I. COURSE DESCRIPTION

Substance abuse represents a major public health concern facing America’s youth. Although all adolescents are directly or indirectly impacted by substance abuse, racial and ethnic minority youth are disproportionately impacted. Social workers play a key role in health promotion and disease prevention, including prevention, intervention and rehabilitation of substance abuse among racial and ethnic minority adolescents in urban settings. This course will draw from multiple disciplines, including social work, epidemiology, public health, psychology, policy and couple and family therapy, to introduce students to theory and knowledge on substance abuse to inform social work practice with racial and ethnic minority adolescents in urban settings. This course will be guided by models, and the theoretical frameworks which inform them, that have been shown to be efficacious or effective in prevention, intervention, and rehabilitation of substance abuse in adolescents. Therefore, students will be introduced to research-informed substance abuse practices among racial and ethnic minority urban adolescents. For the purposes of this course, substance abuse will include both licit and illicit substances. Students will be asked to demonstrate the ways in which to apply research-informed theory and knowledge in practice settings with racial and ethnic minority urban adolescents.

II. COURSE CONTENT

This course will focus on research-informed practice models that have been shown to be efficacious or effective in prevention, intervention and rehabilitation of substance abuse in racial and ethnic minority adolescents, as well as a few models that have moved from effectiveness to implementation to scale. We will cover models implemented in several different contexts, including individual, peer-led/social networks, parent/family, school and community. Additionally, we will explore the use of e-health technology to prevention, intervention or rehabilitation of substance abuse in adolescents, and discuss those e-health models which have been shown to be efficacious. We will work to identify the common pathways and mechanisms of change (i.e., mediators), as well as identifying for whom are interventions efficacious for and for whom not (i.e., moderators) of the various research-informed models discussed.
Content will include epidemiologic approaches to understand the etiology and antecedents of substance abuse, as well as prevalence rates of substance abuse in racial and ethnic minority urban youth. Additionally, this course will cover etiologic and theoretical models, including the social determinants of health and ecological frameworks, which help inform the development and testing of substance abuse prevention, intervention, and rehabilitation programs. Grounded in a developmental perspective, content will also include genetic, psychological and environmental perspectives to work toward a better understanding of substance abuse risk and protective factors- some of which are proximal to the adolescent, whereas others are more distal- among racial and ethnic minority adolescents.

Content will cover substance abuse health disparities among racial and ethnic minority adolescents as well as important reports and strategic plans, including the U.S. Department of Health and Human Services National Prevention Strategy, aimed at working toward health equity and narrowing and ultimately eliminating health disparities experienced by vulnerable populations, including racial and ethnic minority adolescents.

III.  COURSE OBJECTIVES

Upon completion of the course, students will be able to:

1. Better understand substance abuse health disparities among racial and ethnic minority adolescents.
2. Develop knowledge with respect to national prevention efforts, including the National Prevention Strategy, aimed at achieving health equity and narrowing and ultimately eliminating substance abuse health disparities.
3. Develop knowledge about epidemiologic methodology to: (1) identify substance use and abuse patterns among racial and ethnic minority adolescents, (2) work toward understanding antecedents and etiology of substance abuse in racial and ethnic minority adolescents.
4. Develop a comprehensive understanding of theoretical frameworks to help guide and inform the development of substance abuse prevention, intervention, and rehabilitation programs.
5. Develop knowledge with respect to efficacious and effective substance abuse prevention, intervention, and rehabilitation models for racial and ethnic minority adolescents.
6. Identify pathways and mechanisms of change of substance abuse prevention, intervention, and rehabilitation models.
7. Apply theoretical and practical information about research-informed models to relevant practice situations.

