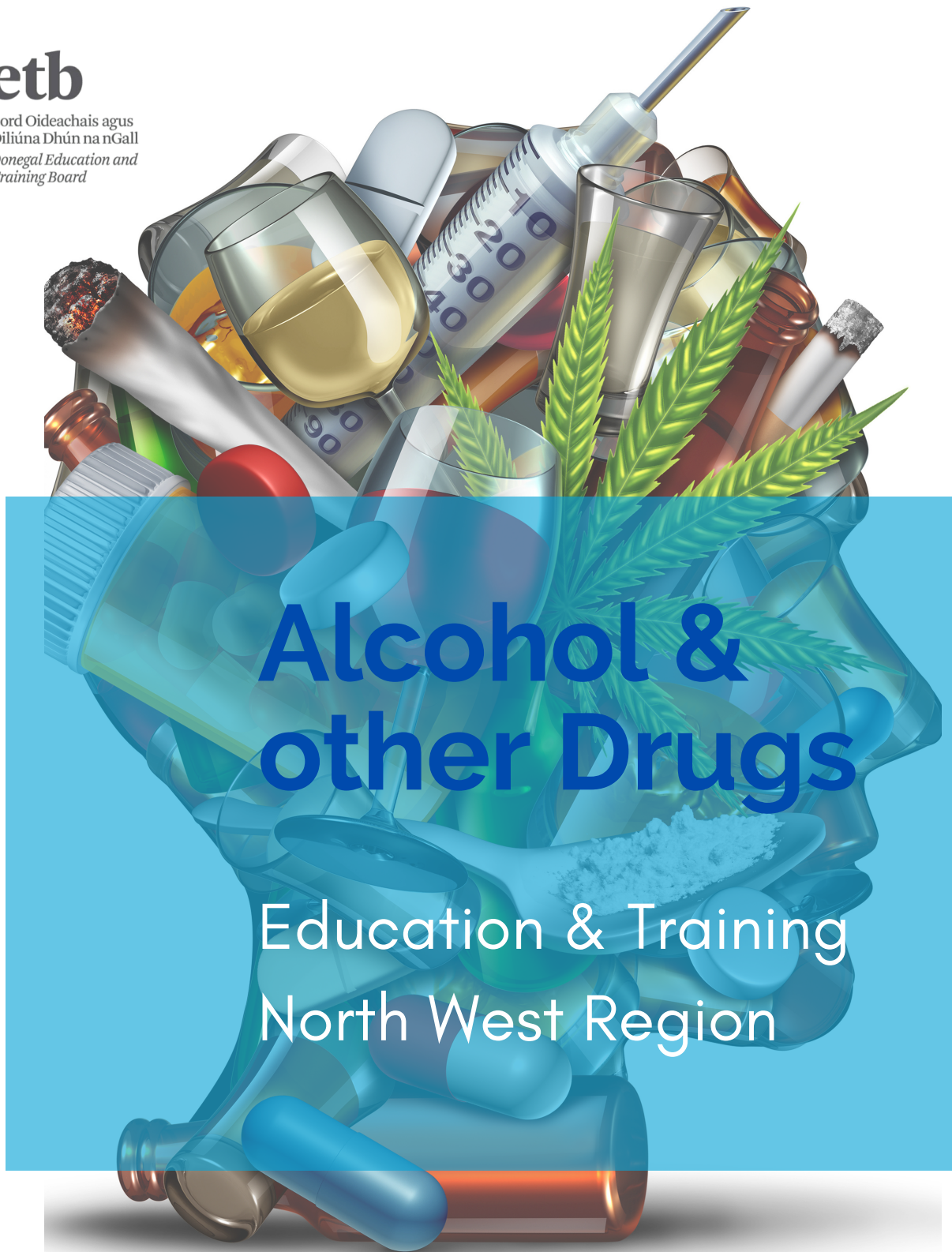




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Bord Oideachais agus
Oiliúna Dhún na nGall
*Donegal Education and
Training Board*

2022



Alcohol & other Drugs

Education & Training
North West Region

Northwest Regional
Drug & Alcohol Task Force



June-December 2022

Christina M. McEleney

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Welcome

To the AOD Education & Training plan 2022. The training plan is adjusted to a new blended approach with some online training and some in person training. Over 1500 people have participated in the many educational courses and training sessions to date. Quality and evidenced informed information is utilised to ensure the education & training is relevant, with many disciplines catered for. The sessions are academically informed and are designed to equip you with the knowledge and skills to enhance your work, when you come into contact with alcohol or other drug issues. Most of the training is free of charge; however there is a fee for the QQi level 5 in Community Addiction Studies and the Sports Coaches Training.

