

Borders Alcohol & Drugs Partnership Workforce Development Training Directory 2023/24

DATE	COURSE NAME	TIME	HOW TO BOOK
19 th October 2023	Hepatitis Information Session Information sessions on Hepatitis A, B and C.	10am - 11:15am	To book a place please email ADP.borders@borders.scot.nhs.uk
25 th October 2023	Substance Use & Young People (Multiple Risk) (SDF) This online training aims to increase awareness, knowledge of multiple risk and young people. Participants will have the opportunity to explore multiple risk and what that means in practice when working with young people.	9.15am – 1.30pm	To book a place follow this link: Substance Use and Young People You may have to Create an Account if you don't already have one.
26 th October 2023	Introduction to Drug & Alcohol Services Will provide an update on Drug & Alcohol Services available to people in the Borders and what interventions are available.	2pm – 4pm	To book a place please email ADP.borders@borders.scot.nhs.uk
9 th November 2023	CPD: Drug Trend Monitoring Group Topic TBC - Topics vary throughout the year. Previous topics included Cannabis Edibles, Drugs in Prison and Benzodiazepines.	10am – 10:30am	To book a place please email ADP.borders@borders.scot.nhs.uk
23 rd November 2023	Benzodiazepines Awareness (SDF) This online training aims to increase awareness and knowledge of Benzodiazepines and participants will have the opportunity to explore current and emerging trends within use of this substance. The training will consider harm reduction and support strategies.	9.15am – 1.30pm	Booking Information: To book a place follow this link: Benzodiazepines Awareness You may have to Create an Account if you don't already have one.
6 th December 2023 6 th March 2024	Meet the Drug & Alcohol Services Informal briefing session and opportunity to meet the staff from the three drug and alcohol services in the	9:30am - 10am	To book a place please email ADP.borders@borders.scot.nhs.uk

	Borders and ask questions.		
24 th January 2024	Cocaine and Psychostimulants (SDF) This interactive online training aims to increase awareness, knowledge and provides an opportunity to explore current and emerging trends with psychostimulants. Harm reduction and support strategies will be explored.	9.15am – 1.30pm	Booking Information: To book a place follow this link: <u>Cocaine and Psychostimulants</u> You may have to Create an Account if you don't already have one.
8th February 2024	Alcohol Brief Intervention - Refresher Training <i>For staff who have previously received Alcohol Brief Intervention (ABI) training and are looking for a refresher.</i> If you have the opportunity to talk about alcohol in your role but need some extra support with how to structure this, ABI Skills Development training can provide the solutions.	10am – 11am	To book a place please email ADP.borders@borders.scot.nhs.uk
22 nd February 2024	Children Affected by Parental Substance Use (CAPSM) Awareness Session (CHIMES & WAWY) To increase knowledge of children affected by parental and others substance use.	2pm – 4 pm	To book a place please email ADP.borders@borders.scot.nhs.uk

Please click on link for all training offered by the Scottish Drugs Forum(SDF) sdftraining.org.uk Please click on the link for all training offered on Child Protection and Adult Support and Protection [Public Protection Committee Training \(office365.com\)](#).

Course Descriptor and Learning Outcomes

Hepatitis Scotland

Course Title: Hepatitis Information Session

Do you: Want to find out more about Hepatitis?

Join us and learn more about:

- Overview of Hepatitis A, B and C.
- Testing, Treatment and Support.
- Stigma and lived experience perspectives.
- Role everyone can play a part in eliminating hepatitis C in Scotland.

Target Audience:

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

Dates and Times:

Date	Time	Venue
19 th October 2023	10am – 11:15am	MS Teams

Tutor: Hepatitis Scotland

Scottish Drugs Forum (SDF)

Course Title: Substance Use & Young People (Multiple Risk)

Aim: This online training aims to increase awareness, knowledge of multiple risk and young people. Participants will have the opportunity to explore multiple risk and what that means in practice when working with young people.

