North Wales Substance use

Workforce Development Programme

Prospectus 2024 - 2025

adferiad.org

Adferiad

The North Wales Substance Misuse Workforce Development programme offers a variety of free courses delivered by the Adferiad Learning and Development Team. These courses cater to individuals across the six North Wales counties and focus on addressing substance use and mental health issues. Adferiad, with its expertise in these areas, aims to deliver outstanding services to individuals with substance use problems, mental health problems, and complex needs in Wales.

The Workforce Development Program, is funded by the North Wales Substance Misuse Area Planning Board and Partners.

Key features of the courses include:

1. Qualified Trainers: Courses are delivered by qualified trainers who are also practitioners with firsthand knowledge of the topics they cover. This ensures that participants receive training from experts with up-to-date knowledge and practical experience in the field.

2. Relaxed Environment: Training sessions are conducted in a relaxed environment where participants feel comfortable asking questions and engaging in discussions. This approach fosters an atmosphere conducive to learning and skill development.

3. Up-to-Date Content: The courses are designed to provide participants with the most current knowledge and skills relevant to their roles. This ensures that individuals are equipped with the latest information, advice, and support strategies to address the needs of those they serve.

4. Enhanced Support Delivery: By equipping participants with relevant knowledge and skills, the program aims to enhance the quality of information, advice, and support provided to individuals with substance use and mental health issues. This, in turn, contributes to better outcomes for those accessing support services.

The prospectus outlines details of upcoming courses and provides information on how to enrol. For further inquiries or additional information, interested parties can reach out to the Adferiad team at training@adferiad.org

Courses

- Introduction to Substance Use (3 hour course)

- Introduction to Substance Use - Children and Young People (3 hour course)

- Substance Use and De-escalation (3 hour course)

- 2 day Accredited Substance Use Awareness

- 2 day Accredited Minimising Substance Use

- 2 day Accredited Co-occurring and Multiple Needs

- 2 day Accredited Mental Health and Substance Use First Aid

- 2 day Non- Accredited Mental Health and Substance Use First Aid

- Alcohol Brief Interventions – Children and Young People

- Alcohol Related Brain Damage (ARBD)

- Drugs and Trends

- Benzodiazepines

- Ketamine

- Crack Cocaine

- Opioids and Treatment

- Image and Performance Enhancing Drugs (IPEDS)

- Cannabis

- Inhalants - Children and Young People

- Vaping - Children and Young People

- Adverse Childhood Experiences (ACEs)

- Co-occurring and Multiple Needs - Children and Young People

- Co-occurring and Multiple Needs

- Motivational Interviewing

- Personality Disorder

- Self-Neglect

- Suicide Awareness

- Self-Injury Awareness

- Partnership Working

- Alcohol in the Workplace/Alcohol and Brief Interventions in the Workplace

- Resilience Skills

Introduction to Substance Use

This half day introductory session is tailored specifically for non-substance use professionals who may work with individuals who have substance use issues or are at risk of using substances.

Learning Objectives:

On completion of this course, participants will have:

- An awareness of substance use/risk of substance use
- Awareness of vulnerability to substance use
- Awareness of basic harm reduction approaches
- Knowledge of signposting
- Basic tools for effective early intervention
- An increased confidence in dealing with a substance use incident

Please follow Microsoft Teams Links provided next to each date to book your space.

Please note Microsoft Teams event registration follows American date system (Month/Day/Year) so it will look different from dates below

Date	Time	Booking Link
16/04/2024	09:30 – 12:30	Microsoft Teams Booking
08/05/2024	09:30 – 12:30	Microsoft Teams Booking
20/05/2024	09:30 – 12:30	Microsoft Teams Booking
29/05/2024	09:30 – 12:30	Microsoft Teams Booking
05/06/2024	09:30 – 12:30	Microsoft Teams Booking
14/06/2024	09:30 – 12:30	Microsoft Teams Booking
26/06/2024	09:30 – 12:30	Microsoft Teams Booking
02/09/2024	09:30 – 12:30	Microsoft Teams Booking
12/09/2024	09:30 – 12:30	Microsoft Teams Booking
23/09/2024	09:30 – 12:30	Microsoft Teams Booking
02/10/2024	09:30 – 12:30	Microsoft Teams Booking
14/10/2024	09:30 – 12:30	Microsoft Teams Booking
23/10/2024	09:30 – 12:30	Microsoft Teams Booking
11/11/2024	09:30 – 12:30	Microsoft Teams Booking
20/11/2024	09:30 – 12:30	Microsoft Teams Booking
02/12/2024	09:30 – 12:30	Microsoft Teams Booking
12/12/2024	09:30 – 12:30	Microsoft Teams Booking
06/01/2025	09:30 – 12:30	Microsoft Teams Booking
15/01/2025	09:30 – 12:30	Microsoft Teams Booking
05/02/2025	09:30 – 12:30	Microsoft Teams Booking