IV.  COURSE DESIGN

This course will include lecture, discussion, outside resource persons, problem solving exercises, and audiovisual materials. Students will be given an opportunity to reflect on their own biases and values regarding substance use and abuse in an effort to work toward minimizing bias when practicing with this population. Additionally, our shared goal is to establish a classroom environment that will foster the expression of different attitudes, perspectives, and exchange of information among students.
V. RELATIONSHIP OF COURSE TO FOUR CURRICULAR THEMES

Theme Relation to Multiculturalism & Diversity: Multiculturalism and Diversity: Students will work to develop the capacity to identify ways in which substance use and abuse differentially impact racial and ethnic minority adolescents. Additionally, we will discuss models which have been found to have an affect on problem behaviors, including substance abuse, in diverse populations. Assigned readings will reflect this theme.

Theme Relation to Social Justice: Social Justice and Social Change will be addressed through discussion on substance abuse health disparities experienced by racial and ethnic minority adolescents. Social justice plays an essential role in working toward health equity and narrowing and ultimately eliminating substance abuse health disparities in racial and ethnic minority adolescents. We will discuss various mechanisms in place aimed at health promotion and disease prevention, including substance abuse in racial and ethnic minority adolescents in urban environments.

Theme Relation to Promotion, Prevention, Treatment & Rehabilitation: Promotion, Prevention, Treatment and Rehabilitation will be addressed through discussion on different etiologic and theoretical models, including developmental and ecological perspectives, used to inform the development and testing of substance abuse prevention, treatment, and rehabilitation models. Additionally, this theme will be addressed through analyzing the various research-informed practices implemented in different contexts.

Theme Relation to Behavioral and Social Science Research: Behavioral and Social Science Research will be addressed through discussion on identifying efficacious and effective research-informed practices, the pathways and mechanisms of change, as well for whom interventions are efficacious/effective for and for whom not. Additionally, we will critically evaluate the various models and their relevance when applied to racial and ethnic minority adolescents who reside in urban settings.

VI. RELATIONSHIP OF THE COURSE TO SOCIAL WORK ETHICS AND VALUES

Social work ethics and values with regard to confidentiality, self-determination and respect for cultural and religious differences are particularly important when working with youth. Social workers working with adolescents often need to make critical intervention decisions which may have to balance risks to the adolescent’s safety or emotional well-being with their need for ongoing connection to their families and communities. This course will cover the complexities of ethical dilemmas as they relate to working with racial and ethnic minority adolescent populations and the ways that the Professional Code of Ethics may be used to guide and resolve value and ethical issues.

VII. ATTENDANCE IN CLASS SESSIONS:

As a graduate level course, it is expected that you attend each class session. In fact, class participation constitutes 10% of your final grade. The class sessions involve interactive experiences that go beyond course readings. This course will be very participatory, including the use of small discussion groups that require your regular participation during class sessions. Missing class sessions will lower your grade since your participation as a co-learner is essential.
to meet our shared learning goals. If you are not able to attend a particular class session, please notify the instructor prior to the class session so that arrangements can be made for you to address the material that you missed. If more than two class sessions are missed—whatever the reason—the final grade at the end of the term will be lowered by 5 points for each session over two.

VIII. STUDENTS IN NEED OF ACCOMODATIONS:

If you have a documented disability or condition that may interfere with your participation in this course, please schedule a private appointment with me as soon as possible to discuss accommodations for your specific needs. This information will be kept strictly confidential. For more information and resources, please contact the Services for Students with Disabilities office at G664 Haven Hall, (734) 763-3000. Also, if religious observances conflict with class attendance or due dates for assignments, please notify me so we can discuss appropriate arrangements.

IX. INCOMPLETES:

Incompletes are given only when it can be demonstrated that it would be unfair to hold the student to the stated time limits of the course. The Student Guide, Vol. 1, Sec. 8.01 states that an I grade is used when illness or other compelling reasons prevent completion of work, and there is a definite plan and date for completion of course work approved by the instructor. The student must formally request an incomplete from the instructor prior to the final week of classes.

