



A NATIONAL RESOURCE OF
EXPERTISE ON DRUG ISSUES

Training Brochure

2016/17

For group bookings of eight or more

www.sdf.org.uk

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INFORMATION

WHO WE ARE

Scottish Drugs Forum (SDF) is Scotland's national resource of expertise on drugs. We deliver a wide range of support, mainly to the drug, alcohol and care sector with the aims of:

- Improving the quality, range and effectiveness of service and policy responses to problem substance use in Scotland
- Reducing future and recurring problem drug use

SDF achieves these aims partly through providing high quality training.

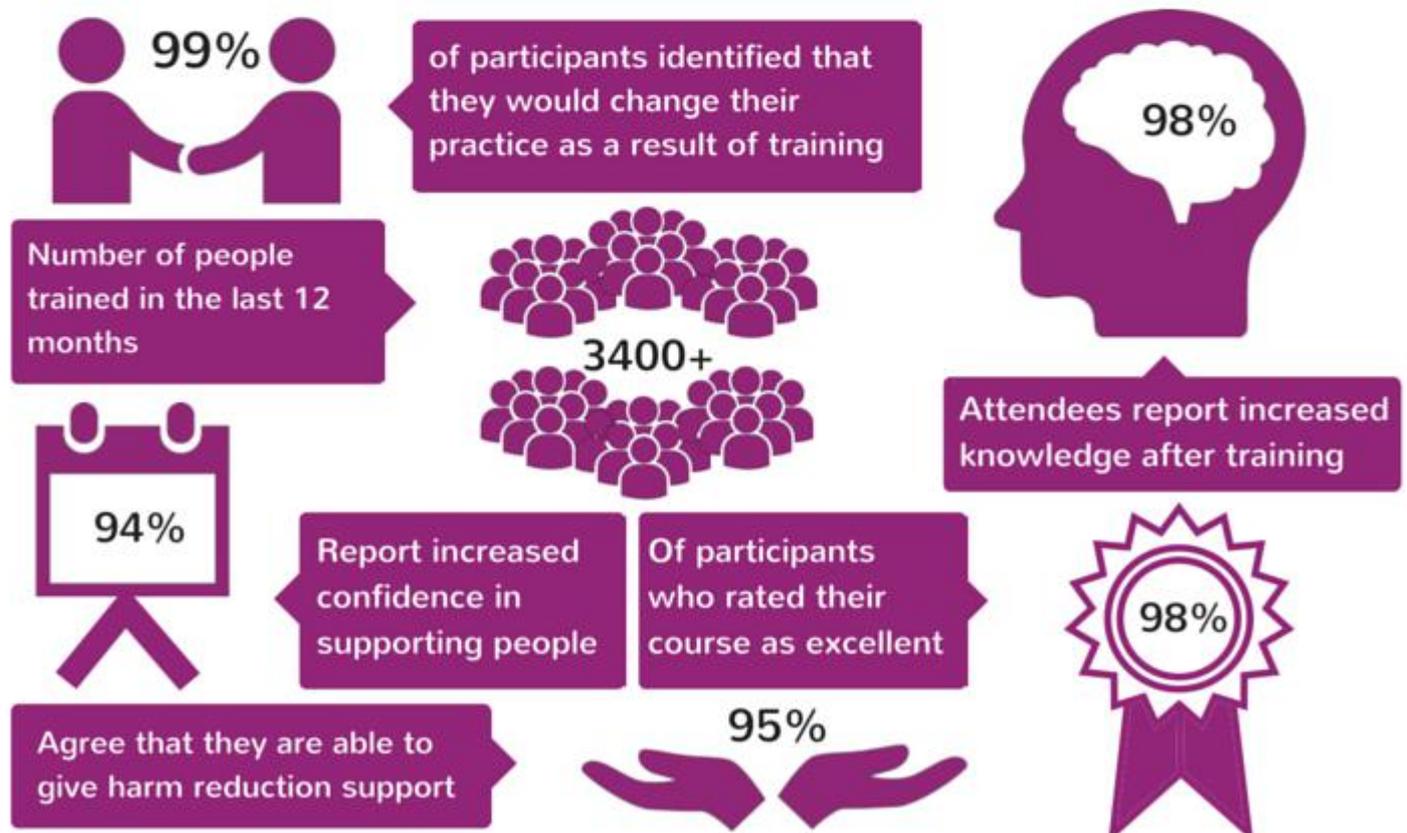
WHO IS THIS BROCHURE FOR?

This training brochure is for those who wish to enhance the knowledge, skills and development of staff or members of their organisation. The courses shown are available to book for eight or more people.

If you are an individual or have a smaller number of potential participants who wish to attend a course, there are a limited number of courses available to book online via the SDF Workforce Development website: www.sdfworkforcedevelopment.org.uk

SDF has also developed e-learning which is encouraged to be completed independently. Details of this can be found at the end of the brochure.

SDF TRAINING IN NUMBERS FOR 2015/16



HOW DO I IDENTIFY APPROPRIATE TRAINING AND ENSURE THAT IT IMPROVES MY SERVICE?

Service users, staff and management benefit from an on-going learning culture in various sectors.

You or your staff may have already identified particular areas for professional development but, if not, SDF can recommend different approaches to building effective continuous professional development and integrating this into practice.

SDF has a skilled, experienced and enthusiastic training team that provides a range of training programmes, designed to enhance both individual and team skills and knowledge. It also aims to foster, where appropriate, improved joint and partnership working.

SDF training is supported by acclaimed national projects which can provide additional support in integrating new skills and knowledge into services and developing joint and partnership working in the development of improved services:

- The National Quality Development Programme
- Workforce Development Programme
- User Involvement and Peer Research Projects
- Harm Reduction and Emergency Response
- The Scottish National Naloxone Programme
- Sexual and Reproductive Health
- Hepatitis Scotland.

If the courses provided don't fit your needs exactly, we do offer bespoke training which can be arranged through contacting Richard Bloodworth at Richardb@sdf.org.uk or alternatively calling the office on 0141 221 1175.

WHAT DO PARTICIPANTS SAY ABOUT SDF TRAINING?

