



# TRAINING PROGRAMMES 2010

## Substance Misuse in Sussex

Sussex Drug and Alcohol Action Teams (DAATs)



# Introduction

Welcome to the 2010 Sussex Substance Misuse Training Manual, the content of which we trust you will find helpful in how best to improve your knowledge and skills around substance misuse. We have moved across to an on-line only brochure for this year but with a few technical tools, we hope you will find this easier to navigate around.

We have been extremely busy in 2009 running drug and alcohol awareness courses with a record number of over 1,200 delegates attending our short training courses in the past year. Most courses have been fully booked in East and West Sussex and on top of our planned calendar courses we have run many bespoke courses for local employers. These have included (amongst others) training at Lewes Prison, Job Centre Plus and Sussex Oakleaf Housing Association. You can read more about this on pages 6 & 7. If you have a group of workers who need their awareness of substances and referral into treatment services raised then perhaps bespoke training is something you might wish to consider – if so then please contact one of our trainers to discuss this:

**East Sussex:**            **Nick Cole:**        **01323 418996**

**Brighton & Hove:**    **Penny Ashby:** **01273 265635**

**West Sussex:**         **Stuart Gill:**     **07793 659099**

We are continuing to evaluate our training to ensure what we deliver is accurate, informative and fun to learn. During 2010 we will be working with the Open College Network to move our training accredited by them onto the new Qualifications Curriculum Framework and to set up accreditation at a higher level for professionally qualified workers and those who wish to attain this level.

You will notice an absence from our Training Manual of the West Sussex short courses; this is while they reconfigure their delivery of training and work out the best means of doing this.

There are some courses running in West Sussex – for more information please contact: Corinne Burnand on 01243 756836.

We remain committed to enabling people from all communities across Sussex to attend our events. To help us reach a wider audience and not to disadvantage any person or group, please let us know if you have any personal requirements necessary to facilitate your attendance. In particular, we would wish to be advised of any learning or disability needs.

Our training is delivered by a number of skilled practitioners who work across Sussex. I would like to take this opportunity to thank all of you who help deliver our training albeit those who assist in the delivery of our short courses, academic courses, guest presenters, etc. Your work helps to make a positive impact for those who live and work in our local communities.

Finally, on behalf of the Sussex DAATs, I would like to thank the following people who aid the production of this training manual: Ros Anderson brochure co-ordinator, Paul Schofield graphic designer and Nick Casey, photographer. We hope you find this brochure helpful and welcome any feedback you might have on the contents.

We look forward to training you in 2010.



**Elizabeth Flegg**

**Workforce Development Manager (Sussex DAATs)**

**T: 01243 382621**

**E: [Elizabeth.flegg@westsussex.gov.uk](mailto:Elizabeth.flegg@westsussex.gov.uk)**

**January 2010**

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**Please Note** | This document is posted on the Sussex DAAT websites.  
Further dates and details will be added over the course of the year. Please check websites for latest course information

# Roles of Substance Misuse Workers

In such a multi-faceted sector, it is not easy to find a way of categorising workers that is satisfactory in every setting. However, there are clear distinctions between those who work day in and day out with substance misusers, those who deal with a significant number of substance misusers as part of a larger work portfolio and those who only occasionally meet a case of substance misuse. The levels of knowledge, skills and competence expected of these different broad groups of workers in relation to substance misuse are clearly different and any framework of performance standards, training and qualifications must recognise this. \*

**Substance misuse workers can be categorised into tiers as follows:**



## Tier 1

Non-substance misuse specific services requiring interface with drug and alcohol treatment.

Their role will be to provide, as a minimum, screening and referral of substance misusers to tier 2 and 3 services.

Universal provision of drug information and education.

E.g.  
Youth Worker,  
Education Welfare  
Officer, Practice Nurse,  
A&E Worker.



## Tier 2

Open access drug and alcohol treatment services.

Their role is to engage drug and alcohol misusers in treatment and reduce substance related harm following basic assessment.

Targeted drug education to at risk groups and early intervention.

E.g.  
Youth Justice Worker,  
Criminal Justice Worker,  
Triage Co-ordinator.

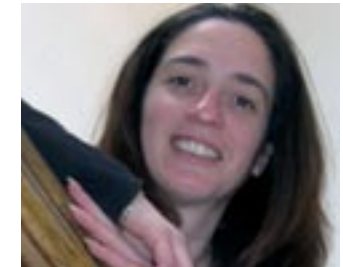


## Tier 3

Structured community based drug and alcohol treatment services.

These services will provide structured interventions following a detailed assessment and care plan agreed with the client.

E.g.  
Substance Misuse  
Social Worker,  
Specialist Nurse, Clinical  
Psychologist.



## Tier 4

Residential services for drug and alcohol misusers. Supported detox in the community (home) supported by specialist workers.

These services are for individuals with a high level of presenting need, e.g. detoxification, residential services and /or related specialist services such as HIV/Aids and Hepatitis services.

E.g.  
Drug Counsellor in  
residential services,  
Hepatitis Worker.



\* From "A Competent Workforce to Tackle Substance Abuse", April 2001



# The DAAT Training Pathway

## WHO IS IT FOR?

**DABAC:** 2-day course for anyone working with adults in East Sussex / Brighton & Hove.  
**Drugs & Young People - 2 days:** for people working with under 19s in East Sussex and Brighton & Hove.

A vocationally related qualification aimed at workers and volunteers in the Criminal Justice or Health and Social Care field.  
 Various start dates

Aimed at professionals working with young people at 'Tier 2' i.e. Young People who may be using substances or who are vulnerable to becoming substance misusers through a range of other factors.  
 2 terms, 1 day per week January start

Anyone working with adult drug or alcohol users particularly those with experience in the field who wish to undertake an evaluative qualification.  
 2 terms, 1 day per week, February start

**Expert Witnesses and NVQ Assessors Award**  
 For Practitioners assessing qualifications in the workplace.

**Drug & Alcohol Awareness Training**  
**Other Short Courses**  
**County Wide Delivery**

**NVQ Level 3**  
**In Health & Social Care**  
**(With DANOS units)**

**City & Guilds**  
**Certificate in Community**  
**Justice (Drug & Alcohol**  
**Services) Level 3**

**City & Guilds**  
**Level 3 & 4 Qualifications in**  
**Working with Substance Misuse**  
**For qualified practitioners who**  
**need to demonstrate substance**  
**misuse competence in the**  
**workplace**

**Certificate in Substance Misuse:**  
**Early Interventions with Young**  
**People University College Chichester**

**Diploma in Substance Misuse Intervention**  
**Strategies (FDAP Certification)**  
**University of Brighton**

## OUTCOME

A good understanding of the issues around substance misuse: classification, effects, risks, consequences, indications, attitudes, model of change, and opportunities for intervention.

A good grounding for someone wanting a career in the substance misuse field. 8 units studied, including: Orientation to Drug & Alcohol Services, Interagency Working, Ethics, Values & Diversity.

Competence and confidence to work with young people who may be using drugs or alcohol to reduce the risks and re-engage them into education or training

A general overview and critique of issues relating to substance misuse, eg. policy, pharmacological interventions, process of addiction.  
 10 DANOS units are assessed and students produce 2 essays.

**Training for Trainers**  
 For Practitioners who deliver Drug & Alcohol Short Courses.

# Basic Drug Awareness Training Profiles



Created in 1993, Sussex Oakleaf works across West Sussex with people having mental health needs, substance misusers and young people. Originally set up to provide quality housing for patients leaving hospital, the organisation now provides a wide range of services throughout West Sussex and has over 100 staff and 20+ volunteers.

In November 2009, a number of staff members attended Basic Drug Awareness courses in house, delivered by West Sussex DAAT, the aim being to increase knowledge and skills for people working with those having substance misuse issues.

Mary Beach attended one of these courses and her feedback has been helpful in seeing how training events like this can be so useful for both staff and clients:

"I think I now have a greater awareness of drugs which improves my confidence to do the job and also my ability to engage with my clients. In particular the awareness of types of drugs, their affects and how they are categorised. Overall the training was very useful and interesting and the trainers were approachable. I feel I am now better able to listen to and support the clients I work with".

Alan Henry, the Manager of Sussex Oakleaf, said he was "very impressed" with the training offered by the Sussex DAATs. He explained that this course is one of a variety of tools they have used to increase the skills of the workforce and it has been very successful.

A series of courses on Basic Drug Awareness have been run for Jobcentre Plus across West and East Sussex, and Brighton and Hove. The objectives of the course were to enable people working within the service to better understand the reasons for substance misuse and the range of problems it can cause, to promote understanding of the effects of commonly used substances, and to be able to identify and respond effectively to substance misuse within the work environment.

The course also helped staff working in Jobcentre Plus to be aware of the range of helping agencies that are available for people with substance misuse problems.

Over a period of 5 months, more than 77 staff members attended a Basic Drug Awareness course and the feedback from them has been very positive.

