



Training

All courses are free of charge to those who live or work in County Durham

To book a space on any of the training sessions:

<https://codurhamrecovery.co.uk/get-support/training/adult-courses/>

All enquiries to: CDDARS.training@humankindcharity.org.uk

A description of the following courses appears below:

- Alcohol Awareness & Brief Intervention
- Energy Drink Awareness
- FASD – Foetal Alcohol Spectrum Disorder Awareness
- Cannabis Awareness & Brief Intervention
- Substance Misuse in a Homeless Setting
- Basic Drug Awareness
- Understanding Opioids
- Basic Harm Reduction
- BITESIZE - Nitrous Oxide Awareness
- BITESIZE - Blood Borne Viruses and Substance Misuse
- Domestic Abuse & Substance Misuse
- Parental Substance Misuse
- Young People Alcohol Awareness & Brief Intervention
- BITESIZE - Substance Misuse Brief Intervention
- BITESIZE – Prescription Medication Abuse

Alcohol Awareness & Brief Intervention

“Have a Word” is a brief conversation at a teachable moment to ensure you Make Every Contact Count. It is literally finding the time to “Have a Word” with someone about their alcohol intake. The course offers a structure for non-specialists to be able to feel comfortable about raising the subject of alcohol, measuring risk and offering information and brief advice or signposting where necessary for additional help.

Who could benefit from the training?

Do you work with individuals in the County Durham area who may be drinking alcohol at levels which may be described as hazardous or harmful to themselves and others? This training will enable you to support those people you are working with by equipping you with up-to-date advice and information. The training is available to any non-alcohol specialist workers/volunteers within the County Durham area. The training is free and suitable for any non-specialist worker within the County Durham area who may come across alcohol misuse within their day to day working life, particularly those involved in health, social care or education.

Aim:

To increase early identification of problematic alcohol use and equip staff to deliver Brief interventions to prompt the person to recognise the harm or potential harm which their drinking may cause. To capitalise on a teachable moment, and to reduce the harm from alcohol for individuals, families and communities in County Durham

Learning Outcomes:

- Identify the number of units in alcoholic drinks
- Outline the harm caused by alcohol
- Be aware of spiking
- Use a tool to assess alcohol consumption
- Deliver Brief Advice aimed at reducing the level of alcohol consumption
- Know how to refer to services

Energy Drink Awareness

Energy Drinks have become amongst the most popular drinks chosen by young people, but what is in them and should we be concerned about their consumption?

There are many different brands of energy drinks along with sports or isotonic drinks. This course looks at what we know about them and the difference between a high caffeine energy drink and sports isotonic drink.

Who could benefit from the training?

Do you work with young people or adults in the County Durham area who may be drinking caffeine drinks at levels which may be affecting their behavior or health?

This training will enable you to support those people you are working with by equipping you with up-to-date advice and information, including available resources. The training is available to any workers/volunteers within the County Durham area and may be particularly useful for teachers, school nurses or anyone working in education or health.

Aim:

To look at high caffeine drinks marketed as energy drinks and the evidence around their risk particularly for children.

Learning Outcomes:

- To know what an energy drink is and the difference between energy drinks and sports drinks
- To understand guidelines and advice regarding their consumption including the effects and side effects of high caffeine consumption
- To be aware of the risks to children including physical and mental health, oral health and behavior issues commonly identified in those using energy drinks
- To be aware of the potential risks of mixing alcohol with energy drinks
- Understand the care pathway and referral routes into County Durham Drug and Alcohol Recovery Service

FASD – Foetal Alcohol Spectrum Disorder Awareness

Foetal Alcohol Spectrum Disorder (FASD) is a term used to describe the permanent impacts on the brain and body of individuals prenatally exposed to alcohol during pregnancy resulting in a spectrum of physical, neurological, emotional and behavioural regulation characteristics.

Who could benefit from this training?

If you come into contact with young people or adults or want to gain a better understanding, then this course is for you.

Aim:

To provide an overview of Foetal alcohol spectrum disorder.

Learning Outcomes:

- To raise awareness of current medical guidance regarding alcohol use.
- To gain an awareness of the potential effect of substance use on pregnancy and the effects on the developing baby
- To discuss potential long-term effects on the child
- Understand care pathway and referral routes into the County Durham Drug and Alcohol Service.

Cannabis Awareness & Brief Intervention

Cannabis is the most commonly used illegal drug. In this course we look at the risks associated with its use and some brief intervention tools to use to support people to make changes.

Who could benefit from the training?

Do you work with individuals in the County Durham area who are using cannabis, or do you want to clarify some of the mixed messages that are in circulation about its legal and medical status?

This free training will enable you to support those people you are working with by equipping you with up-to-date advice and information. It may be particularly useful to those working with young people.