"Good facilitation and good range of activities during training exercise (videos, interactive demonstrations)."

"I have more information and am more confident in speaking to the young people in my care."

"Excellent and very relevant training facilitated in an engaging way"

"Really enjoyed the course, it was a full day with lots of info, but was delivered really well."

"I found it all very beneficial. Set at a good level for different knowledge bases"

"Great training. Very good facilitator with a lot of experience and knowledge."



CORE KNOWLEDGE

These courses will be of use to anyone working with people who use substances.

They give core knowledge around working with people who use substances; some will also help develop and improve skills.

ALL YOU NEED TO KNOW ABOUT NEW PSYCHOACTIVE SUBSTANCES (NPS)

Up-to-date information about the latest trends in New Psychoactive Substances (NPS), commonly called legal highs.

The course will cover the different drug categories and which NPS fits in them, the key effects and side effects of the main substances in use and how to effectively engage with people who use NPS. It will also provide the opportunity to discuss the impact of NPS in your own area of work and the issues NPS can cause.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- identify the impact of new psychoactive substances within their workplace
- name the seven categories of drugs which apply to NPS and describe their key effects
- recall current and emerging trends in NPS use
- give an overview of the key substances in use
- identify available treatment options
- recall effective techniques and strategies to work with users, including harm reduction.

AIMED AT

Drug workers, housing workers, social workers, GPs, nurses, teachers, mental health workers.

Knowledge of other drugs is an advantage but not essential for this course.

COST

Commissioned - please contact: Richard Bloodworth (Richardb@sdf.org.uk) for more information.



ONE DAY

ALCOHOL-RELATED BRAIN DAMAGE

An overview of the effects of alcohol-related brain damage (ARBD) and how to support those affected, including family members and carers.

This course will describe and explore the range of services that could be involved in supporting those affected by ARBD and practical support that can be provided by non-medical services.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- identify the causes of alcohol-related brain damage
- recall the symptoms and stages of ARBD
- identify useful strategies when working with this client group
- recall local pathways for treatment and assessment of ARBD.

AIMED AT

Drug workers, housing workers, social workers, nurses and mental health workers.

COST

Commissioned - please contact: Richard Bloodworth (Richardb@sdf.org.uk) for more information.



ONE DAY

BLOOD BORNE VIRUSES

This training raises awareness and understanding of issues relating to blood borne viruses (BBVs). Its main focus is on Hepatitis C but it will also explore issues relating to Hepatitis B and HIV.

This course will enable workers to engage more confidently with service users and other professionals on a range of issues related to viral hepatitis with particular emphasis on risks associated with drug use. Key areas covered include BBV prevention, testing, treatment, and support.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- demonstrate increased knowledge on BBVs and their prevalence in Scotland
- recall transmission routes
- identify prevention strategies -how do we engage with and get relevant and meaningful prevention messages to people at risk
- demonstrate an understanding of the injection process and how to minimise risk
- demonstrate an understanding of current testing and treatment options
- identify the role of key services including prevention, testing, treatment and support services.

AIMED AT

Staff and management of services working with drug users or people at high risk of BBVs, drug workers, housing/homelessness, criminal justice, social work, mental health, services working with vulnerable young people.

COST

Free within Scotland and bespoke costs for elsewhere in the UK and Ireland.



HALF DAY OR ONE DAY

DRUGS AWARENESS

A brief introduction to drugs and why people may choose to take them.

The training aims to increase drug awareness knowledge and provide an opportunity to explore current and emerging trends with substance use.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- name the seven key drug categories and their key effects
- recognise an overview of the key substances in use
- identify the reasons why people choose to use drugs
- recognise poly drug use and dependent substance use patterns
- describe signs of overdose and how to respond
- identify effective techniques to support people who use drugs and alcohol.

AIMED AT

People working with drug users, drug workers, housing and homelessness workers, social workers, GPs, nurses, teachers and mental health workers.

COST

Commissioned - please contact: Richard Bloodworth (Richardb@sdf.org.uk) for more information.



ONE DAY

DRUG TREATMENT OPTIONS

An introduction to the various treatment models.

This training explores the various treatment models currently being utilised in the drugs and alcohol field, and identifies how these models can be used effectively according to the individual's needs.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- recognise the various treatment models for substance users
- name the substitute prescribing options
- describe the pros and cons of the different treatment options
- demonstrate how to involve service users in identifying appropriate treatment goals
- identify psychosocial interventions for working with drug users
- recognise mutual aid and self help treatment options
- identify the key treatment options and treatment pathways for service users.

AIMED AT

People working with problem drug and alcohol users who are in treatment including drug workers, housing and homelessness workers, social workers, GPs, nurses, teachers and mental health workers.

COST

Commissioned - please contact: Richard Bloodworth (Richardb@sdf.org.uk) for more information.



ONE DAY



DRUGS AND BUGS - AN INTRODUCTION TO BACTERIAL INFECTION AND DRUG USE

A brief introduction to bacterial infection and drug use.

The training will give a brief overview of bacterial infection and various outbreaks. It also gives participants the opportunity to explore harm reduction information relevant to bacterial infection.

The training will provide an overview of the main signs and symptoms which practitioners should be aware of and will encourage participants to think about and develop a response relevant to their services.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- demonstrate increased knowledge in the area of bacterial infection
- demonstrate increased confidence to deliver harm reduction information to people who use drugs
- recognise symptoms of infection and respond effectively
- contribute to the development of an effective response to potential outbreaks which can be implemented in their service.

AIMED AT

Drug workers, housing/homelessness workers, social workers, GPs, nurses, teachers, mental health workers, pharmacy staff, prison staff - all individuals who come into contact with people who use drugs.

Knowledge of drugs and experience of working with people who use drugs is an advantage but not essential for this training.

COST

Free within Scotland and bespoke costs for elsewhere.



HALF DAY

DRUGS AND MENTAL HEALTH

An introduction to the effects that drugs can have on mental health, how it can be recognised and how an appropriate response can be made.

