

ADEPT

TRAINING PROGRAMME

CONTENTS

	Page
• Introduction	3
• General Drugs Awareness	4
• Alcohol Awareness	5
• Viral Hepatitis	6
• Ways Forward	7
• Supporting Families	8
• Drugs Alcohol and Young People	9
• Working with South Asian Communities	10
• Dual Diagnosis	11
• Gender, Drugs and Alcohol	12
• Introduction to Harm Reduction	13
• What's the Point	14
• Drug Cultures	15
• Cannabis Considered	16
• Mixed Messages	17
• DUST	18
• The Beat Goes On	19
• Booking Information	20
• Application Form	21



Introduction

The **ADEPT** team is part of Lancashire Care Foundation Trust, Substance Misuse Services and is based at the Jarman Centre in Blackburn. The training and education initiative offered reflect national and local strategies aimed at meeting local need and national targets.

We aim to provide services which are ethical, empowering, effective, sensitive and appropriate to organisations, communities and individuals. We work closely with partners within the NHS and other organisations to ensure that what we deliver is meaningful and effective.

The key principles of harm reduction are embedded throughout the programme of drugs and alcohol training offered by **ADEPT**. The educational aims of the programme are to:

- Increase the skills and knowledge of those working or volunteering in organisations that deliver services to those affected by drug and alcohol related harm.
- Support the provision of drugs and alcohol education interventions that are relevant and accessible to the local community, promoting access to advice information and services for themselves or those known to them.

Courses are free to those working within East Lancashire and Blackburn with Darwen foot prints, however places are limited and we recommend applying early. Full booking details can be found on page 20.

Where possible we have mapped courses to the Drugs and Alcohol National Occupational Standards. For full details of these standards please go to:

<http://www.skillsforhealth.org.uk/about-us/competences%10national-occupational-standards/drugs-and-alcohol/>

We are open to suggestions and comments about our courses and welcome your feedback either through the formal evaluations completed at the end of each course or you may wish to speak directly to a member of the team.

I would like to take this opportunity to thank our guest speakers for their contribution and expertise in helping us to maintain our high standard of delivery.

Angela Woods

ADEPT Team Manager

Full Day Courses

General Drugs Awareness

An Introductory level training course which aims to raise awareness around drugs and drug use.

People working in the health and social care sector are increasingly coming across clients who are affected by drugs and drug use. This course will examine issues which aim to separate myth from reality, increasing knowledge and confidence.

By end of this session, participants will:

- Have had an opportunity to learn the different types of substances and patterns of use.
- Have had an opportunity to explore the concept of harm reduction and consider its application.
- Have had information regarding local service provision and how they are structured to meet national and local objectives to reduce substance related harm to individuals and the broader community.
- Have had an opportunity to learn about how to offer simple interventions that can be used to reduce the possibility of substance related harm.

DANOS

The training session will assist in the attainment of the following Drugs and Alcohol National Occupational Standards: [AA1](#), [AA3](#), [AA4](#), [AB1](#), [AB2](#), [AB5](#), [AC1](#), [AD1](#), [AD4](#) and [AF2](#).

Target Group

The course is aimed at people who have interest in this area or who need an understanding of drugs issues either as a first step into this field or as a 'refresher.'

Alcohol Awareness

Many people enjoy a drink (around 90% of the adult population) and most will come to no harm through their drinking habits. However, alcohol related harm, directly or indirectly affects individuals, families and the broader community. This one day course seeks to highlight and broaden knowledge around alcohol related issues in an interactive and interesting way, exploring topics such as what is alcohol, how does it produce its effects and what harm can result from misuse? It will also give consideration to what can be done to reduce the health and social costs of alcohol misuse, particularly reducing harm to individuals and communities will be an important area of coverage.

By the end of the session participants will:

- Have explored a range of attitudes about alcohol and its place in society.
- Have raised awareness about the use of alcohol in our society, and understand what is meant by safer drinking guidelines.
- Have considered the different ways in which people use alcohol, and the possible consequences of misuse.
- Have explored the health and social impact of alcohol misuse.
- Have had the opportunity to consider how harm reduction approaches can be utilised to effect positive behaviour change amongst users.

DANOS

The training session will assist in the attainment of the following Drugs and Alcohol National Occupational Standards: AA2, AA4, AA6 and AD 1.

Target Group

This course is suitable for those working in generic services whose clients may benefit from brief interventions and advice around alcohol consumption. The course is not intended for specialist drug or alcohol workers.

