



Alcohol and Drug Class.com

Presented by AJ Novick Group, Inc.

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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 (Course syllabus is the same for all length programs)

- 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 several standard Alcohol and Drug Awareness / Education, MIP programs: A 8 hour (level 1) course, a 16 hour (level 2) class as well as a 24 hour (level 3) program. We also offer several other length programs related to Drug and Alcohol Education, Minor in Possession and Driving while intoxicated. Not all state agencies or courts will accept an online class. Please get prior approval to take any of our online education classes before enrolling to ensure it will meet your specific requirements.