This training will allow health workers, youth workers, drug workers and other professionals to effectively respond to, treat and engage people with mental health problems.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- describe the impact of drug use on mental health and vice-versa
- name common triggers for drug use and mental health issues
- identify attitudes and values towards drug use and mental health
- recognise the role of self-medicating in people with mental health issues
- identify effective techniques for supporting people affected by mental health and drug use issues
- recognise when to refer on and joint work with partner agencies.

AIMED AT

Drug workers, housing workers, social workers, GPs, nurses, teachers and mental health workers.

COST

Commissioned - please contact: Richard Bloodworth (Richardb@sdf.org.uk) for more information.



ONE DAY

HARM REDUCTION

An introduction to harm reduction offering effective strategies for reducing the harms associated with drug use.

This training will give an overview of harm reduction; detailing history, models and examples of good practice in the field. Participants will be offered the opportunity to take part in demonstrations of effective techniques for harm reduction.

The training will also include discussions around reducing the risk related to alcohol use and sex and explore the issues surrounding engagement with hidden populations.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- demonstrate a clear understanding of what harm reduction is
- demonstrate understanding of evidence-based harm reduction approaches
- identify practical techniques for reducing harm for the various routes of drug administration
- engage with hidden populations of drug users regarding harm reduction
- identify how to promote harm reduction with their service users.

AIMED AT

Drug workers, housing workers, social workers, GPs, nurses, teachers and mental health workers.

Experience of supporting drug users is essential for participants attending this training.

COST

Commissioned - please contact: Richard Bloodworth (Richardb@sdf.org.uk) for more information.



ONE DAY



IMPROVING THE SEXUAL AND REPRODUCTIVE HEALTH OF PEOPLE WHO USE DRUGS

A two day course which aims to increase the knowledge and confidence of all staff to support people who use drugs to improve their sexual and reproductive health.

The training focuses on the five outcomes of the Scottish Government's Sexual Health and Blood Borne Virus Framework.

These are:

- fewer newly acquired blood borne virus and sexually transmitted infections; fewer unintended pregnancies
- a reduction in the health inequalities gap in sexual health and blood borne viruses
- people affected by blood borne viruses lead longer, healthier lives
- sexual relationships are free from coercion and harm
- a society where the attitudes of people in Scotland towards sexual health and blood borne viruses, are positive, non-stigmatising and supportive.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- name the effects of alcohol and other drugs on sexual and reproductive health
- identify relevant knowledge about the law, contraception and sexually transmitted infections
- recognise why people take risks around sexual and reproductive health
- identify attitudes to sexual and reproductive health and substance use
- ask sexual and reproductive health questions of service users
- identify local services and resources.

AIMED AT

Drug workers, housing/homelessness workers, social workers, GPs, nurses, teachers, mental health workers, pharmacy staff, prison staff – all individuals who come into contact with people who use drugs.

COST

Free within Scotland and bespoke costs for elsewhere.



TWO DAYS

NALOXONE AWARENESS

A brief introduction to naloxone and how to utilise the medication in case of an opiate overdose.

This short awareness session covers the key aspects of drug-related deaths in Scotland, opiate overdose prevention, intervention and naloxone basics.

The session can be extended depending on individual requirements.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- demonstrate a clear understanding of evidence-based overdose prevention and naloxone messages
- identify the signs and symptoms of a depressant overdose
- recall how and when to administer naloxone in line with Basic Life Support requirements.

AIMED AT

Staff in services who are in contact with people who use drugs. Can also be designed specifically for pharmacists and GPs who want to become involved in supplying people with take-home naloxone.

COST

Free to people in Scotland following agreement with the Local and National Naloxone Coordinators.



TWO HOURS

UNDERSTANDING STIGMA - PROMOTING INCLUSIVE ATTITUDES AND PRACTICE

How stigma impacts upon people who use alcohol and other drugs and the services they use.

This training will give participants a distinct set of knowledge and skills to help them understand and address drug-related stigma.

Stigma can have a profound impact upon the lives of people who use alcohol and other drugs or those who have a history of substance use. The impact of stigma can permeate numerous aspects of a person's life such as their health and wellbeing, relationships, education and employment prospects and socioeconomic status.

Commonly, family, friends, service providers and institutions often place numerous expectations on people who use substances to engage in change behaviour, however, the social context that creates and perpetuates the cycle of stigma is rarely considered or challenged.

Through developing a greater awareness of the wider context that the cycle of stigma fosters, and exploring our own role in reinforcing and challenging stigma, participants can identify new approaches for fostering enhanced relationships with service users.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- Recognise the meaning of stigma and the theory relating to stigma
- Identify and understand the specific stigma attached to people who use substances, people in treatment or in recovery from substance use
- Describe the consequences of the cycle of stigma
- Identify our own attitudes and beliefs towards treatment options and treatment outcomes for substances
- Identify language and practice which de-stigmatises people affected by substance use
- Challenge stigma attached to people who use substances, people in treatment or in recovery from substance use.

AIMED AT

Staff and management working with problem drug users, drug workers, housing/ homelessness workers, social workers, GPs, nurses and mental health workers.

COST

Free within Scotland and bespoke costs for elsewhere.



ONE DAY

'TOOTING' VERSUS 'SHOOTING' (AND OTHER ROUTES AND METHODS OF DRUG USE)

The purpose of this training is to raise confidence in practitioners, who work with injecting drug users, to raise the topic of transitioning to foil use and other harm reduction initiatives.

This training will cover methods of using drugs and the risks attached to these, physiological differences for each method of use, reasons for moving from smoking to injecting and vice versa as well as practical demonstrations such as how to make a pipe.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- demonstrate an understanding of why people move to injecting drug use and the barriers to returning to less risky methods of drug use
- demonstrate increased confidence in their ability to raise the conversation topic of route transition
- describe in detail different methods of drug use.

AIMED AT

Drug workers, housing workers, social workers, GPs, nurses, prison staff, pharmacy staff and mental health workers.

COST

Free within Scotland and bespoke costs for elsewhere.



HALF DAY

UNLOCKING RECOVERY - RECOVERY ORIENTATED SYSTEMS OF CARE (ROSC)

A Recovery Orientated System of Care (ROSC) is a network of formal and informal services developed to initiate and maintain recovery for individuals and families impacted by problem alcohol and drug use.

