



Alcohol and Drug Class.com

Presented by AJ Novick Group, Inc.

Ari Novick, Ph.D.

333 Third Street, Suite 4

Laguna Beach, CA 92651

Phone (949) 715-2694 Fax (949) 494-5456

www.alcoholdrugclass.com

The **AlcoholDrugClass.com** class was designed for individuals who need to take an **alcohol and drug awareness education** class or a Minor in Possession class for a court or legal order, employment or school requirement, or simply for personal growth. Our program was designed by drug and alcohol experts with the guidance of Dr. Ari Novick, a licensed psychotherapist. These are educational classes only and should not be taken as a substitute for medical or psychological counseling or advice or as a replacement for in/out patient treatment.

Alcohol Drug Class — Course Outline

- Introduction of course
- Alcohol and Drug Abuse Risk Factors
- Patterns of Alcohol and Drug Abuse
- The cost of Abuse and Addiction
- Personal cost of Alcohol or Drug related crimes
- Understanding Alcohol, Narcotics, Stimulants, Prescriptions, Marijuana, Methamphetamine and their effect on the body and mind.
- Health Risks of Alcohol and Drug Use
- How Drugs effect the Brain, Central Nervous System and internal organs
- Risk Factors for Men and Women
- Understanding the differences between Use, Abuse, Addiction, Relapse and Prevention
- Communication Skills as Prevention
- Skills in Stress Management
- Stages of change and sustaining change
- Resources for finding help

We have two standard Alcohol and Drug Awareness / Education programs: A 8 hour (level 1) course and a 16 hour (level 2) class. We also offer two Minor in Possession classes: A 8 hour (level 1) course and a 16 hour (level 2) class.