Learning outcomes:

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

- Identify common risk behaviours displayed by young people.
- Define multiple risk.
- Discuss positive and negative aspects of risk.
- Identify common risk behaviours.
- Recall the factors and Adverse Childhood Experiences that influence risk taking and identify the impact of these on resilience.
- Demonstrate effective signposting and interventions which tackle multiple risk, build resilience, and support post-traumatic growth.

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

Dates and Times:

Date	Time	Venue
25 th October 2023	9:15am – 1:30pm	MS Teams

Tutor: Scottish Drugs Forum (SDF)

CHIMES, We Are With You & Borders Addiction Service

Course Title: Introduction to Drug & Alcohol Services in the Scottish Borders

Aims: To provide an update on:

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

By completing this training, you will have:

- Awareness of prevalence of drug and alcohol use
- Awareness of current trends
- Awareness of what support drug and alcohol services can provide
- Awareness of how to refer to drug and alcohol services

Target Audience: Staff in universal services

Dates and Times:

Date	Time	Venue
26 th October 2023	2pm – 4pm	MS Teams

Tutor: CHIMES, We Are With You & Borders Addiction Service

Course Title: CPD: Drug Trend Monitoring Group

CPD Session: Subject TBC

Aim:

Learning Objectives:

By the end of the session participants will have:

- A brief overview of the history of harm reduction
- Awareness of the main drivers for harm reduction
- Key messages of harm reduction, to reduce the risks associated with using substances.

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

Dates and Times:

Date	Time	Venue
9 th November 2023	10am – 10:30am	MS Teams

Tutors:

Scottish Drugs Forum (SDF)

Course Title: Benzodiazepines Awareness

Aim: To increase awareness and knowledge of Benzodiazepines and participants will have the opportunity to explore current and emerging trends within use of this substance

Learning outcomes:

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

- Recall the current trends and emerging trends with benzodiazepines including street Valium and unlicensed benzodiazepines.
- Identify the physical and psychological/cognitive effects of benzodiazepines.
- Identify effective strategies and techniques for working with people who use benzodiazepines including harm reduction and anxiety management.
- Describe the role of benzodiazepines in poly-drug use, overdose and DRDs.
- Identify effective strategies and techniques for working with benzodiazepine users including harm reduction and anxiety management.

The Benzodiazepine Awareness training is in two parts. First, all participants need to complete the following e-learning module before the facilitator led online training:

[What's happening on the streets with benzos?](#)

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

Dates and Times:

Date	Time	Venue
23 rd November 2023	9:15am – 1:30pm	MS Teams

Tutor: Scottish Drugs Forum (SDF)

CHIMES, We Are With You & Borders Addiction Service

Course Title: Meet the Drug & Alcohol Services

Learning Outcomes:

Informal briefing session and opportunity to meet the staff from the three drug and alcohol services in the Borders and ask questions.

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

Dates and Times:

Date	Time	Venue
6 th December 2023	9:30am – 10am	MS Teams

Tutor: CHIMES, We Are With You & Borders Addiction Service

Scottish Drugs Forum (SDF)

Course Title: Cocaine and Psychostimulants

Aim: To Increase awareness, knowledge and provides an opportunity to explore current and emerging trends with psychostimulants. Harm reduction and support strategies will be explored.

Learning Outcomes:

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

- Recall the current trends and emerging trends with psychostimulants including increases to purity, adulterants, and stimulant type NPS.
- Give an overview of the key psychostimulants in use including cocaine, amphetamines, ecstasy, and stimulant type NPS.
- Identify recreational and problematic psychostimulant use.
- Recognise the signs and symptoms of stimulant related overdose and identify how to respond.
- Identify effective strategies and techniques for working with psychostimulant users including harm reduction and sleep management.

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

Dates and Times:

Date	Time	Venue
24 th January 2024	9:15am – 1:30pm	MS Teams

Tutor: Scottish Drugs Forum (SDF)

Borders ADP

Course Title: Alcohol Brief Interventions (ABI) Refresher Training

Target Audience: For staff who have previously received Alcohol Brief Intervention training and are looking for a refresher.