Introduction to Substance Use – Young People

This three-hour online interactive introductory session is tailored specifically for non-substance use professionals who may work with young people who have substance use issues or are at risk of using substances.

Learning Objectives:

On completion of this course, participants will have:

- An awareness of substance use among young people
- The ability to identify some key substances young people use and their risks
- An understanding of the vulnerabilities to substance use
- A basic knowledge of harm reduction approaches
- Knowledge of organisations who can support young people in North Wales

Please follow Microsoft Teams Links provided next to each date to book your space.

Please note Microsoft Teams event registration follows American date system (Month/Day/Year) so it will look different from dates below

Date	Time	Booking Link
05/04/2024	09:30 – 12:30	Microsoft Teams Booking
26/04/2024	09:30 – 12:30	Microsoft Teams Booking
30/04/2024	09:30 – 12:30	Microsoft Teams Booking
13/05/2024	09:30 – 12:30	Microsoft Teams Booking
22/05/2024	09:30 – 12:30	Microsoft Teams Booking
10/06/2024	09:30 – 12:30	Microsoft Teams Booking
20/06/2024	09:30 – 12:30	Microsoft Teams Booking
02/07/2024	09:30 – 12:30	Microsoft Teams Booking
10/07/2024	09:30 – 12:30	Microsoft Teams Booking
23/07/2024	09:30 – 12:30	Microsoft Teams Booking
12/08/2024	09:30 – 12:30	Microsoft Teams Booking
04/09/2024	09:30 – 12:30	Microsoft Teams Booking
16/09/2024	09:30 – 12:30	Microsoft Teams Booking
25/09/2024	09:30 – 12:30	Microsoft Teams Booking
16/10/2024	09:30 – 12:30	Microsoft Teams Booking
04/11/2024	09:30 – 12:30	Microsoft Teams Booking
13/11/2024	09:30 – 12:30	Microsoft Teams Booking
26/11/2024	09:30 – 12:30	Microsoft Teams Booking
04/12/2024	09:30 – 12:30	Microsoft Teams Booking
16/12/2024	09:30 – 12:30	Microsoft Teams Booking
08/01/2025	09:30 – 12:30	Microsoft Teams Booking
20/01/2025	09:30 – 12:30	Microsoft Teams Booking

Substance Use and De-escalation

This three-hour interactive course will increase awareness of substance use and signs of use and provide useful skills to de-escalate situations.

Learning Objectives:

On completion of this course participants will have increased awareness on:

- Identifying substance use and signs of use
- Effects of substances and impact of use
- The difference between de-escalation and escalation
- Using de-escalation skills

Date	Time	Booking Link
22/04/2024	09:30 – 12:30	Microsoft Teams Booking
02/05/2024	09:30 – 12:30	Microsoft Teams Booking
15/05/2024	09:30 – 12:30	Microsoft Teams Booking
30/05/2024	09:30 – 12:30	Microsoft Teams Booking
03/06/2024	09:30 – 12:30	Microsoft Teams Booking
12/06/2024	09:30 – 12:30	Microsoft Teams Booking
24/06/2024	09:30 – 12:30	Microsoft Teams Booking
04/07/2024	09:30 – 12:30	Microsoft Teams Booking
15/07/2024	09:30 – 12:30	Microsoft Teams Booking
25/07/2024	09:30 – 12:30	Microsoft Teams Booking
30/07/2024	09:30 – 12:30	Microsoft Teams Booking
18/09/2024	09:30 – 12:30	Microsoft Teams Booking
30/09/2024	09:30 – 12:30	Microsoft Teams Booking
09/10/2024	09:30 – 12:30	Microsoft Teams Booking
21/10/2024	09:30 – 12:30	Microsoft Teams Booking
06/11/2024	09:30 – 12:30	Microsoft Teams Booking
28/11/2024	09:30 – 12:30	Microsoft Teams Booking
10/12/2024	09:30 – 12:30	Microsoft Teams Booking
18/12/2024	09:30 – 12:30	Microsoft Teams Booking
13/01/2025	09:30 – 12:30	Microsoft Teams Booking
22/01/2025	09:30 – 12:30	Microsoft Teams Booking