A group of 16 staff who attended a course in East Sussex commented as follows:

"Generally it was felt that the courses were a really good mix of information giving and active participation. The overall style of the tutors was welcomed by those who attended the training – the tutors' informative but relaxed style helped delegates' learning and made the course an enjoyable experience.

Delegates specifically felt that the course gave them a 'wealth of information that was all valuable'. It also helped to increase knowledge about particular drugs and the signs and symptoms of drug misuse – particularly in relation to the behaviour change cycle."

Other positive feedback has been around how useful it is for delegates to have knowledge on the range of help that is available to people who misuse drugs and alcohol and how agencies go about assessing individual's needs.

One delegate told us "I now feel more confident to work with clients with drug and alcohol problems".

## HMP Prison Service at Lewes

A series of courses on Basic Drug Awareness have been run for the HMP Prison Service at Lewes Prison.

Adam Carne, the Safer Custody & Residential Manager, originally attended the course as part of his previous role as Drug Strategy Manager. Adam says “my participation was also to view the relevance for other staff within the establishment”. The course was a success and Adam felt he gained a greater knowledge and understanding from the hands-on methods used for the training.

Rob Allen, Prison Officer, and Anna Wilson, Administration Officer – both at Lewes, have since been on the course.



### Anna:

“I took this course to help develop my understanding of drugs and usage issues in the outside world as well as in the prison. The training has heightened my awareness of drugs including how to spot them through smell and the affects they take on people. I am now more likely to be able to identify any drug related packages that I come across within the prison, either within cells, wings or the outside grounds.

As a result of the training, I now take more time in looking at my surroundings for any possible packages being thrown into the prison grounds. It’s been very useful as it applies to everyday life and not only the work carried out by the prison service.

It was a good course and the class was kept engaged by the trainer’s up front and knowledgeable attitude towards drugs.”

### Rob:

“I was invited to participate by my line manager to give me broader knowledge of different illegal substances, many of which are used by prisoners that I drug test. The training has given me a better understanding of the different terminology for substances and how they are administered. As a result of the course, I have been able to display a wider range of information in the prison, both for ourselves and for offenders – including the different classifications.

I think I have benefited from the knowledge gained and so have the offenders as I can now confidently answer questions put to me regarding different substances, their origin and how they can be misused.

It was a very interesting and detailed course and was put over very well. The different substances and paraphernalia that were available to examine made it all the more informative.”

# Section 1 – Qualifications Provided in Sussex





# Substance Misuse: Early Interventions with Young People

## Target Group

Aimed at professionals working with young people at 'enhanced practitioner level' (tier 2) i.e. young people who may be using substances or who are vulnerable to becoming substance misusers through a range of other factors.

## About the course:

The course is commissioned by the Children's Trust as an integral part of the strategy to improve drug services for young people. The Trust's plan is to offer high quality accredited substance misuse training to professionals who work with young people. This course will increase their skills and confidence to help young people who may be using alcohol or drugs to reduce the risks associated with this behaviour.

The course will be taught by a variety of lecturers and practitioners from the University of Chichester, from Substance Misuse Workers and freelance experienced trainers in the field.

The Certificate will be run on a part-time basis over two taught periods of 8 and 9 weeks, and consists of two modules. Module One commences on Thursday 21st January 2010 and is a theoretical module. Module Two is mainly practice based and builds from Module 1. Whilst the theory module can be taken as a stand-alone entity the practice based module cannot be taken until the theoretical module has been completed. In addition, in order to undertake the practical module, you must be working in the

field, and will need to have written agreement from your line manager to attend the course. Your manager will also need to undertake a commitment to provide you with supervision and to attend the introduction to Module Two in April 2010. Both modules must be successfully completed in order to receive the award of Certificate in Substance Misuse: Early Interventions with Young People.

The Certificate is at Level 3 of the QAA Framework for Higher Education Qualifications (FEHQ) and the level descriptors correspond to those for Level 3. A variety of teaching styles will be employed, small group work, role-plays, group exercises and formal lectures.

The course fee is £160 per module for non-graduates. WSCC sponsored places are available to those working in key agencies.



The West Sussex Children's Trust is facilitated by West Sussex County Council

**Further Information** | For further information contact: Veronica Wiseman: 07930 481356, and for application forms contact Dr Rick Fisher at the University on: 01243 816287

# Diploma in Professional Studies in Substance Misuse Intervention Strategies

## Target Group

Anyone working with adult drug or alcohol users. It is particularly suitable for those with some experience of the field who wish to undertake an assessed qualification. The course is also suitable for service users attached to a self-help organisation and those working in a voluntary capacity.

## About the course:

The Diploma is a part-time course covering one year, designed to give a general introduction to working as a specialist in substance misuse. This course implements and assesses ten DANOS units (Drug and Alcohol National Occupational Standards). On successful completion of the course students will receive Certification by the Federation of Drug & Alcohol Professionals (FDAP).

The course provides a general overview and critique of issues relating to substance misuse, for example: substance policy, the process of addiction and dependency, pharmacological interventions, basic counselling interventions, education and prevention, the 12 steps approach, relapse prevention, and other interventions.

All students will be expected to increase their awareness of literature and research and to know how to widen their understanding of some of the debates in this lively field of study. The course should introduce you to some new ideas and, more importantly, to teach you to be self-critical and reflective about your own practice.

There are two pieces of work that are assessed: an essay and a reflective statement about how you improve your professional practice over the year.

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

- LO1 Demonstrate a comprehensive knowledge of specified substance misuse issues and related theories, social policy and practice.
- LO2 Evaluate the complexities and contradictions inherent in the interaction with substance misuse demonstrated by public services, academic theory and social policy.
- LO3 Show a comprehensive understanding of the National Occupational Standards which inform practice with substance misusers.
- LO4 Apply theories of reflection to professional practice.

**Students study 10 DANOS Units throughout the course.**

**Cost:** tbc

**Date:** Starts February 2010 (Applications for 2010 submitted by mid-October 2009).

**Time:** tbc

**Note:** This course is undergoing a review with the aim of a revised qualification being available from September 2011.



**University of Brighton**

In partnership with Sussex Drug and Alcohol Action Teams (DAATs)

**Further Information** | For further details and applications for this course contact: Dr. Daren Britt, Senior Lecturer in Substance Misuse, School of Applied Social Science, University of Brighton, Falmer, Brighton. BN1 9PH Tel: (01273) 643548, E-mail: D.Britt@Brighton.ac.uk

# Certificate in Community Justice

This award is delivered at both Sussex Downs Adult College in Newhaven and Chichester College. Students undertake one day per week of study over one academic year – i.e. 9 months. Courses start in September at Chichester and in January at Newhaven.

## The course is targeted at:

- Those working in the field with less than 18 months experience.
- Those wanting to undertake voluntary work in the sector.
- Those working as volunteers and looking to undertake paid employment.
- Trainees within the sector (this could include those who work less directly with substance misuse such as administrators).
- Those working in the field without any formal or relevant qualifications.

The modules are generic and therefore suitable for workers from different disciplines in the sector. The course is aimed at attracting and educating new workers into the sector. This award will also open up further career pathways locally and students can top up the award to achieve an NVQ level 3 in Health and Social Care. It also acts as an educational gateway towards undertaking the University of Brighton Substance Misuse Intervention course for those who do not hold a professional qualification.

## There are 8 units on the course:

- Orientation to Drug and Alcohol Services.
- Inter-agency Working.
- Ethics, Values and Diversity.
- Employment Rights and Responsibilities.
- Assessing Substance Misusers.
- Support and Interventions for Substance Misusers.
- Communications, Relationships and Managing Conflict.
- Harm Minimisation.

## Funding:

The course attracts 50% funding from the Learning and Skills Council. The remaining 50% of course fees need to be met by the employer or student - this will equate to approximately £670 per student. A bursary scheme to support course costs is available from the DAATs. Those in receipt of means tested benefits can undertake the course for a small fee, and a hardship grant is available from the DAATs to support study.



**Further Information** | Contact for further information: Elizabeth Flegg, Workforce Development Manager, (Sussex DAATs) Telephone 01243 382621

# NVQ Level 3 in Health and Social Care - incorporating DANOS units!

## Meet the NTA Training Standard!

Non-professionally trained staff should be undertaking or have achieved NVQ level 3 or equivalent.



National Treatment Agency  
for Substance Misuse

The NVQ Level 3 in Health and Social Care for substance misuse practitioners is available at Chichester College and Sussex Downs Adult College

## You will undertake 4 core units:

- Promote effective communication for and about individuals.
- Promote, monitor and maintain health, safety and security in the working environment.
- Reflect on and develop your practice.
- Promote Choice, well being and the protection of all individuals.

## Plus choose 4 specialist drug and alcohol DANOS units, such as:

- Carry out assessment to identify and prioritise needs.
- Help individuals address their substance misuse through an action plan.
- Support individuals who are substance misusers.
- Assist in the transfer of individuals between agencies.

