

Borders Alcohol & Drugs Partnership Workforce Development Training Directory 2025/26

DATE	COURSE NAME	TIME	HOW TO BOOK
27 th August 2025	Meet the Drug & Alcohol Services and Recovery Community Informal 45minute briefing session to meet staff from the three drug and alcohol services and recovery community in the Borders and ask questions.	9:30am – 10:15am	To book a place please click here .
4 th & 9 th September 2025 This is 1 course over 2 x ½ days you must be able to attend both days.	REACH Advocacy Human Rights and Health Inequalities awareness workshop (with MAT standards)	9am – 12pm	To book a place please email ADP.borders@borders.scot.nhs.uk
10 th & 11 th September 2025 This is 1 course over 2 x ½ days you must be able to attend both days.	(AFS) Enhanced Alcohol Awareness This interactive 2 x ½ days workshops will enhance any existing basic knowledge on alcohol and its harm as well as update skills. We will consider examples of good communication with others and where to signpost people affected by alcohol for help and support.	9.30am - 12.30pm	To book a place please email: ADP.borders@borders.scot.nhs.uk
17 th September 2025	(SDF) Understanding Stigma 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.	9.15am - 1.30pm	To book a place follow this link: Understanding Stigma You may have to Create an Account if you don't already have one.
24 th September 2025	Introduction to Drug & Alcohol Services & Recovery Community To provide an update on support available through the drug & alcohol services and recovery community to people in Borders.	10am – 12pm	To book a place please click here .
8 th & 9 th October 2025 This is 1 course over 2 x ½ days you must be able to attend both days.	(SDF) Everyone Has a Story - Children Affected by Parental Substance Use To increase knowledge of children affected by parental and others substance use.	9.15am -1.30pm	To book a place please follow this link: Everyone Has a Story You may have to Create an Account if you don't already have one.

10 th November 2025	(CREW) Cannabis Training This two hour online training course is designed to equip participants with the information they need to know about cannabis.	2 – 4pm	To book a place please email: ADP.borders@borders.scot.nhs.uk
12 th & 13 th November 2025 This is 1 course over 2 x ½ days you must be able to attend both days.	(SDF) Alcohol and Older People This course aims to increase workers' knowledge and awareness of key issues relating to alcohol and older adults.	9.15am – 1.30pm	To book a place follow this link: Alcohol and Older People You may have to Create an Account if you don't already have one.
19 th November 2025	Meet the Drug & Alcohol Services and Recovery Community Informal 45minute briefing session to meet staff from the three drug and alcohol services and recovery community in the Borders and ask questions.	9:30am – 10:15am	To book a place please click here .
15 th January 2026	(SDF) Principles of Harm Reduction This course will provide you with an awareness of the main drug related harms and understand the principles of harm reduction.	9.15am - 1.30pm	Booking Information: To book a place follow this link: Principles of Harm Reduction You may have to Create an Account if you don't already have one.
25 th February 2026	Introduction to Drug & Alcohol Services & Recovery Community To provide an update on support available through the drug & alcohol services and recovery community to people in Borders.	10am – 12pm	To book a place please click here .
11 th March 2026	Meet the Drug & Alcohol Services and Recovery Community Informal 45minute briefing session to meet staff from the three drug and alcohol services and recovery community in the Borders and ask questions.	9:30am – 10:15am	To book a place please click here .

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 \(office365.com\)](https://office365.com).

Please click on the link for Scottish Government Drug and Alcohol Workforce Learning Directory [Drug and alcohol workforce: learning directory - gov.scot](https://gov.scot)

Course Descriptor and Learning Outcomes

CHIMES, WithYou, Borders Addiction Service & Borders in Recovery

Course Title: Meet the Drug & Alcohol Services and Recovery Community

Aim: This Informal 45-minute briefing session will allow you to meet the staff from the three drug and alcohol services and Borders in Recovery and hear more about what support they can provide.

Learning Outcomes:

By the end of the session, participants will have:

- Increased understanding of the availability of and roles of existing drug and alcohol services and recovery community.
- Understand how to refer or signpost people on to services or recovery community.

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

Dates and Times:

Date	Time	Venue
27 th August 2025	9.30am - 10.15am	MS Teams

Tutor: CHIMES, WithYou, Borders Addiction Service & Borders in Recovery

REACH Advocacy

Course Title: Human Rights and Health Inequalities awareness workshop (with MAT standards)

Course: This workshop helps participants understand the way that human rights, advocacy, and health inequalities relate to their workplace and lives. We will cover the MAT standards, and other relevant standards, guidelines, and legislation. Participants will leave with an improved understanding of how to embed a human rights-based approach, with tools and frameworks for improving local service delivery.