2-day course Accredited - Substance Use Awareness

This course will increase awareness of the fundamental principles associated with the recognition and management of drug and alcohol use for those who work within the substance use sector across the six counties of North Wales, including workers that are peripherally or indirectly involved, such as teachers, police force and housing workers.

Learning Objectives:

.

On completion of this course, participants will have a knowledge of:

- UK Drug and Alcohol Laws
- The physical and psychological impacts of drugs and alcohol and use
- Risks of polydrug use
- Harm reduction approaches and tools
- Treatment options available to people who use drugs and alcohol
- Appropriate support agencies available for people who use drugs and alcohol in North Wales
- How to offer choices and empower people who use drugs and alcohol.

Please follow Microsoft Teams Links provided next to each date to book your space.

Date DAY 1	Date DAY 2	Time	Booking link
23/04/2024	30/04/2024	09:30 – 16:30	Microsoft Teams Booking
07/05/2024	08/05/2024	09:30 – 16:30	Microsoft Teams Booking
17/06/2024	24/06/2024	09:30 – 16:30	Microsoft Teams Booking
04/07/2024	05/07/2024	09:30 – 16:30	Microsoft Teams Booking
08/08/2024	15/08/2024	09:30 – 16:30	Microsoft Teams Booking
27/08/2024	28/08/2024	09:30 – 16:30	Microsoft Teams Booking
08/10/2024	09/10/2024	09:30 – 16:30	Microsoft Teams Booking
28/10/2024	04/11/2024	09:30 – 16:30	Microsoft Teams Booking
04/12/2024	05/12/2024	09:30 – 16:30	Microsoft Teams Booking
10/01/2025	17/01/2024	09:30 – 16:30	Microsoft Teams Booking
11/02/2025	18/02/2025	09:30 – 16:30	Microsoft Teams Booking
20/03/2025	27/03/2025	09:30 – 16:30	Microsoft Teams Booking

2-day course Accredited - How to Minimise Substance Use

This 2-day accredited course gives learners the skills to support substance users to minimise substance use and acquire strategies to maintain healthy behaviour change.

Learning Objectives:

On completion of this course, participants will:

- Understand the Cycle of Change and recognise their own position on the cycle
- Understand the difference between lapses and relapses and learn some strategies to manage these
- Identify and recognise early warning signs of lapse and relapses
- Become aware of techniques to reduce anxiety and improve assertiveness as well as problem solving strategies
- Be able to develop person centered relapse prevention plans

Please follow Microsoft Teams Links provided next to each date to book your space.

Date DAY 1	Date DAY 2	Time	Booking Link
09/04/2024	16/04/2024	09:30 – 16:30	Microsoft Teams Booking
14/05/2024	21/05/2024	09:30 – 16:30	Microsoft Teams Booking
16/07/2024	23/07/2024	09:30 – 16:30	Microsoft Teams Booking
09/09/2024	10/09/2024	09:30 – 16:30	Microsoft Teams Booking
17/10/2024	24/10/2024	09:30 – 16:30	Microsoft Teams Booking
20/11/2024	27/11/2024	09:30 – 16:30	Microsoft Teams Booking
09/12/2024	16/12/2024	09:30 – 16:30	Microsoft Teams Booking
22/01/2025	23/01/2025	09:30 – 16:30	Microsoft Teams Booking
05/03/2025	12/03/2025	09:30 – 16:30	Microsoft Teams Booking
24/03/2025	25/03/2025	09:30 – 16:30	Microsoft Teams Booking

2-day course Accredited – Co-occurring and Multiple Needs

The aim of this course is to define what is meant by co-occurring mental health and substance use. The course also examines the primary and secondary care pathways for individuals affected.