The award is credited via workplace assessment and therefore attendance at college is minimal.

**Training is also available for NVQ Assessors and Expert Witnesses to support the assessment of students.**

For further information and an application form, please contact: Elizabeth Flegg,  
Workforce Development Manager (Sussex DAATs) tel: 01243 382621  
or email: [Elizabeth.Flegg@westsussex.gov.uk](mailto:Elizabeth.Flegg@westsussex.gov.uk)



# LEVEL 3 & 4 QUALIFICATIONS IN WORKING WITH SUBSTANCE MISUSE

A City and Guilds qualification aimed at practitioners, supervisors and managers working with either adults or young people. These qualifications are suitable for those who hold a non-substance misuse specific qualification such as psychology, social work or nursing and wish to qualify their competence as a substance misuse practitioner. Those seeking to do a level 4 qualification require a management role.

## Study for your qualification whilst at work - there is no need to attend college!

Students select units from a menu of choice and build up learning hours towards their required qualification. Units are accredited with qualification points and students are able to collect sufficient points for an award, certificate or diploma at levels 3 or 4.

**Qualification cost: £340 plus external assessor fees if required.**

For further information contact Paul Cox,  
Chichester College tel:01243 786321 extn:2076 or email: [paul.cox@chichester.ac.uk](mailto:paul.cox@chichester.ac.uk)



# Safer communities, healthier lives

## CRI Volunteer/Peer Mentor Awards

An Open College Network accredited course (levels 2 & 3) in Volunteering & Mentoring Skills / Drugs & Alcohol Awareness for volunteers working in different CRI services including Substance Misuse Support, 'at risk', support for ex-offenders and people who are street homeless and victims of domestic violence.

This is an ongoing training programme based on the training and experience volunteers obtain through their work with CRI services and incorporating the following:-

### Volunteers

#### Induction training course -

2 days covering an introduction to work in this field.

#### Volunteer/Mentoring Skills unit -

covering the generic skills of supporting others including policies and procedures, referrals and confidentiality, communication, learning and action planning skills.

#### Drugs and Alcohol Information -

which covers policies and procedures, harm minimisation, the cycle of change, skills and expectations. Working with young people 'at risk' - which covers issues facing young people, child protection, legislation and action planning.

### Peer Mentor Programme

This training can be accessed by ex-service users via a Structured Programme for Peer Mentors, incorporating 12 weeks (1 day a week) initial training, leading to the Mentoring Accreditation and a 4 months placement within a substance misuse service as a Peer Mentor. Progression into a volunteering position would be reviewed at this point.

Courses commence at different dates throughout the year in Brighton.



**Further Information** | For more information please visit our website @ [www.cri.org.uk](http://www.cri.org.uk) or contact: Matt Taylor (Southern & Wales Regional Volunteer Peer Mentor Coordinator) on: 01273-645067, by e-mail @ [Matt.Taylor@cri.org.uk](mailto:Matt.Taylor@cri.org.uk) or by post at: CRI, 3rd Floor North West Suite, Tower Point, 44 North Road, Brighton, East Sussex, BN1 1YR

# Action for Change

Action for Change is an OCN Accredited Learning Centre. We offer a range of courses to help improve staff performance.

## Alcohol Identification and Brief Advice

Action for Change has a skills-based course which will help your staff identify alcohol misuse among your client group, enable them to offer very brief advice and support, and direct to appropriate services.

The course is run over two half days and can be run at a venue to suit you, or at Action for Change's offices in St. Leonards.

A Certificate of Attendance is awarded and Open College Network accreditation is being applied for.

Course participants have access to a web forum, enabling them to raise questions, seek advice on practice, and share experiences with other trainees.

## Train the Trainers

An OCN level 3 accredited course designed to enable staff to deliver high quality training in-house.

## On and Off the Streets

Street drinking is not a new phenomenon. History records the practice from the 18th century. Street drinkers are not an alien group from outer space, they are mostly long term residents from within our communities. The workshops are

designed to understand the issues affecting street drinkers, how to engage with street drinkers, and how to provide support to one of the most maligned, but vulnerable groups in our communities.

## Improving Staff Performance

This one day course is designed for managers with responsibility for internal policy, procedures and training. It aims to help increase staff work outputs, morale and motivation, and improve staff performance. Supervision is one of the tools that assist organisations to achieve this.

## Empowering Your Service Users

Involving service users in the delivery of services is an ambition many organisations have but achieving it has proved very difficult. We will show you a way of succeeding! This is a one day course aimed at managers of health and care services who want to develop the service user role for the benefit of service users and the organisation as a whole.



**Further Information** | on any of these courses, please contact [training@action-for-change.org](mailto:training@action-for-change.org)

# Suicide Prevention and Intervention, Mental Health and Related Courses

## Grassroots Training

Grassroots Training is a community interest company that supports communities to prevent suicide. We are specialists in suicide prevention and we deliver training that saves lives.

Very few, if any of us, are untouched by suicide. We believe that suicide is a community health problem and that suicide can be prevented.

We promote and deliver ASIST (Applied Suicide Intervention Skills Training), a two-day workshop that teaches a model of suicide first aid. ASIST has been developed by LivingWorks and has been delivered to over 750,000 people worldwide.

We offer a range of training programmes to complement ASIST, including SafeTALK (Suicide Alertness), One in Four (Mental Health Awareness), Recovery (Mental Health and Recovery) and Self Injury (Working with Self Injury).

Information on all our courses and booking forms can be found on our website

[www.grassrootstraining.org.uk](http://www.grassrootstraining.org.uk)  
or call us at the office on 1273 675764

## Our courses include:

### Suicide Prevention and Intervention

#### ASIST (Applied Suicide Intervention Skills Training):

A two-day workshop teaching suicide first-aid skills that can prevent the immediate risk of suicide.

#### SafeTALK:

A half day suicide alertness workshop complementing ASIST.

#### Tune up

A ½ day refresher course for people who have attended the 2 day ASIST course.

### Mental Health and Recovery

#### One in Four:

A three-hour mental health awareness workshop.

#### Recovery:

A three-hour workshop addressing mental health and recovery, including Wellness Recovery Action Plans.

### Understanding and Working With Self Injury

A 1 day course that explores the dynamics of self injury and considers some of the issues involved in working with someone who self injures.

### Wealden, Eastbourne & Lewes Mind

We run a variety of courses, including ASIST (Applied Suicide Intervention Skills Training), SafeTALK and Mental Health First Aid, for:

- anyone who helps others who may be experiencing mental distress or suicidal feelings, informally or in the work place and wider community.
- personal recovery.

All courses can be delivered in-house and we also run local programmes.



**Applied Suicide Intervention Skills Training (ASIST)**  
(12 hours) From Livingworks, Canada  
[www.grassrootstraining.org.uk](http://www.grassrootstraining.org.uk)



**safeTALK**  
(Suicide Awareness) (4 hours)



### Mental Health First Aid (MHFA) (12 hours)

[www.mhfa.org.uk](http://www.mhfa.org.uk)

In partnership with National Institute for Mental Health England (NIMHE)

[www.mentalhealthfirstaid.csip.org.uk](http://www.mentalhealthfirstaid.csip.org.uk)

**Further Information** | on course dates and costs please contact Grassroots Training Jenny Pickup or Chris Brown, Grassroots Training 01273 675764 office@grassrootstraining.org.uk Room 10, Valley Social Centre, Whitehawk Way, Brighton, BN2 5HE | Wealden, Lewes and Eastbourne Mind Highlight House, Suite 2, 8 St Leonards Road, Eastbourne, East Sussex, BN21 3UH Email: info@welmind.org.uk Phone: 01273 648836 Fax: 01273 727796

# Section 2 – West Sussex

## Domestic Violence

The Harm Reduction Team offers a range of Domestic Violence awareness raising sessions with the aim of:

- reducing repeat victimisation,
- improving agency responses to domestic violence/abuse, and
- increasing the reporting of domestic violence.

### Learning outcomes (for the full day DV awareness course)

*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.



**Further Information** | For further details on domestic violence awareness training, please contact Sonia Knight ([sonia.knight@westsussex.gov.uk](mailto:sonia.knight@westsussex.gov.uk)) Telephone 01243 382962.

## Other West Sussex Short Courses

**Further Information** | Details about West Sussex Short Courses are to follow shortly. Please contact Stuart Gill, Training Manager, [stuart.gill@westsussex.gov.uk](mailto:stuart.gill@westsussex.gov.uk)



# Section 3 – Brighton and Hove



# Public Health / Health Promotion Training Opportunities

## Brighton & Hove - Terms and Conditions

### How to Apply

Course information is available at: [www.healthpromotiontraining.net](http://www.healthpromotiontraining.net)

Please call the training administrator on 01273 545406 to make your booking, or email [liz.hegarty@bhcpct.nhs.uk](mailto:liz.hegarty@bhcpct.nhs.uk)

### Payment

Two free places will be reserved for service users from the voluntary sector on each course on a 'first come, first served' basis. Charges to all other organisations are as follows:

£25 for a ½ day course

£40 for a full day course

£80 for a two day course

£185 for the four day Foundation Course in Health Promotion

### Cancellation Policy

Cancellations must be notified to the training administrator on 01273 545406, AT LEAST five working days before the course. Any replacement student name must be given within the same time-frame.

