explore links between illegal use of prescription opioids and the increase in accidental opioid overdose deaths. Students will also learn about drugs of abuse and misuse plaguing the globe over the past forty years. Differences surrounding the ethics of the development and deployment of synthetic chemicals (for example, MDMA) will be presented in ways that are designed to lead to lively discussions during class.

Upon successful completion of this course, the student should be able to participate in a thoughtful debate about:

- The nature of substances of abuse throughout the world
- Differences between addiction and abuse
- Understanding of the most common used drugs, including their general reactions and interactions
- Discuss current policies that inhibit or exploit certain substances of abuse
- Economics of drug distribution
- Modern day pharmaceutics the good, the bad, the ugly
- The consequences of improper drug use and abuse and its relationship to health, economy, wellbeing and society as presented in popular culture

# Communication Method

If you have questions or concerns, please contact Dr. Church via email (tdchurch@usc.edu). Your email will be attended as quickly as possible within a 48-hour window. For more urgent or pressing issues, please contact Dr. Church via telephone at 323.442.0241.

# **Evaluation and Grading**

Evaluation will be based on one midterm examination, a final examination, five course quizzes, and three writing assignments (critical report and discussion).

Description	Points	Weight	
Quizzes 5 (@ 10 pts each)	50 pts	(15%)	
Midterm exam	50 pts	(25%)	
Final exam (partially cumulative)	100 pts	(30%)	
Critical report & discussion (50 pts each x 3)	150 pts	(30%)	
Total	350 pts	(100%)	

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**15% Quizzes**: There will be 5 quizzes over the course of the semester to count towards their grade. Each quiz will be worth 3% of the final grade. The quizzes will be based on questions from the lecture and from the textbook and will include multiple choice, T/F and fill-in the blank questions.

**25% Midterm**: There will be 1 midterm for this course that will cover the first 8 weeks of course material. The midterm will consist of a series of questions involving short answers as well as a longer question requiring critical thought and its articulation in written responses. This midterm exam will help students to generate a critical assessment of key topics in this course, to develop a suitable argument, and to convey their ideas and interpretations through the written word.

<u>30% Final</u>: The Final Exam will be in the form of an in-class examination during exam week. The final exam will be composed of two parts, each having equal weight towards the final grade. The first part of the exam will include questions from the lectures and from the textbook in the form of multiple choice, T/F and fill-in the blank questions. The second part of the final examination will consist of short written answers to demonstrate the students' knowledge regarding topics covered in the course. This latter part of the final exam will allow students to express their ideas based on facts derived from the course.

30% Critical report and debate: 15% awarded for the critical debates and 15% for the written synopsizes for a total of 30%. Beginning in Week 3 and continuing to Week 14 students will be required to prepare three written reports and present three oral reports (5% per debate and 5% per report). These reports will be related to the weekly topic and students will sign-up for two topics on a substance of their choice. Students will prepare a two-page critical response report of their chosen topic and hand in via blackboard. The presentations should be at least 8 minutes but no more than 10 minutes in length. These presentations will be used to guide weekly discussions (general topic ideas per substance can be found on page 8-9). Students will need to research their topics and present on a journal article, news report, legal case, ethical issue, or policy review. The discussion day for the weekly substance topic will have a maximum of 3 speakers. Students should sign-up as it is first come, first served – once all 3 spots are full for a topic week no additional presenters will be accepted. The sign-up sheet is available in blackboard.

# Required Text

Kuhn, C.; Swartzwelder, S.; Wilson, W.; Wilson, L. H.; Foster, J.

2014 Buzzed: The straight facts about the most used and abused drugs from alcohol to ecstasy, 4th ed. W. W. Norton & Company: New York, NY. 386 pp.

# Supplemental Texts and Multimedia

Chapters from the core textbook will be supplemented with a variety of source materials including

online resources, media outlets and cinema. Supplemental materials will be available on blackboard either as documents, media links, or embedded files. The selected materials are intended to provide students with a broader perspective by rounding out the information presented in the required text.

# Content Warning

Our course readings and classroom discussions will often focus on mature, difficult, and potentially challenging topics. As with any course dealing with drug use, abuse and addiction, course topics can at times be political *and* personal. Readings and discussions might trigger strong feelings—anger, discomfort, anxiety, confusion, excitement, humor, and even boredom. Some of us will have emotional responses to the readings; some of us will have emotional responses to our peers' understanding of the readings; all of us should feel responsible for creating a space that is both intellectually rigorous and respectful. Above all, be respectful (even when you strongly disagree) and be mindful of the ways that our identities position us in the classroom.

