

ALCOHOL & OTHER DRUGS TRAINING & EDUCATION CALENDAR NW REGION 2018



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NW region
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Month	Date	Training	Location	No. Places	Page
FEBRUARY	7th & 8th	Motivational Interviewing (in-service)	In service	16	7
	22nd	Motivational Interviewing (in-service)	In service	16	7
	28th	SAOR : Screening & Brief Interventions (A/F)	Donegal	16	6
MARCH	8TH	Cannabis: Recreational, Medicinal, Synthetic.	Donegal	16	12
	14th	Motivational Interviewing (in-service)	Donegal	16	7
	15th	Cannabis: Recreational, Medicinal, Synthetic.	Leitrim	16	12
	22nd	SAOR : Screening & Brief Interventions (A/F)	Donegal	16	6
	29th	Women & Substance Use	Sligo	16	11
APRIL	11TH	Cannabis: Recreational, Medicinal, Synthetic.	Sligo	16	12
	18&19	Motivational Interviewing	Sligo	16	7
	25th	SAOR: Screening & brief Interventions	Leitrim	16	6
MAY	3rd& 4th	Motivational Interviewing	Leitrim	16	7
	10TH	Emerging Drugs: New Psychoactive Substances	Donegal	16	10
	17th	Women & Substance Use	Donegal	16	11
	31st	Women & Substance Use	Sligo	16	11
JUNE	7th	Alcohol Drugs & Young People	Leitrim	16	9
	13th 14th	Motivational Interviewing	Donegal	16	7
	20th 21st	Essential Group Facilitation Skills	Sligo	16	8
	28th	Emerging Drugs: New Psychoactive Substances	Leitrim	16	10
JULY	2-6th	Teacher Training Week	TBC	16	13

Month	Date	Training	Location	No. Places	Page
SEPTEMBER	12TH	QQI LEVEL 5 COMMUNITY ADDICITONS STUDIES	DONEGAL	16	5
	13TH	QQI LEVEL 5 COMMUNITY ADDICITONS STUDIES	SLIGO	16	5
	Sept 2018	Master of Science / PG Diploma in Therapeutic Interventions in Alcohol and other Drugs.	LYIT	16	14
	18TH	SAOR 11 (in-service)	Sligo	16	6
October	12th	Alcohol, Drugs & young people	Sligo	16	9
	18th	SAOR 11 (in-service)	Leitrim	16	6
NOVEMBER	9th	Cannabis: Recreational, Medicinal, Synthetic.	Leitrim	16	12
	23rd	SAOR 11: Screening & Brief Interventions	Sligo	16	6
DECEMBER	3rd - 4th	Essential Group Facilitations Skills	Donegal	16	8

Here is the electronic link for individuals to register for training:

<https://goo.gl/forms/2nw0l46C2UdPmoku1>

Here is the electronic link for in-service training request:

<https://goo.gl/forms/BgXZeKiV2k7fllkl3>

Physical forms are also available at the end of this document.



Trainer Profile:

Christina Murray-McEleney is employed by Donegal Education & Training Board and is funded by North West Regional Drug & Alcohol Task Force (NWRDATF). She is responsible for coordinating alcohol & other drugs education and training in the North West Region. She completed her BSc Hons Degree with University of Ulster as part of that she studied addictions. Christina is an Educational Specialist in the field of alcohol & other drugs having completed her Post Graduate Specialist Diploma in Teaching, Learning & Scholarship with University of Limerick. She has been voluntarily undertaking courses herself annually for the last 18 years because she has a strong belief that there is *"always something to learn"*. Christina has lectured and guest lectured for ten years in various third level institutions namely University of Limerick, Letterkenny IT, Sligo IT & North West Regional College and Letterkenny Institute of Technology. Christina designs, develops and delivers a range of education & training in the field of alcohol & other drugs. She works in partnership with the Alcohol Forum, HSE West (Donegal) and North West Regional Drug and Alcohol Task Force on specific & various projects. Christina was pivotal in the design and delivery of the Midwives handbook & toolkit for the pilot initiative "A Prescription for a Healthy Pregnancy" in Letterkenny University Hospital 2014. She is a member of the National Addiction Training Programme (NATP), the Alcohol Forum Training & Education Sub-group, and Prevention & Education Sub-group of NWRDATF. Christina is also a trained facilitator for the national SAOR- Screening & Brief Interventions programme. Christina has written modules for and taught on a new Msc./Post graduate Diploma in Therapeutic Interventions in Alcohol and other drugs, which is accepting applications for September 2018.