Course fees must be paid at least 10 working days prior to the course commencement date.

Non attendance without notice as above will result in the organisation being charged the course fee.

Students who turn up to a course without booking will not be able to access the course. Enquiries will be managed by the training administrator.

### Quality Assurance

In order to constantly review and improve the training we provide, you will be asked to evaluate the course you attend on the day. You may be asked to do so again after a three or six month period. Any additional comments, complaints or positive feedback can be made by telephone or in writing to the Training Administrator at the address below.

### Further Enquiries

For more details about any of the courses please visit our website [www.healthpromotiontraining.net](http://www.healthpromotiontraining.net) or telephone the number below.

**Note:** Information about any additional courses to those in this section for Brighton and Hove workers will be made available through the 'Sussed Professionals' website and the Drug and Alcohol Workers Group email.

Courses related to young people and sexual health are now run exclusively by Brighton and Hove City Council's Children and Young People's Trust. Please follow this link: <http://www.brighton-hove.gov.uk/index.cfm?request=c1205294>

**Health Promotion 2nd Floor, Prestamex House  
171-173 Preston Road, Brighton, East Sussex  
BN1 6AG**

**[www.healthpromotiontraining.net](http://www.healthpromotiontraining.net)**

**Tel: 01273 545406 (ask for Training Administrator)**

**Fax: 01273 545471**

# Drug and Alcohol Basic Awareness Course: OCN Level 2

An introductory two-day Open College Network accredited course on substance misuse, its related problems and interventions. This course reflects National Occupational Standards, and outlines essential knowledge for anyone who comes into contact with drug or alcohol users in their work. This 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.

## 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.
- CMJE301** Enable individuals to find out about and use services and facilities.
- AB5** Assess and act upon immediate risks of danger to substance users.
- HSC0023** Develop your own knowledge and practice.
- AD1** Raise awareness about substances, their use and effects.
- AF1** Carry out screening and referral assessment.

It is important that participants attend a course in the area in which they are working.

DATE	TIME	VENUE
Wednesday 24th and Thursday 25th February 2010	9.30 am - 4.30 pm	(Brighton) *
Wednesday 23rd and Thursday 24th June 2010	9.30 am - 4.30 pm	(Brighton) *
Wednesday 22nd and Thursday 23rd September 2010	9.30 am - 4.30 pm	(Brighton) *

\*Prestamex House, 171-173 Preston Road, Brighton BN1 6AG

- Please note:** All places must be booked at least 2 weeks prior to the course.
- Cost:** £80
- Disabled Access:** Yes
- Lunch Provided:** Yes



**Further Information** | For more details about this course please visit our website [www.healthpromotiontraining.net](http://www.healthpromotiontraining.net) or telephone 01273 545406 (ask for Training Administrator).

# Young People and Substances: (Core Level)

This course provides an introduction to drug and alcohol awareness for professionals and volunteers working mainly with young people under 19 years old. This one day course explores the reasons why young people use substances; the effects of common drugs; harm reduction; and screening & referral procedures within Brighton & Hove. The course has been designed for Core Workers within the Children and Young People's Workforce, described as anyone who occasionally comes into contact with substance misuse in their day-to-day work. This course is an essential pre-cursor for anyone wishing to progress to Enhanced or Intensive Level substance misuse courses.

## Learning Outcomes:

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

- Be aware about substances, their use and effects.
- Recognise indications of substance misuse and refer individuals to specialists.
- Assess and act upon immediate risks of danger to substance misusers.
- Carry out screening and referral assessment.
- Understand and describe the reasons why young people use substances.

This course is linked to relevant NOS, Youth Justice and Youth Work National Occupational Standards (**AA1, AB5, AD1, AF1** and **1.42**).

DATE	TIME	VENUE
Thursday 11th March 2010	9.30 am - 4.30 pm	(Brighton) *
Tuesday 15th June 2010	9.30 am - 4.30 pm	(Brighton) *
Wednesday 6th October 2010	9.30 am - 4.30 pm	(Brighton) *

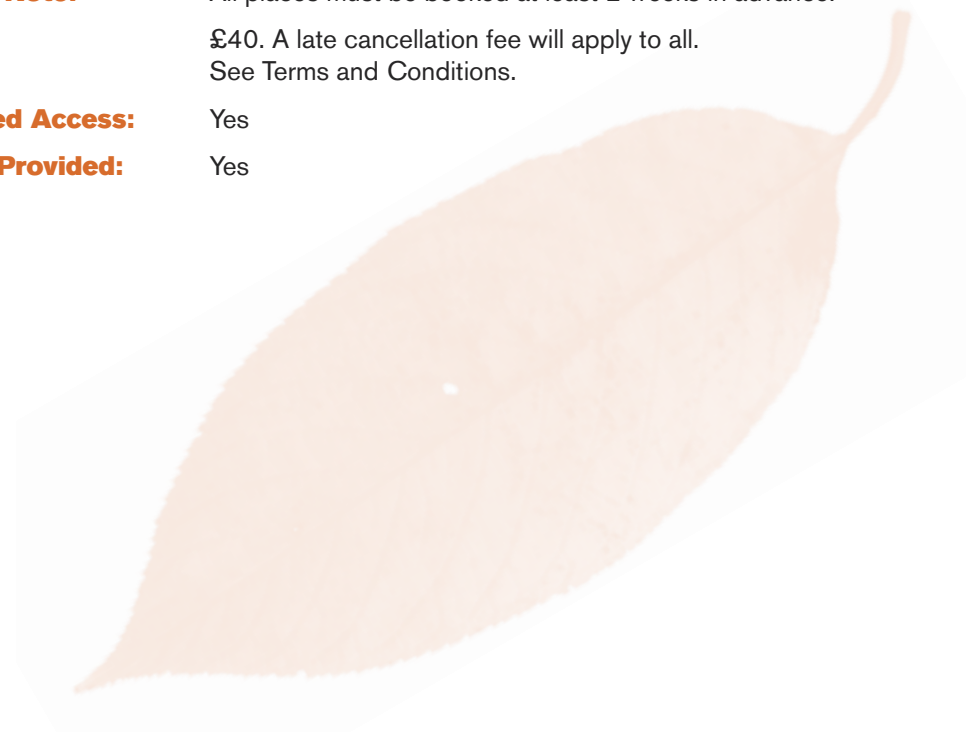
\*Prestamex House, 171-173 Preston Road, Brighton BN1 6AG

**Please Note:** All places must be booked at least 2 weeks in advance.

**Cost:** £40. A late cancellation fee will apply to all.  
See Terms and Conditions.

**Disabled Access:** Yes

**Lunch Provided:** Yes



**Further Information** | For more details about this course please visit our website [www.healthpromotiontraining.net](http://www.healthpromotiontraining.net) or telephone 01273 545406 (ask for Training Administrator).



# Young People and Substances: (Enhanced Level)

This course is aimed at practitioners mainly working with young people under 19 years old and will suit people working in a variety of enhanced settings, such as Connexions advisors, YOT Workers, etc. The training builds upon learning from the Part One course (attendance upon this is mandatory before Part Two) and develops further skills with regard to assessment and supporting substance misusers via advice and referral into relevant Brighton and Hove services for Young People.

## Learning Outcomes:

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

- Support individuals to access and use services and facilities.
- Contribute to assessing and act upon risk of danger, harm and abuse.
- Carry out assessments to identify and prioritise needs.
- Enable young people to access and use information and make decisions.

This course is linked to relevant NOS, Youth Justice and Youth Work National Occupational Standards (**CMJE301, HSC0395, HSC0388, AF2 and 1.42 (Youth Work)**).

DATE	TIME	VENUE
Tuesday 29th June 2010	9.30 am - 4.30 pm	(Brighton) *
Wednesday 17th November 2010	9.30 am - 4.30 pm	(Brighton) *

\*Prestamex House, 171-173 Preston Road, Brighton BN1 6AG

**Please Note:** All places must be booked at least 2 weeks in advance

**Cost:** £40. A late cancellation fee will apply to all.  
See Terms and Conditions.

**Disabled Access:** Yes

**Lunch Provided:** Yes

**Further Information** | For more details about this course please visit our website [www.healthpromotiontraining.net](http://www.healthpromotiontraining.net) or telephone 01273 545406 (ask for Training Administrator).