Learning Objectives:

On completion of this course, participants will:

- Understand co-occurring mental health and substance misuse.
- Understand the reasons and impact for substance misuse by individuals with co-occurring disorders.
- Understand what is meant by the term care pathway and its application.
- Understand the support available to individuals experiencing co-occurring disorders.

Please follow Microsoft Teams Links provided next to each date to book your space.

Day 1	Day 2	Time	Booking link
03/06/2024	04/06/2024	09:30 – 16:30	Microsoft Teams Booking
24/09/2024	01/10/2024	09:30 – 16:30	Microsoft Teams Booking
12/11/2024	19/11/2024	09:30 – 16:30	Microsoft Teams Booking
03/02/2025	04/02/2025	09:30 – 16:30	Microsoft Teams Booking

2-day course Accredited – Mental Health and Substance Use First Aid

This course content will be the same as the non-accredited course, however, will be accredited and will involve providing written understanding of topics covered in the form of a workbook.

Learning Objectives:

On completion of this course the participants will be able to:

- Understand the role of a mental health and substance use first aider.
- Be aware of the relationships between mental illness and substance use.
- Recognise the signs and symptoms of a variety of mental illnesses.
- Recognise when someone is struggling with mental health or substance use issues
- Putting mental health and substance use first aid into action.
- Be aware of options for mental health and substance use self-help and options for professional help when needed.

Please follow Microsoft Teams Links provided next to each date to book your space.

Day 1	Day 2	Time	Booking Link
19/02/2025	20/02/2025	09:30 – 16:30	Microsoft Teams Booking

2-day course Non Accredited- Mental Health and Substance Use First Aid

This 2 day course aims to give learners the skills, techniques and knowledge that first aiders will need to understand and carry out their role.

Learning Objectives:

On completion of this course the participants will be able to:

- Understand the role of a mental health and substance use first aider.
- Be aware of the relationships between mental illness and substance use.
- Recognise the signs and symptoms of a variety of mental illnesses.
- Recognise when someone is struggling with mental health or substance use issues
- Putting mental health and substance use first aid into action.
- Be aware of options for mental health and substance use self-help and options for professional help when needed.

Please follow Microsoft Teams Links provided next to each date to book your space.

Day 1	Day 2	Time	Booking Link
10/07/2024	17/07/2024	09:30 – 16:30	Microsoft Teams Booking

Alcohol Brief Interventions - Children and Young People

This half day session gives an overview of how to use Alcohol Brief Interventions (ABI) with children and young people (11 to 24 years of age).

Learning Objectives:

On completion of this course, participants will have:

- An understanding of how children and young people use alcohol
- An understanding of how to adapt communication styles to meet the support needs of specific ages groups (<18s and 18 to 24-year-olds)
- An understanding of the benefits of brief interventions for alcohol use
- Some alcohol brief interventions and confidence to apply them

Please follow Microsoft Teams Links provided next to each date to book your space.

Date	Time	Booking Link
17/12/2024	09:30 – 12:30	Microsoft Teams Booking
30/01/2025	09:30 – 12:30	Microsoft Teams Booking

Alcohol Related Brain Damage (ARBD)

This half day course introduces participants to Alcohol Related Brain Damage, provides an understanding of how different forms of ARBD affect individuals and how to reduce the harms for someone who uses alcohol and presents with some indicators of ARBD.

Learning Objectives:

On completion of this course, participants will:

- Recognise some of the signs and symptoms of ARBD
- Identify some of the barriers that people who may have ARBD face
- Understand how ARBD can affect an individual's capacity
- Develop some harm reduction techniques to support individuals who may experience ARBD

Please follow Microsoft Teams Links provided next to each date to book your space.

Date	Time	Booking Link
16/05/2024	09:30 – 12:30	Microsoft Teams Booking
07/08/2024	09:30 – 12:30	Microsoft Teams Booking
28/11/2024	09:30 – 12:30	Microsoft Teams Booking

Drugs and Trends

This course looks at the common drugs used in North Wales and the existing and emerging trends. The course also takes a general look at the UK as a whole and discusses factors that may be impacting the increase of drug use.

