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

2022

Alcohol & other Drugs

Education & Training
North West Region



Northwest Regional
Drug & Alcohol Task Force



JANUARY-APRIL 2023

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Welcome

To the AOD Education & Training plan Q1 2023. The training plan is adjusted to a new blended approach with some online training and some in person training. Over 1700 people have participated in the many educational courses and training sessions to date. Quality and evidenced informed information is utilised to ensure the education & training is relevant, with many disciplines catered for. The sessions are academically informed and are designed to equip you with the knowledge and skills to enhance your work, when you come into contact with alcohol or other drug issues. Most of the training is free of charge; however there is a fee for the QQi level 5.

Your Trainer



Christina McEleney is an educational specialist in the field of alcohol & other drugs; teaching in the field for over 15 years, she is a lecturer and academic course writer to Master of Science level. Christina is also 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. Christina works in partnership with the Alcohol Forum, HSE and the National Addiction Training Programme, community groups as well as academic institutions.

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Alcohol & Other Drugs Education & Training NW region

QR CODES

This document contains QR codes that lead you to the registration forms.


1. Open the camera app on your mobile phone , hover over the QR code
2. You will see "forms.office.com"
3. Tap on "forms.office.com" and it will lead you to the form to fill in.
4. Fill in the form

TRAINING SPECIFICALLY DESIGNED FOR YOUR ORGANISATION

Over 1700 people have attended various education and training courses with Christina she specialises in tailored training to meet the needs of your staff and volunteers.

Get in touch if you would like to organise training specifically and exclusively for your staff and volunteers on alcohol & other drugs topics.

This can be designed specifically for the needs of your staff and at a time that suits your organisation, day time or evening time.

Open the camera on your phone
Hover over the QR code . 

When you see 'forms.office.com' tap that
This will lead you to the form -then, fill it in.



Schedule of short courses at a glance 2023

MONTH	DATE	TIME	TRAINING	LOCATION
JAN	25th	2.30-4.00PM	CANNABIS & YOUR MENTAL HEALTH	ONLINE
FEB	10th	11.00-1.00PM	SYNTHETIC CANNABIS- WHAT YOU NEED TO KNOW	ONLINE
	17th	11.00-1.00PM	COCAINE: THE RISKS	ONLINE
	24th	11.00-1.00PM	AWARENESS OF THE MISUSE OF PRESCRIPTION DRUGS AND OVER THE COUNTER (OTCS) DRUGS	ONLINE
MAR	3rd	11.00-1.00PM	VAPING: WHAT WE NEED TO KNOW RIGHT NOW	ONLINE
	10th	10-3 PM	DAY 1 MOTIVATIONAL INTERVIEWING SKILLS	in person Sligo
	24th	10-3 PM	DAY 2 MOTIVATIONAL INTERVIEWING SKILLS	in person Sligo
APR	21st	10-3 PM	HIDDEN HARM	in person Sligo
	28th	10-3 PM	HIDDEN HARM	in person Letterkenny

Cannabis & your mental health

January 25th | 1.5 hr | 2.30-4.00 pm | online

Free of charge

Is cannabis a drug? Does cannabis impact on mental health? What's the difference in cannabis and Medicinal Cannabis? 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 between recreational and medicinal cannabis.

Who would benefit from this training?

Social workers, teachers, family support workers, nurses, counsellors, employment support staff, probation staff, youth workers, community workers, Gardai, among others.

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Cocaine: The Risks

Friday 17th February | 2 hrs | 11 am - 1 pm | online

Free of charge

The use of cocaine has been on the increase. Cocaine like every other illegal drug has side effects and risks. In light of the increase in the use of cocaine this educational session will provide solid knowledge base on cocaine and the risks.

Who would benefit from this training?

Social workers, teachers, family support workers, nurses, employment support staff, probation staff, youth workers, community workers, Gardai, among others.

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Synthetic Cannabis (SCRAs)

What you need to know

Friday 10th February | 2 hr | 1 am-1 pm | online

Free of charge

Synthetic cannabis are a group of synthetic man-made chemical cannabinoids which are very different to natural cannabinoids and belong to a group of drugs known as Synthetic Cannabinoid Receptor Agonists (SCRAs) The use of these drugs can be risky, the impact these drugs can more dangerous and in some cases life threatening.

learning outcomes:

- Identify the risks of the use of Synthetic Cannabis
- Become equipped with information on SCRAs
- Develop a knowledge that can help you have effective conversations on the difference in SCRAs and natural recreational cannabis. Certificate of attendance.

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Who would benefit from this training?
parents, social workers, teachers, family support workers, nurses, employment support staff, probation staff, youth workers, community workers, Gardai, sports coaches, youth club leaders, aspiring coaches, Anyone that looks after young people whilst involved in recreational activities.

