



etb

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

2021
Quarter 1

Alcohol & other Drugs

Education & Training
North West Region

Northwest Regional
Drug & Alcohol Task Force



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Welcome

To the Quarter 1 training plan. The training has been completely redesigned, redeveloped and adjusted with a blended learning approach under the current circumstances.

Your Trainer



Christina McEleney is an educational specialist in the field of alcohol & other drugs; she is lecturer and academic course writer to Master of Science level. Christina is a life, career & organisational coach and a workplace wellbeing professional. Employed by Donegal Education and Training Board her programme of education & training is funded by the North West Regional Drug & Alcohol Task Force. Within the project she works in partnership with the Alcohol Forum, HSE and the National Addiction Training Programme.

Tailored Training is also available

Would you like to have training/information session designed and delivered specifically to your your group?

This can be arranged; get in touch.

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FB: Alcohol & Other Drugs Education & Training NW region

Find out how to register for training on the back page

QQi Level 5

Community Addiction Studies 2 courses available!

Course Fee : €300

Option 1 :Monday evenings 6-9pm Starts 25th January

Option 2:Thursday afternoons 2-5 pm starts 21st January

This course provides an excellent grounding in alcohol and other drug studies. It's a fundamental knowledge base for working in the field of alcohol and other drugs. The course curriculum covers

- Theory of addiction
- The family & and the impact of problem substance use
- The media and addiction
- Brief psychosocial interventions
- Gambling addiction
- Drug types & effects
- New Psychoactive Substances
- Hidden Harm / Trauma

BLENDED LEARNING

This theoretical and skills based training has been redeveloped in its delivery method to a blend of online training, self directed learning and in person skills practice . Students will need access to a computer and internet / broadband in order to participate in the online classes.. Student will need to be proficient in the use of microsoft word in order to complete assignments. A minimum of two years in recovery is recommended for individuals that have experienced addiction.

MODE OF ATTENDANCE

This course is reconstructed for online delivery. Where Covid-19 levels permit there may be a specific physical class at some point, in the main this will be fully online. Students will receive one to one support.

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Women & Substance Use

Free of charge

1.5 hrs

Women's problem substance use (alcohol & other drugs) has impact on 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 including prescription drugs. Seeking treatment may be more complex for women, which may result in waiting longer to access help because of the role women play in their families. 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.

Choose one of the following dates available.

Thursday 14th January | 1 hr | 2.30-3.30pm | online

Wednesday 31st march | 1 hr | 2.30-3.30pm | online

Cocaine

The risks

Free of charge

1 hr

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 the last couple of years. In light of the increase in the use of cocaine and the increase in cocaine related deaths, this educational session will provide solid knowledge base on cocaine. Certificate of attendance offered.

Wednesday 18th February | 1 hr | 2.30-3.30pm | online

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Creating your wellbeing plan

SELF-CARE

Registration Fee €30

Showing up as your best self requires committed personal self care plan. Too often those that are supporting and caring for others reach a point of compassion fatigue or burnout. There are many aspects to our well-being taking time to pause, reflect and make your plan is the first the step.

This two hour workshop will provide professionals with the tools & resources to initiate your wellbeing plan, these tools can also be used with your clients.



Choose one of the following dates available.

Friday 26th February | 2.00pm-4.00pm | online

It is expected that this workshop will book up very quickly numbers are limited to a max of 6.

Cannabis

Is cannabis a drug? Does cannabis impact on mental health, what's the difference in cannabis and Medicinal Cannabis?

Free of charge

1.5 hrs

Cannabis is a mood altering psychoactive substance, like every mood altering psychoactive substance it does have side effects. Learn more about cannabis and its side effects its impact on mental health and the difference with medicinal cannabis. Certificate of attendance offered.

Wednesday 3rd march | 1.5 hr | 2.30-4.00 pm | online

Synthetic Cannabis

Recognising the difference

Free of charge

1 hr

Synthetic cannabis are a group of synthetic man-made chemical cannabinoids which belong to a group of drugs known as New Psychoactive Substances (NPS). The impact of these drugs can be risky, more dangerous and in some cases life threatening.

Certificate of attendance offered.

Wednesday 24th March | 1 hr | 2.30-3.30 pm | online

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How to register for training

To register click / copy the link to fill in this google form.

<https://forms.gle/CqyiCpxKeh6bNkXv8>

If you have difficulty accessing the link then email:

christinamceleney@donegletb.ie



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7.