An Introduction to Viral Hepatitis

Studies consistently show that only a small proportion of those thought to be Hepatitis C and Hepatitis B positive ever come forward for testing. Continued prejudice, and a lack of awareness are often cited as potential barriers.

This one day training course aims to promote access to blood born virus (Viral Hepatitis) testing and support service by raising your awareness of Viral Hepatitis prevention, treatment and management issues.

By the end of the session, participants will:

- Have had an overview of the main blood born viruses; Hepatitis B and Hepatitis C.
- Have had an opportunity to identify the key issues regarding transmission, prevention, specifically focusing on harm reduction and substance use.
- Have an understanding of the impact that Viral Hepatitis have on lifestyles and health.

DANOS

The training session will assist in the attainment of the following Drugs and Alcohol National Occupational Standards: [AA1](#), [AA3](#), [AB5](#), [AC1](#) and [AD4](#).

Target Group

This course is aimed at all health-care and non-healthcare staff who support those affected by drugs and alcohol where Viral Hepatitis are an issue.

Ways Forward

Dealing with Drugs

This course examines issues central to drug use, and enhances your abilities to improve outcomes for substance misusing clients. It focuses on understanding the needs of and engaging with service users and making effective interventions to reduce drug related harm to individuals and the broader community, in line with national and local policy.

By the end of this session participants will:

- Have had an opportunity to consider the impact of substance misuse on health and well being.
- Have had an opportunity to learn about using effective communication skills to respond effectively to the needs of clients.
- Have had an opportunity to practice using a screening tool for substance misuse issues aimed at prioritising need and responding effectively to drug associated harm.
- Have had an opportunity to consider the importance of work place policies and procedures and their practical application in responding effectively to drug related issues / incidents.

DANOS

The training session will assist in the attainment of the following Drugs and Alcohol National Occupational Standards: [AA 2](#), [AA4](#), [AB2](#), [AF2](#), [AB5](#), [BD4](#), [AA6](#), [AD4](#), [AB7](#), and [AC1](#).

Target Group

This course is suitable for those who have attended an introductory drug awareness course within the previous three years and whose work regularly brings them into contact with drug and alcohol using clients, but not in a specialist drug or alcohol treatment role.

Families & Drug Use

Issues and Practice

The one day session will help staff to build confidence and develop their skills; enabling them to engage with families.

The course content will focus on interventions, harm reduction and treatment options for families affected by drug use. The session will use national documentation such as, 'Hidden Harm and Safe Guarding Families' as foundations from which to develop good practice when working with drug using families.

By end of this session, participants will:

- Have had an opportunity to explore the issues regarding drug use and families.
- Have had an opportunity to consider the impact of parental and child/young person's drug use on the family.
- Have had an opportunity to discuss effective ways of working with and supporting families affected by drug use.
- Be given up to date information about local drug service provision.
- Have learned about drug and alcohol related risks and had an opportunity to consider effective responses using local pathways.

Please note this course does not replace safe guarding training.

DANOS

The training session will assist in the attainment of the following Drugs and Alcohol National Occupational Standards: [AA1](#), [AA4](#), [AC1](#), [AD1](#), [AD4](#), [AB2](#), [AB6](#), and [AB7](#).

Target Group

This course is relevant for anyone who works with families and wants a better understanding of how to offer effective support. It would be preferable for participants to have a basic awareness about substance use/misuse before attending this course.

SORTED

Drugs, Alcohol and Young People

This one day training course is open to all professionals who are interested in developing their awareness of young people's drug and alcohol use. Beginning with an overview of drug and alcohol use patterns amongst young people past and present, participants will then get an opportunity to explore the effective use of interventions that aim to reduce drug and alcohol related harm.

By the end of this session, participants will:

- Have had an opportunity to explore the evolution of youth culture.
- Have considered the changing nature of drug and alcohol use amongst young people and looked at the potential reasons for this use.
- Have explored the concept of “risk” and “vulnerable groups”
- Have had an opportunity to identify a range of interventions that aim to reduce drug and alcohol related harm amongst young people.
- Have had an opportunity to learn about effective harm reduction strategies and how these can be practically applied.
- Have considered how multi-agency working can be effective when responding to the needs of young people.

DANOS

The training session will assist in the attainment of the following Drugs and Alcohol National Occupational Standards: [AA4](#), [AD1](#), [AD3](#), [AC1](#) and [AD2](#).