Learning Objectives:

On completion of this course, participants will have an increased understanding of:

- Common drugs used in North Wales
- New and emerging trends and drug use changes
- Factors contributing to the increase in drug use
- Harm reduction tools
- Explore and support service available across North Wales.

Please follow Microsoft Teams Links provided next to each date to book your space.

Date	Time	Booking link
01/05/2024	09:30 – 16:00	Microsoft Teams Booking
24/07/2024	09:30 – 16:00	Microsoft Teams Booking
03/12/2024	09:30 – 16:00	Microsoft Teams Booking

Benzodiazepines

This half day course introduces participants to Benzodiazepine family of drugs outlining some of the risks associated with this type of substance use and interventions to reduce harm.

Learning Objectives:

By attending this session, participants will have an increased understanding of:

- What Benzodiazepines are
- Prescribed and 'street' benzodiazepines
- The signs and symptoms benzodiazepine use
- Long- and short-term effects of benzodiazepine use
- Benzodiazepine dependency and withdrawal
- The risks of concurrent use of benzodiazepines and other substances
- Appropriate harm reduction advice

Please follow Microsoft Teams Links provided next to each date to book your space.

Date	Time	Booking link
13/06/2024	09:30 – 12:30	Microsoft Teams Booking
05/09/2024	09:30 – 12:30	Microsoft Teams Booking

Ketamine

This half day course introduces participants to Ketamine use, outlining some of the risks associated with use of dissociative substances and interventions to minimize harm.

Learning Objectives:

By attending this session, participants will have an increased understanding of:

- What ketamine is
- How ketamine is used and by whom
- The signs and symptoms of ketamine use.
- Long- and short-term impact of ketamine use, including Ketamine Bladder Syndrome.
- Risks of ketamine and concurrent use of other substances
- Appropriate harm reduction advice

Please follow Microsoft Teams Links provided next to each date to book your space.

Date	Time	Booking link
27/06/2024	09:30 – 12:30	Microsoft Teams Booking
03/09/2024	09:30 – 12:30	Microsoft Teams Booking
12/12/2024	09:30 – 12:30	Microsoft Teams Booking
06/03/2025	09:30 – 12:30	Microsoft Teams Booking

Crack Cocaine

This three-hour interactive course introduces participants to Crack-cocaine, recognising its effects, risks of mixing with other substances and to give on overview of treatment options and interventions to minimising harms.

Learning Objectives:

- What is Crack/Cocaine
- The long- and short-term effects of Crack/Cocaine
- Crack/Cocaine and physical and mental health
- Treatment options
- Risks of taking Crack/Cocaine with other substances
- Harm reduction measures

Please follow Microsoft Teams Links provided next to each date to book your space.

Date	Time	Booking link
01/07/2024	09:30 – 12:30	[Microsoft Teams Booking](#)
15/10/2024	09:30 – 12:30	[Microsoft Teams Booking](#)
16/01/2025	09:30 – 12:30	[Microsoft Teams Booking](#)

Opioids and Their Treatment

This three-hour interactive course introduces participants to Opioids, recognising their effects, risks of mixing with other substances and to give on overview of treatment options and interventions to minimise harms.

Learning Objectives:

- What are opioids?
- Opioids and the brain. The long and short term impact of opioids
- Routes to opioid use and opioid administration
- Risks of opioid use
- The different treatment options for problematic opioid treatment
- Harm minimisation strategies and interventions

Please follow Microsoft Teams Links provided next to each date to book your space.

Date	Time	Booking link
22/10/2024	9:30-16:00	[Microsoft Teams Booking](#)
06/02/2025	9:30-16:00	[Microsoft Teams Booking](#)

Image and Performance Enhancing Drugs (IPEDS)

By attending this full day course you will gain an overview of anabolic steroids and other relevant performance enhancing drugs.

Learning Objectives:

• Demonstrate an understanding of what anabolic/androgenic

steroids and other image and performance enhancing drugs are.

• Demonstrate the ability to provide safer injecting advice to

people who use steroids.

• Identify key issues around working with this client group.

• Demonstrate an understanding of the main effects and side

effects.

Please follow Microsoft Teams Links provided next to each date to book your space.

Date	Time	Booking link
12/09/24	9:30-16:00	Microsoft Teams Booking

Cannabis

This half day course looks at cannabis use in adults and young people.

