



# THE BASICS, Second Edition

A Curriculum for Co-Occurring Psychiatric and Substance Disorders

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APPENDIX IVB: DRUG CATEGORIES SECTIONS, Effects of Alcohol and Drugs on Fertility,  
Pregnancy, Delivery, and Prenatal Effects on Infants Through Their Adulthood

#### **HANDOUT SECTION FOR SUBJECT FOUR**

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#1: Physical Complications of Alcohol Abuse or Dependence (Worksheet)

#2: Physical Health *Personal* Risk Assessment (Worksheet, page 1 & 2)

#3: Stress Management “Survival Plan” (Worksheet)

#4: Looking For Some Serenity? Try Putting the *Serenity Prayer* Into Your Day!  
(Worksheet)

#5: “Which Place?” (Inspirational)

#### **BIBLIOGRAPHY SECTION FOR SUBJECT FOUR**

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