<table>
<thead>
<tr>
<th>Month</th>
<th>Date</th>
<th>Training</th>
<th>Location</th>
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<td>FEBRUARY</td>
<td>7th &amp; 8th</td>
<td>Motivational Interviewing (in-service)</td>
<td>In service</td>
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<td>22nd</td>
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<td>SAOR: Screening &amp; Brief Interventions (A/F)</td>
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<td>Donegal</td>
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<td>15th</td>
<td>Cannabis: Recreational, Medicinal, Synthetic.</td>
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<td></td>
<td>29th</td>
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<td>Sligo</td>
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<tr>
<td>MAY</td>
<td>3rd &amp; 4th</td>
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<td>Leitrim</td>
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<td>Emerging Drugs: New Psychoactive Substances</td>
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<td>Donegal</td>
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<td>JUNE</td>
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<td>Alcohol Drugs &amp; Young People</td>
<td>Leitrim</td>
<td>16</td>
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<td>Sligo</td>
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<td>JULY</td>
<td>2-6th</td>
<td>Teacher Training Week</td>
<td>TBC</td>
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### Here is the electronic link for individuals to register for training:

https://goo.gl/forms/2nw0l46C2UdPmoku1

### Here is the electronic link for in-service training request:

https://goo.gl/forms/BgXZeKiV2k7fllkl3

Physical forms are also available at the end of this document.
Trainer Profile:
Christina Murray-McEleney is employed by Donegal Education & Training Board and is funded by North West Regional Drug & Alcohol Task Force (NWRDATF). She is responsible for coordinating alcohol & other drugs education and 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”. Christina has lectured and guest lectured for ten years in various third level institutions namely University of Limerick, Letterkenny IT, Sligo IT & North West Regional College and Letterkenny Institute of Technology. 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, 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, and Prevention & Education Sub-group of NWRDATF. Christina is also a trained facilitator for the national SAOR- Screening & Brief Interventions programme. Christina has written modules for and taught on a new Msc./Post graduate Diploma in Therapeutic Interventions in Alcohol and other drugs, which is accepting applications for September 2018.

Individual Booking:
Simply fill out the electronic booking form via this link:
https://goo.gl/forms/3Foxb4LC2AJLbA482

In-Service 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 for a minimum number of 10 participants however this number can be reviewed in special circumstances. There is an electronic form to fill in, available via this link:
https://goo.gl/forms/KsyNkq7ZJrPGkFh93
QQI Level 5 in Community Addiction Studies

Course Duration:  
Evenings: September to December 2018  
Fee: €300

START DATES:  
Letterkenny  12th September  
Sligo  13th September

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, Medical & Psychiatric Nurses, Employment Support Staff, Probation, Gardai and others with an interest in this field.

Location:  Sligo  
Letterkenny  
Venue:  Ard O Donnell  
Radisson Blu Hotel Sligo

Number of places available: 16

Trainer: Christina Murray-McEleneey

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 issues such as The Theory of addiction, current interventions, the media and addiction, addiction and the family, alcohol and drug use in 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.

IMPORTANT: Use of a computer & computer skills are essential for this course.

Here is the link to register: https://goo.gl/forms/oULnuJHNZql4mqI22
SAOR: 1 & 11  Screening & Brief Interventions (SBI National Programme)

Course Duration: 1 day 10.00 am – 4.30pm

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<tr>
<th>Dates</th>
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<tr>
<td>28th February</td>
<td>Donegal</td>
<td>Ard O Donnell Letterkenny</td>
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<tr>
<td>22nd March</td>
<td>Sligo</td>
<td>Radisson Blu Hotel Sligo</td>
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<td>25th April</td>
<td>Leitrim</td>
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<td>18th September</td>
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<td>18th October</td>
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<td>23rd November</td>
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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 /Leitrim

Number of places available: 16

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.

Here is the link to register: https://goo.gl/forms/oULnuJHNZql4mqi22
## Motivational Interviewing

<table>
<thead>
<tr>
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<tr>
<td><strong>DATES:</strong></td>
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<td>3 &amp; 4th May</td>
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<td>14&amp;15th June</td>
<td>Donegal</td>
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### 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:
- Gain a good understanding of motivational interviewing and how it works
- 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.