Learning Objectives:

By attending this session, participants will have an increased understanding of:

- What cannabis is and the active ingredients in the cannabis plant
- How cannabis is used and by whom
- The signs and symptoms of cannabis use
- The short- and long-term impact of cannabis use on mental health
- Appropriate harm reduction advice

Please follow Microsoft Teams Links provided next to each date to book your space.

Date	Time	Booking link
11/06/2024	09:30 – 12:30	Microsoft Teams Booking
30/10/2024	09:30 – 12:30	Microsoft Teams Booking
07/01/2025	09:30 – 12:30	Microsoft Teams Booking

<u>Inhalants - Children and Young People</u>

This half day course looks at inhalant use and concentrates on young people.

<u>Learning Objectives:</u>

On completion of this course, participants will have a greater understanding of:

- What inhalants are including solvents and Nitrous Oxide
- Common inhalants used by children and young people
- The signs and symptoms of inhalant use
- The risks associated with inhalant use
- How to discuss inhalant use with children and young people
- Appropriate harm reduction advice
- Organisations who can support children and young people who use inhalants

Please follow Microsoft Teams Links provided next to each date to book your space.

Date	Time	Booking Link
25/04/2024	09:30 – 12:30	[Microsoft Teams Booking](#)

<u>Vaping - Children and Young People</u>

This half day course is for anyone who has contact with young people in a personal or professional capacity. The session looks at electronic cigarettes and cigarette smoking trends among young people.

<u>Learning Objectives:</u>

On completion of this course, participants will have a greater understanding of:

- Types of e-cigarettes
- What's in a vape and how vaping affects physical health
- Nicotine dependence and withdrawal
- How to talk to children and young people about vaping
- How to dispel myths about vaping
- How to reduce harms associated with vaping
- How to develop child/young person centred peer pressure response plans

Please follow Microsoft Teams Links provided next to each date to book your space.

Date	Time	Booking Link
13/08/2024	09.30 – 12.30	Microsoft Teams Booking
26/11/2024	09.30 – 12.30	Microsoft Teams Booking
13/02/2025	09:30 – 12:30	Microsoft Teams Booking

Adverse Childhood Experiences (ACEs)

This half day course introduces participants to Adverse Childhood Experiences (ACEs) and their impact on childhood brain development and adult mental health.

Learning Objectives:

On completion of this course, participants will:

- Understand what Adverse Childhood Experiences (ACEs) are
- Understand the impact of ACEs on a child's development
- Have an awareness of toxic stress and its impacts
- Be able to identify the importance of protective factors
- Explore the 7 Cs of Resilience
- Explore the TrACE toolkit

Please follow Microsoft Teams Links provided next to each date to book your space.

Date	Time	Booking Link
17/04/2024	09:30 – 13:30	Microsoft Teams Booking
06/06/2024	09:30 – 13:30	Microsoft Teams Booking
21/08/2024	09:30 – 13:30	Microsoft Teams Booking
03/10/2024	09:30 – 13:30	Microsoft Teams Booking
21/11/2024	09:30 – 13:30	Microsoft Teams Booking
14/01/2025	09:30 – 13:30	Microsoft Teams Booking
18/03/2025	09:30 – 13:30	Microsoft Teams Booking

Co-Occurring and Multiple Needs - Children and Young People

The aim of this training is to provide participants with an insight and understanding of the complex relationship between mental health and drug and alcohol use in young people. The course will provide practical advice on how to approach and discuss this sensitive topic in a way that children and young people can relate to.

Learning Objectives:

On completion of this course, participants will:

- Understand what is meant by co-occurring and multiple Needs
- Examine the effects that substance use can have on children and young people's development.
- Explore the relationship between mental health and substance use in children and young people
- Understand how to adapt communication style to meet the needs of children and young people
- Understand the barriers faced by children and young people with co-occurring needs
- Explore what support and guidance is available for children and young people

Please follow Microsoft Teams Links provided next to each date to book your space.

Date	Time	Booking link
11/07/2024	09:30 – 16:00	Microsoft Teams Booking

Co-occurring and Multiple Needs - Adults

The aim of this training is to provide participants with an insight and understanding of the complex relationship between mental health and drug and alcohol use.

