

DRUG AND ALCOHOL AWARENESS

A one day course

Health and Social Care practitioners in a variety of settings are frequently encountering service users who use a number of substances with potential problematic consequences. Illicit Drugs and Alcohol are common and easily accessible and it is important that workers gain an understanding not only of the substances that their clients may be using but also the issues and difficulties that they might face

This course provides practitioners with a broad understanding of both commonly used illicit substances and alcohol as well as an opportunity to examine personal beliefs and attitudes towards those using such substances. How can practitioners help those who request it and what resources are available?

WHO IS IT FOR? This course can be tailored to the needs of the particular professional group and is generally delivered in the care environment with particular emphasis on front-line workers.

Timetable (may be subject to amendment)

- Session 1** Introduction and overview
Problems, definitions and stereotypes
A Moral Maze!

- Session 2** Why Drug/Alcohol use?
Behavioural and Coping strategies
Triggers and Cravings
The Cycle of Addiction

- Session 3** Drug Classifications
Detection times
Legal considerations – Misuse of Drugs Act

- Session 4** Signs and indicators of possible use/abuse
Drug Paraphernalia
Confidentiality, Secrecy, Collusion and Section 8 MDA 1971
The process of Change
Practical Interventions and sources of help and advice

Learning Outcomes

On completion of this course, participants will be able to:

- Understand the nature and problems associated with Alcohol and Illicit drug use
- Understand the classification of substances
- Recognise the most commonly used and abused illicit substances
- Understand the principle helping strategies and resources of help for problematic substance users