This training will look at the key principles of ROSC and how it can be effectively adopted, developed and supported by services to improve outcomes for people who use their services.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- recognise the role and responsibility of the service in a Recovery Orientated System of Care
- explain the key components of recovery capital necessary to initiate and sustain recovery, and the service's role in contributing to mobilising its development
- appreciate the importance of of person-centred planning in recovery management within their service and how this is aligned to the Quality Principles
- evaluate how, as a practitioner and as a service, they are adapting to ROSC-consistent practice in the care of people affected by problematic alcohol and other drug use
- develop a personal improvement plan on how they intend to build on their strengths in a ROSC following a critical reflection on current practice within the context of their own service.

AIMED AT

Practitioners delivering services whose role involves supporting people who have experienced problem alcohol and other drug use.

COST

Commissioned - please contact: Richard Bloodworth (Richardb@sdf.org.uk) for more information.



TWO DAYS



WORKING WITH PEOPLE WHO USE ALCOHOL AND OTHER DRUGS

An introduction to working with people who problematically use alcohol or other drugs, what issues and harms that may result and how to respond so these may be minimised or averted.

This course is designed for participants who have recently started working in the substance use field or experienced staff who would benefit from an update to their knowledge and skills base.

The module is also suitable for staff from generic services who want to improve their understanding of working with people who use alcohol and other drugs.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- recognise the current issues in the drug and alcohol field
- identify key requirements for good practice within service delivery
- describe the required skills, knowledge and attitudinal base for working with this client group
- express confidence in working with this client group
- recognise the range of services involved in meeting the needs of those affected by problematic alcohol and other drug use
- identify their own future support needs.

AIMED AT

Drug workers, housing/homelessness workers, social workers, GPs, nurses, teachers and mental health workers,

COST

Free within Scotland and bespoke costs for elsewhere.



FOUR DAYS



CORE SKILLS

These are principally knowledge and skills-based courses.

They will be of use to people working with people who use substances and offering support or treatment for the person's substance use.



ESSENTIAL SKILLS FOR WORKING WITH PEOPLE WHO USE SUBSTANCES

An introduction to the core skills needed to support people who use drugs and/or alcohol.

This training will allow health workers, youth workers, drug workers and other professionals to effectively respond to, treat, support and engage with people using drugs and alcohol.

This training would be particularly helpful to those who are non-specialist drug workers, or who are new to the substance use field.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- identify the key qualities needed to effectively support people who use substances
- describe the role of non-verbal communication
- recognise the core conditions
- demonstrate application of key skills for supporting people who use substances including paraphrasing and active listening
- name the stages of behaviour change
- identify techniques they can apply when working with people who use substances.

AIMED AT

Drug workers, housing workers, social workers, GPs, nurses, teachers, pharmacy staff and mental health workers.

COST

Commissioned – please contact: Richard Bloodworth (Richardb@sdf.org.uk) for more information.



ONE DAY

INTRODUCTION TO PERSON-CENTRED COMMUNICATION SKILLS WITH GROUPS

An introduction to communications skills which are required for the effective facilitation of groupwork.

The training will provide participants with an appreciation of the practice of communication skills when working with therapeutic groups.

This course is a pre-requisite of the 'Developing and Enhancing Person-Centred Skills in Groups' module.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- recognise the style and 'spirit' in the helping relationship
- demonstrate general communication skills to guide conversation in groups and to support individuals' exploration of self
- demonstrate the use of different strategies to explore and strengthen motivation.

AIMED AT

Drug workers, housing workers, social workers, GPs, nurses, teachers and mental health workers.

COST

Commissioned - please contact: Richard Bloodworth (Richardb@sdf.org.uk) for more information.



TWO DAYS

DEVELOPING AND ENHANCING PERSON-CENTRED SKILLS WITH GROUPS

An advanced exploration into the effectiveness of group work and how to bring it into practice.

This training event has been designed to continue the themes explored in the initial 'Introduction to Person-Centred Communication Skills in Groups'. The course will equip participants to facilitate therapeutic groupwork sessions and bolster skills in preparation for the workplace, thereby enhancing employability.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- recognise and respond appropriately to group dynamics,
- recognise the facilitator's role within group dynamics
- identify effective techniques to enhance behaviour change, whilst being aware of practices which may create resistance.

AIMED AT

Peer workers and volunteers who have completed 'Introduction to Person-Centred Communication Skills in Groups'.

COST

Commissioned - please contact: Richard Bloodworth (Richardb@sdf.org.uk) for more information.



TWO DAYS



INTRODUCTION TO TRAUMA AND WORKING WITH PEOPLE WHO USE SUBSTANCES

An introduction to the relationship between trauma and problematic drug and/or alcohol use.

This training will introduce the theory of trauma, and will enable participants to identify and implement practical strategies to appropriately support service users who may experience trauma.

This training will allow support workers, project workers and other staff to become trauma-informed within their practice.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- recognise the different types and causes of trauma which may be experienced by clients
- identify behaviours and coping strategies associated with trauma
- describe the relationship between drug/alcohol use and trauma
- recall techniques for managing disclosure of trauma
- identify how to support clients who may be experiencing trauma
- demonstrate trauma-informed practice
- identify techniques to recognise and manage issues experienced by supporting staff, e.g. vicarious trauma.

AIMED AT

Drug workers, housing workers, social workers, GPs, nurses, teachers, mental health workers.

COST

Commissioned - please contact: Richard Bloodworth (Richardb@sdf.org.uk) for more information.



ONE DAY

INTRODUCTION TO MOTIVATIONAL INTERVIEWING

An introduction to the efficacy, uses and techniques employed in Motivational Interviewing.

This training is appropriate for practitioners who conduct one-to-one therapeutic discussions with people who use drugs and alcohol, with the focus on making and sustaining healthy behaviour changes.

This course is a pre-requisite of the 'Intermediate Motivational Interviewing' course.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- define the nature of ambivalence about change
- demonstrate the spirit of Motivational Interviewing, integrated with the OARS counseling skills (Open-ended questions, Affirmations, Reflective listening and Summaries) to engage a person in personal conversation
- recognise how Motivational Interviewing can influence change by intentionally evoking and strengthening natural language (change talk)
- identify how Motivational Interviewing may be used within own practice setting.

