



## Alcohol and Drug Class.com

Presented by AJ Novick Group, Inc.

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[www.alcoholdrugclass.com](http://www.alcoholdrugclass.com)

The **AlcoholDrugClass.com** class was designed for individuals who need to take an **alcohol and/or drug awareness education** class for a court or legal order, employment or school requirement, or simply for personal growth. 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. Students must get prior approval to take classes online prior to registration.

### Alcohol Drug Class — Course Outline for PC1000, and Drug Education Programs

- Introduction of course
- Alcohol and Drug Abuse Risk Factors
- Patterns of Alcohol and Drug Abuse
- The cost of Abuse and Addiction
- Drug and Law, pertaining to legal issues
- 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
- Psycho-social aspects of substance abuse
- Substance abuse and family dynamics- Stages of family distress and enabling
- Prevention
- Health and wellness education
- 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

Every student is required to complete a comprehensive final exam prior to completing the class. Our PC1000 is a 20 hour class but can be modified (if needed) to be shorter or longer. If drug testing is required, it will be done off site and testing results must be faxed to our office.

Registration can be found on our website at <https://www.alcoholdrugclass.com/PC1000.aspx>