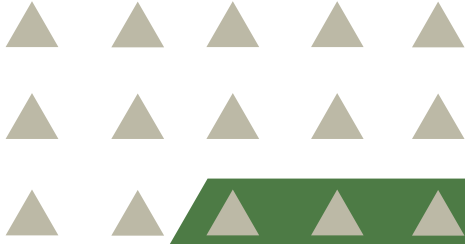




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Bord Oideachais agus
Oiliúna Dhún na nGall
*Donegal Education and
Training Board*



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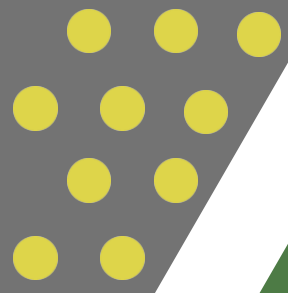
REGION



ALCOHOL

&

OTHER DRUGS

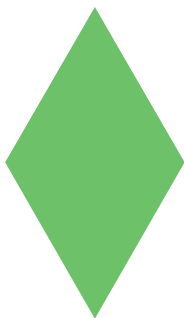


TRAINING

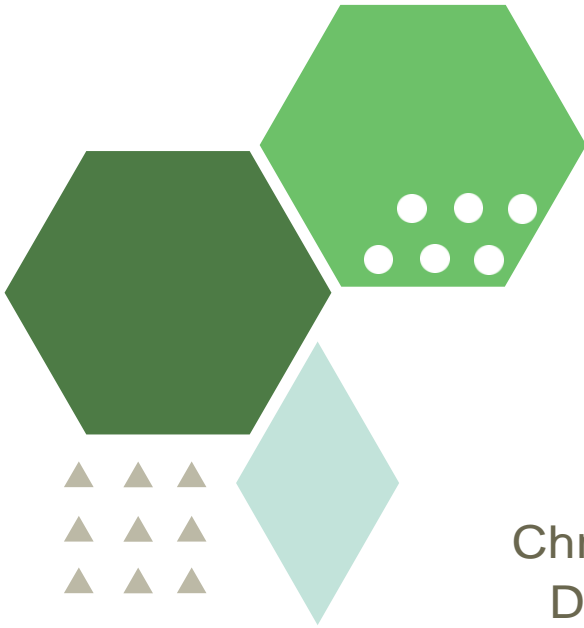
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EDUCATION

2020



Northwest Regional
Drug & Alcohol Task Force



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MONTH	DATE	COURSE	LOCATION	PAGE
MARCH	19 th 26 th	Essential Group Facilitation Skills	Sligo	4
	27 th	Cocaine : The risks	Letterkenny	5
APRIL	3 rd & 4 th	Essential Group Facilitation Skills	Donegal Town	4
	16 th & 17 th	Introduction to Motivational Interviewing	Rossinver Co. Leitrim	6
	23 RD	Performance Image Enhancing Drugs	Sligo	7
	30 TH	Cannabis : synthetic, recreational, medicinal	Sligo	8
MAY	1 ST	Cocaine : the risks	Sligo	5
	7 TH	Cocaine: the risks	Letterkenny	5
	14 th	Cocaine: the risks	Buncrana	5
	21 st	Cannabis : synthetic, recreational, medicinal	Buncrana	8
June	4 th	The impact of alcohol & other drugs on family wellbeing	Letterkenny	9
	12 th	The impact of alcohol & other drugs on family wellbeing	Sligo	9
	18 th &19 th	Introduction to Motivational Interviewing	Letterkenny	6
	29 th	New psychoactive Substances	Letterkenny	10
	Sept	QQI Level 5 Community Addiction Studies	Letterkenny & Sligo	11



ESSENTIAL GROUP FACILITATION SKILLS

Course Content: 12 hrs over 2 days

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.

Learning Outcomes

- How to organize , plan , run facilitate and evaluate group session within parameters, boundaries and group agreements.
- How to identify power, conflict within a group and learn how to manage difficult situations.
- Develop an insight into facilitators' influence within a group, an insight into ethical behaviour and use of power in the facilitators' role.
- Identify task and process.

MULTI-DISCIPLINARY TRAINING
for those involved in facilitating a diverse range of groups. Social workers, social care workers, teachers, counsellors, family support workers, nurses, employment support staff, probation, youth workers, community & voluntary workers, among others.



COCAINE: THE RISKS :

Course Content: 3 hrs

Ireland ranks the fourth highest country in the EU for Cocaine use among young adults. The use of cocaine has been on the increase in Ireland in recent times. In light of this increase in use and the increase in cocaine related deaths, this educational & informational session will provide an insight on the associated risks with the use of cocaine as well as mixing cocaine with alcohol and other drugs.

Learning Outcomes

- Ireland, the current situation of cocaine use.
- Signs, Symptoms and effects of cocaine use.
- Possible long-term effects.
- Cocaine and alcohol.
- Cocaine and pregnancy.
- Cocaine and driving.
- Cocaine dependency.
- Drug related debt : the implications.

MULTI-DISCIPLINARY TRAINING
for those involved in a wide range of disciplines, social workers, social care workers, housing professionals, teachers, family support workers, counsellors, nurses, employment support staff, probation, youth workers, community & voluntary workers, Security workers, Gardai; among others.



INTRODUCTION TO MOTIVATIONAL INTERVIEWING

Course Content: 12 hours over 2 days

Motivational Interviewing (MI) 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 behaviour. MI is a goal-oriented, client-centered counseling style for eliciting health behavior change across a range of disciplines helping clients. MI is evidenced as an appropriate intervention with clients that are experiencing alcohol and other drug problems.

