

# East Sussex Substance Misuse Training Courses



**April 2011 – March 2012  
Health and Wellbeing Service**

## Substance Misuse Health Promotion Training

We offer a variety of courses suitable for a wide range of people who may have contact professionally with problematic drug and alcohol users. All courses are offered free of charge to anyone working in East Sussex in a paid or voluntary capacity.

### Training courses 2011/12

- Drug and Alcohol Basic Awareness
- Alcohol: Identification and Brief Advice
- What Drugs Really Look Like
- Performance and Image Enhancing Drugs
- Bespoke courses

### Cancellation Policy

Training courses are provided free of charge, but please be aware that there is a cost to us of running these courses and that your commitment to attend is important. Once a place is booked, if you do not attend we will unfortunately have to charge a cancellation fee of £50 unless you inform us:

- At least 5 working days before the date of the course
- or
- Arrange for a colleague to attend in your place and inform us prior to the training day

All application forms for training must be countersigned by your manager.

## In-house training

With over 20 years experience of delivering substance misuse training we are available to provide tailor-made training courses on any aspect of substance misuse. Training is delivered free of charge, all you need to do is provide the venue and refreshments and a minimum of 10, maximum of 18 participants.

### Possible training topics:

- Substance misuse case studies
- Cannabis and new trends in psychoactive drugs
- Domestic abuse and substance misuse
- Substance misuse and hard to reach groups
- Blood borne viruses and working with vulnerable populations
- Self esteem for service users

### Quotes from previous course participants:

*“Excellent – extremely well presented, Interesting and informative, but relaxed and friendly.”*

*“Improved my ability to recognise problems and refer on as appropriate.”*

*“Good mix of group work and lecture.”*

### To discuss the training needs of your organisation contact:

Nick Casey  
Health Promotion Specialist  
01323 418993  
[nick.casey@esht.nhs.uk](mailto:nick.casey@esht.nhs.uk)

Janice Britz  
Project Support Officer  
01323 418996  
[Janice.britz@esht.nhs.uk](mailto:Janice.britz@esht.nhs.uk)

# Drug and Alcohol Basic Awareness

This is an excellent introduction to the field of adult substance misuse, its related problems and interventions. The content of the course is regularly revised in response to current issues. It gives the essential knowledge for anyone who comes into contact with problematic drug or alcohol users in their work.

The course is suitable for those working in primary, community and acute healthcare, housing, social care, mental health, police and criminal justice, further education and voluntary organisations and for anyone new to the substance misuse sector.

Previously delivered over two days, this one day course can be complimented by attending a further substance misuse case study training day.

## Learning outcomes

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

- Understand the reasons for substance use and the range of problems it can cause
- Describe the health risks of commonly used substances
- Identify and respond more effectively to substance misuse in your work
- Be aware of the range of specialist agencies and services

**This course supports the following Drug and Alcohol National Occupational Standards:**

**AA1** Recognise indications of substance misuse and refer individuals to specialist services

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

**HSC33** Develop your own knowledge and practice

**AD1** Raise awareness about substances, their use and effects

**AF1** Carry out screening and referral assessment

## Dates and venues

Wednesday 18 May 2011  
9.30am–4.30pm  
Eastbourne

Tuesday 24 May 2011  
9.30am–4.30pm  
Hastings

Thursday 9 June 2011  
9.30am–4.30pm  
Hastings

Thursday 16 June 2011  
9.30am–4.30pm  
Eastbourne

Wednesday 14 September 2011  
9.30am–4.30pm  
Eastbourne

Wednesday 28 September 2011  
9.30am–4.30pm  
Hastings

Wednesday 5 October 2011  
9.30am–4.30pm  
Hastings

Wednesday 12 October 2011  
9.30am–4.30pm  
Eastbourne

Thursday 20 October 2011  
9.30am–4.30pm  
Hastings

Tues 8 November 2011  
9.30am–4.30pm  
Eastbourne

Thursday 8 December 2011  
9.30am–4.30pm  
Eastbourne

Wednesday 8 February 2012  
9.30am–4.30pm  
Hastings

Wednesday 14 March 2012  
9.30am–4.30pm  
Eastbourne

*Details of venues on application  
Lunch is provided for whole day courses*

## Alcohol: Identification and Brief Advice

Brief advice – as short as five minutes – delivered in a variety of settings, has been shown to be effective in reducing alcohol consumption among high-risk, non-dependent drinkers.

This course aims to equip professionals with the knowledge and skills to use screening tools to identify individuals who are drinking at risky levels, and then to deliver an effective brief advice intervention.

The course is suitable for all staff working in primary, community and acute healthcare, housing, social care, mental health, police and criminal justice, further education and voluntary organisations. 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 the following Drug and Alcohol National Occupational Standards:**

**AA1** Recognise indications of substance misuse and refer individuals to specialist services

**AD1** Raise awareness about substances, their uses and effects

**AF1** Carry out screening and referral assessment

**AH10** Carry out brief interventions with alcohol users



### Dates and venues

Wednesday 25 May 2011  
10am-4pm  
Eastbourne

Tuesday 14 June 2011  
10am-4pm  
Eastbourne

Wednesday 22 June 2011  
10am-4pm  
Hastings

Tuesday 5 July 2011  
10am-4pm  
Bexhill

Wednesday 14 September 2011  
10am-4pm  
Hastings

Wednesday 12 October 2011  
10am-4pm  
Bexhill

Wednesday 19 October 2011  
10am-4pm  
Eastbourne

*Details of venues on application  
Lunch is not provided on this course*

## 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 and social care, mental health, police and criminal justice and primary and community healthcare.

