

## Treatment OnDemand with Living in Balance

### CO-OCCURRING DISORDERS SUBSCRIPTION

*Take your program to the next level with an added focus on co-occurring disorders treatment.*

Unlimited access to treatment programs, videos, and patient education that specifically address topics related to substance use disorder, including common drugs of abuse, treatment, recovery and relapse prevention, and co-occurring disorders. Contains the same material as the Treatment Plus Recovery Management subscription with 10 additional client sessions, 1 additional fact sheet, and 10 additional videos, all addressing issues related to mental and emotional health and co-occurring disorders.

### TREATMENT PLUS RECOVERY MANAGEMENT AND CO-OCCURRING DISORDERS SUBSCRIPTION

#### 43 CLIENT SESSIONS

##### ALCOHOL AND OTHER DRUG EDUCATION

- Definitions, Terms, and Self-Diagnosis
- Alcohol and Other Drug Education
- Alcohol and Tobacco
- Sex, Drugs, and Alcohol
- Effects of Drug Use on Mental Health
- What Are Co-occurring Disorders?

##### MENTAL AND EMOTIONAL HEALTH

- Stress and Emotional Well-Being
- Skills for Reducing Stress
- Negative Emotions
- Anger and Communication
- Addiction and Loss
- Grief: Responding to Loss
- Effects of Drug Use on Mental Health
- What Are Co-occurring Disorders?
- Comprehensive Treatment and Medications
- Phases of Dual Recovery
- Twelve Steps for Co-occurring Disorders
- Mutual Self-Help Groups
- Mental Health Medications
- Relapse Prevention I
- Relapse Prevention II
- Seeking Help for Co-occurring Disorders

##### PHYSICAL HEALTH

- Sexually Transmitted Diseases

#### 147 CLIENT FACT SHEETS

##### ALCOHOL AND OTHER DRUG EDUCATION

- Facts About Addiction
- Facts About Alcohol
- Facts About Amphetamines
- Facts About Club Drugs
- Facts About Cocaine
- Facts About Heroin
- Facts About Inhalants
- Facts About Marijuana
- Facts About Methamphetamine
- Facts About Nicotine
- Benzodiazepines
- Hallucinogens
- Prescription Drugs
- Synthetic Drugs
- Co-occurring Disorders

##### MENTAL AND EMOTIONAL HEALTH

- Acceptance
- Addictive Thinking
- Anger
- Anxiety
- Attention-Deficit/Hyperactivity Disorder (ADHD)
- Bipolar Disorder
- Blaming
- Co-occurring Disorders
- Counseling
- Denial
- Depression
- Egocentrism

#### 35 CLIENT VIDEOS

##### ALCOHOL AND OTHER DRUG EDUCATION

- The Disease of Addiction
- Alcohol
- Stimulants
- Marijuana
- Synthetics and Inhalants
- Nicotine
- Prescription Drugs
- Hallucinogens
- Opiates
- Withdrawal and Pharmacology

##### MENTAL AND EMOTIONAL HEALTH

- Understanding Obsessive-Compulsive Disorder and Addiction
- Understanding Bipolar Disorder and Addiction
- Understanding Depression and Addiction
- Understanding Major Anxiety Disorders and Addiction
- Understanding Dissociative Disorders and Addiction
- Understanding Suicide and Addiction
- Understanding Borderline Personality Disorders and Addiction
- Understanding Personality Problems and Addiction
- Understanding Schizophrenia and Addiction
- Understanding Post-traumatic Stress Disorder and Addiction

- Focus on AIDS
- Nutrition and Exercise
- Physical Wellness
- Sexual Abuse
- Compulsive Sexual Behavior

**PEER SUPPORT AND TWELVE STEPS**

- Spirituality
- Introduction to Self-Help Groups
- The Twelve Steps
- Spirituality and Personality
- Twelve Steps for Co-occurring Disorders
- Mutual Self-Help Groups

