

CONDENSED AT-A-GLANCE CURRICULUM DIVISION TOPICS & LESSON PLANS

THE BASICS, Second Edition: A Curriculum for Co-Occurring Psychiatric and Substance Disorders

Author: Rhonda McKillip, M.Ed., LMHC, MAC, CCDCIII, CDP; Foreword: Kenneth Minkoff, MD

Integrated Treatment Recovery & Approach

- Overview of Psychiatric Disorders & The Link Between Mental Health and Substance Use Disorders
- Biological-Psychological-Social-Cultural-Environmental-Spiritual Approach and Recovery
- Acceptance, Patience, Attitude, and Gratitude
- Getting the Most Out of the Group Process: Benefits, Skills, Values, & Techniques
- Focusing on the Similarities and *Not* the Differences & Cultural Diversity
- The Process of Recovery & Treatment Works!

Symptom Identification & Symptom Management of Psychiatric Disorders

- Depression & Major Depression Co-Occurring With Substance Disorders
- Diagnosing Psychiatric Disorders and The Mood Disorder Dysthymia
- Depression in Women, Men, and Seniors & Treatment for Major Depression and Dysthymia
- The Basics About Bipolar Disorder, Mania & Hypomania
- The Basics About Anxiety Disorders & Types, Symptoms, and Treatment
- Anxiety & Anxiety Disorders Co-Occurring With Substance Disorders
- The Basics About Thought Disorders and Schizophrenia
- Medications: Planned Effects, Coping With Side Effects, Differences Between Meds & Drugs, and Docs & Dealers
- Safe Medication Practices & The “Twelve Step Program and Medications”
- Personality Temperament, Traits, Problems, and Disorders
- Eating Disorders: Anorexia Nervosa, Bulimia Nervosa & Binge-Eating

Symptoms Identification & Symptom Management of Substance Use Disorders

- Diagnosing Substance Dependence and Why People Use Alcohol and Other Drugs
- The Differences Between Substance Use, Abuse, and Dependence
- Identifying the Specific Characteristics of Substance Dependence, Part I
- Identifying the Specific Characteristics of Substance Dependence, Part II
- Activity Addictions: Gambling, Sex, Love, Food, Spending, or Religious Addiction
- Acute Withdrawal Symptoms of Alcohol and Other Drugs & Coping With Withdrawal
- Cravings: Defining, Identifying, & Managing Urges to Use Alcohol and Other Drugs
- Understanding The Brain Chemistry of Cravings and How to Manage Cravings
- Developing Skills to Refuse Alcohol and Other Drugs & Controlling Cravings Before They Control You

Stress Identification & Management

- Stress, Stressors, and Stress Management
- Stress and Co-Occurring Disorders & Stress Management Skills

Self-Care

- Self-Care in Areas of Rest, Medical & Dental Care, & Balanced Living
- Nutrition and Dual Disorders & Developing Healthy Nutritional Habits
- The Role of Blood Sugar in Recovery & Managing Blood Sugar
The Importance of Healthy Nutrition & Developing Nutritional Planning Skills

Thinking/Cognitive Recovery & Health

- Rational-Emotive Therapy (RET)
- Identifying Negative Thinking Patterns & Changing Negative Thinking to Positive
- Identifying Patterns of Thoughts, Challenging Non-Helpful Automatic Thoughts, & Developing Reframing Skills
- Changing Negative Thought Patterns and Habits to Positive Self-Talk Messages

Emotional Recovery & Health

- Neurochemistry of Toxicity and Emotions as the Brain Wakes Up
- Working Through and Coping with Neurological Processes
- Emotions or Feelings and Coping With Stress & Uncomfortable Emotions
- Co-Occurring Disorders & Sadness and Depression
- Understanding and Coping With Guilt, Shame, Anxiety, Worry, Fear & Boredom
- Understanding Grief and Loss & Developing a Plan to Cope With Grieving
- On-Going Emotional Recovery, Hidden Fear, Outward Defenses, and Ways to Express Emotions
- Anger, Expressing Anger & The Mis-Management of Anger
- Understanding Resentments & Anger and Anger Management Techniques

Family and Social Recovery & Health

- Gender, Age, Sexual Orientation, Culture, and Family & Substance Disorders
- The Basics About Family Systems & Developing Relationships With Family
- The Family in Recovery & Developing Relationships With Others

Self-Help & Twelve Step Groups

- Self-Help Groups and The Twelve Step Program
- Getting a Home Group – Getting a Sponsor – Working the Twelve Steps

