ALCOHOL & OTHER DRUGS
Education & Training Course NW Region

September – December 2017

CHRISTINA MURRAY-MCELENEY
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Alcohol & other Drugs Education & Training
NW region
Donegal ETB
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E: christinamceleney@donegaletb.ie
<table>
<thead>
<tr>
<th>MONTH</th>
<th>Dates</th>
<th>Training</th>
<th>Location</th>
<th>MAX Places</th>
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<tr>
<td>SEPTEMBER</td>
<td>12TH</td>
<td>QQI LEVEL 5 COMMUNITY ADDICTION STUDIES (SEPTEMBER-DECEMBER 2017)</td>
<td>DONEGAL</td>
<td>16</td>
<td>4</td>
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<tr>
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<td>13TH</td>
<td>QQI LEVEL 5 COMMUNITY ADDICTION STUDIES (SEPTEMBER TO DECEMBER 2017)</td>
<td>SLIGO</td>
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<td>14TH</td>
<td>SAOR: SCREENING &amp; BRIEF INTERVENTIONS</td>
<td>DONEGAL</td>
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<td>22ND</td>
<td>CANNABIS: recreational / synthetic / medicinal?</td>
<td>SLIGO</td>
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<td></td>
<td>26TH</td>
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<td>DONEGAL</td>
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<td>OCTOBER</td>
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<td>INTRODUCTION TO MOTIVATIONAL INTERVIEWING</td>
<td>LEITRIM</td>
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<td>SLIGO</td>
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<td>18TH</td>
<td>SAOR: SCREENING &amp; BRIEF INTERVENTIONS</td>
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<td>ALCOHOL DRUGS AND YOUNG PEOPLE: WORKING WITH YOUNG PEOPLE, EARLY INTERVENTION</td>
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<td>17TH</td>
<td>WOMEN AND SUBSTANCE USE</td>
<td>Leitrim</td>
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<td>24TH</td>
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<td>DECEMBER</td>
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<td>WOMEN SUBSTANCE USE</td>
<td>SLIGO</td>
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Application forms are located at the end of this document.
Trainer Profile:

Christina Murray-McEleney is employed by Donegal Education and is funded by North West Regional Drug & Alcohol Task Force (NWRDATF); and is responsible for coordinating alcohol & other drugs education & training in the North West Region. She completed her BSc Hons Degree with University of Ulster as part of that she studied addictions. Christina is an Educational Specialist in the field of alcohol & other drugs having completed her Post Graduate Specialist Diploma in Teaching, Learning & Scholarship with University of Limerick. She has been voluntarily undertaking courses herself annually for the last 18 years because she has a strong belief that there is “always something to learn”. She has lectured & guest lectured for nine years in various third level institutions namely University of Limerick, Letterkenny IT, Sligo IT & North West Regional College. Christina designs, develops and delivers a range of education & training in the field of alcohol & other drugs. She works in partnership with the Alcohol Forum and HSE West (Donegal) and North West Regional Drug and Alcohol Task Force on specific & various projects. Christina was pivotal in the design and delivery of the Midwives handbook & toolkit for the pilot initiative “A Prescription for a Healthy Pregnancy” in Letterkenny University Hospital 2014. She is a member of the National Addiction Training Programme (NATP), the Alcohol Forum Training & Education Sub-group, Prevention & Education Sub-group of NWRDATF, and a member of Donegal Education & Training Board Education Pillar. Christina is also a trained facilitator for the national SAOR-Screening & Brief Interventions programme. Christina worked on partnership with the Alcohol Forum & Letterkenny Institute of Technology as a module writer for the Master of Science / Pg Diploma in Therapeutic Interventions for Alcohol and other Drugs; this first course of it’s kind in the country commencing September 2017.

Tailored training:

Tailored “in-service’ training is available for your services and organisations Requests will be accommodated to the best of our ability, where possible; there is a requirement of minimum numbers. Simply fill out the “ Tailored Training Request Form” is at the back of this document and email it to: christinamceleney@donegaletb.ie

Individual Booking:

Simply fill out the booking form at the back of this document and email it to: christinamceleney@donegaletb.ie
QQI Level 5 in Community Addiction Studies

Course Duration: 50 hrs. Taught & 100 hrs. Self-directed learning

START DATES: 12th Sept. Letterkenny
13th Sept. Sligo

Who should attend?