Key Topics:

- Socioeconomic factors contributing to Substance Use Disorder as a health condition
- Human Rights Legislation
- Practical educational frameworks to use when applying a Human Rights Based Approach
- MAT Standards 1-10 and how they all aim to ensure that the human rights of the individuals are upheld, fulfilled, and protected.

Target Audience: Staff across the health and social care workforce including frontline staff, community groups, statutory services, third-sector organisations, those with lived/living experience, family members, and decision makers.

Dates and Times:

Date	Time	Venue
4 th & 9 th September 2025 This is 1 course over 2 x ½ days, you must be able to attend both days.	9am – 12pm	MS Teams

Tutor: REACH Advocacy

Alcohol Focus Scotland (AFS)

Course Title: Enhanced Alcohol Awareness

Aim: To enhance any existing basic knowledge on alcohol and its harm as well as update skills. We will consider examples of good communication with others and where to signpost people affected by alcohol for help and support.

Learning Outcomes:

By the end of the training, participants will be able to:

- Have increased knowledge of the effects of alcohol on individuals, children, young people and vulnerable adults.
- Understand what promotes change including understanding alcohol policies and strategies in Scotland
- Have increased confidence and skills to work with and support people experiencing problems with alcohol.

Target Audience: People working with and supporting older people.

Dates and Times:

Date	Time	Venue
10 th & 11 th September 2025 This is 1 course over 2 days you must be able to attend both days.	9:30am – 12:30pm	MS Teams

Tutor: Alcohol Focus Scotland (AFS)

Scottish Drugs Forum (SDF)

Course Title: Understanding Stigma

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.

Learning Outcomes:

By the end of the training, participants will be able to:

- Describe the impact of stigma on people who use substances, people in treatment or in recovery from substance use
- Recall language which de-stigmatises people affected by substance use.
- Describe how stigma and discrimination impact on the quality and effectiveness of service delivery.
- Identify institutional and structural stigma attached to people who use substances, people in treatment or in recovery from substance use.

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

Dates and Times:

Date	Time	Venue
17 th September 2025	9.15am -1.30pm	MS Teams

Tutor: Scottish Drugs Forum (SDF)

CHIMES, With You, Borders Addiction Service & Borders in Recovery
Course Title: Introduction to Drug & Alcohol Services & Recovery Community in the Scottish Borders

Aim: To provide an update on support available through the drug & alcohol services and recovery community to people in Borders.

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
24 th September 2025	10am – 12pm	MS Teams

Tutor: CHIMES, WithYou, Borders Addiction Service & Borders in Recovery

Scottish Drugs Forum (SDF)

Course Title: Everyone Has a Story: Children Affected by Parental Substance Use

Aim: This course will support practitioners in adult and children's services to respond to children affected by parental substance use.

Learning Outcomes:

By the end of the training, participants will be able to:

- Identify the impact of parental substance use on children.
- Describe the child's change cycle in parental use and recovery.
- Practice the assessment of risk for children affected by parental substance use.
- Identify ways to actively engage and hear young people's stories.

We recommend that you complete our ['Drug Awareness - An Introductory Course'](#) e-learning module.

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

Dates and Times:

Date	Time	Venue
8 th & 9 th October 2025 This is 1 course over 2 x ½ days, you must be able to attend both days.	9.15am -1.30pm	MS Teams

Tutor: Scottish Drugs Forum (SDF)

CREW

Course Title: Cannabis Training

Suitable for: Youth workers, peer supporters, support workers, education, housing staff, hospitality and event staff, police and prison officers, policymakers.

Course Content:

This two hour online training course is designed to equip participants with the information they need to know about cannabis.

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

Dates and Times:

Date	Time	Venue
10 th November 2025	2 – 4pm	MS Teams

Tutor: CREW

Scottish Drugs Forum (SDF)

Course Title: Alcohol and Older People

Aim: This course aims to increase workers' knowledge and awareness of key issues relating to alcohol and older adults.

Learning Outcomes:

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

- Recall the reasons why the over 50's are at increased risk of developing alcohol issues.
- Identify the potential harm caused by alcohol use in later life.
- Identify and consider alcohol use in the over 50's and how associated stereotypes and stigma can affect access to services, treatment and recovery.
- Reflect on your own confidence and skill base in relation to the over 50's and potential harm caused by alcohol and practice how to respond.
- Identify how learning from this course can be applied in your local setting.
- Recall and identify key resources and support services available to support and reduce alcohol related harm in older people.

