

Brief Interventions for Alcohol or Substance Misuse training

BRIEF INTERVENTIONS CAN BE SUCCESSFUL IN ENGAGING PEOPLE INTO STRUCTURED TREATMENT

BRIEF INTERVENTIONS ARE EFFECTIVE IN REDUCING ALCOHOL CONSUMPTION IN INCREASING & HIGHER RISK DRINKERS.

TRAINING AIMS TO SUPPORT PARTICIPANTS IN SCREENING & IDENTIFICATION & TO BUILD MOTIVATION IN THOSE WHO MAY CHOOSE TO CHANGE.

TRAINING CAN BE TAILORED TO THE NEEDS OF THE ORGANISATION & CAN LOOK AT SUBSTANCE SPECIFIC AWARENESS SESSIONS IF APPROPRIATE.

TRAINING AIMS TO INCREASE CONFIDENCE & BUILD SKILLS.



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Forward Leeds Alcohol and Drug service have a team that can provide training around Brief Interventions for people who drink or use substances.

What we provide:-

- Full day packages on identification & brief advice for alcohol use this can also be delivered in a four hour time slot.
- Full day packages on identification & brief advice for drug use
- Additional packages that deal with NPS' (New Psychoactive Substances) including synthetic cannabinoids
- Bespoke packages dependent on time frame and content
- This service comes without a charge and can be delivered from your organisation where there is demand.

ALCOHOL IDENTIFICATION & BRIEF ADVICE

To enable front-line staff to identify and screen for alcohol use & the level of associated risk, give simple brief advice using evidence based practice and make referrals to appropriate service if necessary.

Objectives

- To provide up to date information related to alcohol use, including health guidance and recommendations.
- To review knowledge about the effects of alcohol on adults and/or young person.
- To provide assessment tools and frameworks & help individuals to identify the level of risk.
- To provide resources and techniques to build confidence in delivering early interventions & brief advice around alcohol.
- To provide the opportunity for skill based practice around delivering brief advice interventions

- FULL & HALF DAY TRAINING AVAILABLE -



Who is it aimed at

- Frontline professionals who either work with adult service users or young people & families
- Management staff in workplaces to increase their knowledge in relation to discussing and addressing alcohol and drug use within their workforce.
- Others that might be in contact with people who people who drink or use drugs. This could include people working in the night time economy or organisations that feel that they need to build skills in this area.

Training aims

- Build participants confidence and skills in delivering brief interventions
- Provide some basic tools and worksheets
- Helping individuals in overcoming resistance to accepting support
- How to refer into alcohol or drug services
- Where to access leaflets and information
- Increase in substance specific awareness

IDENTIFICATION, SCREENING & BRIEF ADVICE FOR DRUG MISUSE

To provide resources and techniques to build confidence across the Leeds Workforce, in screening adults and/ or young people for substance misuse and the delivery of early interventions and brief advice around their drug

Objectives

- To look at different types of drug use, from experimental use through to dependent use.
- To look at different categories of drugs in terms of stimulants, depressants and hallucinogens – and their short term and long term effects on physical and mental health.
- To look at screening questions adults and people around drug use
- Skill based practice
- To explore the framework of behaviour change to understand the process by which people can be supported to change their behaviour.
- To increase awareness of the types of support that adults/young people and their families can access in Leeds.

- FULL DAY TRAINING -



WORKSHOPS

2 hours Minimum - we can recommend free on-line training packages that would give you a good basic understanding of drugs and alcohol before attending substance specific training.

- NPS' (New Psychoactive Substances) including synthetic cannabinoids
 - Substance specific – to be discussed upon request

FURTHER INFORMATION

If you would like to discuss this further please contact use at Prevention@forwardleeds.co.uk or call 0113 887 2477 ask to speak to the Brief Intervention Trainers.

www.forwardleeds.co.uk
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