## Course Outline

This course will be in the format of a directed seminar/lecture under the guidance of the instructor for the specific session. During each biweekly session the instructor will engage the students with questions and draw comments or interpretations primarily based on the assigned reading. Students are expected to ask questions and participate in an interactive fashion. Because this is an area of rapid change in policies, the readings may vary from one term to the next. Additional readings for each section that may be of added use are listed in the table below.

## Course Schedule

The lectures are designed to provide historical, cultural, social, economic, and political overviews of the topics listed. In weeks 2-4, weeks 6-8, weeks 10-11, and weeks 13-14; the Tuesday lectures will introduce a specific substance by providing a pharmacologic overview, history of use, legal / regulatory practices, and commentary related to any socio-cultural phenomenon surrounding the substance. In weeks 2-4, weeks 6-8, weeks 10-11, and weeks 13-14, the Thursday lectures will be open forum where students will present their critical reports and together, we will discuss how these issues, reports, and commentary frame a specific substance. Students are encouraged to provide current information (2017 to present).

Week	Date	Subject	Instructor	Assigned & Supplemental Readings
Week 1	Wed 20 Jan	Use, Abuse & Addiction	Dr. Church	Introduction – Buzzed; Garriott Addiction in the Making – blackboard
Week 2	Mon 25 Jan	Alcohol – Lecture The substances to be covered in the lecture on alcohol include:	Dr. Davies	Chapter 1 – Buzzed
		<ul> <li>Liquor / Spirits</li> <li>Wine</li> <li>Beer / Mead / Ale</li> </ul>		
	Wed 27 Jan	Alcohol – Discussion	Student Presentations	
Week 3	Mon 1 Feb	Caffeine – Lecture The substances to be covered in the lecture on caffeine include:	Dr. Church	Chapter 2 – Buzzed
		<ul> <li>Coffee</li> <li>Tea</li> <li>Soda / Energy drinks</li> <li>OTC drugs</li> <li>Chocolate</li> </ul>		
	Wed 3 Feb	Caffeine – Discussion	Student Presentations	
Week 4	Mon 8 Feb	Ecstasy – Lecture The substances to be covered in the lecture on ecstasy include:  • MDMA • EDM / dance music festivals	Dr. Church	Chapter 3 – Buzzed; Little, Burger, and Croucher EDM and Ecstasy – blackboard
	Wed 10 Feb	Ecstasy – Discussion	Student Presentations	
Week 5	Wed 17 Feb	Hallucinogens – Lecture The substances to be covered in the lecture on hallucinogens include:  LSD, psilocin, mescaline, & DMT Belladonna alkaloids PCP, Ketamine, & Dextromethorphan Salvia divinorum	Dr. Church	Chapter 4 – Buzzed

Week 6	Mon 22 Feb	Herbal Drugs – Lecture The substances to be covered in the lecture on hallucinogens include:	Dr. Church	Chapter 5 – Buzzed
		<ul> <li>Ephedrine</li> <li>St. John's Wort</li> <li>Melatonin</li> <li>Ginseng</li> <li>Gingko</li> </ul>		
	Wed 24 Feb	Herbal Drugs – Discussion	Student Presentations	
Week 7	Wed 1 Mar	Inhalants – Lecture The substances to be covered in the inhalants lecture include:	Dr. Church	Chapter 6 – Buzzed
		<ul> <li>Nitrites</li> <li>Nitrous oxide, halothane, ether</li> <li>Solvents, fuels, paints, glues</li> </ul>		
	Wed 3 Mar	Inhalants – Discussion	Student Presentations	
Week 8	Mon 8 Mar	Marijuana – Lecture The substances to be covered during the marijuana lecture include:  Cannabis sativa Cannabis indica	Dr. Church	Chapter 7 – Buzzed; Kilmer Medical Marijuana and Marijuana Legalization –
		<ul><li>Cannabis ruderalis</li><li>Cannabis hybrids</li></ul>		blackboard
	Wed 10 Mar	Marijuana – Discussion	Student Presentations	
Week 9	Mon 15 Mar Wed 17 Mar	Mid Term – Review  Mid Term Exam		
Week 10	Mon 22 Mar	Nicotine – Lecture The substances to be covered during the nicotine lecture include:  Tobacco, cigars, cigarettes, pipe tobacco Chewing gum Chewing tobacco, snuff E-cigarettes, vaping devices	Dr. Church	Chapter 8 – Buzzed; Leventhal Strong, & Kirkpatrick Electronic Cigarette Use - blackboard
	Wed 24 Mar	Nicotine – Discussion	Student Presentations	
Week 11	Mon 29 Mar	Opiates – Lecture The substances to be covered during the nicotine lecture include:  Opium, heroin, morphine Codeine, hydromorphone, oxycodone Hydrocodone, fentanyl, propoxyphene	Dr. Church	Chapter 9 – <i>Buzzed</i>
	Wed 31 Mar	Opiates – Discussion	Student Presentations	