Learning Objectives:

On completion of this course, participants will:

- Understand what is meant by Co-Occurring and Multiple Needs
- Develop an awareness of the relationship between mental health and substance use
- Understand some of the effects that substance use can have on mental illness
- Understand the barriers faced by people with Co-Occurring Needs.
- Have an awareness of the substances used by people to deal with mental health issues
- Explore what support and guidance is available

Please follow Microsoft Teams Links provided next to each date to book your space.

Date	Time	Booking link
31/05/2024	09:30 – 16:00	Microsoft Teams Booking
10/10/2024	09:30 – 16:00	Microsoft Teams Booking

Motivational Interviewing

This course will introduce participants to the principles and strategies of Motivational Interviewing. Participants will be able to recognise resistance and develop skills to work with ambivalence in health-related behaviours.

Learning Objectives:

On completion of this course, participants will:

- Understand the concept of motivation
- Have the ability to relate motivation to a model of behavioural change
- Develop the skills to discuss behaviour change and understand ambivalence
- Understand how to implement appropriate interventions when working with clients who are resistant to change

Please follow Microsoft Teams Links provided next to each date to book your space.

Date	Time	Booking link
09/05/2024	09:30 – 16:00	Microsoft Teams Booking
18/07/2024	09:30 – 16:00	Microsoft Teams Booking
21/01/2025	09:30 – 16:00	Microsoft Teams Booking

Personality Disorder

This course provides an insight into personality disorders and highlights factors to consider when working with individuals who have a personality disorder diagnosis.

Learning Objectives:

On completion of this course, participants will understand:

- What a personality disorder is
- How/when does a personality become 'disordered?'
- What are the risk factors in childhood history that can contribute to personality disorder
- What are the common signs of personality disorders
- Co-occurring needs often associated with personality disorders - mental ill health, substance use, self-injury, etc.
- How a diagnosis is made and treatment options available

Please follow Microsoft Teams Links provided next to each date to book your space.

Date	Time	Booking link
09/07/2024	09:30 – 16:00	Microsoft Teams Booking
07/11/2024	09:30 – 16:00	Microsoft Teams Booking

Self-Neglect

This full day course looks in detail at self-neglect, common causes of self-neglect

Learning Objectives:

On completion of this course, participants will have a greater awareness of:

- What self-neglect is
- The difference between intentional and non-intentional self-neglect
- What causes self-neglect
- Risk and capacity assessments
- What are hoarding behaviours and the links with self-neglect
- How to respond to self-neglect and interventions to support those who self-neglect
- Signposting organisations who can support individuals who self-neglect

Please follow Microsoft Teams Links provided next to each date to book your space.

Date	Time	Booking Link
23/05/2024	09:30 – 16:00	[Microsoft Teams Booking]
25/09/2024	09:30 – 16:00	[Microsoft Teams Booking]
19/12/2024	09:30 – 16:00	[Microsoft Teams Booking]

Suicide Awareness

This half day training provides participants with an awareness of suicide and a range of approaches to understand and manage suicidal thoughts and behaviours.

Learning Objectives:

On completion of this course, participants will have:

- Definition of suicide
- Myths, statistics, and terminology surrounding suicide
- Risk factors and warning signs
- Interventions and non-judgmental listening
- Linking those with suicidal thoughts with people who can help
- An increased confidence of how to talk about suicide

Please follow Microsoft Teams Links provided next to each date to book your space.

Date	Time	Booking Link
24/04/2024	09:30 – 12:30	Microsoft Teams Booking
17/07/2024	09:30 – 12:30	Microsoft Teams Booking
10/09/2024	09:30 – 12:30	Microsoft Teams Booking
07/10/2024	09:30 – 12:30	Microsoft Teams Booking
14/11/2024	09:30 – 12:30	Microsoft Teams Booking
18/11/2024	09:30 – 12:30	Microsoft Teams Booking
09/01/2025	09:30 – 12:30	Microsoft Teams Booking
25/02/2025	09:30 – 12:30	Microsoft Teams Booking

<u>**Self-Injury Awareness**</u>

This half day training provides participants with an awareness of self-injury and a range of approaches to understand and manage self-injuring behaviours.