**RELAPSE PREVENTION**

- Triggers, Cravings, and Avoiding Relapse
- Planning for Sobriety
- Relapse Prevention
- Attitudes and Beliefs
- Relapse Prevention, Part 2
- Relapse Prevention I
- Relapse Prevention II

**LIFE SKILLS**

- Problem Solving
- Educational and Vocational Goals
- Money Management
- Insurance and Consumer Credit

**FAMILY AND RELATIONSHIPS**

- Human Needs and Social Relationships
- Family Matters
- You and Your Parents
- Child Development and Parenting Skills

- Fear
- Feelings
- Forgiveness
- Gratitude
- Grief
- Guilt and Shame
- Honesty
- Hope
- Humility
- Insecurity
- Intimacy
- Jealousy
- Joy
- Laughter
- Loneliness
- Loners
- Obsessions
- Patience
- Perfectionism
- Pride
- Remorse
- Resentment
- Resistance
- Responsibility
- Self-Esteem
- Self-Pity
- Serenity
- Stress
- Trust

**PHYSICAL HEALTH**

- Abuse
- AIDS
- Biochemistry
- Blackouts
- Chronic Pain
- Drunk Driving
- Co-occurring Disorders
- Eating Disorders
- Fetal Alcohol Syndrome (FAS)
- Flashbacks
- Hallucinations
- Health and Exercise
- Hepatitis C
- Medication Guide for People in Recovery
- Paranoia
- Sexually Transmitted Diseases
- Sleep
- Suicide
- Withdrawal

**PEER SUPPORT AND TWELVE STEPS**

- Abstinence
- Al-Anon and Alateen
- Alcoholics Anonymous (AA)
- Anonymity
- Big Book
- Character Defects
- Freedom

**PEER SUPPORT AND TWELVE STEPS**

- Getting Help
- An Introduction to the Twelve Steps
- Step One
- Step Two
- Step Three
- Step Four
- Step Five
- Step Six
- Step Seven
- Step Eight
- Step Nine
- Step Ten
- Step Eleven
- Step Twelve

**RELAPSE PREVENTION**

- Living Recovery

- Gambling
- Honesty, Openness, Willingness (HOW)
- Insanity
- Intervention
- Minnesota Model
- Narcotics Anonymous
- Recovery Milestones
- Recovery
- Serenity Prayer
- Sexual Addiction
- Slogans
- Sobriety
- Spirituality
- Sponsorship
- Step One
- Step Two
- Step Three
- Step Four
- Step Five
- Step Six
- Step Seven
- Step Eight
- Step Nine
- Step Ten
- Step Eleven
- Step Twelve
- Twelve Promises of Sobriety
- Twelve Steps
- Twelve Traditions

**RELAPSE PREVENTION**

- Affirmations
- Barriers to Recovery
- Celebrations and Holidays
- Codependency
- Detachment
- Enabling
- Excuses to Drink
- Expectations
- Failures
- Halfway House
- High-Risk Situations
- Holidays
- Journaling
- Prayer and Meditation
- Relapse
- Religion
- Unity

**LIFE SKILLS**

- Money
- Social Skills
- Work

**FAMILY AND RELATIONSHIPS**

- Caregiving
- Children
- Divorce or Loss of a Long-Term Relationship
- Enemies

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|  | <ul style="list-style-type: none"><li>• Family</li><li>• Friendship</li></ul> <p><b>RECOVERY IN SPECIFIC POPULATIONS</b></p> <ul style="list-style-type: none"><li>• African Americans</li><li>• Agnostics and Atheists and the Twelve Steps</li><li>• Disabilities and Recovery</li><li>• Gay, Lesbian, Bisexual, and Transgender (GLBT) Recovery Issues</li><li>• Health Care Professionals in Recovery</li><li>• Jewish Tradition and Alcohol</li><li>• Men in Recovery</li><li>• Native Americans</li><li>• Older Adults</li><li>• Women in Recovery</li></ul> |  |
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