X. GRADING:

Letter grades ranging from “A” to “E” are earned, with “+” or “-” distinguishing the degree of performance. Specific expectations for each assignment are provided in a later section of this syllabus.

Both content and format will be considered in assigning grades. Failure to follow APA guidelines for referencing will result in a lower grade. Each assignment will be given points and a corresponding letter grade. The criteria for each grade are as follows:

A+ = 99-100  B+ = 88-90  C+ = 78-80  D= 65-70
A  = 95-98  B  = 85-87  C  = 75-77  E= less than 65
A-  = 91-94  B-  = 81-84  C-  = 71-74

Please note: A grade of “B” indicates mastery of the subject content at a level of expected competency for graduate study. A “B” grade indicates that the work has met the expectations of an assignment for graduate study performance. A grade in the “A” range is based on demonstration of skills beyond expected competency and at an exemplary, outstanding or excellent degree. A “C” grade range indicates minimal understanding of subject content and significant areas need improvement.

XI. WORK EXPECTATION:
The University of Michigan expects a student to put in a minimum of two hours weekly preparation for each credit awarded in a graduate/professional school. Thus, you are expected to spend a minimum of six hours per week of preparation for this class. The assignments in this class have been developed to help the student systematically gain social work knowledge, to develop social work practice skills and values, and to enable the student to achieve successfully the goals and objectives of the course.

XII. A NOTE ON THE LEARNING ENVIRONMENT:

While all of us come to this course with various experiences, skill sets and values, it is important that we respect diverse opinions and perspectives. The class is designed as a co-learning environment and one where class members are encouraged to try new skills and take risks. Your contribution as a “teacher and learner” in the class will enhance the learning for all class members.

XIII. COURSE REQUIREMENTS AND GRADING

1. Blog Assignment
2. Developing and Evaluating an Adolescent Substance Abuse Preventive Intervention Proposal
3. mHealth Preventive Intervention
4. Article Critique
5. Lead Article Discussion
6. Class Participation

1. **Blog Assignment- 15% of Final Grade**

The blog assignment aims to provide you an opportunity to engage with your peers in critical thinking, reflecting on classroom discussion and materials, and introduce new content identified outside of the classroom.

For the purposes of this assignment, you will need to:
1. Initiate two blog entries related to substance use in racial and ethnic minority adolescents. You will be responsible to initiate a minimum of two blog entries over the course of the semester. Students are encouraged to introduce new content identified outside of the classroom (e.g., legalization of marijuana in Washington, Oregon, Washington DC, Alaska and Colorado, incarceration rates of non-violent drug offenses by racial and ethnic minority populations), to promote critical discourse and reflection.

2. Respond to a minimum of three blog entries.
   You need to respond to a minimum of three blog entries posted by your peers over the course of the semester. The response to the blog entry should promote critical dialogue and reflection amongst you and your peers. As professionals, it is important to maintain collegiality and respect for your peers, as well as embrace diverse perspectives.

A sign-up sheet has been posted on Google Docs. It is **your responsibility** to sign-up for a due date for both blog initiation and responses.
2. Developing and Evaluating an Adolescent Substance Abuse Preventive Intervention -
25% of Final Grade

As clinical scholars, your professional trajectories will vary such that some of you may find yourselves in a more clinical, administrative, or scientific-focused position. Nonetheless, developing your grantsmanship is an essential tool to have. In fact, you have been provided the opportunity to be clinical scholars because of a successful grant application. As clinical scholars, your input in the development of a grant application is invaluable, including offering expertise in accessing the population, the delivery of the intervention, dosage and fidelity monitoring, and supervision of clinical staff. Therefore, the purpose of this assignment is to provide you with the opportunity to: (a) develop your proposal writing skills, (b) demonstrate your knowledge of research-informed practices discussed in class and the mechanisms of change, (c) identify gaps in the literature and needs of racial and ethnic minority adolescent populations with respect to substance abuse prevention, treatment or rehabilitation and (d) work collaboratively with your peers and/or community-based organizations to create innovative ways to prevention, treatment or rehabilitation of substance abuse in ethnic and racial minority adolescents in an urban setting. Successful grant applications are rarely developed alone. Therefore, you will work with a minimum of one of your peers for this assignment. Drafts of the Specific Aims, Significance, Innovation and Approach will be due in Session 3, 5, and 8, respectively. This will provide you the opportunity to receive feedback prior to submitting your final draft, which is due at the beginning of class December 4. This assignment is comprised of three parts:

