

LIFESKILLS COURSE #W 126



Opioid Awareness



COURSE DESCRIPTION

The objective of this Opioid Awareness course is to present the facts and possible negative effects of using opioids illegally. Opioids have many negative health issues that everyone should be aware of. However, the biggest safety concern is that they are also a possible segue into more dangerous drugs. Life is too precious to become tangled in the web of drug abuse. There are too many opportunities for growth to stay stuck in decay.



LEARNING OBJECTIVES & SKILL DEVELOPMENT

- Risk of opioid abuse
- Personal responsibility
- Positive subconscious thoughts
- Pro-social values
- Self-Awareness



RECOMMENDED USES

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



COURSE INFORMATION

Author and Publisher: ACCI Lifeskills
 Course Format: eLearning and Printed Workbook
 Item Number: W 126
 eLearning Length: 418 Slides
 Scientific Model: Cognitive Restructuring



COURSE CONTENT

Unit 1: Opioid Awareness

Follows the lives of several adults who struggle with opioid addiction.

Unit 2: The Subconscious Mind

Demonstrates how thoughts precede behaviors.

Unit 3: Addiction

Consequences of choosing to use addictive substances.

Unit 4: Recovery

Discusses recovery from drug addiction.

Unit 5: The Effects of Opioids

Learning to make positive, informed decisions.

Unit 6: Freedom Vs. Captivity

Where you choose to live (in growth, stagnation, or decay) has a profound effect on you and others.

Unit 7: Relapse Prevention Plan

A personalized strategy for avoiding triggers and maintaining recovery.



CRIMINOGENIC NEEDS MET

Antisocial cognitions
 Antisocial companions
 Antisocial personalities
 Family relationships
 Addiction



LEARNING ACTIVITIES

- Self-assessments, Role playing
- Scenario-based learning
- Journaling
- Application and skill building