East Berkshire
Substance Misuse Training Brochure
2018/2019
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What is the Substance Misuse Training Programme?

Who are we?
The East Berkshire training programme is based across the 3 East Berkshire Boroughs: Bracknell, Windsor & Maidenhead, and Slough.

Why training?
In order to get more drug and alcohol users to access treatment, it is important to ensure staff are trained to be able to identify, signpost and refer substance misusers to the specialist treatment services that are available.

All of the courses in this brochure are mapped to the Drug and Alcohol National Occupational Standards (DANOS), incorporate Models of Care and are delivered by Tony D’Agostino.

Tony has 20 years experience in the drug and alcohol field and has delivered drug and alcohol awareness training to thousands of people.

More information:
For any other information about the courses, please contact us:

Slough Borough Council:
T: 01753 875021
E: daat@slough.gov.uk
Enrolment Information

Where do I sign up?

Who can attend?:
This training programme has been designed for staff and volunteers in East Berkshire, but is open to people from other areas. Staff who would benefit from the training include:

* Youth workers
* Teachers
* Housing Officers
* Supported Housing Workers
* Anti-Social Behaviour Workers
* Youth Offending Teams
* Health Visitors
* Practice Nurses
* Doctors Receptionists
* School Nurses
* Community Wardens
* PCSO’s
* Police Officers
* Social Workers
* Social Work Assistants
* Probation Staff

Cost:

£80 for a 1 day course (volunteers £40)

This cost includes refreshments. Lunch is NOT provided.

NB. You will be invoiced following the course.

Cancellations

If you are unable to attend a course you have booked, please let us know as soon as possible. Call 01753 875021 and follow with an e-mail to daat@slough.gov.uk.

If you fail to give us a minimum of 10 working days notice to withdraw from the course (except in the case of illness, please give 48 hours notice) you will be charged the total cost of the training as a ‘cancellation fee’.

It is not viable to offer courses for fewer than 9 participants. If a course is under-subscribed, we may have to cancel the course.

Enrolment:

To enrol on any of these courses please phone Slough Borough Council on 01753 875021, e-mail daat@slough.gov.uk, or complete the application form on Page 13.

You will need to enrol at least 1 WEEK PRIOR to the date of the course. This will ensure that materials and refreshments can be provided.
An Introduction to Drugs & Alcohol

Why do people take drugs? What drugs are there? How can I support someone using drugs?

Aim:
This course has been designed to provide key information to help workers begin to assess clients for drug and alcohol problems. It will address some of the key background information about substances (including alcohol) and the impact their use may have.

Course Rationale:
This course will look at the different types of drugs that are commonly misused and how these may cause problems for an individual. By demystifying the drugs and the terminology, it will develop workers’ ability to provide support in a way that is evidence based and client focussed.

Learning Objectives:
By the end of the course, participants will be able to:
* Describe how various drugs affect the body
* Clarify terms like addiction, dependency, misuse and abuse
* Use the unit measuring system to work out how much a client is drinking
* Identify reasons why people use illegal drugs
* Clarify when drug or alcohol use becomes a problem
* Use the ‘cycle of change’ model to find ways to work with clients effectively

Dates / Venues / Times:
Please see pages 11-12 for details of course dates, times and venues.
Working with Young People & Substance Misuse Issues

Learn practical ways to motivate and engage young people to make positive changes.

**Aim:**
This course will help workers understand the types of drugs and alcohol young people use, why they use them, and how things are changing.

**Course Rationale:**
There is increasing evidence of young people using substances, such as, ketamine, GHB, steroids and a range of New Psychoactive Substances (NPS), including alcohol. The course will help workers to recognise drug/alcohol issues with young people, respond to them appropriately, and know when to refer to specialist help.

**Dates / Venues / Times:**
Please see pages 11-12 for details of course dates, times and venues.

**Learning Objectives:**
By the end of the course, participants will be able to:

* Describe the nature and extent of substance use amongst young people
* List factors that influence young people to become involved in drugs and alcohol
* Identify factors that increase the vulnerability of young people through their own and others’ substance misuse
* Provide some substance related advice and information to young people
* Clarify their role in supporting a young person’s substance misuse
* Describe when to involve other agencies
Cannabis: interventions, trends in use and mental health effects

What ‘types’ of cannabis are out there, who’s using it and how does it affect people?

**Aim:**
This course focuses on cannabis, its effects, the risks associated with it and the interventions that can be used to help people reduce their use.

**Course Rationale:**
Cannabis is the most widely used illegal drug in Britain. The majority of cannabis smoked today is Skunk which has been linked to mental health problems. This course will develop your understanding about its history, the pharmacological effects of cannabis use, and its legal status.

**Learning Objectives:**
By the end of the course, participants will be able to:
* Understand how cannabis is used and the effects upon an individuals physiology and neurology.
* Identify different interventions
* Understand how cannabis is used socially and its legal status
* Understand the new synthetic versions of cannabis and how these can cause harm.

**Dates / Venues / Times:**
Please see pages 11-12 for details of course dates, times and venues.
New Psychoactive Substances (NPS) and Legal Highs

What are these drugs, where are they from and what do they do?

**Aim:**
This course has been designed to increase workers’ knowledge and awareness of Legal Highs and/or (NPS) as they are also known.

**Course Rationale:**
NPS mimic the effects of illegal substances. They are widely available through the internet, but there is limited information available relating to their potency, risk and long term effects. This course is aimed to increase knowledge relating to Legal Highs and New Psychoactive Substances - powerful substances made illegal due to the harm they cause. The course looks at the way these drugs are used and their effects.

