

Training Calendar

Autumn 2025

North West Region



2025



BOOK A TALK OR BOOK TRAINING

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

Get in touch if you would like to organise training specifically and exclusively for your staff / group or organisation on Alcohol & other drugs topics. A wide range of training is available.

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

Get in touch with Christina



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etb

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



Northwest Regional
Drug & Alcohol Task Force

COCAINE:

HIGHLY ADDICTIVE & DESTRUCTIVE

THURSDAY 18TH SEPTEMBER 2.30 PM – 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.

TO REGISTER SCAN THE QR CODE
or click this link
<https://forms.office.com/e/1tBK1a6LZa>



VAPING : IT'S NOT SAFE

TUESDAY 7TH OCTOBER 2.30PM 4.00PM ONLINE

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 which started out without medical or scientific trial for any potential side effects. It is now becoming apparent that Vapes (E-cigarettes) 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 devices.

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

TO REGISTER :

Scan the QR code or use this link

<https://forms.office.com/e/HQNTaHrS4M>





HARM REDUCTION :

CHALLENGING DRUG USE STIGMA



21ST OCTOBER 11.30 -1.00PM ONLINE

Course Content:

Understanding the principles of Harm Reduction

This course will provide you with an understanding of Harm Reduction. It will provide you with a knowledge on the Principles of Harm reduction and its' human rights and health led approach to alcohol and other drug use.

Learning Outcomes

- Define the principles of harm reduction and understand the background of this approach to drug use.
 - Learn about Drug Consumption Rooms
 - Challenge the language of stigma
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To Register :

Scan the QR code or use this link

<https://forms.office.com/e/AH7kzCa4DF>



SUPPORTIVE CONVERSATION SKILLS

TALKING WITH PEOPLE WHO ARE USING DRUGS
TUESDAY 11TH NOVEMBER 2025 SLIGO

This course is designed to build empathy, reduce stigma, and equip participants with practical communication tools to support individuals who use substances.

Learning Outcomes

- Build a foundational knowledge on Harm Reduction principles
- Responding to disclosures of drug use
- Managing personal response and bias
- The impact of judgment and stigma on potential recovery
- Non judgement language and tone
- Communicate with empathy and respect
- Recognize and challenge stigma
- Use supportive language and active listening
- Navigate complex conversations with confidence
- Know when and how to refer someone for further help

TO REGISTER :

Scan the QR code OR use this link to register:

<https://forms.office.com/e/nV2xZiNKB3>






ILLICIT KETAMINE USE

TUESDAY 2ND DECEMBER 2025 11.30 AM -1.00PM ONLINE

This course is designed for healthcare professionals, educators, social workers, and community leaders aiming to understand and address the growing issue of non-prescribed ketamine use

Learning Outcomes




- Patterns of illicit use
 - Motivations behind illicit ketamine use.
 - Recognize the short- and long-term health risks associated with misuse.
 - Understand the social, psychological, and economic impacts.
 - Explore harm reduction strategies and treatment approaches.
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TO REGISTER :

Scan the QR code OR use this link to register:

<https://forms.office.com/e/zdKaQyi9qi>





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.

The 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