<u>**Learning Objectives:**</u>

On completion of this course, participants will have:

- An awareness of self-injury
- Understand the difference between self-harm and self-injury
- An understanding of how to recognise warning signs and symptoms of self-injury
- An increased confidence of how to talk about self-injury
- An increased knowledge of some distraction techniques and harm reduction measures

Please follow Microsoft Teams Links provided next to each date to book your space.

Date	Time	Booking Link
29/04/2024	09:30 – 12:30	Microsoft Teams Booking
28/01/2025	09:30 – 12:30	Microsoft Teams Booking

Partnership Working

This half day training provides participants with an awareness of how to work in partnership with multiple agencies to holistically support individuals with multiple, co-occurring needs. It gives learners the ability to understand seamless care for individuals who may need to access more than one service

Learning Objectives:

On completion of this course, participants will:

- Understand how holistic support helps people achieve better outcomes
- Become aware of the Social Services and Well-being Act Wales and the Welsh Government Framework for Treatment of People with Co-occurring Mental Health and Substance Use Problem
- How to work together to deliver continuity of care for individuals accessing services
- How to work together to reduce challenges on our limited resources whilst providing a high quality service

Please follow Microsoft Teams Links provided next to each date to book your space.

Date	Time	Booking Link
18/06/2024	09:30 – 12:30	Microsoft Teams Booking
08/07/2024	09:30 – 12:30	Microsoft Teams Booking
12/02/2025	09:30 – 12:30	Microsoft Teams Booking

Alcohol and Brief Interventions in the Workplace

This half day training provides participants with an awareness of alcohol use by workforce.

Learning objectives

- An overview of alcohol and its wanted and unwanted effects
- Alcohol in the workplace – stats around prevalence and costs
- What to do if you believe a colleague is struggling with alcohol use
- VBI tool and how it is used.
- The benefits of having a robust alcohol policy in the workplace – discussion
- Feedback

Please follow Microsoft Teams Links provided next to each date to book your space.

Date	Time	Booking Link
19/06/2024	09:30 – 12:30	Microsoft Teams Booking
26/09/2024	09:30 – 12:30	Microsoft Teams Booking
11/12/2024	09:30 – 12:30	Microsoft Teams Booking

Resilience Skills

This full day interactive course provides knowledge and understanding about an individual's resilience and strategies for improving resilience in self and others.

Learning Objectives:

Undertaking this course participants will:

- Learn about the different types of resilience
- Understand how resilience helps individuals cope with stress
- Increase awareness of cognitive and somatic coping strategies
- Help improve communication and problem-solving skills
- Increase understanding of how psychological, emotional and physical wellbeing improve resilience.

Please follow Microsoft Teams Links provided next to each date to book your space.

Date	Time	Booking Link
11/11/2024	09:30 – 16:00	Microsoft Teams Booking

Workforce Development Programme Booking Form
In collaboration with the North Wales Substance Use Workforce Development Training Group

Course Details

I wish to enrol for the following course:

which is to be held on
(please state preferred date):

at (please state venue):

Please state any special needs and/or dietary requirements (include any support materials needed):

Preferred language: □ English   □ Welsh   □ Bilingual

Delegate Details

Name (BLOCK CAPITALS):

Job Title:

Tel: Email:

NB: Confirmation of your place on the course will be sent by email. Please ensure you print this clearly to reduce any delay.

Organisation Details

Name of Company or Organisation:

Address

Post code

Tel.   Fax.

Please send this completed booking form to training@adferiad.org

ADDITIONAL NEEDS

Adferiad aims for our courses to be fully inclusive, and we can make adjustments at the request of learners. We need this information prior to the start of the course in order to plan delivery to meet your needs.

What are your experiences of substance use in your area of practice? Please include an explanation and rating of the extent of your own knowledge, where 1 = little knowledge, and 5 = expertise in the sector.
Why do you want to attend the course?
Is there a particular area of focus that would benefit your professional practice?
Do your clients have any emerging needs in relation to substance use?
What age group do you work with?
Do you require additional support to participate in this course? e.g. a paper colour other than white, materials in large print. Please specify:
Do you require materials in Welsh?

Bodloni anghenion pobl sy'n agored i niwed sy'n wynebu heriau bywyd cymhleth

Meeting the needs of vulnerable peoplefacing complex life challenges