Learning Outcomes:

- Describe the what, why where, when and how of Alcohol Brief Interventions.
- Understand what a unit is, how to calculate alcohol units and the rationale of alcohol guidance.
- Reflect on the potential impact of your role in relation to carrying out ABI.
- Apply knowledge to raise the subject and choose a suitable screening approach for the individual.
- Develop motivation and confidence to competently carry out ABI's.
- Increase understanding of existing services and provision to support/signpost individuals.

Target Audience: For staff who have previously received Alcohol Brief Intervention training and are looking for a refresher

Dates and Times:

Date	Time	Venue
8 th February 2024	10am – 11am	MS Teams

Tutor: Borders ADP

CHIMES & We Are With You

Course Title: Children Affected by parental Substance Use (CAPSM) Awareness Session

Learning Outcomes:

- Increase knowledge of children affected by parental and other's substance use
- Raise awareness of Interagency Vulnerable Young Person's Protocol
- Increase participants understanding of their role in this area.

Target Audience: Staff in universal services

Dates and Times:

Date	Time	Venue
22 nd February 2024	2 – 4pm	MS Teams

Tutor: CHIMES & We Are With You

CHIMES, We Are With You & Borders Addiction Service**Course Title: Meet the Drug & Alcohol Services****Learning Outcomes:**

Informal briefing session and opportunity to meet the staff from the three drug and alcohol services in the Borders and ask questions.

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

Dates and Times:

Date	Time	Venue
6 th March 2023	9:30 – 10am	MS Teams

Tutor: CHIMES, We Are With You & Borders Addiction Service

Borders Alcohol & Drugs Partnership
Online Learning 2022/23

Prevention and Early Intervention

Online Learning

Hepatitis B in Scotland

Hepatitis Scotland is pleased to announce the launch of a new, free to access e-learning resource, which is dedicated to raising knowledge and awareness of hepatitis B.

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

- Define hepatitis B
- Describe acute and chronic hepatitis B
- Summarise who is at risk of hepatitis B infection
- Identify who should get tested for hepatitis B

Provider: Scottish Drugs Forum/Hepatitis Scotland

Target Audience: People who come into contact with people who use drugs, GPs, nurses, teachers, police, housing workers, social workers, mental health workers, and the general public.

Length: 2 hrs

Available at: www.sdftraining.org.uk

You will need to [Login](#) or [Create an Account](#) before registering for this event

Online Learning

Title: Hepatitis C and New Treatments

Hepatitis Scotland is pleased to announce the launch of a new, free to access e-learning resource, which is dedicated to raising knowledge and awareness of hepatitis C. The concise course can be completed in around two hours, or alternatively be completed in separate sittings to provide a fully flexible learning experience.

Target Audience:

Various audiences will benefit from the e-learning, including; people who come into contact with people who use drugs, GPs, nurses, teachers, police, housing workers, social workers and mental health workers and the general public.

Provider: Scottish Drugs Forum/Hepatitis Scotland

Available at: www.sdftraining.org.uk

You will need to [Login](#) or [Create an Account](#) before registering for this event

Foetal Alcohol Advisory Support & Training Service

New Training Opportunity!

Professionals working within Health and Social Care in Scotland can access our FREE 'Fundamentals of FASD for Health and Social Care Practitioners' online training scheduled to take place on a regular basis throughout the year. You can access details and register by following our Eventbrite page

<https://FAASTTeam.eventbrite.com>

FAAST has partnered with the University of Edinburgh to develop a comprehensive FASD-specific training framework and suite of professional training and educational courses in the coming years.

Provider: Fetal Alcohol Advisory Support & Training Service

Available at: [Training - new courses available! - Fetal Alcohol Advisory Support & Training Service \(ed.ac.uk\)](#)

NES: Foetal Alcohol Spectrum Disorder

This learning has been developed by colleagues in Improving Health and Wellbeing who are keen to convey this information to stakeholders. The learning is free to access.

It is not known how many children, young people and adults are affected by this developmental disorder; many are identified when in the care of adoptive parents. It is likely that there are many looked after and care experienced children and young people who may be living with FASD without either them or their carers and family knowing. There are likely also to be many people affected by FASD who are or were not care experienced and who require help and support.