# Young People and Alcohol

As hospital admissions continue to rise for the under 14s and more young people are developing alcohol-related health problems, there is a high level of concern about excessive drinking by young people. This one day course has been designed to equip learners with the skills and knowledge to enable them to work more effectively with young people using alcohol. It will explore the physical, psychological, social, legal and emotional effects of alcohol, the risks alcohol can present to young people's health and how to provide brief advice and support to young people.

## Target Group

The course is suitable for professionals and volunteers working mainly with young people under 19 years old, for Core Workers within the Children and Young People's Workforce, described as anyone who occasionally comes into contact with substance misuse in their day-to-day work.

## Learning Outcomes

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

- Understand and describe the effects and risks alcohol can present to young people.
- Understand the social constructs that surround alcohol and how this can influence young people's use.
- Assess and act upon immediate risks of danger.
- Carry out screening and referral assessment.
- Understand the importance of brief interventions to enable young people who do not need specialised treatment to change their drinking behaviour.

This course is linked to relevant NOS, Youth Justice and Youth Work National Occupational Standards (**AA1, CMJE301, AB5, AF1** and **AH10**)

DATE	TIME	VENUE
Thursday 11th February 2010	9.30 am – 4.30 pm	(Brighton) *
Wednesday 30th June 2010	9.30 am – 4.30 pm	(Brighton) *
Wednesday 20th October 2010	9.30 am – 4.30 pm	(Brighton) *

\*Prestamex House, 171-173 Preston Road, Brighton BN1 6AG

**Cost:** £40. A late cancellation fee will apply to all. See Terms and Conditions.

**Disabled Access:** Yes

**Lunch Provided:** Yes

**Further Information** | For more details about this course please visit our website [www.healthpromotiontraining.net](http://www.healthpromotiontraining.net) or telephone 01273 545406 (ask for Training Administrator).

# Vintage Years: Age and Alcohol

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 includes harm reduction skills and brief interventions 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, participants 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.
- Offer brief advice / interventions.

## This course supports the following NOS Units:

- AA1** Recognise indications of substance misuse and refer individual to specialists.
- CMJE301** Enable individuals to find out about and use services and facilities.
- HSC0023** Develop your own knowledge and practice.
- AD4** Develop and disseminate information and advice about substance use, health and social well-being.

DATE	TIME	VENUE
Thursday 25 March 2010	9.30 am – 4.00 pm	(Brighton) *
Tuesday 13th July 2010	9.30 am – 4.00 pm	(Brighton) *
Thursday 18th November 2010	9.30 am – 4.00 pm	(Brighton) *

\*Prestamex House, 171-173 Preston Road, Brighton BN1 6AG

- Please Note:** All places must be booked at least 2 weeks in advance
- Cost:** £40. A late cancellation fee will apply to all. See Terms and Conditions.
- Disabled Access:** Yes
- Lunch Provided:** Yes

**Further Information** | For more details about this course please visit our website [www.healthpromotiontraining.net](http://www.healthpromotiontraining.net) or telephone 01273 545406 (ask for Training Administrator).

# Supporting Behaviour Change

A two-day course aimed at providing participants working in substance misuse with a range of theories about behaviour change that help to explain the client's perspective. The course will enable participants to develop their skills to be able to work confidently with a client whatever their readiness to change. Over the two days participants will develop their skills in reflective listening and be introduced to some of the principles that underpin motivational interviewing, such as eliciting self-motivating statements from clients. By the end of the two-day course participants will have developed a toolkit of strategies that they can apply when working with clients to facilitate behaviour change.

## Learning Outcomes:

*By the end of the 2-day course participants will be able to:*

- Describe a range of theories about behaviour change and apply it to practice.
- Understand what helps and hinders the change process.
- Use a range of skills to support client thinking, decision making and active change processes.
- Understand the limits of their role within the context of a brief intervention.
- List the principles for motivational interviewing.
- Describe some essential strategies for establishing rapport with the client.
- Practice a range of basic skills and techniques for motivating change.

## This course supports the following NOS Units:

- AB2.1** Enable individuals to adopt safe practices associated with substance use.
- HSC0023** Develop your own knowledge and practice.
- AC3** Contribute to the development of the knowledge and practice of others.

- AD1** Raise awareness about substances, their use and effects.
- HSC3108** Facilitate learning through presentations and activities.
- AI1** Counsel individuals about their substance use using recognised theoretical models.
- AI2** Help individuals address their substance use through an action plan.
- GEN36** Make use of supervision.

DATE	TIME	VENUE
Tuesday 30th March and Wednesday 31st March 2010	9.30 am – 4.30 pm	(Brighton) *
Wednesday 28th and Thursday 29th July 2010	9.30 am – 4.30 pm	(Brighton) *
Monday 18th and Tuesday 19th October 2010	9.30 am – 4.30 pm	(Brighton) *
Thursday 2nd and Friday 3rd December 2010	9.30 am – 4.30 pm	(Brighton) *

\*Prestamex House, 171-173 Preston Road, Brighton BN1 6AG

- Please Note:** All places must be booked at least 2 weeks in advance.
- Cost:** £80. A late cancellation fee will apply to all. See Terms and Conditions.
- Disabled Access:** Yes
- Lunch Provided:** Yes

**Further Information** | For more details about this course please visit our website [www.healthpromotiontraining.net](http://www.healthpromotiontraining.net) or telephone 01273 545406 (ask for Training Administrator).



# Blood Borne Viruses, Safer Injecting & Vulnerable Populations

The aims of this course are to give an overview of HIV, Hepatitis B and C transmission, prevention and epidemiology, and to explore how and why vulnerable groups are particularly affected.

## Learning Outcomes:

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

- Identify key issues affecting vulnerable populations in relation to HIV and Hepatitis.
- Work more effectively with these groups around prevention and harm reduction.
- Understand their own and others' attitudes to HIV, Hepatitis and vulnerable populations.
- Discuss up-to-date information on HIV and Hepatitis.

## This course supports the following NOS Units:

- CMJE301** Enable individuals to find out about and use services and facilities.
- AB2** Support individuals who are substance users.
- AB5** Assess and act upon immediate risk of danger to substance users.
- HSC0023** Develop your own knowledge and practice.
- AD1** Raise awareness about substances, their use and effects.
- AH3** Supply and exchange injecting equipment for individuals.
- HSC0022** Support the health and safety of yourself and individuals.

DATE	TIME	VENUE
Thursday 1st April 2010	9.30 am – 4.30 pm	(Brighton) *
Thursday 28th October 2010	9.30 am – 4.30 pm	(Brighton) *

\*Prestamex House, 171-173 Preston Road, Brighton BN1 6AG

- Please Note:** All places must be booked at least 2 weeks in advance.
- Cost:** £40. A late cancellation fee will apply to all. See Terms and Conditions.
- Disabled Access:** Yes
- Lunch Provided:** Yes



**Further Information** | For more details about this course please visit our website [www.healthpromotiontraining.net](http://www.healthpromotiontraining.net) or telephone 01273 545406 (ask for Training Administrator).

# Alcohol: Screening & Brief Interventions

Brief interventions usually last between 5 and 20 minutes and are delivered in a variety of settings, and have been evidenced to be effective in reducing alcohol consumption in 'hazardous' and 'harmful' drinkers. This course aims to equip workers with the knowledge and skills to identify individuals who are drinking to hazardous and harmful levels and to then deliver simple and brief advice and interventions.

This course is suitable for all Tier One staff (including those working in Primary Care) and is appropriate for those working with drug users where alcohol consumption is also an issue.

## Learning Outcomes:

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

- Practice skills and gain confidence in raising the issue of alcohol use with the client.
- Carry out the FAST screening tool.
- Understand the importance of brief interventions to enable people who do not need specialised treatment to change their drinking behaviour.
- Be able to deliver simple brief interventions around alcohol.
- 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 effects.
- AF1** Carry out screening and referral assessment.
- AH10** Employ techniques to help individuals to adopt sensible drinking behaviour.

DATE	TIME	VENUE
Thursday 18th February 2010	9.30 am – 1.30 pm	(Brighton) *
Wednesday 5th May 2010	9.30 am – 1.30 pm	(Brighton) *
Wednesday 29th September 2010	9.30 am – 1.30 pm	(Brighton) *

\*Prestamex House, 171-173 Preston Road, Brighton BN1 6AG

**Please Note:** All places must be booked at least 2 weeks in advance.

**Cost:** £25. A late cancellation fee will apply to all. See Terms and Conditions.

**Disabled Access:** Yes

**Lunch Provided:** No

**Further Information** | For more details about this course please visit our website [www.healthpromotiontraining.net](http://www.healthpromotiontraining.net) or telephone 01273 545406 (ask for Training Administrator).

# Domestic Abuse and Substance Misuse

This course will enable participants to understand and gain skills to work effectively with clients who present with domestic abuse and substance misuse. Participants will explore the behaviours which constitute domestic abuse, and the ways in which substances are used by both survivor and perpetrator. Domestic abuse risk management and safety planning will be considered within the context of working with clients with these dual issues. Participants will learn to recognise the need to work at community level with effective screening and signposting on to relevant services.

