

## **Borders Alcohol & Drugs Partnership Workforce Development and Training Directory 2016 -2017**

Unless otherwise marked all workforce development and training opportunities are available free to staff, carers and service users in Borders area.

If you have any queries please call 01835 825 900 or email [bordersadp@borders.scot.nhs.uk](mailto:bordersadp@borders.scot.nhs.uk) .

Please note that this directory may be updated throughout the year. Please check the Alcohol and Drugs Partnership Website ([www.badp.scot.nhs.uk](http://www.badp.scot.nhs.uk)) for the most up to date directory.

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## Calendar of Events

Date	Course Name	Time	Venue	How to Book
01/09/2016	<i>Briefing— Children Affected by Parental Substance Misuse (CAPSM)</i>	09.30— 11.30	<i>New Lecture Theatre, Education Centre, BGH</i>	<i>Please send your name, job title, department/organisation to: <a href="mailto:bordersadp@borders.scot.nhs.uk">bordersadp@borders.scot.nhs.uk</a></i>
21/09/2016	<i>Preventing Drug Related Deaths Seminar</i>	09.30— 12.30	<i>New Lecture Theatre, Education Centre, BGH</i>	<i>Please send your name, job title, department/organisation to: <a href="mailto:bordersadp@borders.scot.nhs.uk">bordersadp@borders.scot.nhs.uk</a></i>
04/10/2016	<i>Understanding Alcohol and Drugs in Borders</i>	09.30 – 12.30	<i>New Lecture Theatre, Education Centre, BGH</i>	<i>Please send your name, job title, department/organisation to: <a href="mailto:bordersadp@borders.scot.nhs.uk">bordersadp@borders.scot.nhs.uk</a></i>
04/10/2016	<u><i>New Psychoactive Substances (NPS)</i></u> <b>COURSE FULL</b>	<u>13.30 – 16.30</u>	<u><i>Committee Room, Main Building, BGH</i></u>	<i>Please send your name, job title, department/organisation to: <a href="mailto:bordersadp@borders.scot.nhs.uk">bordersadp@borders.scot.nhs.uk</a></i>
04/10/2016	<i>New Psychoactive Substances (NPS)</i>	18.00 – 21.00	<i>Committee Room, Main Building, BGH</i>	<i>Please send your name, job title, department/organisation to: <a href="mailto:bordersadp@borders.scot.nhs.uk">bordersadp@borders.scot.nhs.uk</a></i>
4/11/2016	<i>Understanding Stigma: Promoting Inclusive Attitudes and Practice</i>	9.30am – 4.30pm	<i>William Hill Room, Ormiston Institute, Melrose</i>	<i>Book via: <a href="http://www.sdfworkforcedevelopment.org.uk">www.sdfworkforcedevelopment.org.uk</a></i>
22 <sup>nd</sup> & 23 <sup>rd</sup> November 2016	<i>Introduction to Motivational Interviewing (2 days)</i> <b>COURSE FULL</b>	9.30am – 4.30pm	<i>William Hill Room, Ormiston Institute, Melrose</i>	<i>Book via: <a href="http://www.sdfworkforcedevelopment.org.uk">www.sdfworkforcedevelopment.org.uk</a></i>
30/11/16	<i>Briefing - Children Affected by Parental Substance Misuse (CAPSM)</i>	09.30 – 11.30	<i>New Lecture Theatre, Education Centre, BGH</i>	<i>Please send your name, job title, department/organisation to: <a href="mailto:bordersadp@borders.scot.nhs.uk">bordersadp@borders.scot.nhs.uk</a></i>

<b>Date</b>	<b>Course Name</b>	<b>Time</b>	<b>Venue</b>	<b>How to Book</b>
5/12/2016	<i>Foetal Alcohol Spectrum Disorder (FASD)</i>	09.30 - 12.30	<i>New Lecture Theatre, Education Centre, BGH</i>	<i>Please send your name, job title, department/organisation to: <a href="mailto:bordersadp@borders.scot.nhs.uk">bordersadp@borders.scot.nhs.uk</a></i>
17 <sup>th</sup> & 18 <sup>th</sup> Jan & 7 <sup>th</sup> Feb 2017	<i>Intermediate Motivational Interviewing (Conditions apply)</i>	3 day (2 + 1) 9.30am – 4.30pm	<i>William Hill Room, Ormiston Institute, Melrose</i>	<i>Book via: <a href="http://www.sdfworkforcedevelopment.org.uk">www.sdfworkforcedevelopment.org.uk</a></i>
25/01/17	<i>Understanding Alcohol and Drugs in Borders</i>	09.30 – 12.30	<i>New Lecture Theatre, Education Centre, BGH</i>	<i>Please send your name, job title, department/organisation to: <a href="mailto:bordersadp@borders.scot.nhs.uk">bordersadp@borders.scot.nhs.uk</a></i>
1/3/2017	<i>Essentials of Recovery Seminar- Scottish Recovery Consortium</i>	10.00 – 1.00	<i>New Lecture Theatre, Education Centre, BGH</i>	<i>Please book via the news section on the Scottish Recovery Consortium webpage <a href="http://www.scottishrecoveryconsortium.org">www.scottishrecoveryconsortium.org</a> (booking available from late summer 2016)</i>
7/2/17	<i>Overdose prevention</i>	9.30 – 11.30am	<i>New Lecture Theatre, Education Centre, BGH</i>	<i>Please send your name, job title, department/organisation to: <a href="mailto:bordersadp@borders.scot.nhs.uk">bordersadp@borders.scot.nhs.uk</a></i>

