

# HDHS 278 – Families and Addiction

## CRN 34095

Welcome!

### Instructor:

Denae Boggs MA, LMFT

### Contact information

**Email Address:** [denae\\_boggs@cuesta.edu](mailto:denae_boggs@cuesta.edu)

**Phone Number:** (805) 564-3100 ext. 2764, messages checked on T/TH during Spring 19 Semester

**Office Location/ Hours:** Office #4040, SLO campus, T/TH, 8:20 am – 10:50 am

**Instructor Contact Expectations:** The best and fastest way to contact me is through email. During the semester, I will generally respond to your emails within 24 hours during weekdays only. During busy times of the semester, the response time may increase to 48 hours. On weekends, I will do my best to get back to you ASAP but I cannot guarantee an expeditious response.

**Course Environment:** This online course will be using a Web-based Learning Management System, Canvas, as the method to disseminate information. Canvas provides the framework for the course including PowerPoint presentations, student data files, the tools to receive and send course materials, and a grade book. Using the communication tools, you can communicate using e-mail, and you can share materials and ideas with other course participants via the discussion forums and groups.

**Class opens / Accessing Canvas:** On the first day of class you will receive an email to your my.Cuesta.edu address providing you with a reminder about the start of class and log in procedures for Canvas, the learning management system (LMS) used to deliver course content. You can access Canvas by logging into MyCuesta, then clicking on the Resources Tab, then clicking on Canvas in the Online Learning Channel, or by typing [cuesta.instructure.com](http://cuesta.instructure.com) into your browser address bar. Do not bookmark / favorite the canvas site after your login, or you will get an error message next time you try to log in. You must access the canvas log in directly.

If you are not familiar with logging into canvas, please refer to the [Canvas Quick Reference Guide](#). Once logged into Canvas you will be directed on where to get started. Be sure to read all the direction on the course home page.

If you are having difficulty logging into Canvas after 1/22/19 and need assistance please email me or technical support at [support@my.cuesta.edu](mailto:support@my.cuesta.edu).

### **Online Learning**

If you have never taken an online class or this is your first experience with Canvas, please be patient with yourself. Online classes are not inherently easier, although they may be much more convenient for many students. You should expect to spend at least as much time, if not more on this course as you would on a course that meets face to face. Since there is no lecture component, much of this time will be self-directed and there will be a substantial amount of reading, viewing, studying, and writing required. This course is completely online using Canvas; all coursework (discussions, assignments, quizzes) is submitted online. There are no face-to-face meetings. Please be prepared to spend 6 - 10 hours per week on coursework for this class

IS an ONLINE CLASS FOR YOU?

- First of all, go to the [Online Readiness Resources](#) and take the "self assessment " and review all the resources that were designed to help you understand the basis for an online class and the skills necessary for success. (If the tutorials do **NOT** describe you, then taking this class online is **NOT** for you and I strongly suggest that you drop the online class and enroll in a traditional classroom section.)

### **Regular Effective Contact policy:**

Regular and Effective Instructor Contact will be met through weekly instructor initiated threaded discussion forums; weekly announcements to students; timely and effective feedback on student assignments; email, phone or messaging to individuals; and office hours.

### **Course Description**

Examines common patterns of family structure and functioning often correlated with substance abuse and addiction including the major types of family systems and dynamics. Reviews basic clinical practice including therapeutic approaches, skills, and techniques for effective intervention and treatment modalities for both individuals and the family system.

## Student Learning Outcomes

1. Apply the major theories and corresponding therapeutic models to understand the chemically dependent family
2. Demonstrate strategies which assess for readiness and responsiveness to the therapeutic process, and risks of harm to self and others
3. Apply effective therapeutic intervention skills and practices necessary to promote sobriety, lifelong recovery, personal growth, and family strength
4. Discern characteristics and behaviors of professionals in the human services field that undermine the therapeutic process.

## Text Book and Materials

- Straussner, S., Fewell, C. *Children of Substance-Abusing Parents* (1/e). Springer Publishing Company, (2011).

## Technical Support

Cuesta students are encouraged to direct all technical support inquiries to [support@my.cuesta.edu](mailto:support@my.cuesta.edu). If you are having issues with Canvas, you should contact the Canvas Support Hotline at (877) 921-7680, or click on the help button on the Canvas Navigation to report a problem.

If you are having difficulty viewing the course or logging in, it may be because you are not using the correct url: [cuesta.instructure.com](http://cuesta.instructure.com) or you are using your phone or using an unsupported browser.

Your learning environment is best accessed from a desktop or laptop computer, using Firefox or Chrome. This may solve your problem! Please review the [browser requirements and minimum computer specifications](#).

## Accommodations:

This course is designed using an accessible Learning Management System, and course materials have been created with ADA compliance in mind. If you have a disability and might need accommodations in this class such as extended time on exams or other resources, please contact the instructor as soon as possible so that you can receive appropriate accommodations

in a timely manner. You should also contact [DSPS \(Disabled Student Programs & Services\)](#) at (805) 546-3148.

## College & Course Policies:

**Academic Honesty Policy:** Cuesta College's Academic Honesty Policy can be found in the link below. In addition, all students attending San Luis Obispo County Community College District at any district site and when representing Cuesta College in any off-campus activity, assume an obligation to conduct themselves in an acceptable manner compatible with the Student Code of conduct. Please review the [Cuesta College Student Code of Conduct](#).

**Add / Drop Policy:** If you are still on the waitlist on the first day of the semester, e-mail the instructor to inquire about an Add Code. In addition to my policy, please review the Cuesta policy for adds and drops.

- [Add Policy](#)
- [Drop Policy](#)

**Waitlist Policy:** If you are still on the waitlist on the first day of the semester, e-mail the instructor to inquire about an Add Code. In addition to my course specific procedures, please review [Cuesta's waitlist procedure and instructions](#).