Learning Outcomes

- Gain a good understanding of Motivational Interviewing and how it works.
- Critically reflect on personal values and belief systems and how that might influence your work.
- Enhance MI practitioner skills.
- Learn what the Spirit of MI is.
- OARS: open ended questions, Affirmations, Reflections, Summaries.
- Ability to elicit and develop change talk.
- Respond to sustain talk.

MULTI-DISCIPLINARY TRAINING
for those involved in a wide range of disciplines; social workers, social care workers, teachers, family support workers, nurses, counsellors, employment support staff, probation, youth workers, community & voluntary workers, Security workers, Gardai; among others.

PERFORMANCE IMAGE ENHANCING DRUGS (PIEDS): STEROIDS IN SPORT

Course Content: 2 hrs

Performance Image Enhancing Drugs (PIEDs) sometimes referred to as “human enhancement drugs” are not a new phenomenon, however their use is widespread although difficult to determine. Evidence suggests steroids in sport have the highest levels of usage in the age groups between 20-40 year and its predominantly used by males. There are numerous risks associated with PIEDs including needle exchange risks. Psychological addiction to PIEDs can occur.

Learning Outcomes

- Learn about the effects of these drugs from the cosmetic and transient to life threatening potential.
- Consider the potential for hormonal, metabolic and behaviour change as well as the potential for dependency.
- Illicit manufacturing and the associated risks
- Risk of blood borne viruses.

MULTI-DISCIPLINARY TRAINING

for those involved in a wide range of disciplines; social workers, social care workers, housing professionals teachers, family support workers, counsellors, nurses, psychiatric nurses, employment support staff, probation, youth workers, community & voluntary workers, Security workers, Gardai; among others.



CANNABIS: recreational, medicinal synthetic – Do you know the difference?

Course Content: 3 hrs

Given the level of misinformation within the community on Cannabis and its therapeutic benefits this educational training will equip the participant to differentiate between the different types of cannabis, its use, effects and potential risks. Cannabis is evidenced to impact on the developing brain, impair memory and induce a-motivational syndrome. Cannabis is known for its potential to impact on mental health.

Learning Outcomes

- Distinguish between recreational, medicinal and synthetic cannabis
- Explore and understand the growth of the cannabis market
- Explore the risks associated with the use of recreational cannabis, as well as potential for higher risks with synthetic cannabis
- Consider the risk for impact on mental health

MULTI-DISCIPLINARY TRAINING

for those involved in a wide range of disciplines; Social workers, teachers, counsellor, family support workers, social care workers, housing professionals, nurses, psychiatric nurses, employment support staff, probation, prison, staff youth workers, community & voluntary workers, Security workers, Gardai; among others.

The impact of alcohol & drug on family wellbeing

Course Content: 3 hrs

The use of drugs has significant impact on all members of the family. Families experiencing problem alcohol or other drugs use tend to have fewer positive emotions, higher negative emotions and significantly lower levels of psychological wellbeing. Family members and especially young children are impacted in considerable and varied ways. Supporting a family or individuals within a family to improve their wellbeing can be a significant challenge.

Learning Outcomes

- Explore the impact on family members from the theoretical family systems theory.
- Understand family and individual well-being and how to support it in the midst of family difficulties.
- Consider the impact of constant stress on individuals and the family.
- Explore possible wellbeing interventions for the individual and the family.

MULTI-DISCIPLINARY TRAINING
for those involved in a wide range of disciplines; Social workers, teachers, counsellor, family support workers, social care workers, housing professionals, counsellors, nurses, psychiatric nurses, employment support staff, probation, prison, staff youth workers, community & voluntary workers, Security workers, Gardai; among others.

New Psychoactive Substances (NPS)

Course Content: 3 hrs

New psychoactive substances (NPS) are a broad range of drugs that are not controlled by international drug laws. Stimulants, synthetic cannabinoids, benzodiazepines, opioids, hallucinogens and disassociatives make up this group of drugs. These drugs are designed to mimic the effects of controlled drugs. NPs are traded as legal replacements for controlled drugs and they may be sold in a range of products under the guise of 'legal highs', 'research chemicals' or 'dietary supplements'. They are also sold as drugs in their own right, and, unknown to users, as controlled drugs and fake medicines. An additional aspect of the market is the use of non-controlled psychoactive medicines that are either diverted from the regulated market in Europe or sourced from vendors in other countries.

Learning Outcomes

- Overview of new emerging psychoactive substances
- Explore the expanding range of NPS
- Explore the implications of use of NPS and potential for harm
- Explore the availability on the web

MULTI-DISCIPLINARY TRAINING
for those involved in a wide range of disciplines; Social workers, teachers, counsellor, family support workers, social care workers, housing professionals, counsellors, nurses, psychiatric nurses, employment support staff, probation, prison, staff youth workers, community & voluntary workers, Security workers, Gardai; among others.



QQI LEVEL 5 COMMUNITY ADDICTION STUDIES SEPTEMBER 2020

Course Content: September to December
Participants experience an excellent
Curriculum addressing all the topics listed below.

- **Theories of Addiction**
- **The Family & Addiction**
- **Hidden Harm**
- **The Media & Addiction**
- **Harm Reduction**
- **Current Interventions Working With Addictions**
- **Gambling Addiction**
- **Drug Types & Trends In Drug Use**
- **New Psychoactive Substances**

Fee: €300

MULTI-DISCIPLINARY TRAINING

for those involved in a wide range of disciplines; Social workers, teachers, counsellor, family support workers, social care workers, housing professionals, counsellors, nurses, psychiatric nurses, employment support staff, probation, prison, staff youth workers, community & voluntary workers, Security workers, Gardai; among others.