This course has been designed for front line drug and alcohol professionals wishing to improve their response to clients who may be experiencing domestic abuse. It is also suitable for professionals in the domestic abuse field and professionals from primary and community health, housing, social care, mental health, police and criminal justice and voluntary organisations who wish to raise their general awareness about the dual issues.

## Learning Outcomes:

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

- Understand the issues facing clients who are affected by both domestic violence and substance use and how these issues may affect or obstruct their access to appropriate service provision.
- Describe strategies and skills appropriate to addressing presenting needs of clients who are experiencing domestic violence and problematic substance use.
- Approach the dual issues in an integrated way through partnership working and effective referral processes.

## This Course supports the following NOS Units:

- HSC3111** Promote the equality, diversity, rights and responsibilities of individuals.
- HSC0035** Promote choice, well being and the protection of all individuals.
- HSC0335** Contribute to the protection of individuals from harm and abuse.
- AB5** Assess and act upon immediate risk of danger to substance users.
- HSC0395** Contribute to assessing and act upon risk of danger, harm and abuse.
- HSC0023** Develop your own knowledge and practice.
- AG3** Assist in the transfer of individuals between agencies and services.
- AD4** Develop and disseminate information and advice about substance use, health and social well-being.

DATE	TIME	VENUE
Thursday 15th April 2010	9.30 am – 4.30 pm	(Brighton) *
Tuesday 14th September 2010	9.30 am – 4.30 pm	(Brighton) *

\*Prestamex House, 171-173 Preston Road, Brighton BN1 6AG

**Cost:** £40. A late cancellation fee will apply to all. See Terms and Conditions.

**Disabled Access:** Yes

**Lunch Provided:** Yes

**Further Information** | For more details about this course please visit our website [www.healthpromotiontraining.net](http://www.healthpromotiontraining.net) or telephone 01273 545406 (ask for Training Administrator).

# Cannabis: All You Need to Know

This half day course gives the essential facts and dispels some of the myths about cannabis. It is suitable for anyone working in health, housing, social services, criminal justice, education or voluntary services.

## Learning Outcomes:

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

- Identify the effects and risks of cannabis.
- Describe the various varieties and potencies of cannabis and the methods of use.
- Discuss the current evidence on links between cannabis use and mental ill 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.
- AD4** Develop and disseminate information and advice about substance use, health and social well-being.

DATE	TIME	VENUE
Wednesday 2nd June 2010	9.30 am – 1.30 pm	(Brighton) *
Tuesday 7th December 2010	9.30 am – 1.30 pm	(Brighton) *

\*Prestamex House, 171-173 Preston Road, Brighton BN1 6AG

- Cost:** £25. A late cancellation fee will apply to all. See Terms and Conditions.
- Disabled Access:** Yes
- Lunch Provided:** No

**Further Information** | For more details about this course please visit our website [www.healthpromotiontraining.net](http://www.healthpromotiontraining.net) or telephone 01273 545406 (ask for Training Administrator).



# Working with Diversity

The Sussex DAATs are committed to ensuring that drug and alcohol services are equally effective for all service users and take account of any particular needs that arise from individual service user's age, ethnic group, gender including transgender, disability, drug use, religion or sexuality. This course will help ensure services are delivered by organisations and people that fully embed equality and diversity across all functions.

## Learning Outcomes:

*By the end of the course, participants will:*

- Be aware of the legislation that affects them.
- Be aware of the barriers to diversity in the workplace.
- Be able to avoid discrimination based on prejudice and assumptions.
- Assess the "Access" and "Inclusion" their organisation offers.
- Have started to develop an action plan to improve their equality of access to all potential employees and service users.

## This course supports the following NOS Units:

- HSC3111** Promote the equality, diversity, rights and responsibilities of individuals.
- HSC0023** Develop your own knowledge and practice.
- CMJF309** Support and challenge workers on specific aspects of their practice.
- BA3** Contribute to the development of organisational policy and practice.

DATE	TIME	VENUE
Tuesday 27th April 2010	9.30 am – 4.30 pm	Eastbourne
Tuesday 6th July 2010	9.30 am – 4.30 pm	Brighton
Tuesday 19th October 2010	9.30 am – 4.30 pm	West Sussex

## Please note:

Should you apply, you will be liable for cancellation charges if you are unable to attend.

## Cost:

£40 per delegate.

## Duration:

6 hours.



**Further Information** | For more details about the Brighton course only please visit our website [www.healthpromotiontraining.net](http://www.healthpromotiontraining.net) or telephone 01273 545406 (ask for Training Administrator).

# To Book Training Courses in Brighton and Hove

We have an on-line booking system, please book at  
[www.healthpromotiontraining.net](http://www.healthpromotiontraining.net)

Course Title:

Course Date:

Course Location:

Forename:

Surname:

Job Title:

Organisation:

Address:

Postcode:

Tel/Mobile:

Email:

Please tick type of organisation:

NHS/PCT  Voluntary  Private  Local Authority  Education  Other

Please let us know if you have any special needs e.g. mobility, hearing, sight,  
or dietary requirements:

Training Administrator, Health Promotion, Prestamex House, 2nd Floor,  
171-173 Preston Road, Brighton BN1 6AG. Please photocopy and  
complete as required. Use a separate sheet for each course.

**Please note: all names and addresses must be completed in full.**

Fee enclosed

Cheques should be payable to: Brighton & Hove City PCT. Cheques should  
be enclosed with this booking form but if you must be invoiced please give full  
invoice address details below:

Invoice Name, Address & Telephone Number:

Manager's Name and contact number:

Manager's signature

**Please note:** There will be a charge of £100.00 if participants do not give at least  
2 working days' notice for non-attendance.

Where did you see this course advertised?

This manual  Website  Training newsletter  BDA leaflet

Other please specify:

# Section 4 – East Sussex



# Terms and Conditions - East Sussex

To apply for one of these courses\* please use the booking form at the end of this section, remembering to complete a separate form for each course. These courses are ONLY available to people working in East Sussex. Applications cannot be accepted from other areas.

If you are unable to attend a course on the dates booked we can transfer your place onto a later date. We must have at least five days' notice to do this. Alternatively, you may arrange for someone else to take your place; please inform us of the change as soon as possible and no later than 10 am the day before the course.

We are unable to give refunds if you cancel your place on a course once a booking has been confirmed.

In the case of a free place not being taken up, you may be charged a cancellation fee.

If for any reason we need to cancel a course, we will endeavour to give participants as much notice as possible.

**Unless otherwise marked, contact for all courses for East Sussex is:**

**Substance Misuse Training, Health Development,  
Centenary House, The Avenue, Eastbourne BN21 3XY**

**Email: [emma.eaves-anderson@esdwpct.nhs.uk](mailto:emma.eaves-anderson@esdwpct.nhs.uk) Tel: 01323 418993**

**Email: [nick.cole@esdwpct.nhs.uk](mailto:nick.cole@esdwpct.nhs.uk) Tel: 01323 418996**

**\*Please note:**

**There are separate contact and booking arrangements for the Working with Young People and Substances courses.**



# 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

DATE	TIME	VENUE
Friday 29th January 2010	9.30 am – 1.00 pm	Eastbourne
Thursday 6th May 2010	9.30 am – 1.00 pm	Hastings
Tuesday 29th June 2010	9.30 am – 1.00 pm	Eastbourne
Tuesday 19th October 2010	9.30 am – 1.00 pm	Hastings

**Cost:** There is no charge to anyone working in East Sussex. A cancellation fee may be charged for non-attendance.

**Disabled Access** Yes



**Further Information** | For further details and applications for this course contact: Emma Eaves-Anderson  
Emma.eaves-anderson@esdwpct.nhs.uk Telephone 01323 418993

# 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.

DATE	TIME	VENUE
Wednesday 20th January 2010	9.30 am - 4.00 pm	Eastbourne
Thursday 11th March 2010	9.30 am - 4.00 pm	Hastings
Wednesday 14th April 2010	9.30 am - 4.00 pm	Eastbourne
Wednesday 23rd June 2010	9.30 am - 4.00 pm	Hastings
Tuesday 28th September 2010	9.30 am - 4.00 pm	Eastbourne
Thursday 28th October 2010	9.30 am - 4.00 pm	Hastings
Wednesday 17th November 2010	9.30 am - 4.00 pm	Eastbourne
Tuesday 14th December 2010	9.30 am - 4.00 pm	Hastings

## Cost:

There is no charge to anyone working in East Sussex. A cancellation fee may be charged for non-attendance.