Your Trainer



Christina McEleney is an educational specialist in the field of alcohol & other drugs; teaching in the field for over 15 years, she is a lecturer and academic course writer to Master of Science level. Christina is also a life, career & organisational coach and a workplace wellbeing professional. Employed by Donegal Education and Training Board her programme of education & training is funded by the North West Regional Drug & Alcohol Task Force. Christina works in partnership with the Alcohol Forum, HSE and the National Addiction Training Programme, community groups as well as academic institutions.

Christina Murray-McEleney



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 **Alcohol & Other Drugs Education & Training NW region**

QR CODES

This document contains QR codes that lead you to the registration forms.

1. Open the camera app on your mobile phone , hover over the QR code
2. You will see "forms.office.com"
3. Tap on "forms.office.com" and it will lead you to the form to fill in.
4. Fill in the form

TRAINING SPECIFICALLY DESIGNED FOR YOUR ORGANISATION

Over 1500 people have attended various education and training courses with Christina.

Get in touch if you would like to organise training specifically and exclusively for your staff on alcohol & other drugs topics.

This can be designed specifically for the needs of your staff and at a time that suits your organisation, day time or evening time.

**Open the camera on your phone
Hover over the QR code .**



**When you see 'forms.office.com' tap that
This will lead you to the form -then, fill it in.**



Schedule 2022

MONTH	DATE	TIME	TRAINING	LOCATION
JUNE	2nd	2.30-4.00PM	CANNABIS & YOUR MENTAL HEALTH	ONLINE
	9th	2.30-4.00PM	COCAINE : THE RISKS	ONLINE
	23rd	7.30PM 9.00PM	RECOGNISE & RESPOND TO ALCOHOL / OTHER DRUG USE FOR PARENTS	SLIGO
JULY	7th	7.30-9.00PM	SPORTS COACHES:RECOGNISE & RESPOND TO ALCOHOL / OTHER DRUG USE.	SLIGO
	14th	2.30-4.00PM	SYNTHETIC CANNABIS- WHAT YOU NEED TO KNOW	ONLINE
	21st	2.30-4.30PM	AWARENESS OF THE MISUSE OF PRESCRIPTION DRUGS AND OVER THE COUNTER (OTCS) DRUGS	ONLINE

Schedule 2022

MONTH	DATE	TIME	TRAINING	LOCATION
SEPT	7th	2.30- 4.00PM	SYNTHETIC CANNABIS	ONLINE
	14th	2.30- 4.00PM	COCAINE : THE RISKS	LEITRIM
OCT	6th	7.00PM	QQI LEVEL 5 COMMUNITY ADDICTION STUDIES	Donegal ETB Letterkenny
	14th	2.30- 4.30PM	ALCOHOL, OTHER DRUGS & PREGNANCY	SLIGO
	13th	6.00- 9.00PM	QQI LEVEL 5 COMMUNITY ADDICTION STUDIES	ONLINE
	20th	6.00- 9.00PM	QQI LEVEL 5 COMMUNITY ADDICTION STUDIES	ONLINE
	26th	7.30- 9.00PM	RECOGNISE & RESPOND TO ALCOHOL / OTHER DRUG USE FOR PARENTS	DONEGAL ETB LETTERKENNY
	27th	6.00- 9.00PM	QQI LEVEL 5 COMMUNITY ADDICTION STUDIES	ONLINE

Schedule 2022

MONTH	DATE	TIME	TRAINING	LOCATION
NOV	3rd	6.00-9.00PM	QQI LEVEL 5 COMMUNITY ADDICTION STUDIES	DONEGAL ETB LETTERKENNY
	9th	2.30-4.00PM	SAOR- SCREENING & BRIEF INTERVENTIONS	SLIGO
	10th	6.00-9.00PM	QQI LEVEL 5 COMMUNITY ADDICTION STUDIES	ONLINE
	16th	2.00-5.00PM	SPORTS COACHES RECOGNISE & RESPOND TO ALCOHOL / OTHER DRUG USE	LETTERKENNY
	17th	6.00-9.00PM	QQI LEVEL 5 COMMUNITY ADDICTION STUDIES	ONLINE
	24th	6.00-9.00PM	QQI LEVEL 5 COMMUNITY ADDICTION STUDIES	ONLINE
DEC	1st	6.00-9.00PM	QQI LEVEL 5 COMMUNITY ADDICTION STUDIES	DONEGAL ETB LETTERKENNY
	7th	2.30-4.30PM	ALCOHOL & PREGNANCY	ONLINE
	8th	2.30-4.30PM	QQI LEVEL 5 COMMUNITY ADDICTION STUDIES	ONLINE