**Dates / Venues / Times:**
Please see pages 11-12 for details of course dates, times and venues.

**Learning Objectives:**
By the end of the course participants will have had opportunities to:

* Identify the different types of Legal Highs
* Understand the different types of New Psychoactive Substances and the new Psychoactive Substances Act 2016.
* Understand how these drugs are used and the effects upon an individuals physiology and neurology.
* Discuss locally used drugs like ‘Spice’.
Mental Health, Drugs and Alcohol (Dual Diagnosis)

Learn practical ways to motivate and engage people to make positive changes.

Aim:
This course aims to provide core information on how drugs, alcohol and mental health issues interrelate.

Course Rationale:
The interface between mental health, drugs and alcohol is highly complex and not necessarily well understood. Phrases like 'dual diagnosis' cause workers considerable anxiety. Many feel unskilled in dealing with it and as a consequence, clients often feel caught between services and struggle to get appropriate help.

Dates / Venues / Times:
Please see pages 11-12 for details of course dates, times and venues.

Learning Objectives:
By the end of the course, participants will be able to:
* Discuss how illegal substances alter emotional states
* List ways in which patterns of substance use impact on a client’s mental health
* Describe how illegal drugs may negatively affect mental health
* Examine the implications for clients of models like ‘dual diagnosis’
* Review respective roles,
Training for your needs
We can help you bring the right training to your team.

If you are looking to provide an ‘in-house’ course for your team or a number of your staff, then we can help you to design a Substance Misuse course to meet your needs. We will help you identify your training needs and monitor the training delivery and outcomes.

We can also explore running open courses if there is enough interest.

To request some support on how to commission training, or to express an interest in other open courses, email us: daat@slough.gov.uk

Courses we have run include:

**Motivational Interviewing:**
MI is a person-centred counselling style designed to strengthen an individual’s motivation to change and move them towards a specific goal. It can be used in many situations, but has been found to be particularly successful in the field of drug and alcohol treatment.

**Substance Misuse and Families:**
Parental substance misuse has the potential to have a huge negative impact on the lives of their children. Workers must be confident that a child is safe and getting what they need to thrive. Drawing on relevant evidence such as ‘Hidden Harm’, this course looks at what staff can do to help parents and families minimise the potential harm that is caused by drugs and alcohol.
## Timetable 2018/2019

<table>
<thead>
<tr>
<th>COURSE</th>
<th>DATE</th>
<th>LOCATION</th>
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<tbody>
<tr>
<td>Introduction to Drugs and Alcohol</td>
<td>Thursday September 13th 2018</td>
<td>Re-Build Offices, RBWM</td>
</tr>
<tr>
<td>Mental Health, Drugs and Alcohol (Dual Diagnosis)</td>
<td>Tuesday October 9th 2018</td>
<td>Re-Build Offices, RBWM</td>
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<tr>
<td>Working with young people with substance misuse issues</td>
<td>Thursday November 1st 2018</td>
<td>Re-Build Offices, RBWM</td>
</tr>
<tr>
<td>Cannabis: interventions, trends in use and mental health effects</td>
<td>Tuesday November 13th 2018</td>
<td>Re-Build Offices, RBWM</td>
</tr>
<tr>
<td>New Psychoactive Substances (NPS) and Legal Highs</td>
<td>Monday December 3rd 2018</td>
<td>Re-Build Offices, RBWM</td>
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Course times and details

Our courses begin at **09:15** for a **prompt 09:30 start**, ending at approximately **16:00**.

**Tea and coffee will be provided.** Please note: **NO lunch is provided** on this course in an attempt to keep the course cost as low as possible. (Feel free to bring something to eat with you. You will also be directed to the nearest refreshment points on the day).

**Course Handouts:**

You will be given handouts during and after the course. You may also be provided with information via email / disc / online after the course.

You will receive full venue details when your booking is **confirmed**. NB: This venue has limited free parking and is served well by public transport and local parking.

**Re-Build, Reform Road, Maidenhead SL6 8BY**

Tel: 01628 796733

Re-Build is situated on the right-hand side of Reform Road opposite ‘Jet Lube’. The entrance is at the side of the building (the front entrance is the YOT).
2018/2019 Application Form

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<td>Job title:</td>
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| Name of course: |  |
| Date of course: |  |
| Special needs (mobility etc): |  |
| Dietary requirements: |  |

Managers details: Name:  
Address:  
Telephone:  

Please note that there will be a charge of the FULL FEE if participants do not give 10 working days notice (in cases of illness, 48 hours) of cancellation.

You will be invoiced after the training date.

An e-mail version of this application can be requested from: daat@slough.gov.uk

☐ I understand that the information contained here is used only for the administration and invoicing of the courses and that I can request for my information to be deleted or updated at any time (by contact the details below).

☐ I understand that this information will be shared with the company facilitating the course and with other East Berkshire Councils for the purposes detailed above.

☐ I understand that my information will be kept for as long as is necessary for the course to be administered and for invoicing processes to be completed.

☐ I confirm that I have consent to share my managers details for the purposes of the administration and invoicing of the courses.

Remove / Photocopy this page and return to:

Slough Commissioning Team, Slough Borough Council, St Martins Place, 51 Bath Road, Slough SL1 3UF. T: 01753 875021 E: daat@slough.gov.uk