

**Borders Alcohol & Drugs Partnership  
Workforce Development and Training  
Spring/Summer 2021**

DATE	COURSE NAME	TIME	HOW TO BOOK
11 <sup>th</sup> May	Emerging Drug Trends	9.30am – 12.00pm	<p style="text-align: center;"><b>Please send your name, job title, email, department/organisation and telephone number to: <a href="mailto:bordersadp@borders.scot.nhs.uk">bordersadp@borders.scot.nhs.uk</a></b></p>
19 <sup>th</sup> May	Introduction to Drug and Alcohol Services in Scottish Borders	1.30pm – 3.00pm	
27 <sup>th</sup> & 28 <sup>th</sup> May	Introduction to Motivational Interviewing – Scottish Drugs Forum - must attend both sessions	9.15am – 1.30pm both days	
16 <sup>th</sup> August	Introduction to Trauma – Scottish Drugs Forum	9.15am – 3.30pm	
7 <sup>th</sup> and 8 <sup>th</sup> September	Everyone has a story (CAPSM) - Scottish Drugs Forum – must attend both sessions	9.15am – 1.30pm both days	
23 <sup>rd</sup> September	Drugs and Mental Health - Scottish Drugs Forum	9.15am – 1.30pm	
29 <sup>th</sup> September	Emerging Drug Trends	9.30am – 12.00pm	

**All courses will take place online. Spaces are very limited.**

We will provide a link to join the course at confirmation of booking. Please join the meeting 10-15 minutes prior to start time to allow time to address any IT issues.

Please note that line manager approval is required prior to booking request. If you are unable to attend, we would be grateful if you could let us know as soon as possible before the event. Your line manager will be alerted if you do not provide notice of non attendance.

**Course Title:****Emerging Trends and Psychoactive Drugs**

**Aims:** This interactive presentation introduces you to some of the most commonly used drugs including cannabis, MDMA, cocaine and psychoactive drugs. It 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:**

- 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 psychoactive drugs
- Discuss basic harm reduction techniques

**Target Audience:** All staff, volunteers, carers and individuals with an interest in increasing understanding of psychoactive drugs.

**Dates and Times:**

Date	Time
11 <sup>th</sup> May 2021	9.30am – 12.00pm
29 <sup>th</sup> September 2021	9.30am – 12.00pm

**Tutor: Vicki Craik, CREW**

**Course Title:****Introduction to Drug and Alcohol Services in Scottish Borders**

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

- Drug & Alcohol Services available to people in Borders and what interventions are available.

**Target Audience:** Staff in universal services

**Dates and Times:**

Date	Time
19 <sup>th</sup> May 2021	1.30pm – 3.00pm

**Tutors: TBC**

**Course Title:****Introduction to Motivational Interviewing**

**Aims:** *An introduction to the efficacy uses and techniques employed in Motivational Interviewing.* This training is appropriate for practitioners who are in the role of conducting 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 counselling skills to engage a person in personal conversation
- recall 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.

**Target Audience:** Drug workers, housing and homelessness workers, social workers, GPs, nurses, teachers and mental health workers.

**Dates and Times:**

Date	Time
27 <sup>th</sup> and 28 <sup>th</sup> May 2021 - must attend both sessions	9.15am – 1.30pm

**Tutors:** Scottish Drugs Forum

## Scottish Drugs Forum

### Course Title: Introduction to Trauma and Working with People who use Substances

**Aim:** 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.

**By the end of the course, 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.

**Target Audience:**

This course is a foundational, introductory course aimed at practitioners who have not completed formal or professional training in this area. It is therefore aimed at those who work with people who have experienced trauma, but who have not themselves received formal training.

**Dates and Times:**

Date	Time
16 <sup>th</sup> August 2021	9.30am – 3.15pm

**Tutor: Scottish Drugs Forum**

## Scottish Drugs Forum

### Course Title: Everyone has a story

**Aim:** *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.

**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.

#### Target Audience:

This course is aimed at drug workers, social workers, GPs, nurses, teachers and mental health workers.

#### Dates and Times:

Date	Time
7 <sup>th</sup> and 8 <sup>th</sup> September - must attend both sessions	9.30am – 1.30pm

**Tutor: Scottish Drugs Forum**

## Scottish Drugs Forum

### Course Title: Drugs and Mental Health

**Aims:** 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.

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

- Name common triggers for problem substance use and mental health issues.
- Name the 7 key drug categories and their effects/side effects.
- Give a definition of the most common mental health diagnosis.
- Recall the impact on mental health of the 7 main drug categories.
- Identify attitudes and values towards substance use and mental health.
- Identify effective techniques for supporting people affected by mental health and substance use issues.

**Target Audience:** Drug workers, housing workers, social workers, GPs, nurses, teachers and mental health workers.

#### Dates and Times:

Date	Time
23 <sup>rd</sup> September 2021	9.15am – 1.30pm

**Tutors:** Scottish Drugs Forum