To enable practitioners to understand more about FASD, The Scottish Government in partnership with experts in FASD has created an e-learning module which is available on the NHS Education for Scotland TURAS platform:

- **Understanding FASD**
 - **Preventing FASD**
 - **Identifying FASD**
 - **Interventions and Support for FASD**

Understanding FASD offers a broad overview for practitioners and lays the foundations for understanding why **preventing FASD** and knowledge of the Chief Medical Officer's "*No Alcohol No Risk*" in pregnancy message is so important. It also outlines why **early identification and intervention and support** is essential to fostering positive outcomes for individuals with FASD.

This learning resource outlines why, without identification and support, affected individuals often struggle to attain and acquire life skills for independent living. Those affected but unsupported have a high degree of need for mental health, addiction and criminal justice services.

You will need to register with Turas to access the resource

To access the resource register here: learn.nes.nhs.scot

Use this link to access the resource once you have registered and signed in:

<https://learn.nes.nhs.scot/39148>

Provider: NES TURAS

Treatment, Support and Recovery

Online Learning

Bacterial Infections and Drug Use

An introduction to bacterial infection and drug use. The e-learning course will give a brief overview of bacterial infection and various outbreaks. It gives participants the opportunity to explore harm reduction information relevant to bacterial infection. The course 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.

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

- Recall different types of bacteria often associated with drug use.
- Explain how bacterial contamination can occur in the context of drug use.
- Describe harm reduction information for bacterial infection in the context of substance use.
- Recognise the signs and symptoms of bacterial infections.
- Produce an effective response to potential outbreaks which can be implemented in your service.

Provider: Scottish Drugs Forum (SDF)

Available at: www.sdftraining.org.uk

You will need to [Login](#) or [Create an Account](#) before registering for this event

Online Learning:

Title: Drug Awareness – SDF e-learning

Aims: This introductory e-learning aims to increase workers knowledge and awareness of key issues relating to drug use in Scotland

Learning Objectives:

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

- Identify a range of reasons why people use drugs.
- Describe patterns of drug use.
- Recall commonly used drugs in Scotland.
- Understand and explain harm reduction techniques.

Target Audience: Health, Social Care, Voluntary Organisations staff who wish to increase their knowledge and awareness of drug issues.

Provider: Scottish Drugs Forum

Available at: www.sdftraining.org.uk

You will need to [Login](#) or [Create an Account](#) before registering for this event

<p>Online Learning:</p> <p>Title: What's happening on the streets with benzos?</p>
<p>Aims: This e-learning course aims to raise awareness and increase knowledge around benzodiazepines use in Scotland. Participants will be able to identify benzodiazepine effects and gain an understanding of harm reduction techniques for benzodiazepine use.</p>
<p>Learning Objectives:</p> <p>By the end of this course, you will be able to:</p> <ul style="list-style-type: none"> • Recall the current and emerging trends including street and unlicensed benzodiazepines. • Identify the physical and psychological effects of benzodiazepines. • Understand harm reduction techniques for people who use benzodiazepines.
<p>Target Audience: Health, Social Care, Voluntary Organisations staff who wish to increase their knowledge and awareness of drug issues.</p>
<p>Provider: Scottish Drugs Forum</p>
<p>Available at: www.sdftraining.org.uk</p> <p><i>You will need to Login or Create an Account before registering for this event</i></p>

<p>Online Learning:</p> <p>Title: New Drugs, New Trends? A workers Toolkit for NPS</p>
<p>Aims: This e-learning module has been designed to meet the needs of workers who come into contact with people who may use New Psychoactive Substances (sometimes known as Legal Highs).</p>
<p>Learning Objectives:</p> <p>By the end of this module, participants will be able to:</p> <ul style="list-style-type: none"> • Name the seven categories of substances which apply to NPS. • Recall the legislation affecting NPS. • Give an overview of two key NPS in use. • Recall current and emerging trends with regards to NPS in Scotland. • Describe typical patterns of use, including poly-substance use. • Identify techniques to support people who use NPS.
<p>Provider: Scottish Drugs Forum</p>
<p>Available at: www.sdftraining.org.uk</p> <p><i>You will need to Login or Create an Account before registering for this event</i></p>