Week 12	Mon 5 Apr	Sedatives – Lecture The substances to be covered during the sedatives lecture include:	Dr. Church	Chapter 10 – Buzzed
		<ul><li>Benzodiazepines</li><li>Hypnotics, sedatives, barbiturates</li><li>Gamma-hydroxybutyrate</li></ul>		
	Wed 7 Apr	Wellness Day – No Class / No Discussion	N/A	
Week 13	Mon 12 Apr	Steroids – Lecture The substances to be covered during the steroids lecture include:  • Anabolic steroids • Athletic "doping"	Dr. Church	Chapter 11 – Buzzed; Schneider Doping, Cycling, and the Tour de France - Blackboard
	Wed 14 Apr	Steroids – Discussion	Student Presentations	
Week 14	Mon 19 Apr	Stimulants – Lecture The substances to be covered during the stimulants lecture include:  Cocaine Amphetamine and methamphetamine Ephedrine and ephedrine substitutes Methylphenidate Cathinone Diet pills	Dr. Church	Chapter 12 – Buzzed; Race, Lea, Murphy, & Pienaar Recreational Drug Use and MSM - Blackboard
	Wed 21 Apr	Stimulants – Discussion	Student Presentations	
Week 15	Mon 26 Apr	Legal Issues – Lecture	Dr. Church	Chapter 16 – Buzzed
	Wed 28 Apr	Final Exam – Review	Dr. Church	
Final Exam – Monday, 10 May; 2pm-4pm				

# Quizzes and Exams Schedule

Week   Day	Material, Subject, or Description
Week 3   3 Feb	Quiz #1 / Week 1 – Week 3
Week 5   17 Feb	Quiz #2 / Week 3 – Week 5
Week 8   10 Mar	Quiz #3 / Week 6 – Week 8
Week 9   17 Mar	Mid Term Exam / Week 1 – Week 8
Week 11   31 Mar	Quiz #4 / Week 10 – Week 11
Week 14   21 Apr	Quiz #5 / Week 12 – Week 14
TBA	Final Exam

# Discussion / General Topic Ideas per Substance

Week	Substance	Potential Topics
Week 2	Alcohol	Alcohol home brew; Illegal distillation; moon shine; Effects of alcohol on the body, brain, or relationships; drinking and aggression; blackouts and excessive consumption; drunk behavior; binge drinking; pub crawls and excessive drinking; alcoholism and work; hangovers; alcohol and lowering of inhibitions; treatments for alcoholism
Week 3	Caffeine	Caffeine addiction; Caffeine for mental focus; Effects of caffeine on brain, body, or relationships; Stress, panic attacks, and psychosis from caffeine use; Physical or mental enhancement from caffeine; Treatment of headaches and migraines; Soda addiction; Energy drinks and alcohol; Chocolate
Week 4	Ecstasy	MDMA addiction; Effects of MDMA on brain, body, or relationships; MDMA and music subcultures (raves, EDM, other); MDMA purity; MDMA as therapy; Post-MDMA use depression; MDMA and psychological suggestion
Week 6	Herbal Drugs	Supplements and issues of quality; use of herbal drugs by population subtype / demographic; wellness and natural products; quality and safety of unregulated products; food as drugs; herbal vs chemical treatments; traditional medicine and modern medicine; supplement of amino acids; supplement of vitamins; testing and quality.
Week 7	Inhalants	Inhalants and sexual practices; Effects of inhalants on brain, body, or relationships; Inhalants for anesthesia for minor or major surgery; Inhalants for sedation; Huffing and social acceptance
Week 8	Marijuana	Cannabis and methods of use; Edibles and dosing; Federal versus State governance; Effects of cannabis on brain, body, or relationship; Racial and ethnic stereotyping of cannabis users; Negative stereotype of the name "Marijuana"; Cannabis and music cultures; Cannabis and economics; Politics of Cannabis