# Prevention and Early Intervention

## Course Title: New Psychoactive Substances

**Aims:** This half-day interactive presentation introduces you to some of the most commonly used new psychoactive substances and gives information on how to identify legality and provide harm reduction advice to those who may take substances.

**Course Objectives** – by the end of the training participants will be able to:

- Define new drugs
- Identify the impact of new drugs and recall trends in drug use
- Name the typical effects and side effects of the key substances in use
- Recall the legal issues surrounding NPS -Identify techniques to work with users, including harm reduction

**Target Audience:** All staff, carers and service users with an interest in increasing understanding of New Psychoactive Substance.

### Dates and Times: (2 sessions available)

Date	Time	Venue
4/10/16	1.30pm – 4.30pm	Committee Room, Borders General Hospital, Melrose
4/10/16	6.00pm – 9.00pm	Committee Room, Borders General Hospital, Melrose

**Tutor:** Vicki Craik, Training Coordinator, CREW

## Course Title: Foetal Alcohol Spectrum Disorder – raising awareness

**Aims:** This training session aims to increase participants' awareness of Foetal Alcohol Spectrum Disorder (FASD). During the session we will cover the impact of FASD from conception to adulthood.

**Target Audience:** All staff, carers and service users with an interest in increasing understanding of Foetal Alcohol Spectrum Disorder. (Please note there may be some medical and distressing information in this programme).

### Dates and Times:

Date	Time	Venue
5/12/2016	9.30am – 12.30pm	New Lecture Theatre, Education Centre, Borders General Hospital, Melrose

**Tutor:** Dr Diana Leaver, NHS Borders

# Treatment, Support and Recovery

## Course Title: Overdose Prevention

### Aims:

- Identify the main drugs associated with overdose and risk factors that can contribute to an overdose
- Signs and symptoms of someone who has overdosed
- Correct steps to take when dealing with someone who has overdosed – including the role of Naloxone

**Target Audience:** Staff working with people at risk of overdose and service users.

### Dates and Times:

Date	Time	Venue
7/2/17	9.30am -11.30am	New Lecture Theatre, Education Centre, Borders General Hospital, Melrose

**Tutor:** Gill Donnan, Borders Addictions Service, NHS Borders

## Course Title: Understanding alcohol and drugs in Scottish Borders – briefing

**Aims:** To Provide an update on:

- Current prevalence and trends in alcohol and drug use
- Drug & Alcohol Services available to people in Borders

**Target Audience:** Staff in universal services

### Dates and Times:

Date	Time	Venue
4/10/16	9.30am – 12.30pm	New Lecture Theatre, Education Centre, Borders General Hospital, Melrose
25/1/2017	9.30am – 12.30pm	New Lecture Theatre, Education Centre, Borders General Hospital, Melrose

### Tutors:

Mark Holroyd – Addaction; Graham Laing - NHS Borders Addiction Service, Heather Coupek - Action For Children; Susan Walker- ADP Support Team

## Course Title: Children affected by parental substance misuse – briefing

### Aims:

- Increase knowledge of CAPSM and Getting Our Priorities Right
- Raise awareness of the Vulnerable Young Person's Protocol
- Understand the risk factors associated with Drug Related Deaths
- Know the range of drug and alcohol services available in Borders and how to refer

### Target Audience:

This training is relevant to all staff working with adults and children that may be affected by substance misuse.

### Dates and Times:

Date	Time	Venue
1/9/2016	9.30am – 11.30am	New Lecture Theatre, Education Centre, Borders General Hospital, Melrose
30/11/2016	9.30am – 11.30am	New Lecture Theatre, Education Centre, Borders General Hospital, Melrose

### Tutor:

Heather Coupek, Action for Children; Mark Holroyd, Addaction; Jim Terras, Child Protection and Fiona Doig, ADP Support Team

## Course Title: Scottish Drugs Forum Introduction to Motivational Interviewing

### By the end of the course, participants will have:

- Defined the nature of ambivalence about change.
- Applied the spirit of motivational interviewing, integrated with the OARS counselling skills to engage a person in personal conversation.
- Analysed how motivational interviewing can influence change by intentionally evoking and strengthening natural language (change talk).
- Identified how motivational interviewing may be used within own practice setting.