For those that come into contact with alcohol and other drugs as part of their work / volunteering. Counsellors, Social workers, teachers, family support workers, nurses medical & psychiatric, employment support staff, probation, Gardai among others.

Location: Sligo / Donegal

Venue: Radisson Blu Sligo
Ard O Donnell Letterkenny

Number of places available: 16

Trainer: Christina Murray-McEleney

Course Description:

This programme module aims to create awareness of drug/alcohol related issues and impacts on the individual, families and local communities while developing a shared understanding of effective, evidence based community& statutory responses.

Course Content: A comprehensive module on all aspects of alcohol & other drugs misuse within communities.

Learning Outcomes

- Understand and explain the process of addiction
- Outline the impact of Substance Use Disorder on individuals, families & communities
- Identify key agencies and supports for individuals & families
- Critically analyse media responses
- Critically reflect on personal values and belief systems

Certification / Accreditation: QQI Level 5 Certificate Component.

Use of a computer & computer skills are essential for this course.
SAOR: Screening & Brief Interventions (SBI)

**Course Duration:** 1 day  
**Dates:** 14\textsuperscript{th} September Donegal  
26\textsuperscript{th} September Donegal  
18\textsuperscript{th} October Sligo

**Who should attend?**  
Staff who have occasion to ask people about their alcohol use. This could include workers from medical & health care, social care, family support, employment support, vocational training, criminal justice, probation, education, housing support and general health care services among others.

**Location:** Donegal / Sligo  
**Venues:** T B C

**Number of places available:** 20  
**Trainer:** Christina Murray-McEleney

**Course Content:** Evidence for the effectiveness of SBI for Alcohol and drug-related presentations to health, social care and other settings provision of an overview of the SAOR model of intervention for problem alcohol and drug use. Establishing a supportive working relationship with an individual when asking about their alcohol use and how to screen for alcohol use. Deliver a structured brief intervention based upon the SAOR model.

**Learning Outcomes**
- Critically discuss problem alcohol and drug use as it impacts their current work or area of practice.
- Demonstrate an enhanced knowledge and awareness of contemporary models of screening and brief intervention for problem alcohol and drug use
- Identify problem alcohol and drug users who present to health, social care settings
- Utilise the SAOR model of Screening & Brief Intervention (SBI) in practice-based scenarios
- Discuss the application of the SAOR model of screening and brief intervention for problem alcohol and drug use into their practice
- Access useful links and reference materials for further reading and research

**Certification / Accreditation:** A certificate of attendance will be awarded on completion of the training.
**Introduction to Motivational Interviewing**

| **Course Duration:** 2 days | **DATES:** 5th & 6th OCTOBER LEITRIM |

**Who should attend?**

For those that are involved in health behaviour change including alcohol and other drugs as part of their work / volunteering. Counsellors, Social workers, teachers, family support workers, nurses medical & psychiatric, employment support staff, probation, Gardai among others.

| **Location:** Sligo / Donegal / Leitrim | **Venue:** TBC |
| **Number of places available:** 16 | **Trainer:** Christina Murray-McEleney |

**Course Description:**

Motivational Interviewing is a psychosocial evidenced based method of intervention in health behaviour change that works on facilitating and engaging intrinsic motivation within the client in order to change behavior. MI is a goal-oriented, client-centered counseling style for eliciting behavior change by helping clients to explore and resolve ambivalence.

**Course Content:**

- Assess and apply appropriate intervention skills along the continuum of alcohol and other drug use.
- Provide opportunity to enhance participants’ practice skills
- Explore the fundamentals of Motivational Interviewing:
  - Spirit of MI
  - OARS
  - Ability to elicit and develop change talk
  - Response to change / sustain talk

**Learning Outcomes**

- Critically reflect on personal values and belief systems
- Enhancement of MI practitioner skills

**Certification / Accreditation:** Certificate of attendance will be awarded on completion of the training.
# Essential Group Facilitation Skills

<table>
<thead>
<tr>
<th>Course Duration: 2 days</th>
<th>Dates: 26th &amp; 27th October</th>
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## Who should attend?
This course is aimed at those working in the Community/Voluntary/Drugs/Alcohol sector that are involved in or plan to become involved in the facilitation of a range of groups.

