



etb

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

ALCOHOL & OTHER DRUGS

TRAINING CALENDAR



2024



Northwest Regional
Drug & Alcohol Task Force



BOOK A TALK OR BOOK TRAINING

Does your organisation need an update on alcohol and other drug issues?

Over 2000 people have attended various education and training courses with Christina.

Get in touch if you would like to organise training specifically and exclusively for your staff 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



christinamceleney@donegaletb.ie



0879369312

**TO SUBMIT A REQUEST SCAN THE
QR CODE**

or

CLICK THIS LINK

<https://forms.office.com/e/y2brV6BTbi>



CANNABIS & MENTAL HEALTH

31st MAY 11.30AM-12.30 PM

Course content:

Cannabis, also known as marijuana, has complex effects on mental health that can vary widely depending on factors such as the individual's genetic makeup, mental health history, frequency of use, and the potency of the cannabis consumed. This course explores the complex relationship between cannabis use and mental health. It will cover its potential therapeutic benefits, risks, and the impact on various mental health conditions.

Learning Outcomes

- Informed decision making
- Adolescent brain development and vulnerability and Impact of early cannabis use on mental health
- Cannabis use and the risk of psychotic disorders
- Relationship between cannabis use and anxiety

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COCAINE: THE RISKS

Friday 14th June 2.30pm-4.00 pm

Course content:

The use of cocaine is on the increase and presents a significant challenge to public health and safety. It's one of the most powerful and addictive substances known and Ireland is joint fourth in Europe for consuming cocaine. This training aims to provide a thorough understanding of cocaine, its effects on the body and mind, and the wide-ranging consequences of its use. This educational session will provide solid knowledge base on cocaine.

Learning Outcomes

- Immediate physical effects, as well as increased heart rate, elevated blood pressure, and heightened risk of heart attack and stroke.
- Psychological impacts, including anxiety, paranoia, and the potential for long-term cognitive impairment.
- Social and economic repercussions, from the strain on personal relationships to the broader societal and environmental costs of the use of this drug.

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<https://forms.office.com/e/ce8aBUf3h6>



VAPING : IT'S NOT SAFE!

Thursday 20th June 2.30pm-4 pm

Course content:

Electronic cigarettes (e-cigarettes) are electronic devices designed to vaporise chemical compounds. They were originally invented as a Harm Reduction Intervention to support individuals to give up smoking cigarettes. They made their way to market without any controls or regulations. A relatively new product without medical or scientific trial for any potential side effects. 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.

Learning Outcomes

- Informed decision making
- The emergence of these products as a harm reduction intervention
- The signs and symptoms of EVALI and the recognition of same for young people
- New legislation

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or use this link**

<https://forms.office.com/e/wsTkVnLPC6>



CANNABIS & MENTAL HEALTH

27th June 11.30AM-12.30 PM

Course content:

Cannabis, also known as marijuana, has complex effects on mental health that can vary widely depending on factors such as the individual's genetic makeup, mental health history, frequency of use, and the potency of the cannabis consumed. This course explores the complex relationship between cannabis use and mental health. It will cover its potential therapeutic benefits, risks, and the impact on various mental health conditions.

Learning Outcomes

- Informed decision making
- Adolescent brain development and vulnerability and Impact of early cannabis use on mental health
- Cannabis use and the risk of psychotic disorders
- Relationship between cannabis use and anxiety

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OR CLICK THIS LINK**
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VAPING : IT'S NOT SAFE!

Thursday 4th July 2.30pm-4 pm

Course content:

Electronic cigarettes (e-cigarettes) are electronic devices designed to vaporise chemical compounds. They were originally invented as a Harm Reduction Intervention to support individuals to give up smoking cigarettes. They made their way to market without any controls or regulations. A relatively new product without medical or scientific trial for any potential side effects. 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.

