

ALCOHOL & OTHER DRUGS

EDUCATION & TRAINING COURSES
NW REGION 2017



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Coordinator

Alcohol & other Drugs Education & Training

NW region

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Month	Dates	Training	Location	MAX Places	Page
FEBRUARY	9TH & 10TH	INTRODUCTION TO MOTIVATION INTERVIEWING	SLIGO	16	7
	TUE 21ST	SAOR: SCREENING & BRIEF INTERVENTIONS	DONEGAL	16	6
MARCH	WED 1ST	QQI LEVEL 5 COMMUNITY ADDICTION STUDIES (12 WKS)	SLIGO	20	5
	MON 6TH	QQI LEVEL 5 COMMUNITY ADDICTION STUDIES (12 WKS)	DONEGAL	20	5
	THUR 23RD & FRI 24TH	ESSENTIAL GROUP FACILITATION SKILLS	DONEGAL	16	8
	THUR 30TH	EMERGING DRUGS: New Psychoactive substances	DONEGAL	20	10
APRIL	THUR 6TH & 7TH	INTRODUCTION TO MOTIVATIONAL INTERVIEWING	DONEGAL	16	7
	THUR 13TH	SUBSTANCE USE: FAMILY MEMBERS AND CARERS	DONEGAL	16	11
	THUR 27TH	SUBSTANCE USE: FAMILY MEMBERS AND CARERS	SLIGO	16	11
MAY	4TH	ALCOHOL DRUGS AND YOUNG PEOPLE: WORKING WITH YOUNG PEOPLE, EARLY INTERVENTION.	LEITRIM	16	9
	11TH	SAOR: SCREENING & RBIEF INTERVENTIONS	SLIGO	16	6
	TH 18TH & 19TH	ESSENTIAL GROUP FACILITATION SKILLS	LEITRIM	16	8
JUNE	15TH	EMERGING DRUGS: New Psychoactive substances	LEITRIM	16	10

MONTH	Dates	Training	Location	MAX Places	Page
SEPTEMBER	12TH	QQI LEVEL 5 COMMUNITY ADDICTION STUDIES (12 WKS)	DONEGAL	16	5
	13TH	QQI LEVEL 5 COMMUNITY ADDICTION STUDIES (12 WKS)	SLIGO	16	5
	14TH	SAOR: SCREENING & BRIEF INTERVENTIONS	DONEGAL	20	6
OCTOBER	5TH	INTRODUCTION TO MOTIVATIONAL INTERVIEWING	LEITRIM	16	7
	12TH	EMERGING DRUGS: New Psychoactive substances	SLIGO	16	10
	19TH	SAOR: SCREENING & RBIEF INTERVENTIONS	SLIGO	16	6
NOVEMBER	10TH	ALCOHOL DRUGS AND YOUNG PEOPLE: WORKING WITH YOUNG PEOPLE, EARLY INTERVENTION.	DONEGAL	16	9
	17TH	WOMEN AND SUBSTANCE USE	DONEGAL	16	12
	24TH	SAOR: SCREENING & BRIEF INTERVENTIONS	SLIGO	16	6
DECEMBER	14TH	WOMEN SUBSTANCE USE	SLIGO	16	12



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, in partnership with the Alcohol Forum and LYIT is currently writing modules for a new Post Graduate/ Msc. Specialist Practice Interventions in Alcohol, Drugs & Mental Health, and available Sept 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: 54 hrs. Taught & 96 hrs. Self-directed learning

START DATES: 1st March 2017-Sligo
6th March 2017-Donegal
Re- run in September 2017

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: 21ST FEB – DONEGAL
11TH MAY – SLIGO
19TH OCT – SLIGO
24TH OCT – DONEGAL

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

START DATES: 9th & 10th Feb –Sligo
6th & 7th April -Donegal

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

Course Duration: 2 days

Dates:
23rd & 24th March - Donegal
18th & 19th May - Leitrim

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.

Locations: Donegal / Leitrim

Venues: TBC

Number of places available: 16

Trainer: Christina McEleney

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 what ever 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: 1 day

Dates : 4th MAY - LEITRIM
10th 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.

EMERGING DRUGS: New Psychoactive Substances (NPS)

Course Duration: 3 HRS

Dates:

30th March –Donegal

15th June- Leitrim

12th Oct - 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: Donegal
Leitrim
Sligo

Venues: TBC

Number of places available: 20

Trainer: Christina McEleney

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.

Substance Use: Family Members & Carers

Course Duration: 1 day

START DATES: 13th April Donegal
27th April -Sligo

Who should attend?

Family members, carers and friends of those that are in active addiction.
Health and Social care workers, youth workers, Gardai, Social Workers, probation workers among others

Location: Sligo / Donegal

Venue: TBC

Number of places available: 16

Trainer: Christina Murray-McEleney

Course Description:

Family members and carers often feel worried, helpless, annoyed, frustrated worried and upset when someone close has an alcohol or drug problem. People who use drugs may behave in an erratic and unpredictable manner. Their substance use may contribute to them acting way that causes distress to others. They may become aggressive, angry and violent, or withdrawn and detached. All members of the family can be affected, and while there are no simple answers, some simple strategies may help to reduce the stress involved.

Course Content:

- Understand addiction and it's impact on the individual & family
- Enhance communication skills within family interactions
- Practice acceptance
- Improve Self care

Learning Outcomes

- Setting boundaries with consistency
- Devise a self-care Plan
- Explore & understand addiction and it impact on family members as well as it's impact on the individual

Certification / Accreditation: Certificate of attendance will be awarded on completion of the training.

Women and Substance Use

Course Duration: 3 hrs

Dates: 17th November - Donegal
14th December - Sligo

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

Location: Donegal / Sligo

Venues: T B C

Number of places available: 20

Trainer: Christina Murray-McEleney

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 its 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.

APPLICATION FORM 2017

Name of course

Date of course

APPLICANT DETAILS

Your Name

Your Address

Tel / Mob

Email

EMPLOYMENT OR VOLUNTEERING DETAILS

EMPLOYER :

VOUNTEER ORGANISATION:

CONTACT NAME:

CONTACT NAME:

TEL / MOB:

TEL / MOB :

Email:

Email:

APPLICATION FOR TRAINING / EDUCATION

Have you previously completed any alcohol and other drugs training?

(Please describe)

What do you hope to learn from this training?

(Please describe)

EMAIL THIS FORM TO: christinamceleney@donegaletb.ie

Or POST TO: Christina Murray-McEleney, Donegal ETB, Ard O'Donnell, Letterkenny, Co. Donegal.

Request for tailored in-service training form

Course / Training Requested	
Possible dates	
Organisation details	
Name of contact person	
Organisation details (Briefly describe your organisation and what it does)	
Contact Tel / mob	
Contact email address	
Please provide a much detail as possible for your particular request	
What other alcohol / drug training has your organisation completed?	
Please provide a rationale for the training you request	
Post to:	Christina Murray-McEleney, Coordinator Alcohol & Other Drugs Education & Training, NW region, Donegal ETB, Ard O' Donnell, Letterkenny, Donegal.
Email to:	christinamceleney@donegaletb.ie