### 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 use in East Sussex

**This course supports the following Drug and Alcohol National Occupation Standards :**

**AA1** Recognise indications of substance misuse and refer individuals to specialist services

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

**AD1** Raise awareness about substances, their use and effects



### Dates and venues

Thursday 12 May 2011  
9.30am-12.30pm  
Eastbourne

Thursday 22 September 2011  
9.30am-12.30pm  
Hastings

Wednesday 16 November 2011  
9.30am-12.30pm  
Eastbourne

Tuesday 13 December 2011  
9.30am-12.30pm  
Hastings

Wednesday 25 January 2012  
9.30am-12.30pm  
Hastings

*Details of venues on application*

## Performance and Image Enhancing Drugs

This new one day course has been developed in response to an increasing number of people using performance and image enhancing drugs and the health concerns arising from this.

The course is suitable for those who might come across performance and image enhancing drugs in primary and community healthcare, teachers from sports science, trainers at gyms, youth development service, police and criminal justice workers.

### Learning outcomes

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

- Be familiar with common PIEDs and how they work
- Understand injecting processes and risks
- Understand general risks and harm reduction strategies

### Course includes

- Key PIEDs: what they are and how they work
- Chemistry and physiology
- Understanding stacking
- Methods of use – intra-muscular injection
- Healthcare risks



### Dates and venues

Tuesday 20 September 2011  
9.30am-4.30pm  
Eastbourne

Wednesday 23 November 2011  
9.30am-4.30pm  
Bexhill

Tuesday 6 December 2011  
9.30am-4.30pm  
Eastbourne

Thursday 19 January 2012  
9.30am-4.30pm  
Hastings

*Details of venues on application  
Lunch is provided for whole day courses*

# Substance Misuse Intervention Strategies

## University of Brighton Foundation degree (FdSc)

This unique and innovative foundation degree has been developed by Brighton University in association with Drug and Alcohol Action Teams to prepare students for work in the substance misuse sector.

You will be introduced to the broad range of interdisciplinary theory underpinning the substance misuse field. Placements with substance misuse service providers from across the south east region will enable you to develop the core skills necessary to work within this challenging and rewarding sector.

This degree has been developed for those working in the sector without formal educational/qualifications in the field. It is also suitable for those with little or no experience of substance misuse intervention who wish to complete a qualification that will provide all the knowledge and skills necessary to start a career in the field. The course is also suitable for service users attached to self-help organisations and for those working in a voluntary capacity.



## Course Structure

This is a two-year, full-time course. You will be required to attend university one day a week (twice in the first semester) for lectures, seminars and skills workshops. Work placements begin in the second semester of the course. In total you will complete three placements, each of 10-12 weeks in length.

### For more information contact:

Kathryn O'Malley  
University of Brighton  
School of Applied Social Science  
01273 644516  
[k.h.o'malley@brighton.ac.uk](mailto:k.h.o'malley@brighton.ac.uk)  
[www.brighton.ac.uk/sass](http://www.brighton.ac.uk/sass)

*Please note that application to this course is through the University of Brighton*

## East Sussex Substance Misuse Training Courses Application Form

<b>Course Title:</b>	
<b>Course date and time:</b>	<b>Course location:</b>
<b>First Name:</b>	<b>Surname:</b>
<b>Job title:</b>	<b>Employing Organisation:</b>
<b>Email:</b>	<b>Phone:</b> <b>Mobile:</b>
<b>Workplace Address:</b>	
<b>Please indicate any special requirements (dietary, mobility, sight etc):</b>	
<p><b>To be completed by your line manager:</b></p> <p>I confirm that I have discussed this course with the participant and that it forms part of their personal development plan.</p> <p>I am aware that there is a cancellation fee of £50 for non-attendance unless we inform you:</p> <ul style="list-style-type: none"> <li>• At least 5 working days before the training day</li> <li style="padding-left: 20px;"><i>or</i></li> <li>• Arrange for a colleague to attend in their place and inform you prior to the training day</li> </ul>	
<b>Signed:</b>	<b>Date</b>
<b>Name:</b>	<b>Job Title:</b>
<b>Email:</b>	<b>Phone:</b>
<p><b>Please return to:</b></p> <p>By post to Substance Misuse Training, East Sussex Healthcare Trust, Health Development, Centenary House, Eastbourne BN21 3WY or by email to <a href="mailto:Janice.britz@nhs.net">Janice.britz@nhs.net</a> (if returning this form by email, please ensure it is sent from your manager's email account)</p>	
<p><b>For further information:</b></p> <p>Janice Britz, Project Support Officer, Substance Misuse Team <a href="mailto:Janice.britz@nhs.net">Janice.britz@nhs.net</a> 01323 418996</p>	



Produced by East Sussex Healthcare NHS Trust - Health and Wellbeing Service  
April 2011/Janice Britz  
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