Week	Substance	Potential Topics
Week 10	Nicotine	Cultural history of Tobacco; Tobacco and American History; Effects of nicotine on brain, body, or relationships; Political and social control of big tobacco; Legislation and taxation of tobacco (current or historic); Vaping, ecigarettes, and smokeless tobacco; Marketing of tobacco
Week 11	Opiates	Cultural history of opium; Economics of opium; Effects of opiates on brain, body, or relationships; Over-prescription and opiate addiction; Opiates and crime; Popularization of Junkie Culture; Opium Dens; Heroin Shooting Galleries; Risks of injection drug use
Week 13	Steroids	Performance enhancing drugs and regulations; Sports and steroids; Steroids and body dysmorphia / body image; Steroids and masculinity; Effects of steroids on brain, body, or relationships
Week 14	Stimulants	ADHD prescription among youth; ADHD medications and performance; Effects of stimulants on brain, body, or relationships; "Party and Play" – meth and gay men; Cultural history of cocaine; Religious use of cocaine; Cocaine and drug cartels; Diet pills and dependence: Stimulants and rise of sexually transmitted infections

# Statement on Academic Conduct and Support Systems

## **Academic Conduct:**

Plagiarism – presenting someone else's ideas as your own, either verbatim or recast in your own words – is a serious academic offense with serious consequences. Please familiarize yourself with the discussion of plagiarism in SCampus in Part B, Section 11, "Behavior Violating University Standards" <u>policy.usc.edu/scampus-part-b</u>. Other forms of academic dishonesty are equally unacceptable. See additional information in SCampus and university policies on scientific misconduct, <u>policy.usc.edu/scientific-misconduct</u>.

# **Support Systems:**

Counseling and Mental Health - (213) 740-9355 – 24/7 on call studenthealth.usc.edu/counseling

Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention.

National Suicide Prevention Lifeline - 1 (800) 273-8255 – 24/7 on call suicidepreventionlifeline.org

Free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

Relationship and Sexual Violence Prevention and Services (RSVP) - (213) 740-9355(WELL), press "0" after hours — 24/7 on call studenthealth.usc.edu/sexual-assault

Free and confidential therapy services, workshops, and training for situations related to gender-based harm.

Office of Equity and Diversity (OED)- (213) 740-5086 | Title IX – (213) 821-8298 equity.usc.edu, titleix.usc.edu

Information about how to get help or help someone affected by harassment or discrimination, rights of protected classes, reporting options, and additional resources for students, faculty, staff, visitors, and applicants. The university prohibits discrimination or harassment based on the following *protected characteristics*: race, color, national origin, ancestry, religion, sex, gender, gender identity, gender expression, sexual orientation, age, physical disability, medical condition, mental disability, marital status, pregnancy, veteran status, genetic information, and any other characteristic which may be specified in applicable laws and governmental regulations. The university also prohibits sexual assault, non-consensual sexual contact, sexual misconduct, intimate partner violence, stalking, malicious dissuasion, retaliation, and violation of interim measures.

Reporting Incidents of Bias or Harassment - (213) 740-5086 or (213) 821-8298 usc-advocate.symplicity.com/care\_report

Avenue to report incidents of bias, hate crimes, and microaggressions to the Office of Equity and Diversity |Title IX for appropriate investigation, supportive measures, and response.

*The Office of Disability Services and Programs - (213) 740-0776* <u>dsp.usc.edu</u>

Support and accommodations for students with disabilities. Services include assistance in providing readers/notetakers/interpreters, special accommodations for test taking needs, assistance with architectural barriers, assistive technology, and support for individual needs.

USC Support and Advocacy - (213) 821-4710

### uscsa.usc.edu

Assists students and families in resolving complex personal, financial, and academic issues adversely affecting their success as a student.

Diversity at USC - (213) 740-2101 diversity.usc.edu

Information on events, programs and training, the Provost's Diversity and Inclusion Council, Diversity Liaisons for each academic school, chronology, participation, and various resources for students.