1. Substance Use Proposal
   Your proposal will be 7 pages single spaced, ½ inch margins all around, 11 font Times New Roman or Arial, and will include the following sections:
   a) Specific Aims: The Specific Aims section includes the statement of the problem, specific aims, research question(s) and hypothesis(es), definition of constructs (Draft due session 3)
   b) Significance: The Significance section establishes the need for the research, show that the proposed research will address a gap in the literature (Draft due session 5)
   c) Innovation: The Innovation section demonstrates to your reader the uniqueness of your idea and how your idea moves forward science (Draft due session 5)
   d) Approach: The Approach section describes the design, study participants (sampling), procedures, data collection, measures, proposed data analyses and study timeline (Draft due session 8)

The final draft of your proposal will be due in at the beginning of class on December 4th. You may find the following resources helpful in putting together your application:

National Institutes of Health, Office of Extramural Research, Grant Writing Tips Sheets, http://grants.nih.gov/grants/grant_tips.htm


2. Group Presentation of your Proposal
You and your group (minimum of one other person and maximum of 5 people) will prepare a 15-20 minute presentation of your proposal and preventive intervention (see description below) to share with the class. The class will then have 10 minutes for discussion with respect to your proposal and intervention.

3. **Peer-review**

Peer review refers to the evaluation of, in this context, your work on the proposal, development of intervention (see below) and presentation by members of your peers (i.e., group). Because this is a group assignment, it is essential to ensure standards of accountability, quality, performance and credibility. The peer review process is aimed at this. Therefore, members of your group will provide the instructor with an evaluation (i.e., utilizing the same letter grades described above) with respect to your effort on this project, and the mean of all members of your group will be calculated. This evaluation by your peers will constitute 50% of the total project grade.

3. **Developing an mHealth Intervention-25% of final grade**

Tied to your proposal, you and the members of your group will be responsible for developing a mHealth preventive intervention. You will use the following website to develop your intervention:

www.fiverr.com

There are no textbooks required for this class. However, for the purposes of this assignment, your group will be required to spend a minimum of $5.00. Therefore, if there are two people in your group, this assignment will cost each member of the group $2.50. The maximum allowable per group member is $25.00 (i.e., a group of 5 people can spend a max of $125).

Based on the concepts you will learn in class, your intervention should be theory-driven, culturally specific, and developmentally appropriate. You can use a single or combination of modalities, including but not limited to, audio, video, and interactive activities. Your intervention can be in the form of a public services announcement, app, film, text messaging and/or gaming, among others. The intervention could be one session, or multiple sessions, and vary in duration (e.g., 5 minutes, 5 hours of dosage). This is your opportunity to be creative and demonstrate the knowledge you have acquired in class.

You will be evaluated by your peers. For fun, the group who produces the most innovative, research- and practice-informed, cost-effective intervention, will receive lunch on me.

4. **Article Critique-10% of Final Grade**

Students will prepare one written critiques of a recent (published within the past 5 years) peer-reviewed manuscripts not discussed in class. The article should focus on research-informed interventions demonstrating prevention, treatment or rehabilitation of substance abuse among racial and ethnic minority adolescents. Students should focus on the strength of evidence, cultural-relevance and the methods and results. Students should highlight both strengths and limitations of the intervention. The article critique should be approximately 2 single-spaced pages. The article critique is due at the beginning of class session 8.
5. **Lead Article Discussion- 15% of Final Grade**

During class, students will lead the discussion on one of the assigned readings. The student will prepare process questions aimed at discussing the article in depth. Additionally, students can provide a brief overview of the article, discuss the applicability to current practice, cultural relevance, and/or provide a case study that relates to the article. A sign-up sheet has been posted to Google Docs and it is your responsibility to sign up.