Aim:

To have an awareness of cannabis and brief interventions around cannabis

Learning Outcomes:

- Have explored your own attitudes towards cannabis use
- Be aware of the appearance of cannabis and commonly used paraphernalia
- Understand some of the reasons why people use cannabis
- Be aware of the short- and long-term effects of cannabis
- Be aware of the law surrounding cannabis
- Be aware of the risks and dangers of cannabis use
- Be aware of some harm reduction advice in relation to cannabis use
- Know when a brief intervention is suitable and be comfortable in delivering brief advice

Substance Misuse in a Homeless Setting

Homelessness can be a common issue for those in addiction, this course looks at how the two are linked. What harm reduction advice can be given to those who are experiencing homelessness and using substances as well as what support is available.

Who could benefit from the training?

Do you work with individuals in the County Durham area who are experiencing homelessness and substance misuse? Need some extra advice on how to best support them?

This free training will enable you to support those people you are working with by equipping you with up-to-date advice and information.

Aim:

To understand how substance misuse and homelessness are linked and how to deliver harm reduction messages to those who are using substances and rough sleeping.

Learning Outcomes:

- Have an understanding of the impact of substance misuse on homelessness
- Know about the drugs of misuse and the specific risks to homeless users
- Understand the nature and risks of poly drug use
- Understand a range of harm reduction practices
- Know how to signpost and refer individuals to the rough sleeping team

Basic Drug Awareness

This course aims to provide a basic awareness of the range of drugs currently misused, the appearance and paraphernalia associated with the use of drugs, the different effects and risks associated with their use. We also cover the law surrounding substances and why people use drugs, whether legal or illegal, harm minimisation techniques and signposting to treatment services.

Who could benefit from the training?

Do you work with individuals in the County Durham area who may be using illicit drugs or substances that they believe to be safe and / or legal?

Are you concerned that you might not be aware of what different drugs look like and the effect that they can have on the user?

The training is free and suitable for any non-specialist worker within the County Durham area who may come across substance use within their day to day working life, particularly those involved in health, social care or education.

Aim:

To increase participants basic drug awareness

Learning Outcomes:

- Basic understanding of a range of drugs
- Prevalence within County Durham
- Be aware of the reasons why people use substances
- Be aware of the common effects of drug use
- Be familiar with the appearance of drugs
- Have an awareness of the law surrounding substances
- Be familiar with the wider effects of drug use
- Have an awareness of local services & how to refer

Understanding Opioids

This course takes a look at different opioid drugs, covering heroin use, injecting behaviour and prescription opiates and newer synthetic opiates. We also look at opioid substitute prescribing and harm reduction advice for people who use these drugs.

Who could benefit from the training?

Do you work with individuals in the County Durham area who are using opiate drugs, or just want to have a greater understanding of this family of drugs and the effects it can have on the individual and wider community?

Then this free training will enable you to support those people you are working with by equipping you with up-to-date advice and information.

Aim:

Further knowledge of what an opiate drug is, how they are taken, and the effects, risks and dangers associated with their use

Learning Outcomes:

- Understand what an opioid is
- Know there are both synthetic and natural opioids
- Know the range of drugs within the opioid family
- Understand opioids and the law
- Know how opioids are administered
- Understand the impact of opioids on the body and associated risk
- Have considered the harm reduction advice we may offer

Basic Harm Reduction

This course will enable a non-specialist to understand risks associated with substance use and feel comfortable offering basic harm reduction advice.

Who could benefit from the training?

Do you work with individuals in the County Durham area who are using substances? Do you want to know more about how to deliver basic harm reduction advice?

This free training will enable you to support those people you are working with by equipping you with up-to-date advice and information.

Aim:

To gain a greater awareness and understanding of harm reduction interventions.

Learning Outcomes:

To explore and understand risks and consider practical harm reduction advice in the following areas: -

- To discuss harm reduction principles and how this affects the lives of substance users
- To explore the risks associated with specific methods of use
- To be aware of the harm reduction messages associated with specific methods of use
- To be aware of the dangers associated with poly drug use and alcohol
- To understand the signs and symptoms of overdose and withdrawal
- To discuss how harm reduction conversations can be held
- To be aware of local services and how to refer

BITESIZE - Nitrous Oxide Awareness

Nitrous Oxide is the second most commonly used illegal drug with young people. In this course we look at the risks associated with its use and some brief intervention tools to use to support people to make changes.

Who could benefit from the training?

Do you work with individuals in the County Durham area who are using Nitrous Oxide, or do you want to have greater understanding of the harm and risks associated with this drug?

This free training will enable you to support those people you are working with by equipping you with up-to-date advice and information. It may be particularly useful to those working with young people.

Aim:

To gain an understanding of what Nitrous Oxide is and to be able to offer some practical advice to anyone who is using this drug.

Learning Outcomes:

- To have an increased awareness of Nitrous Oxide.
- To gain an understanding of the law, risk and current issues within County Durham
- To know the potential risks of mixing alcohol with Nitrous Oxide
- To be aware of the particular risks to young people including physical and mental health and behavior issues commonly identified
- Be aware of some harm reduction advice in relation to Nitrous Oxide
- Understand the care pathway and referral routes into County Durham Drug and Alcohol Recovery Service

BITESIZE - Blood Borne Viruses and Substance Misuse

Prevention, detection, and treatment of infections related to substance use, particularly when injecting remains high on the public health agenda in the UK.