Target Group

This course is relevant for anyone who works with young people and wants a better understanding of young person issues. It would be preferable for participants to have a basic awareness about substance use/misuse before attending this course.

Working with South Asian Communities

Drugs and their use are of increasing concern for many communities within Britain. In East Lancashire a significant number of the population are of South Asian heritage, many having historical and cultural roots in India, Pakistan, Bangladesh and Sri Lanka. This course will explore the dynamic and diverse cultural/religious practices of the South Asian communities living in East Lancashire. It will equip participants with the understanding and skills necessary to develop interventions and work practices that support effective service delivery.

By end of this session, participants will:

- Have had an overview of South Asian communities' background, history of migration and an appreciation of diversity within communities.
- Have had an opportunity to gain insight into specific issues around substance misuse in relation to religion and cultural practices.
- Have explored ways in which to engage with South Asian communities and improve access to services.
- Have had an overview of local service provision, including how to access specialist substance misuse services.

DANOS

The training session will assist in the attainment of the following Drugs and Alcohol National Occupational Standards: [AA1](#), [AA4](#), [AC1](#), [AD1](#), [AD4](#), [AB2](#), [AB6](#), and [AB7](#).

Target Group

This course is relevant for those individuals who work closely with South Asian communities.

Dual Diagnosis New Direction

The links between mental health and drug use are widely reported in the popular press particularly in relation to recreational drug use and young people. The reality, however, for many people can be quite different. This course will explore some of the difficulties in untangling the symptoms of problematic drug use and poor mental health. It will offer participants the opportunity to gain a basic awareness and understand local referral pathways.

By the end of the course participants will:

- Have explored the complex relationship between mental health and substance use
- Have had an opportunity to consider the key differences between the cause and effect of mental ill health and drug use
- Have had an opportunity to explore the difficulties in defining dual diagnosis.
- Have had an opportunity to identify and consider those substances which affect mental illness.
- Have had an opportunity to explore effective ways of working with people in relation to their mental health and substance use

DANOS

The training session will assist in the attainment of the following Drugs and Alcohol National Occupational Standards: [AA1](#), [AA3](#), [AB1](#), [AB2](#), [AC1](#) and [AD4](#).

Target Group

Those staff who work with people experiencing problems in relation to poor mental health and drug/alcohol use. A basic awareness of drugs is advisable in order to get the most out of this course.

Gender, Drugs and Alcohol

The course will focus on how society has responded to women's use of intoxicants and what impact this might have on them accessing advice, help and support when needed. The exploration of roles and expectations will be used as a way of navigating through some of the more complex issues such as pregnancy, domestic violence, sexuality and parenting.

By the end of the course participants will:

- Have explored how society has responded to drugs and alcohol use amongst women.
- Have had an overview of patterns of use in 'Modern' Britain.
- Have had an opportunity to consider issues such as pregnancy, parenting, sexuality and domestic violence in relation to drug and alcohol use.
- Have explored practical solutions to engage women about drug and alcohol related issues.

DANOS

The training session will assist in the attainment of the following Drugs and Alcohol National Occupational Standards: [AA1](#), [AA4](#), [AC1](#), [AD1](#), [AD4](#), [AB2](#), [AB6](#) and [AB7](#).

Target Group

Those staff seeking to reduce drugs related harm with individuals and groups where gender issues may present a barrier. Settings may include, work with children and families, health care and community support and development. A basic awareness of drugs is advisable in order to get the most out of this course.

The Beat Goes On

This course is a new addition for the 2011/12 programme and seeks to improve participant's awareness of local issues of and for Street Sex Workers enabling them to better understand the needs of their (potential) clients.

Street sex workers (SSWs) are a group of individuals who face significant risks every day of their lives. They have a unique range of needs that are not always visible to mainstream services for a variety of reasons.

By attending the session participants will get an opportunity to:

- Explore who SSWs are.
- Identify the needs of SSWs.
- Consider the harms facing SSWs and explore a range of intervention that aim to reduce the harm.
- Explore the challenges to supporting SSWs and identify how potential barriers might be overcome.
- Gain information about what services are available to SSWs.

DANOS

The training session will assist in the attainment of the following Drugs and Alcohol National Occupational Standards. [AA2](#), [AA3](#), [AA4- AB2](#), and [AB4](#)

Target Group

This course is particularly relevant to those who are working with street sex workers.