Individual Booking:

Simply fill out the electronic booking form via this link:

<https://goo.gl/forms/3Foxb4LC2AJLbA482>

In-Service Training:

Tailored 'in-service' training is available for your services and organisations. Requests will be accommodated to the best of our ability, where possible. There is a requirement for a minimum number of 10 participants however this number can be reviewed in special circumstances. There is an electronic form to fill in, available via this link:

<https://goo.gl/forms/KsyNkq7ZJrPGkFh93>

QQI Level 5 in Community Addiction Studies

Course Duration:

Evenings :September to
December 2018

Fee : €300

START DATES:

Letterkenny 12th September

Sligo 13th September

Who should attend?

For those that come into contact with alcohol and other drugs as part of their work / volunteering. Counsellors, Social Workers, Teachers, Family Support Workers, Medical & Psychiatric Nurses, Employment Support Staff, Probation, Gardai and others with an interest in this field.

Location: Sligo
Letterkenny

Venue: Ard O Donnell
Radisson Blu Hotel Sligo

Number of places available: 16

Trainer: Christina Murray-McEleney

Course Description:

This programme module aims to create awareness of drug/alcohol related issues and impacts on the individual, families and local communities while developing a shared understanding of effective, evidence based community & statutory responses.

Course Content:

A comprehensive module on all aspects of alcohol & other drugs issues such as The Theory of addiction, current interventions, the media and addiction, addiction and the family, alcohol and drug use in communities.

Learning Outcomes

- Understand and explain the process of addiction
- Outline the impact of Substance Use Disorder on individuals, families & communities
- Identify key agencies and supports for individuals & families
- Critically analyse media responses
- Critically reflect on personal values and belief systems

Certification / Accreditation: QQI Level 5 Certificate Component.

IMPORTANT: Use of a computer & computer skills are essential for this course.

Here is the link to register : <https://goo.gl/forms/oULnuJHNZqL4mqi22>

SAOR: 1 & 11 Screening & Brief Interventions (SBI National Programme)

Course Duration: 1 day 10.00 am – 4.30pm

Dates:

28th February	Donegal	18th October	Leitrim
22nd March	Donegal	23rd November	Sligo
25th April	Leitrim		
18th September	Sligo		

Who should attend?

Staff who have occasion to ask people about their alcohol use. This could include workers from medical & health care, social care, family support, employment support, vocational training, criminal justice, probation, education, housing support and general health care services among others

Location: Donegal / Sligo / Leitrim

Venues: Ard O Donnell Letterkenny
Radisson Blu Hotel Sligo

Number of places available: 16

Trainer: Christina Murray-McEleney

Course Content:

Evidence for the effectiveness of SBI for Alcohol and drug-related presentations to health, social care and other settings provision of an overview of the SAOR model of intervention for problem alcohol and drug use. Establishing a supportive working relationship with an individual when asking about their alcohol use and how to screen for alcohol use. Deliver a structured brief intervention based upon the SAOR model.

Learning Outcomes

- Critically discuss problem alcohol and drug use as it impacts their current work or area of practice.
- Demonstrate an enhanced knowledge and awareness of contemporary models of screening and brief intervention for problem alcohol and drug use
- Identify problem alcohol and drug users who present to health, social care settings
- Utilise the SAOR model of Screening & Brief Intervention (SBI) in practice based scenarios
- Discuss the application of the SAOR model of screening and brief intervention for problem alcohol and drug use into their practice
- Access useful links and reference materials for further reading and research

Certification / Accreditation: A certificate of attendance will be awarded on completion of the training.

Here is the link to register : <https://goo.gl/forms/oULnuJHNZqL4mqi22>

Motivational Interviewing

Course Duration: 2 days: 10.00 am -4.00pm

DATES:

8&9th	February (in-service)	Donegal
22nd	February (in-service)	Donegal
18 &19th	April	Sligo
3 &4th	May	Leitrim
14&15th	June	Donegal

Who should attend?