<p>Online Learning:</p> <p>Title: HIV – Preventable and Treatable</p>
<p>This e-learning course will increase workers understanding of HIV, how HIV is transmitted, HIV prevention and treatment. The course will also outline the ongoing HIV outbreak affecting people who inject drugs in Glasgow, and surrounding areas, since 2015.</p>
<p>Learning Objectives:</p> <p>By the end of this course, you will be able to:</p> <ul style="list-style-type: none"> • Define HIV as a virus, including how it is transmitted from one person to another. • Recall key facts around HIV testing, prevention, and treatment. • Recall the key milestones in the history of HIV. • Understand the Glasgow HIV outbreak and lessons learnt
<p>Target Audience: Health, Social Care, Voluntary Organisations staff who wish to increase their knowledge and awareness of drug issues.</p>
<p>Provider: Scottish Drugs Forum</p>
<p>Available at: www.sdftraining.org.uk <i>You will need to Login or Create an Account before registering for this event</i></p>

<p>Online Learning:</p> <p>Title: Contraception Information for people who use drugs</p>
<p>This e-learning course discusses contraception information for people who use drugs. This course should take around 1 hour to complete.</p>
<p>Learning Objectives:</p> <p>By the end of this course, participants will be able to:</p> <ul style="list-style-type: none"> • describe different methods of contraception. • identify the methods of contraception which are long-acting and reversible.
<p>Target Audience: Health, Social Care, Voluntary Organisations staff who wish to increase their knowledge and awareness of drug issues.</p>
<p>Provider: Scottish Drugs Forum</p>
<p>Available at: www.sdftraining.org.uk <i>You will need to Login or Create an Account before registering for this event</i></p>

Online Learning:

Title: 'How are your sites?': Injecting Wound Care

This e-learning course discusses harm reduction related to injecting sites. It aims to help workers assess sites and offer accurate advice to people who inject drugs.

In services, particularly those offering Injection Equipment Provision (IEP), workers often ask clients the question 'How are your sites?'.

Do you know what to do when the answer differs from 'okay'? Do you know what to look for when you see an injecting site? Do you know what questions to ask? And what treatment to offer?

Learning Objectives:

By the end of this two-hour course, participants will be able to:

- Explain the structure and function of the skin.
- Describe the context of skin problems in people who inject.
- Assess simple injecting sites.
- Differentiate between infected and non-infected injecting wounds.
- Discuss potential treatment options and offer recommendations.

Target Audience: Health, Social Care, Drug & Alcohol Service Providers, IEP Providers

Provider: Scottish Drugs Forum

Available at: www.sdftraining.org.uk

You will need to [Login](#) or [Create an Account](#) before registering for this event

Online Learning

Overdose Prevention, Intervention and Naloxone

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

Learning Objectives:

By the end of this course, you will be able to:

- Summarise drug-related deaths in Scotland.
- Identify an overdose.
- Explain how to prevent an overdose.
- Describe naloxone and its use.

Provider: Scottish Drugs Forum (SDF)

Available at: www.sdftraining.org.uk

You will need to [Login](#) or [Create an Account](#) before registering for this event

Online Learning

Motivational Interviewing in Brief Conversations

Helping professionals are often required to venture into discussions with people about making changes to their lifestyle or behaviours. Have you ever wondered why and exactly how conversations inspire change and what the skills involved are?

At SDF we have drawn upon the body of research evidence, extracting concepts and approaches within the communication style called Motivational Interviewing (MI).

This course is designed to offer a 'taste' of motivational interviewing. It is not designed to be a complete training course in MI, but rather a first step for those who are interested in learning more about this style of communication. It incorporates the latest methods from the new 3rd edition of Motivational Interviewing by W.R. Miller and S. Rollnick.