Cannabis & your mental health

Thursday June 2nd | 1.5 hr | 2.30-4.00 pm | online

Free of charge

Is cannabis a drug? Does cannabis impact on mental health? What's the difference in cannabis and Medicinal Cannabis? Cannabis is a mood altering psychoactive substance, like every mood altering psychoactive substance it does have side effects. Learn more about cannabis and its side effects its impact on mental health and the difference between recreational and medicinal cannabis.

Who would benefit from this training?

Social workers, teachers, family support workers, nurses, counsellors, employment support staff, probation staff, youth workers, community workers, Gardai, among others.

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Cocaine: The Risks

Wednesday 9th June | 1.5 hr | 2.30-4.00pm | online

Free of charge

The use of cocaine has been on the increase. Cocaine like every other illegal drug has side effects and risks. In light of the increase in the use of cocaine this educational session will provide solid knowledge base on cocaine and the risks.

Who would benefit from this training?

Social workers, teachers, family support workers, nurses, employment support staff, probation staff, youth workers, community workers, Gardai, among others.

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Recognise & Respond: to alcohol & other drug use for parents

Thursday 23rd June | 1.5 hrs | 7.30-9.00 pm | IN PERSON | SLIGO

Free of charge

At some point your teenager will come into contact with alcohol and other drugs. They may be very curious about how these substances will make them feel, after all they have seen adults, siblings and friends use alcohol and other drugs growing up. They may experiment with alcohol and other drugs to see if they like the way they feel in a social setting. You cannot wrap them in cotton wool, nor turn a blind eye and hope for the best. Get equipped with the right information, learn to have a non-confrontational conversation, be realistic and honest and learn to set healthy boundaries. Learn to recognise signs of drug use, and be alert to the change in behaviours. Have conversations about alcohol use and drug use with the right information at the right time.

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Who would benefit from this training?
Parents, guardians, teachers, support
workers of young people,

Sports Coaches: Recognise & Respond to alcohol & other drug use

Thursday 7th July | 1.5 hrs | 7.30-9.00 pm | IN PERSON | SLIGO

Fee €30

As a sports coach you have many responsibilities to bring out the very best in the individuals or the team you coach. At some point you will come across situations where the use of alcohol or other drugs are having an impact on the performance of individuals or on your team performance. Some athletes take drugs. Some drink alcohol. It's a fact. Some will take performance enhancing drugs and get away with it. Some will abuse alcohol and binge regularly. So what's the best way of dealing with these problems? Learn how to have short, structured, helpful, non judgemental conversations with the individuals you coach in the context of health and wellbeing. Get equipped with the right information at the right time, Become aware of your own attitude towards substance use and have confidence in talking about the subject.

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Who would benefit from this training?
Sports Coaches, youth leaders, aspiring coaches, Anyone that looks after young people whilst involved in recreational activities.

Synthetic Cannabis (SCRAs)

What you need to know

Thursday 14th July | 1.5 hr | 2.30-4.00 pm | online

Free of charge

Synthetic cannabis are a group of synthetic man-made chemical cannabinoids which are very different to natural cannabinoids and belong to a group of drugs known as Synthetic Cannabinoid Receptor Agonists (SCRAs) The use of these drugs can be risky, the impact these drugs can more dangerous and in some cases life threatening.

learning outcomes:

- Identify the risks of the use of Synthetic Cannabis
- Become equipped with information on SCRAs
- Develop a knowledge that can help you have effective conversations on the difference in SCRAs and natural recreational cannabis. Certificate of attendance.

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Who would benefit from this training?
social workers, teachers, family support workers, nurses, employment support staff, probation staff, youth workers, community workers, Gardai, sports coaches, youth club leaders, aspiring coaches, Anyone that looks after young people whilst involved in recreational activities.