**Target Audience:** This workshop is appropriate for practitioners who are in the role of conducting one-to-one therapeutic discussions with people using or misusing drugs and alcohol with the focus on making and sustaining healthy behaviour changes.

### Dates and Times:

Date	Time	Venue
22 <sup>nd</sup> & 23 <sup>rd</sup> Nov 2016	9.30am – 4.30pm	William Hill Room, Ormiston Institute, Melrose <b>Course full</b>

**Tutor: Scottish Drugs Forum**

## Course Title: Scottish Drugs Forum Motivational Interviewing – 3 day Practice Based Workshop

### By the end of the course, participants will have:

- Observed the practice of focusing the conversation on a change target where there are multiple topics for discussion.
- Demonstrated the practice of guiding the conversation towards strengthening commitment to change through the eliciting and strengthening of change talk.
- Demonstrated the practice of responding to sustain talk and discord.
- Reflected on interim practice and considered means of supporting future skills development.

**Target Audience:** This workshop is for practitioners who are currently in the role of conducting one-to-one therapeutic discussions with people using or misusing alcohol and other drugs with the focus on making and sustaining healthy behaviour changes.

**Please note:** *This 3-day intermediate course is for individuals who have completed the STRADA 2-day Introduction to Motivational Interviewing training or a comparable training in motivational interviewing with another training provider.*

### Dates and Times:

Date	Time	Venue
17 <sup>th</sup> /18 <sup>th</sup> Jan & 7 <sup>th</sup> Feb 2017	9.30am – 4.30pm	William Hill Room, Ormiston Institute, Melrose

**Tutor:** Scottish Drugs Forum

## Course Title: Understanding Stigma: Promoting Inclusive Attitudes and Practice

**Aim:** This one day training will give participants a distinct set of knowledge and skills to help them understand and address alcohol and drug-related stigma.

### By the end of the course, participants will be able to:

- Recall 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

**Target Audience:** This course is aimed at a wide audience, anyone who comes into contact with people who use alcohol and other drugs. Equally suited to those in specialist and universal services.

### Date and Times:

Date	Time	Venue
4/11/16	9.30am – 4.30pm	William Hill Room, Ormiston Institute, Melrose

**Tutor:** Scottish Drugs Forum



## Seminars

### Seminar Title: Preventing Drug Related Deaths

The ADP will host a half day seminar to provide information and findings from the National Strategy 'Staying Alive in Scotland', alongside information on local information and programmes designed to prevent drug-related deaths, and an opportunity to engage in discussion about what else we can do to prevent these tragedies in Scottish Borders.

#### Target Audience:

- All staff who will come across people who have or are at risk of drug-related death
- Service users of substance misuse services
- Family members of those with alcohol and/or drug problem

#### Date and Times:

Date	Time	Venue
21/09/16	09.30 – 12.30	Lecture Theatre, Education Centre, BGH

### Seminar Title: Essentials of Recovery

This half-day seminar explores the key messages of the "road to recovery" policy. The recovery principles and practices involved in treatment are examined in company with local recovery activists.

**Target Audience:** This workshop is for staff members at any level who are directly involved in the delivery of addiction and recovery services.

#### Date and Times:

Date	Time	Venue
1/3/2017	10.00 – 13.30	Lecture Theatre, Education Centre, BGH

**Facilitator:** Anne-Marie Quigg, Scottish Recovery Consortium

## Online Training

A variety of online training is available. The list outlined below is not exclusive. The ADP would be pleased to hear about other courses that are available to add to this list.

### Course Title: Health Behaviour Change Level 1

**Aims:** By the end of this module you will be able to:

- Describe what health behaviour change is and why it is important as an approach
- Examine the relationship between health behaviours and health outcomes
- Clarify your role in supporting health behaviour change
- Know the process of how to raise lifestyle issues appropriately and sensitively
- Support individuals to access relevant information or services

**Target Audience:** This module is for anyone who wants to learn more about health behaviour change and who has (or thinks they could have) a role in improving health.