AIMED AT

Drug workers, housing and homelessness workers, social workers, GPs, nurses, teachers and mental health workers.

COST

Free within Scotland and bespoke costs for elsewhere.



TWO DAYS

INTERMEDIATE MOTIVATIONAL INTERVIEWING

An in-depth practical workshop exploring the techniques utilised in Motivational Interviewing.

This training is appropriate for practitioners who are in the role of conducting one-to-one therapeutic discussions with people with problem use of alcohol or other drugs with the aim of making and sustaining healthy behaviour changes.

The course is designed for individuals who have previously completed either the SDF or STRADA two day 'Introduction to Motivational Interviewing' training or a comparable training in Motivational Interviewing with another training provider.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- demonstrate the practice of focusing the conversation on a change target where there are multiple topics for discussion
- guide a conversation towards strengthening commitment to change through the eliciting and strengthening of change talk
- demonstrate the practice of responding to sustain talk and discourse
- identify how future skills development can be supported, based on a reflective activity.

AIMED AT

Drug workers, housing workers, social workers, GPs, nurses, teachers and mental health workers who have completed 'Introduction to Motivational Interviewing' or equivalent course.

COST

Free within Scotland and bespoke costs for elsewhere.



THREE DAYS

INTRODUCING MOTIVATIONAL INTERVIEWING IN PHARMACY SETTINGS

A brief introduction to the theory, processes and skills of Motivational Interviewing in a pharmacy context.

Participants will be guided through a sequence of learning activities to explore and shape counselling practice behaviour to get a "taste" of a Motivational Interviewing style.

This workshop is appropriate for pharmacists with no prior or minimal to moderate knowledge of motivational interviewing, who are in the role of holding discussions with patients to make and sustain healthy behaviour changes, for example, smoking cessation.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- explain the underpinning theories and processes of Motivational Interviewing
- identify the key elements of Motivational Interviewing practice, through an experiential overview of the intervention
- recognise how Motivational Interviewing can influence change by intentionally evoking and strengthening natural language (change talk)
- demonstrate the interpersonal style and primary skills for evoking intrinsic motivation using a typical scenario which may be encountered within a pharmacy setting.

AIMED AT

Pharmacists with no prior or minimal to moderate knowledge of motivational interviewing.

COST

Commissioned - please contact: Richard Bloodworth (Richardb@sdf.org.uk) for more information.



ONE DAY



PEER SUPPORT TRAINING

Peer support can be an extremely helpful and effective tool in supporting an individual or group to achieve their goals.

This two-day training will explore the effectiveness of peer support and will also enable peers to develop the necessary skills to offer peer support in both one-to-one and group settings.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- identify the qualities of an effective Peer Support Relationship
- recognise the principles of peer support
- identify effective communication techniques
- demonstrate awareness of personal and professional boundaries with peers including confidentiality, personal disclosure and child and vulnerable adult protection
- employ personal stories of recovery to support others
- recognise ways in which recovery can be supported, facilitated and hindered
- demonstrate application of key peer support skills
- describe the requirements of the role of a peer worker supporting groups and delivering one-to-one support
- recognise effective groupwork facilitation techniques
- identify techniques for managing nerves
- recognise strategies for managing group behaviour
- demonstrate a peer-led groupwork session
- describe self-care strategies they can apply in their role as a peer supporter.

AIMED AT

People who use services, peer workers, peer educators and volunteers.

COST

Commissioned - please contact: Richard Bloodworth (Richardb@sdf.org.uk) for more information.



TWO DAYS



WORKING WITH SPECIFIC GROUPS

These are courses which may be of any level and focus on work with particular sub-populations of the substance-using population.



CHILDREN AND FAMILIES AFFECTED BY PARENTAL SUBSTANCE USE

Problematic substance use invariably has a wider impact than solely on the individual who is using the substances.

This training is designed to give participants the opportunity to strengthen their knowledge of the impact of substance use on parenting capacity and child development, and of measures that may be put in place to respond to these impacts.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- describe the potential and actual impact of parental substance use on children
- identify protective factors which promote resilience in adverse circumstances
- utilise the Child's Change Cycle tool and understand how it relates to the Transtheoretical Model of Change for adults
- explain the importance of appropriate information sharing at an intra and inter-agency level
- critically reflect on personal and professional values and how this may impact on practice.

AIMED AT

Drug workers, housing workers, social workers, GPs, nurses, teachers and mental health workers.

COST

Commissioned - please contact: Richard Bloodworth (Richardb@sdf.org.uk) for more information.



TWO DAYS



NALOXONE PEER EDUCATION PROGRAMME

A course to enable people who use drugs (or who have a history of drug use), and who are engaged with a service, to train peers in the use of naloxone and broaden the reach of the programme.

This is a four day course (usually delivered over 3 weeks) followed by six monthly meetings to consolidate learning.

Day One: Drug Awareness, with a strong emphasis on attitudes, values and stigma.

Day Two and Three: Naloxone Training for Trainers course (see page 47)

Day Four: Theory and Practical, exploring the benefits and challenges of peer education plus practical strategies for delivering training.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- identify and explore values and attitudes around specific drugs
- recognise different drug groups, effects and legal status
- identify how our values can affect our judgment
- identify the many reasons why people use drugs
- recall the principles behind peer education and identify the benefits and drawbacks
- demonstrate an understanding of the different types of peer-led approaches
- recognise skills in managing awkward or challenging situations and behaviours during training
- name the main points of facilitating and co-facilitating a group training session
- plan a naloxone awareness session.

Please also see learning outcomes from 'Naloxone Training for Trainers' course which are included as part of this course.

AIMED AT

People who use drugs, or who have a history of drug use.

COST

Free to people in Scotland following agreement with the Local and National Naloxone Coordinators.



FOUR DAYS + SIX MEETINGS

PRACTITIONER'S GUIDE TO INJECTING EQUIPMENT PROVISION

An in-depth look at injecting equipment and its provision, aiming to de-construct misconceptions and enhance confidence in the subject matter.