Here is the link to register: [https://goo.gl/forms/oULnuJHNZqL4mqi22](https://goo.gl/forms/oULnuJHNZqL4mqi22)
# Essential Group Facilitation Skills

<table>
<thead>
<tr>
<th>Course Duration: 2 days</th>
<th>Dates: 20 &amp; 21st June Sligo 3rd &amp; 4th December Donegal</th>
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**Who should attend?**
This course is aimed at those working in the Community/Voluntary/Statutory/Alcohol/Drugs sector whom are involved in or plan to become involved in the facilitation of a range of groups.

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<th>Location: Sligo / Donegal</th>
<th>Venue:</th>
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<tr>
<th>Number of places available: 16</th>
<th>Trainer: Christina McElney</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 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.

*Here is the link to register:* [https://goo.gl/forms/oULnuJHNZqL4mqI22](https://goo.gl/forms/oULnuJHNZqL4mqI22)
Alcohol Drugs and Young People: Working with young people, early intervention.

<table>
<thead>
<tr>
<th>Course Duration:</th>
<th>Dates: Leitrim 7th June</th>
<th>Sligo 12th October</th>
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<td>Day: 10.00 am - 4.00 pm</td>
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**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.

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<th>Location:</th>
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<tr>
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<td>Carrick On Shannon TBC</td>
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<td>Radisson Blu: Sligo</td>
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<th>Number of places available:</th>
<th>Trainer:</th>
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<tbody>
<tr>
<td>16</td>
<td>Christina Murray-McEleny</td>
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</table>

**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.

[Here is the link to register](https://goo.gl/forms/oULnuJHNZqL4mqi22)
# EMERGING DRUGS: New Psychoactive Substances (NPS)

**Course Duration:** 3 hrs. 10.00 am – 1.00 p.m  
**Dates:** 10th May Donegal  
28th June Leitrim

**Who should attend?**  
Individuals & Professionals who wish to gain knowledge on the New emerging psychoactive substances; An Garda Siochána, 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  
| Venue:    | Donegal : Letterkenny  
|           | Carrick On Shannon TBC  
| Number of places available: | 16  
| Trainer:  | Christina McEleny

**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.  
**Here is the link to register:** [https://goo.gl/forms/oULnuJHNZqL4mqi22](https://goo.gl/forms/oULnuJHNZqL4mqi22)
### Women and Substance Use

<table>
<thead>
<tr>
<th><strong>Course Duration:</strong></th>
<th><strong>Dates:</strong></th>
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| 3 hrs: 10.00 am – 1.00pm | Donegal 17th May  
Sligo 31st May |

#### 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.

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<th><strong>Location:</strong></th>
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<th><strong>Trainer:</strong></th>
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<tr>
<td>16</td>
<td>Christina Murray-McEleney</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.

**Here is the link to register:** [https://goo.gl/forms/oULnuJHNZqL4mqi22](https://goo.gl/forms/oULnuJHNZqL4mqi22)
# CANNABIS: RECREATIONAL / SYNTHETIC / MEDICINAL

**Course Duration:** 3 HRS 10.00 am – 1.00pm  
**Dates:** Donegal 8th March  
Leitrim 15th March  
Sligo 11th April  
Sligo 9th November  

**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:** Donegal, Sligo, Leitrim  
**Venue:** TBC  

**Number of places available:** 16  
**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.

**Here is the link to register:** [https://goo.gl/forms/oULnuJHNZqL4mqi22](https://goo.gl/forms/oULnuJHNZqL4mqi22)
# Alcohol & other Drugs: Responding to Teachers needs in today’s society

<table>
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<th>Course Duration: 20 hrs</th>
<th>Dates:</th>
<th>2nd -6th July</th>
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<td>10.00 am 2.00 pm each day fro five days</td>
<td>20th-24th August</td>
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**Who should attend?**
Principals ,Teachers, SPHE Teachers, Guidance Counsellors, Teachers in training.

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<th>Location: Donegal, Sligo, Monaghan.</th>
<th>Venue: TBC</th>
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<tr>
<th>Number of places available: 16</th>
<th>Trainer: Christina McEleney, Moira Mills Mary Hough.</th>
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## This course aims to:
Up skill the participants in the delivery of the Alcohol and Drugs Education Objectives of the SPHE curriculum through:

- Raising their awareness that one of the overall aims of SPHE in school is to promote the health of the child and provide a foundation for healthy living in all its aspects
- Familiarising them with the latest research on Alcohol & other drug use in Ireland and its effect on the brain of the developing child
- Identifying the effects of problem parental alcohol & other drug use on children
- Identifying the core objectives of the SPHE curriculum relating to Alcohol and other drug use and how best to plan, resource and teach these objectives
- Equipping them with the key skills and methodologies needed to enable their pupils to develop a sense of safety and an ability to protect themselves from risky or abusive behaviour
- Familiarising them with the elements which should be included in a School Substance Use policy and the key steps in reviewing and updating their policy

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

For further information contact any of the following Education Centres:
- Donegal Education Centre
- Sligo Education Centre
- Carrick Educations Centre.
Master of Science / Post Graduate Diploma in Therapeutic Interventions in Alcohol & other Drugs

Course Duration: Two Academic years. One academic year to exit with Post Graduate Diploma.