**Length:** 2 hours

**Provider:** NHS Health Scotland

**Available at:** <http://elearning.healthscotland.com/index.php>

You will be required to register a learning account with Health Scotland

### Course Title: Raising the Issue of Alcohol

**Aims:**

- Develop an awareness of local and national policy regarding alcohol and brief interventions
- Develop an understanding of the breadth of impact that alcohol misuse plays in society and the impact on individuals, families and communities
- Be able to recognise individuals and families who may be affected by alcohol
- Recognise when and be able to discuss alcohol consumption as part of routine care
- Know how to make appropriate judgments as to when and where to offer referral to individuals who need or wish additional support/help
- Critically reflect on own views, attitudes and job role with regards to alcohol

**Target Audience:**

To help you get the most from this module it is recommended that you complete Health Behaviour Change Level 1 which will provide an overview of core skills, techniques and knowledge that is helpful when raising any health issue with clients.

This module is for anyone who has, or thinks they could have, a role to play in identifying or raising the issue of alcohol.

*Please note, this course does not include training in Alcohol Brief Interventions*

**Length:** 1 hour

**Provider:** NHS Health Scotland

**Available at:** <http://elearning.healthscotland.com/index.php>

You will be required to register a learning account with Health Scotland

<b>Course Title: Foetal Alcohol Harm</b>
<b>Aims:</b> To increase knowledge, confidence and awareness about foetal alcohol harm among professionals working with young people, expectant parents and families.
<b>Target Audience:</b> This resource was developed particularly with health professionals in mind, but others may find the resource useful and of interest. The resource may be helpful for teachers, social workers, family support workers, youth workers and foster parents.
<b>Length: 4 hours for whole course.</b> The module is designed flexibly to allow you to use it in the way that suits you best. Each section will generally take between 30 and 60 minutes to complete. The length of time will depend on whether you choose to engage with all parts of the course, including watching all of the available films and undertake the reflection activities on the community website. The whole resource represents around 4 hours of learning.
<b>Provider: NHS Education for Scotland (NES)</b>
<b>Available at:</b> <a href="http://www.knowledge.scot.nhs.uk/home/learning-and-cpd/learning-spaces/fasd.aspx">http://www.knowledge.scot.nhs.uk/home/learning-and-cpd/learning-spaces/fasd.aspx</a> You will be required to have an Athens password. Athens passwords can be issued to NHS staff, students and partners (all individuals and organisations that provide services and support to the work of NHS Scotland, including local authority staff, Scottish Executive, voluntary health sector, health care staff working in the armed forces, prison service, nursing homes, hospices, schools, etc, emergency services staff, members of the Scottish Royal Colleges, patient / public representatives on NHS groups) Register for a password here: <a href="http://www.knowledge.scot.nhs.uk/helpandtraining/help-and-training/how-to-/register/why-register.aspx">http://www.knowledge.scot.nhs.uk/helpandtraining/help-and-training/how-to-/register/why-register.aspx</a>

<b>Course Title: Hepatitis B and C Diagnosis and Management</b>
<b>Aims:</b> <ul style="list-style-type: none"> <li>• supports GPs, community healthcare, drug workers and HIV service providers in integrating hepatitis B and C prevention, care and treatment to their work</li> <li>• promotes improvement of clinical outcomes and the reduction of morbidity and mortality due to hepatitis B and C infection by incorporating the recommendations in national guidance</li> <li>• promotes practice that increases identification of people at risk of hepatitis B and C</li> </ul>
<b>Target Audience:</b> GPs with a special interest in substance misuse, drug workers, those involved in needle exchange and harm reduction services, commissioners, public health practitioners, community based practitioners, pharmacists, health practitioners working in secure environments and service users.
<b>Length:</b> up to 3 hours
<b>Provider:</b> Royal College of General Practitioners
<b>Available at:</b> <a href="http://elearning.rcgp.org.uk/hepatitis">http://elearning.rcgp.org.uk/hepatitis</a> If you have never registered with the RCGP Online Learning Environment, you should register by selecting the following link option <a href="https://www.rcgp.org.uk/my-rcgp/registration.aspx">https://www.rcgp.org.uk/my-rcgp/registration.aspx</a> in order to have access to the e-module

<b>Course Title: Basic drug awareness, safer injecting, harm reduction and overdose awareness</b>	
<b>Aims:</b> A variety of basic courses to improve knowledge relating to injecting drug use	
<b>Target audience:</b>	
How drugs work Common drugs Basic drug awareness	Very general introduction suitable for all staff
Safer injecting Harm reduction Consequences of injecting Blood borne viruses	Staff working with injecting drug users including injecting equipment providers (Needle Exchange)
Overdose and Naloxone	Staff working with injecting drug users. This course does not replace face-to-face training for staff in addiction services or who will be providing Naloxone training
<b>Length:</b> 8 unit from 20-30 minutes each	
<b>Provider:</b> Frontier Medical Supplies	
<b>Available at</b> <a href="http://www.frontiersharpsafety.com/">http://www.frontiersharpsafety.com/</a>	
Participants are required to register a learning account	
<b>Notes:</b> Please be aware the language is very informal	