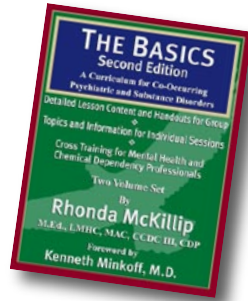




THE BASICS, Second Edition

A Curriculum for Co-Occurring Psychiatric and Substance Disorders

BRIEF OVERVIEW OF CURRICULUM CONTENT



Authored by: Rhonda McKillip
Foreword by: Kenneth Minkoff, M.D.

1,200+ total pages
8 Subjects - 600+ pages
4 Drug Categories Appendices - 90+ pages
2 Cross-Training Appendices - 170+ pages
50+ Full-Page Interactive Worksheets and Inspirational Handouts
130+ Pages "Tips to Professionals"
1,600+ Professional References

8 SUBJECTS

SUBJECT ONE: The Link Between Psychiatric and Substance Disorders, An Integrated Treatment Approach
Mental Health and Substance Use Disorders Defined · Effects of Untreated Disorders · Causes of Psychiatric and Substance Disorders · Brain-Body Connection · Bio-Psycho-Social-Cultural-Environmental-Spiritual Approach · The Integrated Treatment Approach · Ethnic, Cultural, and Personal Identity · How People Change Behaviors · Stages of Change · Change Takes Patience · Motivation · Choices · Fear in Early Recovery · Good Communication Skills · Getting the Most Out of Group · Group Guidelines...and more

SUBJECT TWO: Psychiatric Disorders Within a Co-Occurring Diagnosis
Myths and Facts about Psychiatric Disorders · Overview, Causes, Types · Mood Disorders · Major Depression · Depression in Women, Men, Seniors · Treatment for Depression · Bipolar Disorder · Symptoms · Treatment of Bipolar Disorder · Anxiety Disorders · Types and Symptoms of Anxiety · Treatment of Anxiety · Thought Disorders · Schizophrenia · Symptoms · Treatment of Schizophrenia · Personality Disorders · Treatment of Personality Disorders · Eating Disorders · Treatment of Eating Disorders · Changing Negative Thinking to Positive Thinking...and more

SUBJECT THREE: Substance Disorders Within a Co-Occurring Diagnosis
Psychoactive Substances · Substance Use · Abuse · Dependence · Causes of Substance Dependence · Gender, Age, Sexual Orientation, and Culture · The Family in the Disease Process & Recovery Process · Addiction is a Brain Disorder · Neurochemistry · Gambling, Sex, Food, Spending Addictions · Co-Occurring Psychiatric and Substance Disorders · Progressive Stages · Identifying Problems · Recognizing Ambivalence · Pros & Cons of Using · Harm Reduction Model · Abstinence · Refusal Skills · Areas of Recovery...and more

SUBJECT FOUR: The Physiological Effects of Psychiatric and Substance Disorders on Physical Health
Stress & Physical Health · Stress Management · An Unhealthy & Healthy Immune System · STD's, HIV / AIDS, TB and Hepatitis A, B, C · Transmission – Symptoms – Treatment · Safe Sex Practices · Strengthening the Immune System · Effects of Substance Disorders on Physical Health · Effects on Women & Seniors · Reducing Risks · Managing Cravings · Effects of Depression, Anxiety, and Isolation on Physical Health · Benefits of Laughter & Expressing Emotions · Medication Issues · How Med's Work · Doc's & Dealer · Safe Medication Practices · Hope for Recovery...and more

Brief Overview of Curriculum Content

SUBJECT FIVE: Coping With Stress and Emotions With Healthy Alternatives to Alcohol and Other Drug Abuse

Emotions · Intensity Levels · Avoiding Painful Emotions · Neurochemistry, Toxicity, and Augmentation · Unhealthy & Healthy Ways of Sharing Feelings · Stress & Stress Reactions · Identifying Stressors · Finding Stress Reduction Skill that Works for You · Anger & Anger Management · Depression & Coping Skills · Loss & Working through Grief · Guilt & Moving through Shame · Anxiety, Worry, Fear, Boredom · Coping Skills · Rational-Emotive Therapy · Practicing RET · Positive Self-Statements · Relaxation with Deep Breathing Exercises...and more

SUBJECT SIX: The Foundations of The Recovery Process

Acceptance Is a Process · Attitudes About Recovery · Process of Recovery · Tools for Abstinence · Managing Cravings · Self-Care · Dual Recovery & Nutrition · Nutritional Planning · Sleep & Rest · Exercise · Medical & Dental Care · Grooming · Balance in All Areas · Living a Positive Life · Learning to Have Fun · Living in the Present · Building a Support Network · Benefits of Self-Help Groups · Family, Friend's & Partner's Support · History of Twelve Step Program · Meeting Formats · Home Group · Sponsor · Working the Steps · Recovery Slogans · Service to Others...and more