## Disabled Access

Yes

## Lunch Provided

Yes

**Further Information** | For further details and applications for this course contact: Emma Eaves-Anderson  
Emma.eaves-anderson@esdwpct.nhs.uk Telephone 01323 418993

# 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.

DATE	TIME	VENUE
Tuesday 9th & Wednesday 10th February 2010	9.30 am – 4.30 pm	Hastings
Wednesday 17th & Thursday 18th March 2010	9.30 am – 4.30 pm	Eastbourne
Wednesday 21st & Thursday 22nd April 2010	9.30 am – 4.30 pm	Hastings
Thursday 13th & Friday 14th May 2010	9.30 am – 4.30 pm	Uckfield Civic Centre
Tuesday 15th & Wednesday 16th June 2010	9.30 am – 4.30 pm	Hastings
Wednesday 15th & Thursday 16th September 2010	9.30 am – 4.30 pm	Eastbourne
Wednesday 6th & Thursday 7th October 2010	9.30 am – 4.30 pm	Rye
Thursday 9th & Friday 10th November 2010	9.30 am – 4.30 pm	Eastbourne
Tuesday 7th & Wednesday 8th December 2010	9.30 am – 4.30 pm	tbc

**Cost:** There is no charge to anyone working in East Sussex. A cancellation fee of £60 will be charged for non-attendance.

**Disabled Access** Yes

**Lunch Provided** Yes

**Further Information** | For further details and applications for this course contact: Emma Eaves-Anderson  
Emma.eaves-anderson@esdwpct.nhs.uk Telephone 01323 418993

# 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.

DATE	TIME	VENUE
Thursday 10th June 2010	9.30 am – 1.00 pm	Hastings
Tuesday 12th October 2010	9.30 am – 1.00 pm	Eastbourne

## Cost:

There is no charge to anyone working in East Sussex. A cancellation fee may be charged for non-attendance.

## Disabled Access

Yes

**Further Information** | For further details and applications for this course contact: Emma Eaves-Anderson  
Emma.eaves-anderson@esdwpct.nhs.uk Telephone 01323 418993



# 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.

DATE	TIME	VENUE
Tuesday 18th May 2010	9.30 am – 12.30 pm	Hastings
Wednesday 3rd November 2010	9.30 am – 12.30 pm	Eastbourne

**Cost:** There is no charge to anyone working in East Sussex. A cancellation fee may be charged for non-attendance.

**Disabled Access** Yes

**Further Information** | For further details and applications for this course contact: Emma Eaves-Anderson  
Emma.eaves-anderson@esdwpct.nhs.uk Telephone 01323 418993

# 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.

DATE	TIME	VENUE
Tuesday 26th January 2010	9.30 am – 12.30 pm	Hastings
Thursday 15th April 2010	9.30 am – 12.30 pm	Eastbourne
Thursday 23rd September 2010	9.30 am – 12.30 pm	Hastings
Tuesday 16th November 2010	9.30 am – 12.30 pm	Eastbourne

## Cost:

There is no charge to anyone working in East Sussex. A cancellation fee may be charged for non-attendance.

## Disabled Access

Yes



**Further Information** | For further details and applications for this course contact: Emma Eaves-Anderson  
Emma.eaves-anderson@esdwpct.nhs.uk Telephone 01323 418993

# Working with Diversity

The Sussex DAATs are committed to ensuring that drug and alcohol services are equally effective for all service users and take account of any particular needs that arise from individual service user's age, ethnic group, gender including transgender, disability, drug use, religion or sexuality. This course will help ensure services are delivered by organisations and people that fully embed equality and diversity across all functions.

## Learning Outcomes:

*By the end of the course, participants will:*

- Be aware of the legislation that affects them.
- Be aware of the barriers to diversity in the workplace.
- Be able to avoid discrimination based on prejudice and assumptions.
- Assess the "Access" and "Inclusion" their organisation offers.
- Have started to develop an action plan to improve their equality of access to all potential employees and service users.

## This course supports the following NOS Units:

- HSC3111** Promote the equality, diversity, rights and responsibilities of individuals.
- HSC0023** Develop your own knowledge and practice.
- CMJF309** Support and challenge workers on specific aspects of their practice.
- BA3** Contribute to the development of organisational policy and practice.

DATE	TIME	VENUE
Tuesday 27th April 2010	9.30 am – 4.30 pm	Eastbourne
Tuesday 6th July 2010	9.30 am – 4.30 pm	Brighton
Tuesday 19th October 2010	9.30 am – 4.30 pm	West Sussex

## Please note:

Should you apply, you will be liable for cancellation charges if you are unable to attend.

## Cost:

£40 per delegate

## Duration:

6 hours.



**Further Information** | For further details and applications for this course contact: Emma Eaves-Anderson  
Emma.eaves-anderson@esdwpct.nhs.uk Telephone 01323 418993

# Working with Young People and Substances: (Level 1)

This course provides an introduction to drug and alcohol awareness for professionals and volunteers working mainly with young people under 19 years old. This one day course explores the reasons why young people use substances; the effects of common drugs; harm reduction; and screening & referral procedures within East Sussex. The course has been designed for Core Workers within the Children and Young People's Workforce, described as anyone who occasionally comes into contact with substance misuse in their day-to-day work.

## Learning Outcomes:

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

- Be aware about substances, their use and effects.
- Recognise indications of substance misuse and refer individuals to specialists.
- Assess and act upon immediate risks of danger to substance misusers.
- Carry out screening and referral assessment.
- Understand and describe the reasons why young people use substances.

This course is linked to relevant NOS, Youth Justice and Youth Work National Occupational Standards (**AA1**, **AB5**, **AD1**, and **AF1**).

DATE	TIME	VENUE
Tuesday 2nd March 2010	9.30 am - 4.30 pm	Eastbourne
Tuesday 7th September 2010	9.30 am - 4.30 pm	Eastbourne

## Please Note:

All places must be booked at least 2 weeks in advance. A cancellation fee of £50 will be charged to all participants who do not attend both training days.

## Cost:

Free

## Disabled Access:

Yes

## Lunch Provided:

Yes

**Further Information** | Please do not use the East Sussex booking form for this course.  
Contact Nikki Garman, [nikki.garman@eastsussex.gov.uk](mailto:nikki.garman@eastsussex.gov.uk) Tel. 01424 852277

# Working with Young People and Substances: (Level 2)

This course is aimed at practitioners and volunteers mainly working with young people under 19 years old and will suit people working in a variety of enhanced settings, such as Connexions Advisors, YOT Workers, etc. The training builds upon learning from the Part One course and develops further skills with regard to assessment and supporting substance misusers via advice and referral into relevant services for Young People.

## Learning Outcomes:

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

- Support individuals to access and use services and facilities.
- Contribute to assessing and act upon risk of danger, harm and abuse.
- Relate to families, parents and carers.
- Carry out assessment to identify and prioritise needs.
- Enable young people to access and use information and make decisions.

This course is linked to relevant NOS, Youth Justice and Youth Work National Occupational Standards (**CMJE301, HSC0395, HSC0388, AF2** and **1.42** (Youth Work)).

DATE	TIME	VENUE
Tuesday 20th and Wednesday 21st April 2010	9.30 am - 4.30 pm	Eastbourne
Wednesday 20th and Thursday 21st October 2010	9.30 am - 4.30 pm	Eastbourne

## Please Note:

All places must be booked at least 2 weeks in advance. A cancellation fee of £50 will be charged to all participants who do not attend both training days.

## Cost:

Free

## Disabled Access:

Yes

## Lunch Provided:

Yes



**Further Information** | Please do not use the East Sussex booking form for this course.  
Contact Nikki Garman, [nikki.garman@eastsussex.gov.uk](mailto:nikki.garman@eastsussex.gov.uk) Tel. 01424 852277



# To Book Training Courses in East Sussex

Please note: All names and addresses must be completed in full. BLOCK CAPITALS please

Course Title:

Course Date:

Course Location:

Forename:

Surname:

Job Title:

Name of employing organisation:

Your workplace address:

Postcode:

Address for correspondence if different from workplace address.

All course information will go to this address:

Postcode:

Telephone/Mobile:

Email:

Please indicate any special requirements, e.g. mobility, hearing, sight.

I confirm that I am able to attend the course in full on the dates and between the times shown. I will notify the organisers immediately if I am unable to attend and may be liable for a charge for non-attendance.

Your signature/name

Date:

Manager's Name and contact telephone and/or email:

**Please return this form to: Substance Misuse Training, East Sussex Downs and Weald PCT, Centenary House, The Avenue, Eastbourne BN21 3XY**

**Email to [emma.eaves-anderson@esdwpct.nhs.uk](mailto:emma.eaves-anderson@esdwpct.nhs.uk)**

# Section 5 – St John Ambulance



## Section 5 - St John Ambulance Courses

There are a number of courses run by the Sussex St John Ambulance Homeless Service. These courses are scheduled to take place at our county headquarters just off the A27 in Hollingbury, Brighton, occasionally courses will be scheduled in other parts of the county. Our courses can also be delivered in-house, (there will be certain requirements in terms of space for first aid sessions).