<table>
<thead>
<tr>
<th>Locations: Donegal</th>
<th>Venues: TBC</th>
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<tr>
<th>Number of places available: 16</th>
<th>Trainer: Christina McElaney</th>
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## Course Description:
Facilitation is the theory and practice combined of working with people. Facilitation enables and empowers people to carry out a task or perform an action. A group facilitator uses certain skills in a process, which allows the individuals/group reach their decision/set their goal/learn a skill or whatever the task at hand might be. Facilitation is a developmental educational method, which encourages people to share ideas, resources, opinions and to think critically in order to identify needs and find effective ways of satisfying those needs.

## Course Content:
- To evaluate, recognize and put into practice the theory & practice of group work founded on the principles and values of group facilitation
- How to organise, plan, run and facilitate and evaluate group sessions with parameters, boundaries and group agreements.
- Identify power, conflict and lack of participation in a group and how best to manage difficult situations.
- Develop an insight into ethical behaviour as a facilitator and the use of your own power in the facilitator’s role.

## Certification / Accreditation:
A certificate of attendance will be awarded on completion of the training.
# Alcohol Drugs and Young People: Working with young people, early intervention.

| Course Duration: | I day | Dates: | 8TH NOV - SLIGO |

**Who should attend?**  
For those that come into contact with young people as part of their work or voluntary activities, alcohol and other drugs as part of their work/volunteering, Social workers, teachers, family support workers, nurses, employment support staff, probation, youth workers, Gardai among others.

| Location: | Leitrim & Donegal | Venue: | TBC |

| Number of places available: | 20 | Trainer: | Christina Murray-McEleney |

**Course Description:**  
This course aims to create awareness of drug/alcohol related issues and young people. The impact of substance misuse on the young person, families and local communities.

**Course Content:**  
A comprehensive overview on adolescence and substance misuse with skills development on early intervention.

**Learning Outcomes**
- Understand teenage brain development.
- Understand risk and protective factors.
- Outline the impact of Substance Use Disorder on young people, families & communities.
- Approach alcohol & drug issues from an informed perspective.
- Provide an early brief intervention for alcohol or other drug use.
- Identify key agencies and supports for young people experiencing difficulties.

**Certification / Accreditation:**  
A certificate of attendance will be awarded on completion of the training.
# Women and Substance Use

<table>
<thead>
<tr>
<th>Course Duration: 3 hrs</th>
<th>Dates: 17\textsuperscript{th} November - Donegal 14\textsuperscript{th} December - Sligo</th>
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</thead>
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**Who should attend?**
Community, voluntary, health, social and criminal justice settings such as: Health clinics and community-based health services, Community and voluntary services, Mental health services, Educational, criminal justice and other community-based initiatives, Youth and sports organisations; Later Life services

<table>
<thead>
<tr>
<th>Location: Donegal / Sligo</th>
<th>Venues: TBC</th>
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<tr>
<td>Number of places available: 20</td>
<td>Trainer: Christina Murray-McElaney</td>
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**Course Description:** There are gender-related issues when it comes to women’s problem substance use concerning unique biological factors as well as differences in social and environmental factors all of which can influence the motivations for alcohol or other drug use. Seeking treatment may be more complex for women, which may result in waiting longer to access treatment. Research has shown that physical and sexual trauma followed by post-traumatic stress disorder (PTSD) may be more common in drug-abusing women than in men seeking treatment.

**Course Content:**
- Alcohol Consumption and the female body.
- Impact of alcohol and other drug use in pregnancy.
- Issues relating to women’s alcohol & other drug use and it’s impact on accessing treatment earlier.
- Women as influencers

**Learning Outcomes**
- Explore and understand the complex set of issues involved with women and alcohol and / or other drug use
- Understand the implications of alcohol or other drug consumption during pregnancy
- Gain knowledge on the complex set of issues face when seeking treatment for substance use disorder
- Demonstrate how woman as influencers can inform the younger generation of risk

**Certification / Accreditation:** A certificate of attendance will be awarded on completion of the training.
## EMERGING DRUGS: New Psychoactive Substances (NPS)

**Course Duration:** 3 HRS

**Dates:**
11th October Sligo

**Who should attend?**
Individuals & Professionals who wish to gain knowledge on the New emerging psychoactive substances; An Garda Síochána, Drug Services, Social Work, medical staff, probation staff, prison staff, teachers, youth workers, third level health & social care students, among others.

