

Substance Misuse Training in East Sussex

All courses are free of charge to anyone working in East Sussex in a paid or voluntary capacity and in any sector (health, social care, housing, education, employment, criminal justice etc).

Disabled access at all venues. Refreshments provided + lunch on full-day courses.
To book complete and return the attached form.

Alcohol and Older People

This course aims to raise awareness of the issues of alcohol misuse amongst the over 50's, identify the needs of this group and the role that alcohol plays in their lives. It covers taking appropriate action to minimise risk to individuals and others from their alcohol use and referring to appropriate sources of help. It is suitable for a wide range of people including workers in primary and community health, housing, hospitals, outreach, criminal justice, voluntary sector, social services and employees and managers.

Learning Outcomes:

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

- Recognise indications of alcohol misuse in the over 50's.
- Communicate health risks of alcohol misuse to professionals, colleagues and older people.
- Describe the effects alcohol has on older people.
- Describe the principal helping agencies and the services they provide.

This course supports the following NOS Units:

AA1 Recognise indications of substance misuse and refer individual to specialists.

AA3 Enable individuals to find out about and use services and facilities.

HSC33 Develop your own knowledge and practice.

AD4 Develop and disseminate information and advice about substance use, health and social well-being

TIME 9.30 am – 1.00 pm

- Thursday 6th May 2010 Hastings
- Tuesday 29th June 2010 Eastbourne
- Tuesday 19th October 2010 Hastings

Alcohol: Identification and Brief Advice

Brief advice interventions - as short as 5 minutes - delivered in a variety of settings have been shown to be effective in reducing alcohol consumption amongst high risk but non-dependent drinkers. This course aims to equip workers with the knowledge and skills to use screening to identify individuals who are drinking at risky levels and then to deliver an effective brief advice intervention. This course is suitable for all staff in community health, housing, social care and similar settings. It is also appropriate for those working with drug users where problem drinking is also an issue.

Learning Outcomes:

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

- Understand the difference between risky and dependent drinking.
- Use the FAST screening tool.
- Deliver simple brief interventions to high risk drinkers.
- Know when and how to refer dependent and/or more problematic drinkers to specialist services.

This Course supports the following NOS Units:

AA1 Recognise indications of substance misuse and refer individuals to specialists.

AD1 Raise awareness about substances, their use and effect.

AF1 Carry out screening and referral assessment.

AH10 Carry out brief intervention with alcohol users.

- Thursday 11th March 2010 Hastings
- Wednesday 14th April 2010 Eastbourne
- Wednesday 23rd June 2010 Hastings
- Tuesday 28th September 2010 Eastbourne
- Thursday 28th October 2010 Hastings
- Wednesday 17th November 2010 Eastbourne
- Tuesday 14th December 2010 Hastings

TIME 9.30 am - 4.00 pm

Lunch Provided

Drug and Alcohol Awareness OCN Level 2

A two-day Open College accredited course on adult substance misuse, its related problems and interventions. The Drug and Alcohol Basic Awareness Course (DABAC) is regularly revised in response to new issues. It gives the essential knowledge for anyone who comes into contact with adult drug or alcohol users in their work. The course is suitable for those working in primary and community health, housing, social care, mental health, police and criminal justice, voluntary organisations and for anyone new to the substance misuse sector. The focus is on the over 18 age group.

It is essential that learners are able to attend both days in full.

Learning Outcomes:

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

- Understand the reasons for substance use and the range of problems it can cause.
- Describe the effects of commonly used substances.
- Identify and respond more effectively to substance misuse in their work.
- Be aware of the range of helping agencies.

This Course supports the following NOS Units:

AA1 Recognise indications of substance misuse and refer individuals to specialists.

AA3 Enable individuals to find out about, and use, services and facilities.

AB5 Assess and act upon immediate risk of danger to substance users.

HSC33 Develop your own knowledge and practice.

AD1 Raise awareness about substances and their effects.

AF1 Carry out screening and referral assessment.

- Tuesday 9th & Wednesday 10th February 2010 Hastings
- Wednesday 17th & Thursday 18th March 2010 Eastbourne
- Wednesday 21st & Thursday 22nd April 2010 Hastings
- Thursday 13th & Friday 14th May 2010 Uckfield
- Tuesday 15th & Wednesday 16th June 2010 Hastings
- Wednesday 15th & Thursday 16th September 2010 Eastbourne
- Wednesday 6th & Thursday 7th October 2010 Rye
- Thursday 9th & Friday 10th November 2010 Eastbourne
- Tuesday 7th & Wednesday 8th December 2010 tbc

TIME 9.30 am – 4.30 pm

Lunch Provided

Overdose Prevention, Recognition, Action

With overdose time is the essence. Spotting early signs, reacting quickly, summoning help and giving simple treatment is the difference between life and death. It's also important to know what **not** to do. This course also looks at why overdoses happen and some ways of reducing the risk. This is a practical hands-on course, suitable for family and carers of drug users, primary health staff; community, housing, police, bar-staff – in fact anyone who works with the public. The course is run in conjunction with St John Ambulance.

Learning Outcomes:

By the end of the course, you will:

- Understand the risks associated with overdose.
- Be able to recognise an overdose.
- Know how to respond to an overdose.
- Be aware of the myths associated with overdose.

This course supports the following NOS Units:

AB2.1 Enable individuals to adopt safer practices associated with substance use.

AB5 Assess and act upon immediate risk of danger to substance users.

HSC0023 Develop your own knowledge and practice.

Thursday 10th June 2010 Hastings

Tuesday 12th October 2010 Eastbourne

TIME 9.30 am – 1.00 pm

Reefer Madness:

What You Need to Know About Cannabis

This half-day course gives the essential facts and dispels some of the myths about cannabis, Britain's most-used illicit drug. Topics include: cultivation, use, action and effects of cannabis. The course is suitable for anyone working in health, housing, social services, criminal justice, education or voluntary services.

Learning Outcomes:

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

- Identify the effects and risks of cannabis.
- Describe the various varieties and potencies of cannabis and the methods of use.
- Understand the current evidence on links between cannabis use and mental health.
- Explain the use of brief interventions and harm reduction approaches with cannabis users.

This course supports the following NOS Units:

AA1 Recognise indications of substance misuse and refer individuals to specialists.

AB5 Assess and act upon immediate risk of danger to substance users.

AD1 Raise awareness about substances, their use and effects.

HSC0023 Develop your own knowledge and practice.

Tuesday 18th May 2010 Hastings

Wednesday 3rd November 2010 Eastbourne

TIME 9.30 am – 12.30 pm

What Drugs Really Look Like

Would it be useful for your work to be able to identify illicit drugs and associated paraphernalia? This course is an opportunity to see, handle and smell real drugs rather than replicas. The course is suitable for those working in residential settings, housing, social care, mental health, police and criminal justice sector, and primary and community health.

Learning Outcomes:

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

- Identify a range of illicit substances.
- Identify the paraphernalia and other items associated with illicit drug use.
- Be aware of the scale and nature of drug misuse in the area.

This Course supports the following NOS Units:

AA1 Recognise indications of substance misuse and refer individuals to specialists.

AB5 Assess and act upon immediate risk of danger to substance users.

AD1 Raise awareness about substances, their use and effects.

Thursday 15th April 2010 Eastbourne

Thursday 23rd September 2010 Hastings

Tuesday 16th November 2010 Eastbourne

TIME 9.30 am – 12.30 pm