For those that are involved in health behaviour change including alcohol and other drugs as part of their work / volunteering. Counsellors, Social workers, teachers, family support workers, nurses medical & psychiatric, employment support staff, probation, Gardai among others

Location: Sligo / Donegal /Leitrim

Venue: TBC

Number of places available: 16

Trainer: Christina Murray-McEleney

Course Description:

Motivational Interviewing is a psychosocial evidenced based method of intervention in health behaviour change that works on facilitating and engaging intrinsic motivation within the client in order to change behavior. MI is a goal-oriented, client-centered counseling style for eliciting behavior change by helping clients to explore and resolve ambivalence.

Course Content:

- Assess and apply appropriate intervention skills along the continuum of alcohol and other drug use.
- Provide opportunity to enhance participants' practice skills
- Explore the fundamentals of Motivational Interviewing:
 - Spirit of MI
 - OARS
 - Ability to elicit and develop change talk
 - Response to change / sustain talk

Learning Outcomes

- Gain a good understanding of motivational interviewing and how it works
- Critically reflect on personal values and belief systems
- Enhancement of MI practitioner skills

Certification / Accreditation: Certificate of attendance will be awarded on completion of the training.

Here is the link to register : <https://goo.gl/forms/oULnuJHNZqL4mqi22>

Essential Group Facilitation Skills

Course Duration: 2 days :10.00 am – 4.00pm

Dates:

20 & 21st June Sligo
3rd & 4th December Donegal

Who should attend?

This course is aimed at those working in the Community/Voluntary/ Statutory/ Alcohol / Drugs sector whom are involved in or plan to become involved in the facilitation of a range of groups.

Location: Sligo / Donegal

Venue:

Number of places available: 16

Trainer: Christina McEleney

Course Description:

Facilitation is the theory and practice combined of working with people. Facilitation enables and empowers people to carry out a task or perform an action. A group facilitator uses certain skills in a process, which allows the individuals/group reach their decision/ set their goal/learn a skill or what ever the task at hand might be. Facilitation is a developmental educational method, which encourages people to share ideas, resources, opinions and to think critically in order to identify needs and find effective ways of satisfying those needs.

Course Content:

- To evaluate, recognize and put into practice the theory & practice of group work founded on the principles and values of group facilitation
- How to organise, plan, run and facilitate and evaluate group sessions with parameters, boundaries and group agreements.
- Identify power, conflict and lack of participation in a group and how best to manage difficult situations.
- Develop an insight into ethical behaviour as a facilitator and the use of your own power in the facilitator's role.

Certification / Accreditation:

A certificate of attendance will be awarded on completion of the training.

Here is the link to register : <https://goo.gl/forms/oULnuJHNZqL4mqi22>

Alcohol Drugs and Young People : Working with young people, early intervention.

Course Duration: 1 day: 10.00 am -4.00 pm

Dates : Leitrim 7th June
Sligo 12th October

Who should attend?

For those that come into contact with young people as part of their work or voluntary activities alcohol and other drugs as part of their work / volunteering, Social workers, teachers, family support workers, nurses, employment support staff, probation, youth workers Gardai among others.

Location: Leitrim & Donegal

Venue: Carrick On Shannon TBC
Radisson Blu: Sligo

Number of places available: 16

Trainer: Christina Murray-McEleney

Course Description:

This course aims to create awareness of drug/alcohol related issues and young people. The impact of substance misuse on the young person, families and local communities.

Course Content:

A comprehensive overview on adolescence and substance misuse with skills development on early intervention.

Learning Outcomes

- Understand teenage brain development.
- Understand risk and protective factors.
- Outline the impact of Substance Use Disorder on young people, families & communities.
- Approach alcohol & drug issues from an informed perspective.
- Provide an early brief intervention for alcohol or other drug use.
- Identify key agencies and supports for young people experiencing difficulties

Certification / Accreditation:

A certificate of attendance will be awarded on completion of the training.

Here is the link to register : <https://goo.gl/forms/oULnuJHNZqL4mqi22>

EMERGING DRUGS: New Psychoactive Substances (NPS)

Course Duration: 3 hrs . 10.00 am – 1.00 p.m

Dates: 10th May Donegal
28th June Leitrim

Who should attend?

Individuals & Professionals who wish to gain knowledge on the New emerging psychoactive substances; An Garda Síochána, Drug Services, Social Work, medical staff, probation staff, prison staff, teachers, youth workers, third level health & social care students, among others.

Location: Donegal
Leitrim
Sligo

Venue: Donegal : Letterkenny
Carrick On Shannon TBC

Number of places available: 16

Trainer: Christina McEleney

Course Description: This training will provide an insight into the new and emerging types and trends in drug use as well as build on existing knowledge of psychoactive substances.