Dates: Starts September 2018
Fee: €5,000. The fee for Non-EU students is €9,000. Tax relief is available on fees paid – up to €5,000 at the standard rate.

Is the programme for you?
The aim of the programme is to enable students to effectively deal with drugs and alcohol issues and to utilise recovery methods, using the best evidence and interventions by extending theoretical knowledge and practical skills, to alleviate these issues. The programme will take cognisance that student learners will come from a variety of practice/professional backgrounds.

This programme will commence with an introductory module, Theoretical Foundations in Alcohol and Other Drugs, to ensure that all students, regardless of professional or academic background, have a basic understanding of the core concepts that underpin clinical, evidenced based and public health aspects of, alcohol and other specialist areas of drug and alcohol which results in harm to the individual, family and community. It will provide an opportunity for graduates to enhance their knowledge base, employment and career prospects with the inclusion of work based assessments to enhance their skills sets in a wide ranging Alcohol and Drug related service provision by embedding evidence informed practice in local organisations.

Location: Donegal
Venue: Letterkenny Institute of Technology
Number of places available: 16

Minimum Entry Requirements:
The minimum entry requirements are a Level 8 Honours Degree in a relevant discipline such as Health and Social Care, Nursing, Social Work, Youth Work, Psychology, medicine etc. Applicants may be required to undertake an interview. Applicants who do not hold the above entry requirements may be considered using the LYIT RPL process.

Course Content:
- Theoretical Foundations in Alcohol & Other Drugs
- Advanced Research Methods
- Alcohol and Other Drug Use: Interventions Practice & Skills 1 & 2
- Children and Families: Hidden Harm
- Alcohol, Drugs and Mental Health: Recovery Approaches
- Alcohol and Other Drugs Use: Interventions Practice & Skills
- Research Dissertation

(Information continued next page)
Here is the link to the LYIT Post Graduate Application Form:

http://www.lyit.ie/media/Postgraduate%20Application%20Form.doc

FOR FURTHER INFORMATION:

- **Contact:** Ms. Louise McBride, Head of Department of Nursing and Health Studies, Letterkenny Institute of Technology
- **E-Mail:** Louise.McBride@lyit.ie or Sheila.Giblin@lyit.ie
- **Telephone:** (074) 9186303
# REGISTRATION FORM 2018

## Name of course

## Date of course

## APPLICANT DETAILS

<table>
<thead>
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## EMPLOYMENT OR VOLUNTEERING DETAILS

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<tr>
<td>CONTACT NAME:</td>
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<tr>
<td>TEL / MOB:</td>
<td>TEL / MOB:</td>
</tr>
<tr>
<td>Email:</td>
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</tbody>
</table>

## SUPPORTING INFORMATION

- **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.
<table>
<thead>
<tr>
<th>In-service training form</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Course / Training Requested</strong></td>
</tr>
<tr>
<td><strong>Possible dates</strong></td>
</tr>
<tr>
<td><strong>Organisation details</strong></td>
</tr>
<tr>
<td><strong>Name of contact person</strong></td>
</tr>
<tr>
<td><strong>Organisation details</strong> (Briefly describe your organisation and what it does)</td>
</tr>
<tr>
<td><strong>Contact Tel / Mob</strong></td>
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<tr>
<td><strong>Contact email address</strong></td>
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<tr>
<td><strong>Please provide a much detail as possible for your particular request</strong></td>
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<tr>
<td><strong>What other alcohol / drug training has your organisation completed?</strong></td>
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<tr>
<td><strong>Please provide a rationale for the training you request</strong></td>
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<tr>
<td><strong>Post to:</strong> Christina Murray-McEleney, Coordinator Alcohol &amp; Other Drugs Education</td>
</tr>
<tr>
<td><strong>Email to:</strong> <a href="mailto:christinamceleney@donegaletb.ie">christinamceleney@donegaletb.ie</a></td>
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</tbody>
</table>