Awareness of the misuse of prescription drugs and over the counter drugs (OTCs)

Thursday 21st July 2.30 -4.00pm | 1.5 hrs | online

People are prescribed drugs to help them with a condition some medications have psychoactive (mind-altering) properties and, because of that, are sometimes misused that is, taken for reasons or in ways or amounts not intended by a doctor, or taken by someone other than the person it was prescribed for. The classes of prescription drugs most commonly abused are: opioid pain relief meds, such, stimulants for treating Attention Deficit Hyperactivity Disorder and anti-anxiety drugs. Addiction can occur with prolonged use of some of these drugs. These types of drugs may be misused, sold and exchanged and not used as they were intended. Find out more by signing up for the session.

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Who would benefit from this training?
social workers, teachers, family support workers, nurses, employment support staff, probation staff, youth workers, community workers, Gardai, sports coaches, youth club leaders, aspiring coaches, Anyone that looks after young people whilst involved in recreational activities.

Synthetic Cannabis (SCRAs)

What you need to know

Wednesday 7th September | 2.30-4.00 pm | 1.5 hrs | online

Free of charge

Synthetic cannabis are a group of synthetic man-made chemical cannabinoids which are very different to natural cannabinoids and belong to a group of drugs known as Synthetic Cannabinoid Receptor Agonists (SCRAs) The use of these drugs can be risky, the impact these drugs can more dangerous and in some cases life threatening.

Scan me to register

Who would benefit from this training?

social workers, teachers, family support workers, nurses, employment support staff, probation staff, youth workers, community workers, Gardai, sports coaches, youth club leaders, aspiring coaches, Anyone that looks after young people whilst involved in recreational activities.



Cocaine: The Risks

Wednesday 14th September | 1.5 hr | 2.30-4.00pm

In person session: Leitrim

Free of charge

The use of cocaine has been on the increase. Cocaine like every other illegal drug has side effects and risks. Cocaine use has largely become socially acceptable among a broad population many people mix cocaine and alcohol on nights out. However that is not without it's risks. In light of the unprecedented increase in production and supply the of cocaine this educational session will provide solid knowledge base on cocaine and the risks.

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Who would benefit from this training?

social workers, teachers, family support workers, nurses, employment support staff, probation staff, youth workers, community workers, Gardai, sports coaches, youth club leaders, aspiring coaches, Anyone that looks after young people whilst involved in recreational activities.



QQi Level 5 Community Addiction Studies October 2022 - BLENDED ATTENDANCE

Course Fee : €350

THURSDAY EVENINGS evenings 6-9pm online weekly.

'In person' attendance required on 4 Thursdays.

Starts 6th October 2022 - Ends 16th February 2023

This course provides an excellent grounding in alcohol and other drug studies. It's a fundamental knowledge base for working in the field of alcohol and other drugs or coming into contact with alcohol & other drug issues .

The course curriculum covers

- Theories of addiction
- The family & and the impact of problem substance use
- The media and addiction
- Brief psychosocial interventions
- Gambling addiction
- Drug types & effects
- New Psychoactive Substances
- Hidden Harm / Trauma

BLENDED LEARNING

This theoretical and skills based training has been redeveloped in its delivery method to a blend of online training, self directed learning and in person skills practice . Students will need access to a computer and internet / broadband in order to participate in the online classes.. Students will need to be proficient in the use of Microsoft word in order to complete assignments. A minimum of two years in recovery from addiction is recommended for individuals that have experienced addiction.

MODE OF ATTENDANCE

This course is reconstructed blended delivery and is mainly delivered online however there are 4 in person attendance days.

Thursday 6th October 2022

Thursday 3rd November 2022

Thursday 1st December 2022

Thursday 16th February 2023

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Alcohol & Pregnancy

Friday October 14th | 1.5 hrs | in person 2.30-4.30pm

Drink heavily during pregnancy, could bring about a particular group of problems could develop, known as Fetal Alcohol Syndrome (FAS). Children with FAS have restricted growth, distinctive facial features, and lifelong learning and behaviour problems. Regularly drinking in pregnancy and binge drinking can still lead to less severe forms of FAS, known as Fetal Alcohol Spectrum Disorder (FASD). Although FASD babies can look healthy,

their brains are permanently damaged. It's our responsibility to the next generation that we share this information and ensure that people are equipped with the knowledge to make healthy choices when it comes to the consumption of alcohol during pregnancy.

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Who would benefit from this training?
social workers, teachers, family support workers, nurses, probation staff, youth workers, community workers, youth club leaders, Women Centre Staff, Domestic Violence Service staff .