Learning Outcomes

- Informed decision making
- The emergence of these products as a harm reduction intervention
- The signs and symptoms of EVALI and the recognition of same for young people
- New legislation

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OR CLICK THIS LINK

<https://forms.office.com/e/te7zBcPtDU>



COCAINE: THE RISKS

WEDNESDAY 11th July 2.30pm-4 pm

Course content:

The use of cocaine is on the increase and presents a significant challenge to public health and safety. It's one of the most powerful and addictive substances known and Ireland is joint fourth in Europe for consuming cocaine. This training aims to provide a thorough understanding of cocaine, its effects on the body and mind, and the wide-ranging consequences of its use. This educational session will provide solid knowledge base on cocaine.

Learning Outcomes

- Immediate physical effects, as well as increased heart rate, elevated blood pressure, and heightened risk of heart attack and stroke.
- Psychological impacts, including anxiety, paranoia, and the potential for long-term cognitive impairment.
- Social and economic repercussions, from the strain on personal relationships to the broader societal and environmental costs of the use of this drug.

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CANNABIS & MENTAL HEALTH

17th July 2024 2.30PM-4.00PM

Course content:

Cannabis, also known as marijuana, has complex effects on mental health that can vary widely depending on factors such as the individual's genetic makeup, mental health history, frequency of use, and the potency of the cannabis consumed. This course explores the complex relationship between cannabis use and mental health. It will cover its potential therapeutic benefits, risks, and the impact on various mental health conditions.

Learning Outcomes

- Informed decision making
- Adolescent brain development and vulnerability and Impact of early cannabis use on mental health
- Cannabis use and the risk of psychotic disorders
- Relationship between cannabis use and anxiety

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OR CLICK THIS LINK**

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VAPING : IT'S NOT SAFE!

Thursday 25th July 11.30am-1.00pm

Course content:

Electronic cigarettes (e-cigarettes) are electronic devices designed to vaporise chemical compounds. They were originally invented as a Harm Reduction Intervention to support individuals to give up smoking cigarettes. They made their way to market without any controls or regulations. A relatively new product without medical or scientific trial for any potential side effects. 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.

Learning Outcomes

- Informed decision making
- The emergence of these products as a harm reduction intervention
- The signs and symptoms of EVALI and the recognition of same for young people
- New legislation

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ESSENTIAL GROUP FACILITATION SKILLS

19th & 26th July SLIGO

Course Content:

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.

LEARNING OUTCOMES

- Organise, plan, run and facilitate and evaluate group sessions with parameters, boundaries and group agreements.
- Understand group dynamics : 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.
- Communication Skills: Self awareness, effective verbal and non-verbal communication techniques for facilitating group discussions, active listening, and fostering open dialogue among participants.
- Facilitation Techniques: Learn various methods and tools to guide group activities, such as brainstorming, consensus-building, decision-making processes, and managing diverse perspectives.
- Problem-Solving and Decision Making: Acquire strategies for leading groups through problem-solving exercises and making decisions collaboratively, ensuring all voices are heard and considered.
- Adaptability and Flexibility: Develop the ability to adapt facilitation approaches based on group dynamics, individual personalities, and unexpected situations that may arise during sessions.

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MOTIVATIONAL INTERVIEWING FOR HEALTH BEHAVIOUR CHANGE

17TH & 24TH OCTOBER LETTERKENNY IN PERSON

Course Content:

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 health behaviour change across a range of disciplines helping clients.

Learning Outcomes

- Gain a good understanding of motivational interviewing and how it works.
- Critically reflect on personal values and belief systems.
- The art of conversation
- The four processes of MI
- Enhance MI practitioner skills.
- Spirit of MI.
- OARS and other tools for engagement.
- Ability to elicit and develop change talk.
- Respond to change / sustain talk.