*USC Emergency - UPC: (213) 740-4321, HSC: (323) 442-1000 – 24/7 on call* dps.usc.edu, emergency.usc.edu

Emergency assistance and avenue to report a crime. Latest updates regarding safety, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible.

USC Department of Public Safety - UPC: (213) 740-6000, HSC: (323) 442-120 – 24/7 on call <a href="mailto:dps.usc.edu">dps.usc.edu</a>

Non-emergency assistance or information.

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## **Critical Report**

During weeks 2-4, weeks 6-8, weeks 10-11, and weeks 13-14 students will be required to prepare and present <u>THREE</u> oral & written reports. These reports will be related to the weekly topic and students will sign-up for two topics on two different substances of their choice. Students will prepare a one-page synopsis of each report and submit it via blackboard. In addition, students will prepare a powerpoint presentation of their report, this presentation should be at least 8 minutes but no more than 10 minutes in length (~4 or 5 slides, not counting the title or reference slides). These presentations will be used to guide weekly discussions (general topic ideas per substance can be found on page 8-9). Students will need to research their topics and present on at minimum two journal articles, news report, legal cases, ethical issues, or policy reviews.

Grading of the report will be based upon the quality of your analysis and how clearly you present the information within your answers. You are expected to incorporate key terms and concepts you have learned in this course. Points will be deducted for grammar, punctuation, and spelling errors. You should start with a brief outline for each answer, create a rough draft, and then produce a final draft. *The final draft of the synopsis and powerpoint are the only documents you need to submit.* 

These are critical response essays related to the material covered in lecture and in the assigned readings. You must utilize sources not included as part of the weekly class content. Your essays must consist of:

- A. **An Introduction paragraph**, which contains a minimum of two sentences that introduces your answer to the reader and establishes a foundation for the remainder of your answer.
- B. **Body paragraph(s)**, which present the major content of your answer. Include at least one body paragraph with three or four sentences within the paragraph.
- C. **A conclusion paragraph**, which contains a minimum of two sentences and summarizes the major points contained in the body paragraphs.

#### **Format Requirements**

Carefully follow the format requirements below. Any variation will result in lost points or no credit.

- Margins = 1 inch
- Font type = Arial, Times New Roman, or any Sans type font
- Font size = 11 point
- 2 pages (double spaced) (references not included)
- Use a header for each page:
  - o Include your first and last name
  - Use week number to indicate your topic (e.g. Week 3 Caffeine)
- Filename should have your last name and first name (e.g. **Trojan Tommy ShortEssay1**)

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- Acceptable file formats:
  - o Word (DOC or DOCX) and PowerPoint (PPT or PPTX)
  - o No other formats will be accepted!

### **Direct Quotations**

These essays are expected to be written in your own words therefore no more than 5% of the essay should be quoted or copied word – for – word. If you submit an essay with more than 5% quoted material, you will be penalized one point for each percentage above 5%. If you submit an essay with more than 15% quoted material, you will receive an automatic zero.

#### **APA Citations**

**THIS IS NOT AN APA paper**; however, you are expected to demonstrate understanding of the rules of plagiarism and expected to use APA style citations appropriately, which include in-text and full citations with a Reference page.

You are expected to cite at least <u>2</u> sources (class books and articles, articles from journals, books, etc) per essay. You will be penalized <u>-5</u> points for a missing resource.

**Do NOT** use Wikipedia or any other similar form of wiki to author these essays.

Students will sign up for their topics through Blackboard by going to the Content tab and selecting the Weekly Topics Sign-up link. They will "sign-up" for the weekly topics they are interested in. If a topic of interest is closed, please contact Dr. Church to discuss options.

#### **Submission Requirement**

The written reports are to be submitted by 2pm of the Monday of the topic week (see chart below) via Blackboard.

### **Weekly Report Topics and Submission Dates**

Week Number	Essay Topic	Due Date (by 2pm)
2	Alcohol	3 Feb
3	Caffeine	10 Feb
4	Ecstasy	17 Feb
5	Hallucinogens	24 Feb
7	Inhalants	3 Mar

Week Number	Essay Topic	Due Date (by 2pm)
8	Marijuana	10 Mar
10	Nicotine	24 Mar
11	Opiates	31 Mar
13	Steroids	14 Apr
14	Stimulants	21 Apr