Awareness of the misuse of prescription drugs and over the counter drugs (OTCs)

Friday 24th February | 11 am -1 pm | 2 hrs | online

People are prescribed drugs to help them with a condition some medications have psychoactive (mind-altering) properties and, because of that, are sometimes misused that is, taken for reasons or in ways or amounts not intended by a doctor, or taken by someone other than the person it was prescribed for. The classes of prescription drugs most commonly abused are: opioid pain relief meds, such, stimulants for treating Attention Deficit Hyperactivity Disorder and anti-anxiety drugs. Addiction can occur with prolonged use of some of these drugs. These types of drugs may be misused, sold and exchanged and not used as they were intended. Find out more by signing up for the session.

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Who would benefit from this training?
social workers, teachers, family support workers, nurses, employment support staff, probation staff, youth workers, community workers, Gardai, sports coaches, youth club leaders, aspiring coaches, Anyone that looks after young people whilst involved in recreational activities.

Motivational Interviewing

Friday 10th March & 24th March | 10am-3 pm | in-person
|location Radisson Hotel : Sligo

Motivational Interviewing (MI) is an evidenced-based psychosocial intervention for health behaviour change. It's a method of facilitating and engaging with people to evoke their natural intrinsic motivation. MI is a goal-oriented, client-centred approach for eliciting and strengthening a persons own motivation for health behaviour change. MI is an exceptionally useful approach across a range of disciplines who work with and help clients in their change process. MI is strongly evidenced as an effective method of intervention with clients that experience alcohol & other drug issues.

BLENDLED LEARNING

his theoretical and skills based training has been redeveloped in its delivery method to a blend of online training and one 'in-person' skills practice based session at the end. However, should restrictions still be in place the skills demonstration session will occur online. Students will be required to engage in self-directed learning. Where there is not opportunity for "in-person" practice the course will be delivered fully online.

Certificate of attendance.

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Who would benefit from this training?
social workers, teachers, family support workers, nurses, probation staff, youth workers, community workers, youth club leaders, Women Centre Staff, Domestic Violence Service staff .

Vaping : What we need to know right now

Friday 3rd March | 2 hrs | 11 am-1 pm

Free of charge

Electronic cigarettes (e-cigarettes) are electronic devices designed to vaporise chemical compounds. E-cigarette use may pose health risks in the form of cardiovascular and respiratory diseases, secondhand inhalation may also cause injuries to others in the vicinity of these aerosols . Acute lung injury may also be associated with the use of e-cigarettes, but the underlying cause remains unknown. Caution is warranted as the medical community continues to assess the health risks of e-cigarette use.

Who would benefit from this training?

parents, teachers social workers, family support workers, nurses, employment support staff, probation staff, youth workers, community workers, Gardai, sports coaches, youth club leaders, aspiring coaches, Anyone that looks after young people whilst involved in recreational activities.

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Hidden Harm

Friday 21st April | 4.5 hrs | 10 am-3 pm | In person | Sligo

Friday 28th April | 4.5hrs | 10 am-3 pm | In person | Letterkenny

Free of charge

Problem Parental alcohol & other drug use has the potential to impact negatively on children in the home, it can and does cause serious harm to children at every age from conception to adulthood. Hidden Harm can be experienced by children who may not be known to services. Research indicates that "1 in every 11 children and young people are living in a situation where alcohol or other drug use is an issue" (HSE 2021). All professionals who come into contact with children and families where substance misuse is an issue have a responsibility to ensure that children in these circumstances are identified as early as possible and are given appropriate intervention, support and protection.

Certificate of attendance.

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Who would benefit from this training?

parents, teachers social workers, family support workers, nurses, employment support staff, probation staff, youth workers, community workers, Gardai, sports coaches, youth club leaders, aspiring coaches, Anyone that looks after young people whilst involved in recreational activities.

QQi Level 5 Community Addiction Studies October 2023 - BLENDED ATTENDANCE

Course Fee : €350

THURSDAY EVENINGS evenings 6-9pm online weekly.

'In person' attendance required on 4 Thursdays.

Starts 4th October 2022 - Ends 6th MARCH 2024

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 or coming into contact with alcohol & other drug issues .

The course curriculum covers

- Theories 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 as well as in-person skills practice . Students will need access to a computer and internet / broadband in order to participate in the online classes.. Students will need to be proficient in the use of Microsoft word in order to complete assignments. A minimum of two years in recovery from addiction is recommended for individuals that have experienced addiction.

MODE OF ATTENDANCE

This course is reconstructed blended delivery and is mainly delivered online however, there are 5 in person attendance days:

Wednesday 4th October 2023

Wednesday 1st November 2023

Wednesday 24th January 2024

Wednesday 21st February 2024

Wednesday 6th March 2024

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