

WORKING WITH DRUGS AND ALCOHOL

A one day course

This course provides an understanding of a range of different substances, both legal and illegal, that may be used by individuals in a variety of circumstances and offers a range of potential 'helping' strategies that may be utilized by both qualified and non-qualified care providers. Course participants will gain an understanding of some possible indicators of substance misuse among individuals as well as examine some of the stereotypical views that may be held by both workers themselves as well as society at large that may potentially impact upon therapeutic relationships

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

Timetable (may be subject to amendment depending on group need)

Session 1 General introduction to subject highlighting delegate needs
Attitudes, Beliefs and Personal Prejudices
Exercise – the Moral Continuum

Session 2 Behaviours, Coping Strategies / Mechanisms
Triggers and Cravings – Biological and Social Mechanisms that govern behaviours
The cycle of addiction
Person Centred Approaches to Addictive and dependent behaviours

Session 3 Drug Classifications – Depressants, Stimulants and Hallucinogens
Drug metabolism and testing
Possible indicators of Substance use
Drug Paraphernalia and equipment

Session 4 Confidentiality, Secrecy and Collusion
Section 8 Misuse of Drugs Act 1971
Anti-Social behaviour Act 2003
Helping Interventions – both specialist and non-specialist
Listening Skills
Person Centred Responses

Learning Outcomes

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

- Understand both personal and societal attitudes towards substances
- Understand and recognise possible indicators of substance misuse
- Understand and gain familiarity with more commonly used and misused substances
- Understand the process of Addiction and the role of Triggers and Cravings
- Understand a number of useful therapeutic interventions and the role of national/local helping agencies