6. **Class Participation- 10% of Final Grade**

Satisfactory participation is defined as regularly making contributions to class discussions and exercises. Students are expected to read the assigned materials for each class and understand and discuss the relevant concepts.

XIV. **REQUIRED TEXT:**

There are no required textbooks for this class. Therefore, the reading assignments will include peer-reviewed articles, book chapters, and intervention manuals. These reading materials are listed in the course syllabus and are located on the c-tools site for the course.

XV. **COURSE OUTLINE**

**Session One:** LOCATING THE “SELVES” IN RELATION TO THE OTHER: PROMOTING REFLEXIVITY WHEN WORKING WITH RACIAL AND ETHNIC MINORITY ADOLESCENTS WHO REPORT SUBSTANCE USE

*September 18*

**Assigned Readings:**


Nunn, K. B. (2002). Race, Crime and the Pool of Surplus Criminality: Or Why the "War on Drugs" Was a "War on Blacks," 6 J. Gender Race & Just. 381.


**Session Two:** HEALTH DISPARITIES AND RECRUITMENT AND ENGAGEMENT OF RACIAL AND ETHNIC MINORITY ADOLESCENTS IN PREVENTATIVE CARE

*September 25*

**Assigned Readings:**

Session Three: ADOLESCENT SUBSTANCE ABUSE: AN EPIDEMIOLOGIC PERSPECTIVE

October 2

*SPECIFIC AIMS SECTION DUE

Guest Speaker: Mary M. Heitzeg, PhD, University of Michigan, Department of Psychiatry

Required Readings:


Supplemental Readings:


Session Four: THEORETICAL MODELS IN PREVENTION, TREATMENT AND REHABILITATION OF SUBSTANCE ABUSE AMONG RACIAL AND ETHNIC MINORITY ADOLESCENTS

October 9

Guest Speaker Emily Jutkiewicz, PhD, University of Michigan, Medical School, Pharmacology

Assigned Readings:


Supplemental Readings:

- Substance Abuse and Mental Health Services Administration’s National Registry of Evidence Based Practices and Programs [http://www.nrepp.samhsa.gov](http://www.nrepp.samhsa.gov)


- National Institutes on Drug Abuse


- Office of Juvenile Justice and Delinquency Prevention Model Programs Guide
Session Five: mHEALTH SUBSTANCE USE INTERVENTIONS  
October 16

*SIGNIFICANCE AND INNOVATION SECTIONS DUE

Assigned Readings:


Please log in to UMICH and use following link for above article:

http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4060146/


Session Six: INDIVIDUALLY-FOCUSED BEST PRACTICES  
October 23

Required Readings:


Session Seven: FAMILY-BASED BEST PRACTICES
October 30

*ARTICLE CRITIQUE 1 DUE

Assigned Readings:


Session Eight: PEER-LED/SOCIAL NETWORK BEST PRACTICES
November 6

*APPROACH SECTION DUE

Assigned Readings:


Session Nine:  
**SCHOOL-BASED BEST PRACTICES**  

**November 13**  
**Assigned Readings:**


Session Ten:  
**COMMUNITY-BASED BEST PRACTICES**  

**November 20**  
**Guest Speaker:**  
*Ritesh Mistry, PhD, University of Michigan School of Public Health, Health Behavior and Health Education*

**Assigned Readings:**


**No Class:**
November 27

**Session Eleven:**
GROUP PRESENTATIONS
December 4

*FINAL PROPOSAL DUE FOR ALL GROUPS*

**Session Twelve:**
GROUP PRESENTATIONS
December 11