Course Content:

- Overview of new emerging psychoactive substances
- Outline main substances involved in these trends and the reasons for same
- Establish a link between trends in use and social, environmental, physical, mental and individual factors
- Assess the risks involved in these trends
- Explore the implications of these new substances

Learning Outcomes:

- Identify new emerging drugs
- Understand the range of variants of NPS
- Examine online availability
- Understand NPS in respect of current legislation

Certification / Accreditation: Certificate of attendance will be awarded on completion of the training.

Here is the link to register : <https://goo.gl/forms/oULnuJHNZqL4mqi22>

Women and Substance Use

Course Duration: 3 hrs: 10.00 am – 1.00pm

Dates: Donegal 17th May
Sligo 31st May

Who should attend?

Community, voluntary, health, social and criminal justice settings such as: Health clinics and community-based health services, Community and voluntary services, Mental health services, Educational, criminal justice and other community-based initiatives, Youth and sports organisations; Later Life services.

Location: Donegal / Sligo

Venues:

Number of places available: 16

Trainer: Christina Murray-McEleney

Course Description:

There are gender-related issues when it comes to women's problem substance use concerning unique biological factors as well as differences in social and environmental factors all of which can influence the motivations for alcohol or other drug use. Seeking treatment may be more complex for women, which may result in waiting longer to access treatment. Research has shown that physical and sexual trauma followed by post-traumatic stress disorder (PTSD) may be more common in drug-abusing women than in men seeking treatment.

Course Content:

- Alcohol Consumption and the female body.
- Impact of alcohol and other drug use in pregnancy.
- Issues relating to women's alcohol & other drug use and it's impact on accessing treatment earlier.
- Women as influencers

Learning Outcomes

- Explore and understand the complex set of issues involved with women and alcohol and / or other drug use
- Understand the implications of alcohol or other drug consumption during pregnancy
- Gain knowledge on the complex set of issues face when seeking treatment for substance use disorder
- Demonstrate how woman as influencers can inform the younger generation of risk

Certification / Accreditation: A certificate of attendance will be awarded on completion of the training.

Here is the link to register : <https://goo.gl/forms/oULnuJHNZqL4mqi22>

CANNABIS: RECREATIONAL / SYNTHETIC / MEDICINAL

Course Duration: 3 HRS 10.00 am – 1.00pm

Dates: Donegal 8th March
Leitrim 15th March
Sligo 11th April
Sligo 9th November

Who should attend?

Individuals & Professionals who wish to gain knowledge on the different types of cannabis; An Garda Síochána, Drug Services, Social Work, medical staff, probation staff, prison staff, teachers, youth workers, third level health & social care students, among others.

Location: Donegal, Sligo, Leitrim

Venue: TBC

Number of places available: 16

Trainer: Christina McEleney

Course Description: This training will enhance and advance participants knowledge base on the current types of cannabis. It will help clarify the misunderstanding around medicinal cannabis, recreational & synthetic cannabis.

Course Content:

- Understand the difference between recreational, synthetic and medicinal cannabis
- Explore the effects of cannabis
- Explore the risks associated with the use of synthetic cannabis
- Understand the associated mental health risks
- Clarify the current legislative situation of cannabis / medicinal cannabis

Learning Outcomes:

- Distinguish the difference between recreational, synthetic and medicinal cannabis
- Understand the possible risks associated with recreational & synthetic cannabis

Certification / Accreditation: Certificate of attendance will be awarded on completion of the training.

Here is the link to register : <https://goo.gl/forms/oULnuJHNZqL4mqi22>

Alcohol & other Drugs :

Responding to Teachers needs in today's society

Course Duration: 20 hrs 10.00 am 2.00 pm each day for five days

Dates: 2nd -6th July
20th-24th August

Who should attend?

Principals ,Teachers, SPHE Teachers, Guidance Counsellors, Teachers in training.

Location: Donegal , Sligo, Monaghan.

Venue: TBC

Number of places available: 16

Trainer: Christina McEleney , Moira Mills
Mary Hough.