Who could benefit from the training?

Do you work with individuals in the County Durham area who are at risk of blood borne viruses, or just want to have a greater understanding?

Then this free training will enable you to support those people you are working with by equipping you with up-to-date advice and information.

Aim:

To have an increased awareness of blood borne viruses (BBVs)

Learning Outcomes:

- Know what the most common BBVs are
- Have an awareness of the prevalence of BBVs
- Have an awareness of the effects/symptoms/treatment of Hep C and HIV

- Know the most common routes of transmission and how to avoid it
- Know what support is available to adults regarding BBVs
- Demonstrate an understanding of current testing and treatment options
- Understand where to get tested and what we offer at CDDARS

Domestic Abuse & Substance Misuse

Anyone can be a victim of domestic abuse, regardless of gender, age, ethnicity, socio-economic status, sexuality or background. Domestic abuse can take place in both heterosexual and same sex partnerships as well as between family members. Domestic abuse (DA) includes all forms of violence and abuse including non-physical forms of abuse.

Who could benefit from the training?

Do you work with individuals in the County Durham area who are either perpetrators or victim survivors of domestic abuse and want to expand your understanding of domestic abuse and its links with substance misuse?

This free training will enable you to support those people you are working with by equipping you with up-to-date advice and information.

Learning Outcomes:

- Understand the definition of domestic abuse
- Explore the different types of abusive behaviours
- Understand the prevalence of drugs or alcohol in domestic abuse cases both nationally and locally
- Know how drugs and alcohol can be a compounding factor rather than the causal effect of domestic abuse
- Understand that substance misuse cannot excuse the behaviour
- Explore different perspectives of who is the substance user
- The wider challenges and impact
- Understand routes of support available

Parental Substance Misuse

Did you know that the prevalence of drug use in England in 2019 was 9.4% of the population? And estimates say that there are over 500,000 children living in a household with domestic abuse and substance misuse in England?

Who could benefit from the training?

Do you work with individuals or families in the County Durham area who are at risk from the impact of substance misuse?

Then this free training will enable you to support those people you are working with by equipping you with up-to-date advice and information.

Aim:

To understand the potential safeguarding issues for children whose parents misuse drugs or alcohol

Learning Outcomes:

- Be aware of the types and effects of different substances
- Be aware of how this can affect parenting capacity
- Understand the potential effects of living with a parent with substance misuse issue on children
- Understand what support is available in County Durham for parents/carers

Young People Alcohol Awareness & Brief Intervention

Every child is unique and his or her development can be influenced by a range of social, economic and cultural factors. Alcohol can have a disproportionately adverse effect on a young person's development and lead to greater risk in later life.

Who could benefit from the training?

Do you work with young people in the County Durham area who are at risk from the impact of substance misuse?

Then this free training will enable you to support those people you are working with by equipping you with up-to-date advice and information.

Aim:

To increase awareness of alcohol and young people; the effects, risks and dangers associated with drinking at a young age as well as understanding what alcohol brief intervention is.

Learning Outcomes:

- Outline the harm caused by Alcohol
- Understand current guidelines and the law
- To be aware of levels of risk
- Deliver brief interventions to help young people make better choices about drinking
- Highlight the causes of alcohol consumption in young people
- Understand the care pathway and referral routes into County Durham Drug and Alcohol Recovery Service

BITESIZE - Substance Misuse Brief Intervention

This session will talk through how to initiate and hold conversations about substance misuse as well as how to further support those who want to make a change.

Who could benefit from the training?

Do you work with individuals in the County Durham area who are using substances? Do you want to know more about how to deliver brief interventions to support those you work with?

This free training will enable you to support those people you are working with by equipping you with up-to-date advice and information.

Aim:

To explore when and how to deliver brief intervention

Learning Outcomes:

- To understand what brief intervention is
- To know when to deliver BI and when to refer
- To understand your role and the clients role in BI
- To explore how to deliver brief advice
- To become familiar with a range of tools that can be used during BI
- To have an awareness of local services and how to refer

BITESIZE – Prescription Medication Abuse

A prescription medication is something that can help and support a person both physically and mentally. This session will look at signs of misuse, some of the commonly misused medicines and more.

Who could benefit from the training?

Do you work with individuals in the County Durham area who may be using illicit drugs or substances that they believe to be safe and / or legal? Are you concerned that you might not be aware of what different drugs look like and the effect that they can have on the user? This free training will enable you to support those people you are working with by equipping you with up-to-date advice and information.

Aim:

To increase awareness of commonly misused prescription medications and the risks.

Learning Outcomes:

- Basic understanding of prescription medications
- Be aware of the possible signs of misuse
- Be aware of the law surrounding prescribed medicines
- Be familiar with prevalence and study statistics
- Be familiar with some commonly misused prescription medications
- Have an awareness of local services and how to refer