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ESSENTIAL GROUP FACILITATION SKILLS

22ND & 29TH NOVEMBER SLIGO IN-PERSON

Course Content:

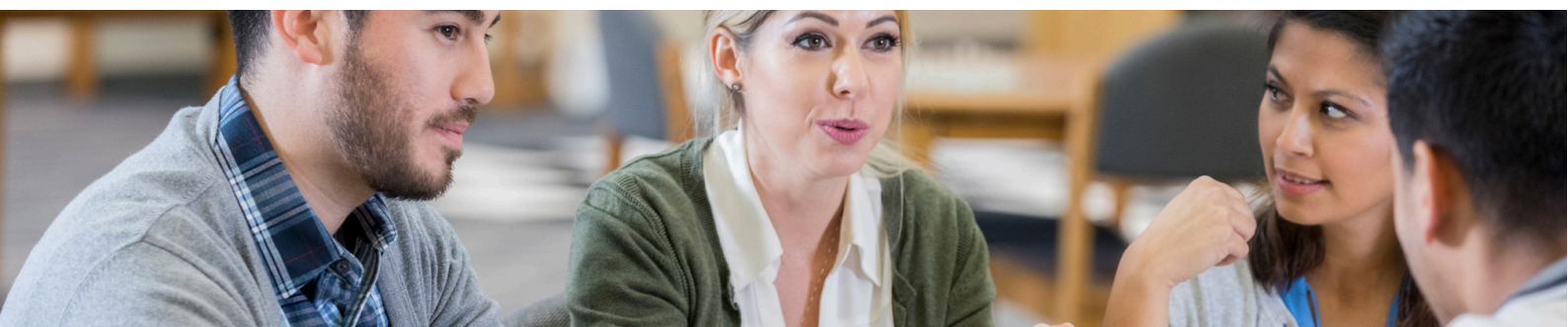
Facilitation is the theory and practice combined of working with people. Facilitation enables and empowers people to carry out a task or perform an action. A group facilitator uses certain skills in a process, which allows the individuals/group reach their decision/ set their goal/learn a skill or what 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.

LEARNING OUTCOMES

- Organise, plan, run and facilitate and evaluate group sessions with parameters, boundaries and group agreements.
- Understand group dynamics : 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.
- Communication Skills: Self awareness, effective verbal and non-verbal communication techniques for facilitating group discussions, active listening, and fostering open dialogue among participants.
- Facilitation Techniques: Learn various methods and tools to guide group activities, such as brainstorming, consensus-building, decision-making processes, and managing diverse perspectives.
- Problem-Solving and Decision Making: Acquire strategies for leading groups through problem-solving exercises and making decisions collaboratively, ensuring all voices are heard and considered.
- Adaptability and Flexibility: Develop the ability to adapt facilitation approaches based on group dynamics, individual personalities, and unexpected situations that may arise during sessions.

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MOTIVATIONAL INTERVIEWING FOR HEALTH BEHAVIOUR CHANGE

8TH & 15TH NOVEMBER SLIGO IN-PERSON TRAINING

Course Content:

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 health behaviour change across a range of disciplines helping clients.

Learning Outcomes

- Gain a good understanding of motivational interviewing and how it works.
- Critically reflect on personal values and belief systems.
- The art of conversation
- The four processes of MI
- Enhance MI practitioner skills.
- Spirit of MI.
- OARS and other tools for engagement.
- Ability to elicit and develop change talk.
- Respond to change / sustain talk.



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COCAINE: THE RISKS

WEDNESDAY 5TH DECEMBER 2.30PM-4.00PM
ONLINE

Course content:

The use of cocaine is on the increase and presents a significant challenge to public health and safety. It's one of the most powerful and addictive substances known and Ireland is joint fourth in Europe for consuming cocaine. This training aims to provide a thorough understanding of cocaine, its effects on the body and mind, and the wide-ranging consequences of its use. This educational session will provide solid knowledge base on cocaine.

Learning Outcomes

- Immediate physical effects, as well as increased heart rate, elevated blood pressure, and heightened risk of heart attack and stroke.
- Psychological impacts, including anxiety, paranoia, and the potential for long-term cognitive impairment.
- Social and economic repercussions, from the strain on personal relationships to the broader societal and environmental costs of the use of this drug.

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Over 2500 people have participated in the many educational courses, training sessions and talks 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 as 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.

Christina Murray-McEleney

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Alcohol & Other Drugs Education & Training NW region