Our training package consists of a number of modules that can be delivered to staff and/or volunteers who work with people who are homeless or vulnerably housed or those who misuse substances. Experienced trainers will ensure that learning materials and style are appropriate for students.

Modules, which have first aid components, are certified for three years. All units have been peer reviewed by experts in the specific subject area.

### **Cost:**

In some cases this will be dependent on the student / trainer ratio and a minimum number of students attending - prices quoted are guide prices only.

Scheduled multi-agency courses take place throughout the year.



**Further Information** | If you would like to receive details or book any of these courses you should contact Natasha Jaeger – Homeless Service Training Co-ordinator on 01273 371540 or mobile 07523 211247 or by email [Homeless-training@sussex.sja.org.uk](mailto:Homeless-training@sussex.sja.org.uk)

# Scheduled Course Dates January – December 2010

Unless stated, courses will run in Brighton. Further courses may be scheduled. The dates scheduled can be found below. Please note due to changes from the HSE there are minor changes to the course content for the Basic First Aid for Frontline Workers from 1st January 2010. It will now be a combined module course (see below). The previous format similar to the Appointed Person First Aid certificate is still available – please contact Natasha for further information

\* Block bookings are for 3 or more people booked on to the same course at the same time.

## NEW CONTENT - Basic First Aid for Frontline Workers

This course now incorporates Overdose Aid, Universal Precautions & Emergency First Aid in relation to Stimulant Drugs. These modules are available individually but combining them in one course will save you over £30 + vat per person. There are slight changes from the previous course content.

### Course Content

- Incident management.
- Contents of a first aid box.
- Accident reports.
- Treatment of severe bleeding including bites and embedded objects.
- Needlestick injuries.
- Safe disposal of sharps.
- Clearing of body fluid spills.
- Hand washing.

- Effects of stimulant drugs on the body – NEW.
- Recognition and treatment of heart attack.
- Recognition and treatment of stroke – NEW.
- Effects of the heat – NEW.
- Recognition and treatment of seizures – NEW.
- Overdose aid.

### Dates & Times

- Wednesday 17th February 2010 9am – 5pm
- Tuesday 20th April 2010 9am – 5pm
- Monday 16th August 2010 9am – 5pm
- Tuesday 19th October 2010 9am – 5pm
- Thursday 18th November 2010 9am – 5pm

### Price

£60.00 + vat per person

£55.00 + vat per person – IF BLOCK BOOKING

**in house** up to 12 people £550 + vat

up to 24 people £1100 + vat

**SAVE £'s BY BOOKING ONTO THIS NEW COURSE RATHER THAN BOOKING ALL MODULES SEPARATELY.**

## Overdose Aid (opiate based)

### Course Outline

- Risks associated with overdose.
- Recognising overdose.
- First aid treatment for overdose.
- Myths related to overdose.

### Dates & Times

- Wednesday 17th February 2010 9am – 12pm
- Tuesday 20th April 2010 9am – 12pm
- Tuesday 22nd June 2010 10am – 1pm
- Monday 16th August 2010 2pm – 5pm
- Tuesday 19th October 2010 9am – 12pm
- Thursday 18th November 2010 2pm – 5pm

### Price

£38.50 + vat per person      £33.50 + vat per person – if BLOCK BOOKING

**in house** up to 12 people £300 + vat

up to 24 people £600 + vat

## Universal Precautions, Sharps Disposal & Injury and Wound Care

### Course Outline

- How to clear up body fluid spills safely.
- What to do if you get a sharps injury.
- Safe disposal of sharps.
- Treatment of wounds and severe bleeding.

### Dates & Times

- Wednesday 17th February 2010 12.45pm – 3.15pm
- Tuesday 20th April 2010 12.45pm – 3.15pm
- Wednesday 19th May 2010 10.30am – 1pm
- Monday 19th July 2010 2pm – 4.30pm
- Monday 16th August 2010 9am – 11.30am
- Tuesday 19th October 2010 12.45pm – 3.15pm
- Thursday 18th November 2010 9am – 11.30am

### Price

£38.50 + vat per person      £33.50 + vat per person – if BLOCK BOOKING

**in house** up to 12 people £300 + vat

up to 24 people £600 + vat



## **NEW – Stimulant Drugs & Emergency First Aid (short course)**

### **Course Outline**

- Effects of stimulant drugs on the body.
- Recognition and treatment of heart attack.
- Recognition and treatment of stroke.
- Effects of the heat.
- Recognition and treatment of seizures.

### **Dates & Times**

- |                                |                  |
|--------------------------------|------------------|
| • Wednesday 17th February 2010 | 3.15pm – 5pm     |
| • Tuesday 20th April 2010      | 3.15pm – 5pm     |
| • Monday 16th August 2010      | 11.30am – 1.15pm |
| • Tuesday 19th October 2010    | 3.15pm – 5pm     |
| • Thursday 18th November 2010  | 11.30am – 1.15pm |

### **Price**

£28.50 + vat per person      £23.50 + vat per person – if BLOCK BOOKING  
**in house** up to 12 people £230.50 + vat  
up to 24 people £461.00 + vat

## **Drugs, Alcohol and Emergency First Aid**

### **Course Outline**

- Identifying different types of drugs.
- The effects of drugs and alcohol misuse.
- Health related problems.
- Emergency life support first aid.

### **Dates & Times**

- |                               |            |
|-------------------------------|------------|
| • Wednesday 19th May 2010     | 2pm – 5pm  |
| • Tuesday 21st September 2010 | 10am – 1pm |

### **Price**

£38.50 + vat per person  
£33.50 + vat per person – if BLOCK BOOKING  
**in house** up to 12 people £300 + vat  
up to 24 people £600 + vat

## Basic Hepatitis Awareness

### Course Outline

- What is hepatitis.
- Transmission of hepatitis.
- Common strains of hepatitis.
- Treatments available.

### Dates & Times

- Wednesday 21st April 2010            10am – 12pm
- Tuesday 21st September 2010        2pm – 4pm

### Price

£28.50 + vat per person

£23.50 + vat per person – if BLOCK BOOKING

**in house** up to 12 people £230.50 + vat

up to 24 people £461.00 + vat

## Abscesses, DVT and Wound Care

### Course Outline

- Recognition and treatment of abscesses.
- Recognition and treatment of DVT.
- Wounds and treatment.

### Dates & Times

- Wednesday 21st April 2010            1pm – 4pm
- Tuesday 22nd June 2010                2pm – 5pm

### Price

£38.50 + vat per person

£33.50 + vat per person – if BLOCK BOOKING

**in house** up to 12 people £300 + vat

up to 24 people £600 + vat

**Further Information** | FOR MORE INFORMATION ON ANY OF OUR COURSES OR TO REQUEST A TRAINING BROCHURE,  
PLEASE CONTACT NATASHA ON 01273 371540 / 07523 211247 OR EMAIL HOMELESS-TRAINING@SUSSEX.SJA.ORG.UK. THANK YOU



[www.sussedprofessionals.net](http://www.sussedprofessionals.net)

## Sussex Drug and Alcohol Action Teams

The Sussex Drug and Alcohol Action Teams (DAATs) consist of three teams, one covering West Sussex, one covering East Sussex and one covering Brighton and Hove. These three DAATs are part of the 149 teams in the UK responsible for overseeing the Government's multi-agency drug strategy. Their members include Education, Social Services, Health Care Agencies, Police, Probation, the Prison Service, Youth Offending Teams, the independent sector and others.

Contact details:

### **West Sussex Drug and Alcohol Action Team**

2nd Floor, East Wing North, County Hall, Chichester,  
West Sussex, PO19 1QT

Tel: 01243 382941

Fax: 01243 530513

Website:

[www.westsussexdaat.co.uk](http://www.westsussexdaat.co.uk)

Training Manager: Stuart Gill  
[Stuart.gill@westsussex.gov.uk](mailto:Stuart.gill@westsussex.gov.uk)

### **Brighton and Hove Drug and Alcohol Action Team**

4th Floor, Ovest House,  
58 West Street, Brighton,  
BN1 2RA

Tel: 01273 292950

Website:

[www.sussedprofessionals.net](http://www.sussedprofessionals.net)

Co-ordinator: Graham Stevens  
[Graham.Stevens@brighton-hove.gov.uk](mailto:Graham.Stevens@brighton-hove.gov.uk)

### **East Sussex Safer Communities Partnership**

6th Floor, St. Mary's House, 52 St. Leonard's Road,  
Eastbourne, East Sussex,  
BN21 3UU.

Tel: 01323 466549

Website:

[www.safeineastsussex.org.uk](http://www.safeineastsussex.org.uk)

Manager: Marcus Gomm  
[marcus.gomm@eastsussex.gov.uk](mailto:marcus.gomm@eastsussex.gov.uk)



**Brighton and Hove**  
Drug and Alcohol Action Team