By the end of this course participants will be able to:

- Describe the nature of ambivalence about change.
- Define motivational interviewing.
- Describe how the motivational interviewing process influences motivation for change.
- Identify the use of motivational interviewing in brief conversations.

Provider: Scottish Drugs Forum (SDF)

Available at: www.sdftraining.org.uk

You will need to [Login](#) or [Create an Account](#) before registering for this event

Online Learning

Cocaine and other Psychostimulants

This course will increase your knowledge of cocaine and other psychostimulants in Scotland. Upon completion, you will be able to identify specific psychostimulants and their effects, understand the current trends in Scotland, and gain an understanding of harm reduction strategies.

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

- Describe psychostimulants in use including cocaine, amphetamines, ecstasy and mephedrone.
- Recall the current and emerging trends with psychostimulants.
- Identify effective harm reduction strategies for working with people who use psychostimulants.

Provider: Scottish Drugs Forum (SDF)

Target Audience: People working in treatment, mental health services, or other surrounding services.

Length: 2 hrs

Available at: www.sdftraining.org.uk

You will need to [Login](#) or [Create an Account](#) before registering for this event

Other Online Learning

A variety of online learning 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. We would recommend using latest versions of your web browser.

NES: Trauma Informed

This training consists of two workshops to help individuals and teams examine how they work through a trauma informed lens. There are five key pause points for reflection, discussion, planning and commitment. Whether watched as an individual or as a team, it will help you to reflect on:

- The extent to which the people you work with may have experience trauma, and the impact that might have on your work.
- Recognizing and celebrating your existing trauma informed practices and how to sustain these.
- Identifying, and making an active commitment to the small changes you can make to help you recognize where someone may be affected by trauma, and respond in a way that limits re-traumatisation and supports their recovery using the principles of trauma informed practice.

Who is this resource for?

All members of the workforce, whether paid or unpaid.

Provider: NHS Learnpro

Available at: <https://www.nes.scot.nhs.uk/>

NES: Trauma Skilled

This training comprises is comprised of 3 modules:

Developing your trauma skilled practice 1: Understanding the impact of trauma and responding in a trauma informed way.

Developing your trauma skilled practice 2: Trauma in children and young people.

Developing your trauma skilled practice 3: Understanding the impact of trauma on mental health and evidence-based pathways to recover.

Who is this resource for?

This resource is for all workers who are likely to come into contact with people who may have been affected by trauma.

At the end of the section you should know how to use these modules to develop your knowledge in working with people with trauma

Provider: NHS Scotland

Available at: <https://www.nes.scot.nhs.uk/>

Motivational Interviewing Coach Assessment

This course consists of three modules. The first module provides an overview of the Spirit and person-centred counselling skills that underpin Motivational Interviewing. These elements represent the relational aspects of MI. The second module explores the strategic or technical elements of Motivational Interviewing as defined by the third edition of *Motivational Interviewing* published in October 2013 by Miller and Rolnick. For those who were trained in MI before the third edition was printed, this module provides a useful update on the changes that have been introduced to Motivational Interviewing over the years. The third module has been designed to provide taped practice examples of Motivational Interviewing, including the Edinburgh Interview, which illustrates many therapeutic challenges and therapeutic themes found in Scottish service settings.

Provider: NHS Learnpro

Available at: nhs.learnprouk.com

Scottish Recovery Consortium e-learning

SRC Online Training

1. **Recovery Essentials Part 1**
2. **Recovery Essentials Part 2**
3. **Peer Support**
4. **Stigma and Me**
5. **Stigma and Us**

The courses are all CPD accredited, and this is a unique approach to learning about recovery. Each course has 3 learning outcomes and a quiz to complete.

There are individuals completing the learning as well as people working in recovery organisations, statutory services, and education.

Getting started

To enrol please get in touch with our Learning team by emailing learning@scottishrecoveryconsortium.org or by phone on 0141 559 6932.

Provider: SRC

Available at: [Scottish Recovery Consortium](https://scottishrecoveryconsortium.org)

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

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.