Recognise & Respond: to alcohol & other drug use for parents

Wednesday October 26th | 1.5 hrs | 7.30-9.00 pm | In person | Letterkenny

Free of charge

At some point your teenager will become curious about alcohol and /or other drugs. They may be very curious about how these substances will make them feel, after all they have seen adults using alcohol commonly. Illegal drugs are not going away in fact drug use is on the increase all over the world. Maybe friends are already using alcohol and other drugs. They may experiment with alcohol and other drugs to see if they like the way they feel in a social setting. You cannot wrap your teenagers in cotton wool , nor turn a blind eye and hope for the best. Get equipped with the right information, learn to have a non-confrontational conversation, be realistic and honest and learn to set healthy boundaries. learn to recognise signs of drug use, have conversations about alcohol use and drug use with the right information at the right time.

Scan me to register



Who would benefit from this training?
Parents, guardians, teachers, support
workers of young people,

SAOR 2: Screening & Brief Interventions for problem alcohol & substance use

HSE national model for training in Screening and Brief Intervention for Alcohol and Substance Use.

Wednesday 9th November | 4.5 hr | 10am -1 pm & 2 pm-3.30 pm

Free of charge

SAOR Screening and Brief Intervention for Problem Alcohol and Substance Use is a step-by-step guide for practice developed in response to problem alcohol and other drug use. The model can be used in a wide variety of settings, including community, statutory, voluntary, justice and education services. By following this model, many professionals and volunteers have been given the confidence and competence to screen for problem alcohol and drug use and either engage in a brief intervention or refer to specialist services if necessary. There are two elements to this training

- (1)** SAOR training is delivered in a **90 minute eLearning module** followed by
- (2)** 1-day skills based workshop delivered in-person.

Upon completion of the eLearning module you are required to email your certificate in order to attend the skills practice day.

On completion of this workshop, participants should be able to:

- Apply the theory from the SAOR online module to their practice
- Identify opportunities to conduct a brief intervention
- Demonstrate appropriate brief intervention skills using the SAOR model
- Identify appropriate alcohol and other drugs care pathways.

Once you register by scanning this QR code, you will be contacted with further instructions.

Who would benefit from this training?

social workers, teachers, family support workers, nurses, employment support staff, probation staff, youth workers, community workers, Gardai, sports coaches, youth club leaders, aspiring coaches, Anyone that looks after young people whilst involved in recreational activities.

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Sports Coaches: Recognise & Respond to alcohol & other drug use

Wednesday 16th November | 2 hrs | 7.30-9.00 pm | IN PERSON |

Letterkenny

Fee €30

As a sports coach you have many responsibilities to bring out the very best in the individuals or the team you coach. At some point you will come across situations where the use of alcohol or other drugs is having an impact on the performance of individuals or on your team performance. Some athletes take drugs, some drink alcohol, It's just a fact. Some will take performance enhancing drugs and get away with it. Some will abuse alcohol and binge regularly. So what's the best way of dealing with this when you begin to see problems? Learn how to have short, structured, helpful, non judgemental conversations with the individuals you coach in the context of health and wellbeing. Get equipped with the right information at the right time, Become aware of your own attitude towards substance use and have confidence in talking about the subject alcohol and different drugs.

Scan me to register



Who would benefit from this training?
Sports Coaches, youth leaders, aspiring coaches, Anyone that looks after young people whilst involved in recreational activities.

Alcohol & Pregnancy

Wednesday 7th December | 2hrs | in person 2.30-4.30pm

Drink heavily during pregnancy, could bring about a particular group of problems could develop, known as Fetal Alcohol Syndrome (FAS). Children with FAS have restricted growth, distinctive facial features, and lifelong learning and behaviour problems. Regularly drinking in pregnancy and binge drinking can still lead to less severe forms of FAS, known as Fetal Alcohol Spectrum Disorder (FASD). Although FASD babies can look healthy, their brains are permanently damaged. It's our responsibility to the next generation that we share this information and ensure that people are equipped with the knowledge to make healthy choices when it comes to the consumption of alcohol during pregnancy. The clear message is "avoid alcohol during pregnancy".

Scan me to register



Who would benefit from this training?
social workers, teachers, family support workers, nurses, probation staff, youth workers, community workers, youth club leaders, Women Centre Staff, Domestic Violence Service staff among others .