This training covers the injecting process from the from its physiology to its social perception. It looks at the different models of Injection Equipment Provision (IEP) and why injecting equipment is provided.

It also explores who uses injecting equipment, and why people may inject substances. It will also look at the fears surrounding injecting equipment provision, from a community perspective, as well as those staff and service users may have.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- recall the differing types of IEP and their strengths and weakness
- discuss the arguments for and against a range of harm reduction interventions
- identify social and physiological risks relating to drug use
- demonstrate how to prepare a range of substances for injection
- describe what makes a good IEP service and IEP worker.

AIMED AT

Staff who provide injecting equipment and other staff who have an interest in injecting equipment provision in Scotland.

COST

Free within Scotland and bespoke costs for elsewhere.



TWO DAYS

PREGNANCY AND SUBSTANCE USE

The use of alcohol and other drugs by pregnant women is an emotive topic, one with which society frequently wrestles.

This training is designed to provide participants with a greater understanding of the effects of substance use in pregnancy. Participants will discuss the specific actions and effects of different substances and explore how services can better work together to provide appropriate practical care and support to women and those supporting them.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- recognise the range of societal attitudes towards this subject and how these can impact on practice and service delivery
- distinguish between the different potential risks and harms associated with a variety of different substances
- provide accurate information and advice to service users on Foetal Alcohol Spectrum Disorder
- discuss the subject with service users in a practical and supportive manner
- make appropriate referrals to relevant services and agencies where there is a need to do so.

AIMED AT

Drug workers, housing workers, social workers, GPs, nurses, teachers and mental health workers.

COST

Commissioned – please contact: Richard Bloodworth (Richardb@sdf.org.uk) for more information .



ONE DAY



STREET LIFE - DEVELOPING AN UNDERSTANDING OF DRUG USE AND HOMELESSNESS

An in-depth look at the relationship between drug use and homelessness.

The one day training aims to develop an understanding of the relationship between drug use and homelessness, and will support staff to understand the response to drug use and homelessness in Scotland.

The two day training builds upon the learning from the first day and embeds this learning in practice by developing strategies to encourage engagement, delivering harm reduction and risk management plans as well as looking at the resources and services within local areas.

LEARNING OUTCOMES

After the one day course participants will be able to:

- give a definition of homelessness
- recognise the law and local authority responsibilities to those who are homeless
- identify the complex relationship between drug and alcohol use, mental health and homelessness
- recognise the key substances used by people who are homeless
- give examples of different models and approaches to working with those who use drugs and are homeless.

After the two day course participants will also be able to:

- identify barriers to engagement and identify effective strategies
- recognise risks and develop appropriate risk management plans
- demonstrate increased confidence to deliver harm reduction interventions to people who use drugs and are homeless
- identify resources and services that can support those who are homeless and who use drugs.

AIMED AT

Drug workers, housing and homelessness workers, social workers, GPs, nurses, teachers, mental health workers, pharmacy staff and prison staff.

COST

Commissioned – please contact: Richard Bloodworth (Richardb@sdf.org.uk) for more information.



ONE OR TWO DAYS

SUBSTANCE USE AND LESBIAN, GAY, BISEXUAL, TRANSGENDER AND INTERSEX PEOPLE

Research tells us that there is a much higher prevalence of problematic drug and alcohol use within the LGBTI population than the heterosexual population.

This training will help participants identify the particular issues faced by LGBTI people around problem drug and alcohol use, including chemsex.

Participants will explore why patterns of use in LGBTI populations can be different and will explore ways to engage with and support people.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- recognise the research around LGBTI people and problematic drug and alcohol use
- identify why LGBTI people are at higher risk of problem drug and alcohol use
- identify strategies to support people
- demonstrate the confidence and ability to contribute to developing more LGBTI friendly services which can better engage and support this community.

AIMED AT

Drug workers, housing workers, social workers, GPs, nurses, teachers, mental health workers, pharmacy staff, prison staff, police and any others who come into contact with people who use drugs and/or alcohol.

COST

Free within Scotland.



ONE DAY

SUBSTANCE USE AND YOUNG PEOPLE

An exploration of substance use trends amongst young people, and the practical interventions that can be utilised to support behaviour change.

This training is designed for those who want to improve their knowledge and skills of appropriate intervention techniques for use with young people whose use of alcohol and other drugs is causing harm or potential harm.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- name the most common substances in use by young people and describe their key effects
- identify the reasons why young people may choose to use substances
- recognise the risk factors for problematic substance use
- describe common patterns of use amongst young people including poly-drug use
- recognise prevention, recovery and harm reduction interventions
- identify effective strategies to work with young people through non-judgemental conversations about substance use that support behaviour change.

AIMED AT

Youth workers, drug workers, housing/homelessness workers, social workers, GPs, nurses, teachers, mental health workers and anyone working with vulnerable young people.

COST

Commissioned – please contact: Richard Bloodworth (Richardb@sdf.org.uk) for more information.



ONE DAY

UNDERSTANDING ALCOHOL AND OTHER DRUGS IN A HOUSING CONTEXT

An exploration of the issues and opportunities that can arise when engaging with people who use alcohol and other drugs.

This training is aimed at housing staff and is designed to equip participants with the necessary knowledge, skills and confidence to work with clients and tenants who may be using alcohol and other drugs.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- recall cause, effect and symptoms of alcohol and other drugs in vulnerable/excluded populations
- raise awareness of the impact of poverty, culture and media on vulnerable/excluded populations
- demonstrate value-based, person-centred approaches to working with individuals with alcohol and/or other drug problems
- raise awareness of inter-disciplinary roles and responsibilities of staff when working with people who use alcohol and/or other drugs.

AIMED AT

Housing workers.

COST

Commissioned - please contact: Richard Bloodworth (Richardb@sdf.org.uk) for more information.



ONE DAY

ALCOHOL AWARENESS - SUPPORTING THE OVER 50S DAY ONE

IN PARTNERSHIP WITH



The first of two modules that make up the 'Alcohol Awareness: Supporting the Over 50s' course, covering all you need to know about alcohol awareness and volunteering with the over 50s.

This module is designed for individuals who have a supporting role as a peer/volunteer or those who are family members/carer/befrienders of people who are over 50 with an alcohol problem.