This course aims to :

Up skill the participants in the delivery of the Alcohol and Drugs Education Objectives of the SPHE curriculum through :

- Raising their awareness that one of the overall aims of SPHE in school is to promote the health of the child and provide a foundation for healthy living in all its aspects
- Familiarising them with the latest research on Alcohol & other drug use in Ireland and its effect on the brain of the developing child
- Identifying the effects of problem parental alcohol & other drug use on children
- Identifying the core objectives of the SPHE curriculum relating to Alcohol and other drug use and how best to plan , resource and teach these objectives
- Equipping them with the key skills and methodologies needed to enable their pupils to develop a sense of safety and an ability to protect themselves from risky or abusive behaviours
- Familiarising them with the elements which should be included in a School Substance Use policy and the key steps in reviewing and updating their policy

Certification / Accreditation: Certificate of attendance will be awarded on completion of the training.

For further information contact any of the following Education Centres:

Donegal Education Centre

Sligo Education Centre

Carrick Educations Centre.

Master of Science / Post Graduate Diploma in Therapeutic Interventions in Alcohol & other Drugs

Course Duration:

Two Academic years.
One academic year to exit with Post Graduate Diploma.

Dates: Starts September 2018

Fee: €5,000. The fee for Non-EU students is **€9,000**. Tax relief is available on fees paid – up to €5,000 at the standard rate.

Is the programme for you?

The aim of the programme is to enable students to effectively deal with drugs and alcohol issues and to utilise recovery methods, using the best evidence and interventions by extending theoretical knowledge and practical skills, to alleviate these issues. The programme will take cognisance that student learners will come from a variety of practice /professional backgrounds.

This programme will commence with an introductory module, Theoretical Foundations in Alcohol and Other Drugs, to ensure that all students, regardless of professional or academic background, have a basic understanding of the core concepts that underpin clinical, evidenced based and public health aspects of, alcohol and other specialist areas of drug and alcohol which results in harm to the individual, family and community. It will provide an opportunity for graduates to enhance their knowledge base, employment and career prospects with the inclusion of work based assessments to enhance their skills sets in a wide ranging Alcohol and Drug related service provision by embedding evidence informed practice in local organisations.

Location: Donegal

Venue: Letterkenny Institute of Technology

Number of places available: 16

Minimum Entry Requirements:

The minimum entry requirements are a Level 8 Honours Degree in a relevant discipline such as Health and Social Care, Nursing, Social Work, Youth Work, Psychology, medicine etc. Applicants may be required to undertake an interview. Applicants who do not hold the above entry requirements may be considered using the LYIT RPL process.

Course Content :

- Theoretical Foundations in Alcohol & Other Drugs
- Advanced Research Methods
- Alcohol and Other Drug Use: Interventions Practice & Skills 1 & 2
- Children and Families: Hidden Harm
- Alcohol, Drugs and Mental Health: Recovery Approaches
- Alcohol and Other Drugs Use: Interventions Practice & Skills
- Research Dissertation

(Information continued next page)

Here is the link to the LYIT Post Graduate Application Form:

<http://www.lyit.ie/media/Postgraduate%20Application%20Form.doc>

FOR FURTHER INFORMATION:

- **Contact:** Ms. Louise McBride, Head of Department of Nursing and Health Studies, Letterkenny Institute of Technology
- **E- Mail:** Louise.McBride@lyit.ie or Sheila.Giblin@lyit.ie
- **Telephone:** (074) 9186303

REGISTRATION FORM 2018

Name of course	
Date of course	

APPLICANT DETAILS

Your Name	
Your Address	
Tel / Mob	
Email	

EMPLOYMENT OR VOLUNTEERING DETAILS

EMPLOYER :	VOUNTEER ORGANISATION:
CONTACT NAME:	CONTACT NAME:
TEL / MOB:	TEL / MOB :
Email:	Email:

SUPPORTING INFORMATION

Have you previously completed any alcohol and other drugs training? (Please describe)	
What do you hope to learn from this training? (Please describe)	

EMAIL THIS FORM TO: christinamceleney@donegaletb.ie

Or POST TO: Christina Murray-McEleney, Donegal ETB, Ard O'Donnell, Letterkenny, Co. Donegal.

In-service training form	
Course / Training Requested	
Possible dates	
Organisation details	
Name of contact person	
Organisation details (Briefly describe your organisation and what it does)	
Contact Tel / Mob	
Contact email address	
Please provide as much detail as possible for your particular request	
What other alcohol / drug training has your organisation completed?	
Please provide a rationale for the training you request	
Post to:	Christina Murray-McEleney, Coordinator Alcohol & Other Drugs Education
Email to:	christinamceleney@donegaletb.ie