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

Dates and Times:

Date	Time	Venue
12 th & 13 th November 2025 This is 1 course over 2 days, you must be able to attend both days.	9:15am – 1:30pm	MS Teams

Tutor: Scottish Drugs Forum (SDF)

CHIMES, With You, Borders Addiction Service & Borders in Recovery

Course Title: Meet the Drug & Alcohol Services and Recovery Community

Aim: This Informal 45-minute briefing session will allow you to meet the staff from the three drug and alcohol services and Borders in Recovery and hear more about what support they can provide.

Learning Outcomes:

By the end of the session, participants will have:

- Increased understanding of the availability of and roles of existing drug and alcohol services and recovery community.
- Understand how to refer or signpost people on to services or recovery community.

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

Dates and Times:

Date	Time	Venue
19 th November 2025	9.30am - 10.15am	MS Teams

Tutor: CHIMES, With You, Borders Addiction Service & Borders in Recovery

Scottish Drugs Forum (SDF)

Course Principles of Harm Reduction

Aim: This course will provide you with an awareness of the main drug related harms and understand the principles of harm reduction.

Learning Outcomes:

By the end of the training, participants will be able to:

- Define the principles of harm reduction and understand the background.
- Recall a range of harms caused by substance use and describe harms from specific substances.
- Identify sources of support to reduce drug related harm and be able to signpost people who use your service.

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

Dates and Times:

Date	Time	Venue
15 th January 2026	9.15am -1.30pm	MS Teams

Tutor: Scottish Drugs Forum (SDF)

CHIMES, With You, Borders Addiction Service & Borders in Recovery

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

Aim: To provide an update on support available through the drug & alcohol services and recovery community to people in Borders.

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
25 th February 2026	10am – 12pm	MS Teams

Tutor: CHIMES, WithYou, Borders Addiction Service & Borders in Recovery

CHIMES, With You, Borders Addiction Service & Borders in Recovery

Course Title: Meet the Drug & Alcohol Services and Recovery Community

Aim: This Informal 45-minute briefing session will allow you to meet the staff from the three drug and alcohol services and Borders in Recovery and hear more about what support they can provide.

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- Understand how to refer or signpost people on to services or recovery community.

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

Dates and Times:

Date	Time	Venue
11 th March 2026	9.30am - 10.15am	MS Teams

Tutor: CHIMES, With You, Borders Addiction Service & Borders in Recovery

Borders Alcohol & Drugs Partnership
Online Learning 2024/25

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 Foetal Alcohol Spectrum Disorders (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: Foetal 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 (FASD)

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.

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: LGBTQI+ Substance Use – An introduction – SDF e-learning

Aims: This course will take you through a short journey of LGBTQI+ history showing you how key events affect the community to this day. You will be given insight into how substances are used in the LGBTQI+ community. By the end, you will be equipped with techniques to make your service more inclusive.

Learning Objectives:

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

- Recognise how alcohol and other drugs are used in the LGBTQI+ community.
- Describe key moments in LGBTQI+ history.
- Identify health inequalities that effect LGBTQI+ people.
- Recall the layers of stigma that LGBTQI+ people might experience.
- Recognise barriers LGBTQI+ people have in accessing services

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

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 <i>You will need to Login or Create an Account before registering for this event</i>

Online Learning:
Title: What's happening on the streets with benzos?
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.
Learning Objectives: By the end of this course, you will be able to: • 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.
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 <i>You will need to Login or Create an Account before registering for this event</i>

Online Learning:
Title: New Drugs, New Trends? A workers Toolkit for NPS
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).
Learning Objectives: By the end of this module, participants will be able to: • 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.
Provider: Scottish Drugs Forum
Available at: www.sdftraining.org.uk <i>You will need to Login or Create an Account before registering for this event</i>

Online Learning:
Title: HIV – Preventable and Treatable
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.
Learning Objectives: By the end of this course, you will be able to: • 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
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 <i>You will need to Login or Create an Account before registering for this event</i>

Online Learning:
Title: Contraception Information for people who use drugs
This e-learning course discusses contraception information for people who use drugs. This course should take around 1 hour to complete.
Learning Objectives: By the end of this course, participants will be able to: • describe different methods of contraception. • identify the methods of contraception which are long-acting and reversible.
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 <i>You will need to Login or Create an Account before registering for this event</i>

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 <i>You will need to Login or Create an Account before registering for this event</i>

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 is comprised of 4 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.

Developing your trauma skilled practice 4: Understanding the use of substances to cope with the impact of trauma.

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)

Please note:

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.