The training allows participants to consider and practise how to recognise and respond to alcohol use in the over 50s. During the training, participants will consider attitudes and beliefs in relation to alcohol in the over 50s and discuss the current unit guidelines for males and females.

The learning and development will ask participants to consider the changes older adults may face in later life and the implications of such changes.

Participants will discuss the impact of alcohol on the over 50s and begin to recognise the signs and symptoms of problem alcohol use. During the session, participants will discuss and practise how to respond to over 50s who may require support in relation to their alcohol use.

Completion of this module is a prerequisite of being able to attend the following Day Two of 'Alcohol Awareness - Supporting the Over 50s'.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- discuss and examine the concept of alcohol and related issues
- examine and consider alcohol use in relation to the over 50s
- respond to alcohol use in the over 50s.

AIMED AT

Peers, volunteers, carers and people who support the over 50s.

COST

Free within City of Glasgow, please contact Catherine Forrest at catf@sdf.org.uk to register interest.



ONE DAY

ALCOHOL AWARENESS - SUPPORTING THE OVER 50S DAY TWO

IN PARTNERSHIP WITH



The second of two modules that make up the 'Alcohol Awareness: Supporting the Over 50s' course, covering boundaries, elder abuse and communication with a focus on how alcohol impacts on these areas.

This module focuses on personal and professional boundaries when supporting the over 50s, particularly where alcohol is an issue.

The session will also ask participants to consider alcohol-related elder abuse. Participants will consider the concept of responsibility and consider their role in the reporting of suspected abuse.

Communication skills will be practised throughout the session with a particular focus on how to communicate with over 50s who are or may be affected by alcohol use.

Please note that this is Day Two of the 'Alcohol Awareness - Supporting the Over 50s'. Completing Day One is a prerequisite to attending this module.

LEARNING OUTCOMES

By the end of the session participants will:

- explore themes around boundaries, abuse, and harm, in relation to the over 50s
- discuss confidentiality and practise the reporting of suspected, or actual, misconduct
- explore the concept and types of communication, and practise communication skills.

AIMED AT

Peers, volunteers, carers and people who support the over 50s.

COST

Free within City of Glasgow, please contact Catherine Forrest at catf@sdf.org.uk to register interest.



ONE DAY

ALCOHOL AWARENESS: WORKING WITH THE OVER 50S

IN PARTNERSHIP WITH



An introduction in how to recognise and respond to alcohol use with people who are over 50.

During this training participants will be asked to consider and practise how to recognise and respond to alcohol in people over 50 who access/use your place of work.

Participants will consider attitudes and beliefs in relation to alcohol in the over 50s, explore the concept of alcohol and discuss current unit guidelines for males and females.

Participants will consider the changes older adults may face in later life and the implications of such changes.

Participants will discuss the impact of alcohol on over 50s and begin to recognise the signs and symptoms of alcohol use, alongside practising how to respond to over 50s who may require support in relation to this alcohol use.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- explore the reasons as to how, and why people over 50 are at increased risk of developing alcohol issues and potential harm caused by alcohol in later life
- identify and consider alcohol use in over 50s and practice how to respond to this
- consider, and reflect on, their own confidence and skill-base in relation to older adults and potential harm caused by alcohol.

AIMED AT

Frontline staff who come into contact with the over 50s in their day-to-day working environment but who do not typically offer direct support to them in relation to alcohol.

COST

Free within City of Glasgow, please contact Catherine Forrest at catf@sdf.org.uk to register your interest.



ONE DAY

FURTHER PROFESSIONAL DEVELOPMENT

These are courses which are advanced and require experience and learning to be applied from the drug and alcohol treatment field.



ENHANCED ALCOHOL AWARENESS: WORKING WITH THE OVER 50'S

IN PARTNERSHIP WITH



An in-depth look at alcohol in the over 50's with a view on how to recognise and respond to this, underpinning both theory and practice.

This training is designed for individuals/practitioners who directly support individuals who are over 50 and who are affected by alcohol use. It is expected that participants attending this course will have an understanding of alcohol/drug use and its impact.

Participants will examine and consider alcohol use in the over 50s including how to recognise and respond to this appropriately. This session will ask participants to consider how to recognise alcohol use in the over 50s who access services. The session is theoretically underpinned by Zinberg's Drug, Set and Setting model and will consider life transitions and changes the over 50s population may encounter and the ways in which alcohol can feature in this.

Participants will practise how to respond appropriately to alcohol in the over 50s by considering and practising effective communication skills, and by considering the ways in which services can adapt in order to meet the needs of the over 50s. Participants will also be given the opportunity to share resources and will be provided with signposting options.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- explore the reasons as to how, and why, they are at increased risk of alcohol use, and potential alcohol related harm in later life
- identify alcohol use in over 50s, and consider ways in which alcohol may impact on their lives
- consider the ways in which to respond to alcohol use in the over 50s with whom you come in contact
- reflect on your own confidence and skill-base in relation to over 50s and identifying alcohol use and/or potential alcohol related harm in later life.

AIMED AT

This course is aimed at staff who engage directly with over 50's who consume alcohol problematically. It is expected people attending this course have alcohol awareness knowledge, but who may require more age specific information.

COST

Free within City of Glasgow, please contact Catherine Forrest at catf@sdf.org.uk to register your interest.



TWO DAYS

INTRODUCTION TO BEHAVIOURAL COUPLES THERAPY

An introduction to the theory behind Behavioural Couples Therapy (BCT), and good practice when applying the approach.

This training is appropriate for practitioners who are in the role of conducting therapeutic discussions with couples using drugs and alcohol, with the aim of making and sustaining healthy behaviour changes

LEARNING OUTCOMES

By the end of the session participants will be able to:

- explain the key components of the BCT approach
- recognise situations where BCT techniques may be beneficial
- apply the BCT techniques covered in the course in appropriate situations.

AIMED AT

Drug workers, social workers, nurses and mental health workers.

COST

Commissioned – please contact: Richard Bloodworth (Richardb@sdf.org.uk) for more information.