Personal Development & Recovery

- Fear in Early Recovery & Developing Self-Awareness With the Johari Window
- Self-Esteem & External, Internal, Physical, and Emotional Boundaries
- Developing a Relationship With Yourself Through Building Self-Esteem
- Identifying and Working Through Character Defects
- Codependency Defined & Patterns, Characteristics, and Recovery
- Procrastination, Perfectionism, and Identifying & Changing Self-Defeating Behaviors

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Neurochemistry of Substance Dependence

- Addiction Is a Brain Disorder & Disruption of the Neurotransmission
- Addiction Vulnerability Is Primarily Inherited – Exactly *What* Is Inherited?
- Identifying Personal Genetic Vulnerability and Risk of Substance Dependence
- Alcoholism & Addiction: Genetics, Brain Chemistry (*Working & Not Working*), and Brain Healing

Moving Toward Change

- Reducing Harmful Use & Developing a Harm Reduction Plan
- The Definitions and Purposes of Denial & Defenses
- De-Nial Is Not a River in Egypt & The Many Faces of Denial
- Denial & Defenses, and Personal Awareness Through The *Discovery* Worksheet
- Stages of Change, Motivation, Choices, & Working Through Ambivalence
- Recognizing Ambivalence & Weighing the Pros and Cons of Change
- Moving Toward Abstinence & Making The Decision to Change
- Staying Abstinent No Matter What & Tools for Abstinence

Progression of Untreated Disorders

- Co-Occurring Disorders and Progressive Stages of The Addictive Process
- Effects of Alcohol, Stimulants, and Cannabis Sativa & Other Drugs on Mental Health
- Effects of Alcohol, Stimulants, and Cannabis Sativa & Other Drugs on Physical Health
- Effects of Nicotine/Smoking on Mental & Physical Health, Pregnancy & Infants, and Withdrawal & Quitting Smoking
- Alcohol: Effects on Mental Health, Physical Health, FAS & FAE and *Physical Health Personal Risk Assessment*
- FAS (Fetal Alcohol Syndrome) & FAE (Fetal Alcohol Effect) Symptoms, Treatment, and Self-Forgiveness
- Identifying Areas of Problems or Consequences Related to *Substance Abuse and Dependence*
- Personal Assessment of the *Consequences and Problems* of Substance Abuse and Dependence

Physical Recovery & Health

- The Immune System, Stress, STDs, and Reducing Risk
- Contributors to an *Unhealthy* Immune System & Strengthening the Immune System
- Hepatitis and Tuberculosis: Definitions, Transmission, Symptoms, & Treatment
- Depression, Anxiety, The Immune System, Stress, and Physical Health
- Ongoing Physical Recovery & Post Acute Withdrawal
- Safe Medication Practices

Life Skills

- Breaking Isolation, Benefits of Laughter & Humor, and Learning to Have Fun
- Living a Positive & Active Life and Building Support Networks
- Relaxation Skills, Building Structure, & Working The Twelve Steps To Reduce Stress And Prevent Relapse
- Coping With Crisis, Suicide Prevention, and Spiritual Practice
- Passive, Aggressive, Passive-Aggressive, and Assertive Communication Styles
- Assertive Communication Style & How To Be Assertive
- Vocation & Employment, Problem Solving, and Money & Time Management

Spiritual Recovery

- Elements of Spiritual Health and Personal Circle of Recovery
- Developing a Relationship With Your Spiritual or Higher Self

Preventing Relapse in Substance Use Disorders & Recurrence of Symptoms in Psychiatric Disorders

- The Basics About Relapse or Recurrence of Symptoms of Co-Occurring Disorders
- Preventing a Recurrence of Symptoms & Identifying Substance Dependence Relapse Warning Signs
- Relapse Prevention Skills for Substance Dependence Disorders
- Identifying Psychiatric Relapse Triggers and Warning Signs of a Recurrence of Symptoms
- Coping With Relapse & Turning a Relapse Into a *Learning* Experience
- Culture, Family, Gender, and Relapse & *Personal* Identification of *External* Relapse Triggers
- Specific Relapse Triggers and Solutions & Co-Occuring Disorders and Stress
- Personal Identification of Relapse and Crisis *Internal* Triggers
- Developing “*My Personal* Relapse and Crisis Prevention Plan”

Maintaining Recovery

- Living the Program, Maintaining the Program, Setting Goals, & Maintaining Conflict
- The Crisis *Making* Process & The Crisis *Coping* Process
- Addressing Violence – Past (Childhood Trauma) and Present (Domestic Violence)