



THE BASICS, Second Edition

A Curriculum for Co-Occurring Psychiatric and Substance Disorders

SUBJECTS AND APPENDICES

SUBJECT ONE: THE LINK BETWEEN PSYCHIATRIC AND SUBSTANCE DISORDERS, AN INTEGRATED TREATMENT APPROACH

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

APPENDIX IB: Acute Withdrawal Symptoms of Alcohol and Other Drugs

SUBJECT TWO: PSYCHIATRIC DISORDERS WITHIN A CO-OCCURRING DIAGNOSIS

APPENDIX II: The Basics and Symptoms of Psychiatric Disorders

SUBJECT THREE: SUBSTANCE DISORDERS WITHIN A CO-OCCURRING DIAGNOSIS;

APPENDIX III: The Basics About Substance Disorders

SUBJECT FOUR: THE PHYSIOLOGICAL EFFECTS OF PSYCHIATRIC AND SUBSTANCE DISORDERS ON PHYSICAL HEALTH

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

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

SUBJECT FIVE: COPING WITH STRESS AND EMOTIONS WITH HEALTHY ALTERNATIVES TO ALCOHOL AND OTHER DRUGS

SUBJECT SIX: THE FOUNDATIONS OF THE RECOVERY PROCESS

SUBJECT SEVEN: THE PROCESS OF RECOVERY

SUBJECT EIGHT: COPING WITH CRISIS, PREVENTING RELAPSE, AND MAINTAINING RECOVERY