TWO DAYS

INTRODUCTION TO CANNABIS AND SYNTHETIC CANNABINOIDS

An introduction to current trends with cannabis and synthetic varieties.

This course will allow health workers, youth workers, drug workers and other professionals to effectively respond to, treat and engage with people using either cannabis and/or synthetic cannabinoids.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- name the different strains and forms of cannabis including synthetic cannabinoids
- understand the main effects and side effects of cannabis/synthetic cannabinoids
- describe the role of cannabis in poly-drug use
- identify the typical presenting issues for problematic cannabis/synthetic cannabinoid use
- describe the relationship between cannabis and mental health issues
- identify treatment options for dependent cannabis/synthetic cannabinoid users
- recognise effective techniques for working with cannabis/synthetic cannabinoid users including harm reduction.

AIMED AT

People working with cannabis users including drug workers, youth workers, housing workers, social workers, GPs, nurses, teachers and mental health workers.

COST

Commissioned – please contact: Richard Bloodworth (Richardb@sdf.org.uk) for more information.



ONE DAY



COACHING AND FEEDBACK IN ADVANCED MOTIVATIONAL INTERVIEWING

An in-depth exploration of how Motivational Interviewing can be utilised in practice and improved.

This course will explore the application of Motivational Interviewing in the participants' work context.

Over an extended period of months (one half day per month), participants will receive individualised coaching from a Motivational Interviewing Network of Trainers (MINT) member. The process starts and ends with the submission of a recorded interaction with a service user, which is assessed and coded using the Motivational Interviewing Assessment (MIA-Step) tool, to establish levels of Motivational Interviewing proficiency.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- perform Motivational Interviewing-consistent practice within their own work context
- identify personal strengths of Motivational Interviewing practice and developmental areas through coding, personal reflection and feedback.

AIMED AT

Drug workers, housing/ homelessness workers, social workers, GPs, nurses, teachers and mental health workers.

COST

Please contact: Richard Bloodworth (Richardb@sdf.org.uk) for more information.



SEVEN MONTHS



EARLY YEARS PRACTITIONERS - SUPPORTING CHILDREN AFFECTED BY PARENTAL SUBSTANCE USE

An exploration of the issues that can occur with children affected by parental substance use.

This training is designed to give early years practitioners the opportunity to strengthen their knowledge of the impact of substance use on parenting capacity and child development, and how to identify potential risk.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- identify the needs of and risks to children living with parents / carers with substance use issues
- recognise the roles and responsibilities of staff in responding early to children affected by parental substance use and the opportunities and challenges in engaging with parents / carers
- identify the challenges and opportunities across and within agencies in relation to information sharing and multiagency working.

AIMED AT

Early years practitioners and others working with children.

COST

Commissioned - please contact: Richard Bloodworth (Richardb@sdf.org.uk) for more information.



TWO DAYS



NALOXONE TRAINING FOR TRAINERS

An in-depth series of workshops looking at naloxone and the effect it has on reducing drug-related deaths,

This course will cover the core areas of drug-related deaths on a global, national and local scale, opiate overdose prevention and older drug users, whilst exploring methods and models of community-based delivery and adult learning.

The training will also give an overview of global naloxone activity and of the renowned Scottish National Naloxone Programme. There will be an in-depth look at naloxone, its actions, kit assembly and administration with specific attention to overdose intervention and basic life support with naloxone.

Following this training, participants will be able to train people at risk of opioid overdose/their families etc. in overdose prevention, intervention and naloxone.

Following the introduction of new legislation on 1st October 2015, all staff working in drug services can now supply naloxone without the need for a prescription or Patient Group Direction. Following this training staff will feel competent to do so.

Anyone who completes this training can provide awareness sessions on overdose prevention/naloxone to services, etc.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- demonstrate a clear understanding of evidenced based overdose prevention and naloxone messages
- identify observable signs and symptoms of a depressant overdose and advise of the appropriate response accordingly
- demonstrate the skills and knowledge to provide training and to supply (if applicable) take home naloxone to people who use opiates
- demonstrate a greater understanding of Scotland's National Naloxone Programme.

AIMED AT

This training is suitable for staff working directly with people who use drugs.

COST

Free to people in Scotland following agreement with the Local and National Naloxone Coordinators.



TWO DAYS

E-LEARNING

These are courses that are available online through the SDF Workforce Development website:

www.sdfworkforcedevelopment.org.uk



NEW DRUGS, NEW TRENDS? A WORKERS TOOLKIT FOR NPS/LEGAL HIGHS

This eLearning module has been designed to meet the needs of workers who come into contact with people who may use New Psychoactive Substances (NPS), sometimes known as legal highs.

LEARNING OUTCOMES

By the end of the session participants will be able to:

- name the seven categories of substances which apply to NPS
- recognise the legislation affecting NPS and where to access further information on the legal status of individual substances
- recognise current and emerging trends with regards to NPS in Scotland
- give an overview of two key substances in use
- identify techniques to support users of NPS
- describe typical patterns of use, including poly-substance use.

AIMED AT

Drug workers, youth workers, housing/ homelessness workers, social workers, GPs, nurses, teachers and mental health workers.

COST

Free to access in Scotland.

Can be purchased outside Scotland, please contact George Burton (georgeb@sdf.org.uk) for more information.

HOW TO ACCESS

Please visit www.sdfworkforcedevelopment.org.uk and log in or create your SDF workforce development account.

If you previously had a STRADA account, these details are still valid.

Alternatively you can visit the webpage directly via entering the below web address into your browser address bar.



<https://goo.gl/79EOfV>

Scottish Drugs Forum

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Twitter: [@SDFnews](https://twitter.com/SDFnews)

Youtube: [ScottishDrugsForum](https://www.youtube.com/ScottishDrugsForum)

Hepatitis Scotland

Website: www.hepatitisscotland.org.uk

Facebook: facebook.com/hepatitisscotland

Twitter: [@hepscotland](https://twitter.com/hepscotland)

Naloxone

Website: www.naloxone.org.uk

Facebook: facebook.com/naloxoneuk

Twitter: [@NaloxoneUK](https://twitter.com/NaloxoneUK)

Find help from a service in your area

www.scottishdrugservices.com