**Location:** Sligo

**Venues:** TBC

**Number of places available:** 20

**Trainer:** Christina McElaney

**Course Description:** This training will provide an insight into the new and emerging types and trends in drug use as well as build on existing knowledge of psychoactive substances.

**Course Content:**
- Overview of new emerging psychoactive substances
- Outline main substances involved in these trends and the reasons for same
- Establish a link between trends in use and social, environmental, physical, mental and individual factors
- Assess the risks involved in these trends
- Explore the implications of these new substances

**Learning Outcomes:**
- Identify new emerging drugs
- Understand the range of variants of NPS
- Examine online availability
- Understand NPS in respect of current legislation

**Certification / Accreditation:** Certificate of attendance will be awarded on completion of the training.
# CANNABIS: RECREATIONAL / SYNTHETIC / MEDICINAL

<table>
<thead>
<tr>
<th>Course Duration: 3 HRS</th>
<th>Dates: 22ND SEPTEMBER</th>
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## Who should attend?
Individuals & Professionals who wish to gain knowledge on the different types of cannabis; An Garda Síochána, Drug Services, Social Work, medical staff, probation staff, prison staff, teachers, youth workers, third level health & social care students, among others.

## Location: Sligo

## Venues: TBC

## Number of places available: 20

## Trainer: Christina McEleney

## Course Description:
This training will enhance and advance participants knowledge base on the current types of cannabis. It will help clarify the misunderstanding around medicinal cannabis, recreational & synthetic cannabis.

## Course Content:
- Understand the difference between recreational, synthetic and medicinal cannabis
- Explore the effects of cannabis
- Explore the risks associated with the use of synthetic cannabis
- Understand the associated mental health risks
- Clarify the current legislative situation of cannabis / medicinal cannabis

## Learning Outcomes:
- Distinguish the difference between recreational, synthetic and medicinal cannabis
- Understand the possible risks associate with recreational & synthetic cannabis

## Certification / Accreditation:
Certificate of attendance will be awarded on completion of the training.
**APPLICATION FORM • FOR ONE DAY & TWO DAY COURSES 2017**

<table>
<thead>
<tr>
<th>Name of course</th>
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<tbody>
<tr>
<td>Date of course</td>
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**APPLICANT DETAILS**

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<th>Your Name</th>
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<td>Your Address</td>
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**EMPLOYMENT OR VOLUNTEERING DETAILS**

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<tr>
<th>EMPLOYER:</th>
<th>VOUENTER ORGANISATION:</th>
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<td>CONTACT NAME:</td>
<td>CONTACT NAME:</td>
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**APPLICATION FOR TRAINING / EDUCATION**

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<th>Have you previously completed any alcohol and other drugs training?</th>
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<th>What do you hope to learn from this training?</th>
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EMAIL THIS FORM TO: christinamceleney@donegaletb.ie

Or POST TO: Christina Murray-McElene, Donegal ETB, Ard O’Donnell, Letterkenny, Co. Donegal.
<table>
<thead>
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<th>NAME</th>
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<td>EMAIL ADDRESS:</td>
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Have you previously completed any other alcohol & other drugs training courses? Please list ➔

Educational attainment Qualifications

Please list ➔

Do you work or volunteer for an organisation that come into contact with alcohol or other drugs issues? Please explain ➔

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Email this form to: christinamceleney@donegaletb.ie
Post this form to: Christina Murray-McEleny, Donegal ETB, Ard O'Donnell, Letterkenny, Co. Donegal

**Closing Date for Applications**: 30TH AUGUST 2017
Start Date - Letterkenny  12TH SEPTEMBER 2017   Start Date – Sligo 13th SEPTEMBER 2017
## Request for tailored in-service training form

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<th>Course / Training Requested</th>
<th>Possible dates</th>
<th>Organisation details</th>
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<tr>
<th>Name of contact person</th>
<th>Organisation details</th>
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<td>(Briefly describe your organisation and what it does)</td>
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Please provide a much detail as possible for your particular request

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<th>What other alcohol / drug training has your organisation completed?</th>
<th>Please provide a rationale for the training you request</th>
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| Post to: | Christina Murray-McEleney, Coordinator Alcohol & Other Drugs Education & Training, NW region, Donegal ETB, Ard O’ Donnell, Letterkenny, Donegal. |