



COURSE OVERVIEW

Substance Abuse

- ✓ Available in workbook
- ✓ Available in eLearning

ITEM # W 138



COURSE DESCRIPTION

The objective is to present to youth a wide range of practical and cognitive skills that can help them be chemically free.

The drug monster doesn't care who you are; it doesn't discriminate. Its main job is to get you addicted and ruin your life. Chemical addiction seeps into your body and hijacks your mind. It attacks your frontal lobe and other brain processes as well as organs in your body. Soon, your whole self is caught up in revolving processes that often don't find conclusion until death. The only way back to sobriety is through the inner self, accompanied by strong determination and support from others. Youth playing around with drugs is like playing Russian roulette—you never know when a bullet will fire.



LEARNING OBJECTIVES & SKILL DEVELOPMENT

- Resisting addictive substances
- Positive subconscious thoughts
- Fulfilling the emotional hierarchy of needs
- Goal achievement
- Anger avoidance



RECOMMENDED USES

- **Self-Directed**—Student does most of the course work independently with a peer or mentor
- **Group**—To be completed in a group setting with a facilitator
- **Hybrid**—A combination of self-directed learning and group instruction



COURSE INFORMATION

Course Format: eLearning and Printed Workbook

eLearning Length: 650 Slides

Scientific Model: Cognitive Restructuring

Author and Publisher: ACCI Lifeskills

Item Number: W 138

Workbook Pages: 48

Course Length: ~8 hours



COURSE CONTENT

UNIT 1: BEGINNINGS

A teen doesn't become fully cognizant until age 25.

UNIT 2: VALUES AND BEHAVIOR

Home and society script our values.

UNIT 3: GROWTH VS DECAY

It is not all your fault.

UNIT 4: LIFE

Life is what we make of it.

UNIT 5: AVOIDING ANGER

Chemical dependency creates anger.

UNIT 6: SKILLS FOR LIFE

Nine powerful skills that can change your life.

UNIT 7: LEADING LIFE

If you don't control your life, it will control you.



CRIMINOGENIC NEEDS MET

1. Antisocial cognitions
2. Antisocial companions
3. Antisocial personalities
4. Substance abuse



LEARNING ACTIVITIES

- Self-assessments
- Scenario-based learning
- Application and skill building
- Self-reflection
- Role playing
- Discussion with coach
- Focused journaling