[This is our new training course for 2011/12](#)

Half Day Courses

An Introduction to Harm Reduction

The IHRA's (International Harm Reduction Association) definition of Harm Reduction, states that;

“Harm Reduction’ refers to policies, programmes and practices that aim primarily to reduce the adverse health, social and economic consequences of the use of legal and illegal psychoactive drugs without necessarily reducing drug consumption. Harm reduction benefits people who use drugs, their families and the community”.

This course will give participants an introduction to contemporary Harm Reduction and the opportunity and consider ways of implementing elements of it into their practice.

By the end of the session, participants will:

- Have been informed about the development of Harm Reduction in the UK since the 1980's;
- Have differentiated between Harm Reduction and Risk Avoidance;
- Have practised design, implementation and evaluation of a Harm Reduction initiative.
- Have had the opportunity to discuss and introduce, where appropriate, Harm Reduction into their practice.

DANOS

The training session will assist in the attainment of the following Drugs and Alcohol National Occupational Standards: [AA1](#), [AB2](#), [AB5](#), [AC1](#), and [AD1](#).

Target Group

This course is suitable for people working with and supporting those affected by drug and alcohol related harm.

This may include staff delivering social care in community settings, primary care staff, those working in pharmacies and the emergency services. A basic awareness of drugs is advisable in order to get the most out of this course

What's the Point?

Harm reduction and injecting drug users

Many people are aware of services such as Needle Exchange that work directly with injecting drug users to reduce harm in relation to injecting. This course aims to develop this awareness and enable people working with injecting drug users to pass on sound harm reduction advice to clients when needed.

By the end of the session, participants will:

- Have had the opportunity to learn about the key milestones in the history and development of injecting apparatus and practices and associated strategies and policies.
- Have explored contemporary issues and approaches with regard to the non - medical injecting of drugs subject to the Misuse of Drugs Act and of performance and image enhancing drugs (steroids).
- Have had the opportunity to learn about the practicalities of preparing and administering “street drug” injections.
- Have considered alternatives to injecting.

DANOS

The training session will assist in the attainment of the following Drugs and Alcohol National Occupational Standards: AA2, AA4, AA6, and AD1.

Target Group

This course is of particular relevance to those who are working with Injecting Drug Users.

Drug Cultures

The course will seek to highlight significant and observable developing trends and changes in the pattern of drug use at local and national level, and examine the implications for services to meet changing need to reduce drug related harm by responding effectively.

By the end of this session participants will:

- Have had an opportunity to explore those factors which affect drug use trends using examples from the past.
- Have had the opportunity to gain an insight around observable trends and knowledge of the different substances, which appear to be increasing in use, both locally and nationally.
- Have considered the importance of effective responses to any type of drug use, taking into account the drug(s), set and setting involved, irrespective of the type of drug being used.
- Have had an opportunity to learn that the potential harm to individuals and society varies greatly between different patterns of drug use.
- Have considered a range of possible responses that have the potential to reduce harm.

DANOS

The training session will assist in the attainment of the following Drugs and Alcohol National Occupational Standards: [AA2](#), [AA3](#), [AB2](#), [AB4](#) and [AB5](#).

Target Group

This course is suitable for those who have attended an introductory drug awareness course (or higher level) within the previous three years and work in situations or with clients where it is important to have updated awareness of the factors which drive drug use and the substances involved.

Mixed Messages

Good Practice in Drug & Alcohol Education

Developing interventions that aim to reduce the health risks associated with drug and alcohol use can be fairly complex. This course aims to explore the context in which behaviour change takes place and offer information that supports effective education interventions.

By the end of the course participants will:

- Have had an overview of drug and alcohol education methods past and present.
- Have had an opportunity to identify barriers to effective communication.
- Have explored the processes involved in behaviour change.
- Have explored the concept of risk and how it affects decision making.
- Have considered a range of health education interventions and methods.

DANOS

The training session will assist in the attainment of the following Drugs and Alcohol National Occupational Standards: [AA3](#), [AA4](#), [AB2](#), [AB7](#), [AC1](#), [AD1](#), and [AD2](#).

Target Group

Those staff who use education and awareness as a way of tackling drug and alcohol related harm. Work settings might include Health, Social Care, Youth and Community. A basic awareness of drugs is advisable in order to get the most out of this course.

