

## 675A SUBSTANCE ABUSE

This course is available to UC Irvine students only

**Course Description:** This two-week course provides an opportunity to directly observe and learn the principles of substance abuse treatment. Students will attend therapeutic groups, 12 step meetings, and family interventions. Students will attend didactic sessions and small group discussions.

**Department:** Psychiatry & Human Behavior

**Prerequisites:** Successful completion of 1st and 2nd year curriculum as well as 3<sup>rd</sup> year psychiatry clerkship

**Restrictions:** UC Irvine Medical students only.

**Course Director:** Aaron Kheriaty, M.D UC Irvine Medical Center, Department of Psychiatry & Human Behavior, 101 The City Drive South, Building 3, Route 88, Orange CA 92868 . Phone (714) 456-5770, Fax714-456-7615, [akheriat@uci.edu](mailto:akheriat@uci.edu)

**Instructing Faculty:** Long Beach VA: Mark Katz, M.D. [Mark.katz@va.gov](mailto:Mark.katz@va.gov)

**Course Website:** None

**Who to Report to First Day:** Dr. Katz

**Location to Report on First Day:**

Villages At Cabrillo  
2001 River Avenue  
Building 28  
Long Beach, CA 90806  
Phone: (562) 826-8000 Ext 5610

Take 405N to the 710S.

Exit Pacific Coast Highway and turn Right.

Follow PCH for approximately 1 mile.

Turn Right on Technology.

Proceed about ½ a block on this street. It will dead end into a T intersection. Turn Left on this T intersection.

Continue ½ block. Make Left turn where it dead ends.

After about ½ block, the street will end into a small 4 way intersection. Turn Right on this intersection onto San Gabriel. Do not go straight onto the 103 freeway.

After turning Right onto San Gabriel (aka "Willow Street"), you will see a security gate where you will give your name and tell them you are a medical student going to Cabrillo V V R C.

Go straight ahead for 1 block and turn Right on the first street.

Proceed another block and turn Right on River Ave.

Cabrillo Center is immediately on your left hand side.

**Time to Report on First Day:** 8 a.m. Dr. Katz will explain the rest of the schedule

**Site Coordinator:** Kelly Fulford, UC Irvine Medical Center, 101 The City Drive South, Building 22A, Room 2108, Route 81, Orange CA 92868, 714-456-6880, [kfulford@uci.edu](mailto:kfulford@uci.edu)

**Site:** Long Beach VA Medical Center, Cabrillo, 2090 River Ave, Long Beach 90810 562-826-8460

**Periods Available:** Every 2 weeks throughout the year.

**Duration:** 2 weeks

**Number of Students:** Varies depending on site.

**Scheduling Coordinator:** UC Irvine students please call 714-456-8462 to make a scheduling appointment.

**Course Objectives:**

At the end of this rotation student will be able to:

- Be knowledgeable about treatment options that are available for substance abuse including outpatient, residential and inpatient.
- Experience the treatment process that a substance abuse patient would go through
- Develop empathy for the substance abusing patient
- Understand the family process and dynamic that affect substance abuse
- Be aware of resources for treating substance abuse
- Understand comorbid medical complications of substance abuse

**Key Topics:**

- The nature of addiction as a biopsychosocial disease, which must be assessed and treated from multiple perspectives.
- Diagnostic assessment including symptoms of intoxications, withdrawal, co-morbid psychiatric disorders, and medical consequences.
- The recovery process involved in overcoming addiction
- The impact of addiction on the patient and on his or her family

**Competencies:**

- Understand the substance dependence treatment process
- Know the different types of treatments that are available
- Recognize the signs and symptoms of substance abuse or dependency
- Recognize the signs/symptoms of alcohol withdrawal and be able to institute appropriate treatment.
- Develop a trusting therapeutic relationship and appropriate rapport with the patient
- Understand and be able to communicate to the patient the medical consequences of addiction

**Attitudes & Commitments:**

- Understand substance abuse/dependency as a progressive, chronic disease and potentially fatal
- Accept chemical dependency as often a “family illness”; develop an awareness of and ability to recognize enabling behaviors and attitudes
- Become aware of one’s own thoughts and emotions which can affect the therapeutic relationship
- Maintain a professional relationship with the patients, characterized by beneficence, fidelity to trust, and respect for the patient’s freedom
- Assist and promote the recovery process of all persons suffering from addictive behaviors
- Respect the rights and opinions of other allied professionals within their sphere of competence
- Be sensitive and aware of complicated cultural, moral, religious, or spiritual issues that may arise in relation to chemical addiction

**Educational Activities:** Educational activities vary depending upon the site.

**Course Hours Weekly Summary:**

25%	Case Based
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10%	Conference
15%	Lecture
10%	Preceptorship
40%	Small Groups
100%	Total

**Content Theme Integration:**

- Alternative Medicine/ Integrative Medicine (CAM)
- Behavioral Science
- Clinical/Translational research
- Communication skills
- Community Health
- Counseling for Health risk reduction
- Culturally-related health Behaviors
- Decision Making
- Disease screening tests
- Evidence Based Medicine
- Family Violence/Abuse
- Human Development/Life Cycle
- Medical Socioeconomics
- Multicultural Medicine
- Nutrition
- Racial/ethnic demographics of illness
- Substance Abuse
- Tobacco Dependence (diagnosis)
- Tobacco Dependence (Management)

**Required Reading:**

- Frances L and Herbert K. *Alcohol and Substance Abuse Disorders*. Psychiatry. Cutler and Marcus (editors). Pennsylvania, W.B. Saunders.1999
- *Pharmacological Management of Alcohol Withdrawal: A Meta-Analysis and Evidence Based Practice Guideline*", JAMA, July 19, 1997 - Vol 278, No 2
- *New Pharmacotherapies for Treating the Neurobiology of Alcohol And Drug Addiction*  
<http://psychiatrymmc.com/displayArticle.cfm?articleID=article174>
- *Psychosocial Treatments for Substance Use Disorders: Guiding Principles for Promoting Behavioral Change*  
<http://www.primarypsychiatry.com/asp/articleDetail.aspx?articleid=90>
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**Optional Reading:**

- U.S. Department of Health and Human Services: Substance Abuse & Mental Health Services Administration <http://www.samhsa.gov/index.aspx>
- Subutex and Suboxone Questions/Answers
- [http://www.fda.gov/cder/drug/infopage/subutex\\_suboxone/subutex-qa.htm](http://www.fda.gov/cder/drug/infopage/subutex_suboxone/subutex-qa.htm)
- *Clinical Institute Withdrawal Assessment of Alcohol Scale*, Revised. One practical approach to alcohol detoxification from University of

Iowa, <http://www.asam.org/Addiction%20Medicine%20Essentials/INSERT%20jan-Feb%202001.pdf>

**Official Grading Policy:** The student is graded by the attending at the site with input from allied health professionals on professionalism, participation and knowledge. If the student fails the elective a grade of "F" will be permanently recorded on his/her transcript. The student can repeat the course for a second grade.