SUBJECT SEVEN: The Process of Recovery

Recovery Takes Courage · “Dry Drunk Syndrome” & Recovery · Ongoing Physical Recovery · Post Acute Withdrawal & Coping · Ongoing Emotional Recovery · Hidden Fear – Frozen Feelings · Sharing Feelings · Ongoing Mental Health Recovery · Automatic Thinking Patterns · Character Defects · Perfectionism & Procrastination · Self-Defeating Behaviors · Codependency · Developing Relationship with Self – Family – Others – Higher Self · Self-Esteem · Boundaries · Family in Treatment & in Recovery · Making New Friends · Spirituality & Spiritual Health...and more

SUBJECT EIGHT: Coping With Crisis, Preventing Relapse, and Maintaining Recovery

Crisis Coping Grid · Suicide Prevention · Survival Tips for the Suicidal · Substance & Psychiatric Disorders “Relapse” · Preventing a Reoccurrence of Symptoms · Internal & External Triggers · Identifying Relapse Warning Signs · Culture, Family, Gender, & Relapse · Specific Triggers & Interventions · Coping with Relapse · Relapse Prevention Plan · Maintaining Recovery · Goals & Decisions · Problem Solving · Conflict Management · Vocation Skills · Money & Time Management · Domestic Violence · Childhood Sexual Abuse · Moving from “Victim” to “Survivor”...and more

4 DRUG CATEGORIES APPENDICES

APPENDIX IA: Effects of Alcohol and Other Drugs on Mental Health

1. DRUG CATEGORY SECTION which covers all the major drug categories including Alcohol, Sedative Hypnotics, Opiates, Stimulants, Cannabis, Hallucinogens, Inhalants, and Steroids.
2. The effects of these drugs on mental health are covered under three areas: Brain and Thinking, Personality and Mood, and Behavior.

APPENDIX IB: Acute Withdrawal Symptoms of Alcohol and Other Drugs

1. Changes in the brain during the withdrawal process from depressants push the brain toward anxiety.
2. Stimulants, that produce over-excitation in the intake process, will produce depressive symptoms during the withdrawal phase.
3. Provides information about what to expect during the short-term pain of the withdrawal process. This knowledge helps and supports a person as they move to the long-term benefits.

Brief Overview of Curriculum Content

APPENDIX IVA: Effects of Alcohol and Other Drugs on Physical Health

1. DRUG CATEGORY SECTION which covers all the major drug categories including Alcohol, Sedative Hypnotics, Opiates, Stimulants, Cannabis, Hallucinogens, Inhalants, and Steroids.
2. The effects of these drugs on physical health are covered from the top of the body down – beginning with the brain, circulatory system, heart, lungs, stomach, intestines and so forth.

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

1. Lists how these drugs affect various systems of the infant such as system distress, physical development, major organs, or mental and emotional development.
2. FAE and FAS are discussed including *Myths and Facts About FAS; Educational Placement for FAS or FAE Children; Treatment of Children with FAE or FAS*, as well as topics like *Cultural Support for Families, Parents, and Foster Parents*.
3. Special sections on *Self-Forgiveness* and *Recovery and Hope* are also included.

2 CROSS-TRAINING APPENDICES

APPENDIX II: The Basics and Symptoms of Psychiatric Disorders

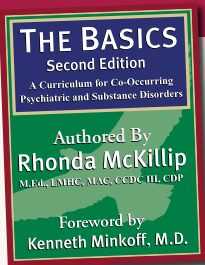
Cross-trains and expands the specific subject material by providing ample information to answer questions. Another purpose of APPENDIX II is to provide flexibility in meeting the needs of a particular group. For example, if the group is comprised primarily of people with Major Depression, the facilitator may choose to very briefly cover Thought Disorders and give a more expanded coverage of Major Depression. APPENDIX II will give that flexibility because it covers all the Psychiatric Disorders that are primarily related to co-occurring disorders more extensively than in the subject itself.

APPENDIX III: The Basics About Substance Disorders

More extensive coverage of topics found in Subject Three such as prevalence, risk, and causes of Substance Dependence. Discusses many other areas in depth like the characteristics of Substance Disorders; Neurochemistry of Addiction; Activity Addictions like Gambling Addiction, etc. APPENDIX III more specifically discusses Substance Disorders and specific populations, such as The Basics About Women and Substance Disorders; The Gay, Lesbian, Bisexual, and Transgender Population; Native Americans; and Seniors and much more.

MASTER TIPS TO PROFESSIONALS

“Tips to Professionals” are located throughout the curriculum and are designed to contain helpful topic or presentation tips, cautions, and suggestions. The MASTER TIPS TO PROFESSIONALS is a 67 page section located at the back of Volume I and contains 39 Tips. A few of the tips are: Promoting Hope; Culturally Effective Communication; Facilitating Behavior Change; Addressing Personal Disclosure or *Are You In Recovery?*; Addressing Drug Lingo; Harm Reduction and Abstinence; Medication and the Twelve Step Program; Avoid Scare Tactics and more...



Integrated treatment a priority?...a requirement?

THE BASICS, SECOND EDITION is the complete solution
- lesson content - handouts - instructions - cross-training -

Written in conversational language *from* the professional directly to the person with Co-Occurring Disorders. Integrating your treatment program and cross-training your staff doesn't get any easier than this!

available at rhondamckillipandthebasics.com, rmckillip@ix.netcom.com or 509-258-7314

Evidence Based Practice, over 1,200 pages, over 1,600 references