DUST

Young Person's Drug and Alcohol Screening Tool

Many agencies find themselves having to make decisions about how to respond to substance use by a young person. This half-day course will introduce a new screening tool – DUST - specifically designed to support such decisions. The training is available to professionals working with young people across Blackburn with Darwen.

By the end of the session participants will have the opportunity to:

- Increase their knowledge around the purpose of screening.
- Improve their awareness of local services and referral process.
- Explore good practice when communicating with young people and discussing substance use.
- Learn how to use an approved screening tool.
- Develop an awareness of drug and alcohol issues affecting young people.

DANOS

The training session will assist in the attainment of the following Drugs and Alcohol National Occupational Standards: [AA4](#), [AD1](#), [AD3](#), [AC1](#), and [AD2](#).

Target Group

This course is relevant for anyone who works with young people and wants a better understanding of young person issues. Those in regular contact with children, young people and / or parents/carers Those who have particular specialist responsibilities with child protection issues.

[This is our new training course for 2011/12](#)

Cannabis Considered

The course aims to improve understanding about how cannabis use may impact upon all aspects of health and well being. It will examine differences in the cannabis 'market' of today and that of the past and how these changes may be implicated in the growing concerns about cannabis use in our society. It will also clarify legal issues around cannabis, covering cultivation, supply and possession offences and possible implications in the working environment. A range of harm reducing interventions which aim to support people who are experiencing problems with cannabis use will also be explored.

By the end of the session, participants will:

- Have had an overview of cannabis use in the UK today.
- Have had information about the facts and effects of cannabis.
- Have explored the reasons why people may use cannabis.
- Have had an opportunity to identify the issues which may increase cannabis related harm.
- Have had information relating to the legalities of cannabis production, supply and use in the UK today.
- Have explored effective interventions that seek to reduce cannabis related harm.

DANOS

The training session will assist in the attainment of the following Drugs and Alcohol National Occupational Standards: [AD1](#), [AA4](#), [AA2](#), [AB2](#), [AA6](#), [AC1](#), and [AB5](#)

Target Group

This course is suitable for those who work in the community in situations which are likely to bring them into contact with users of cannabis and those related to its use.

Booking Information

Acceptance of any course is by our FULLY completed application form ONLY. Please ENSURE it is signed by a line manager.

Circulate the booklet and photocopy the blank application forms as necessary for other colleagues.

It is advisable, to avoid disappointment, to return your application form as soon as you can, as some courses are very popular and become fully subscribed rather quickly.

If a course does become fully subscribed and there aren't any places available when you apply, you may be offered an alternative date, if there are other dates available. Otherwise you will be placed on our waiting list for cancellations. Either way we will keep you informed.

Please note that not all venues are fully accessible and/or have facilities for anyone with a disability or impairment. If you have any special requirements e.g. wheelchair access, mobility, hearing, sight or to discuss any potential difficulties in confidence please contact ADEPT.

A confirmation letter with full details including a map will be sent to successful applicants within four weeks of receiving a completed application form. Please use the contact below for all training related enquires including the return of completed application forms.

Please return the completed form to:

Angela Woods
Jarman Centre
53 James Street
Blackburn
BB1 6BE

Tel: 01254 669438

Fax: 01254 669449

Email: angela.woods@lancashirecare.nhs.uk

Application Form

(Please print)

Name _____

FULL employment address for correspondence _____

Occupation _____

Contact telephone number _____ (office hours)

Email _____

Please inform us of any special requirements you may have.

Signature _____

Name of employer _____

Authorised by (Manager) _____

I have read and understand that I/my organisation will be charged £40.00 if 10 working days written notice is not received for cancellation/non-attendance prior to the course. Shortage of staff is not an acceptable reason for cancellation. If cancellation is due to sickness, please ask you manager if a colleague can take your place.

Booking details

Please list the courses that you wish to attend

Course Title	Date (dd/mm/yyyy)

The events are free to those working for non-profit making organisations within East Lancashire and Blackburn with Darwen Unitary Authority boundary (PLACES ARE LIMITED). Charges may apply for commercial businesses. Please contact ADEPT for further information.

Please return the completed form via e-mail to; claire.knighton@lancashirecare.nhs.uk or post to ADEPT, Jarman Centre, 53 James Street, Blackburn, BB1 6BE or alternatively fax on (01254) 669428

If you are allocated a place a confirmation e-mail or letter will be sent to you stating conditions.

Please do not attend unless you receive confirmation of a place.