



etb

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

TRAINING CALENDAR



Northwest Regional
Drug & Alcohol Task Force

ALCOHOL & OTHER DRUGS RELATED TRAINING

**SLIGO LEITRIM
DONEGAL**

January – Sept 2015



Month	Dates	Training	Location	Places	Page
January	19	Drug Type Harms & Effects	Donegal	16	Pg. 3
	22	QQI/ Fetac Level 5 in Community Addiction Studies	Donegal	16	Pg. 4
	24	Drug Type Harms & Effects [in service]	Donegal	16	Pg. 3
April	14	Drug Type Harms & Effects [in service]	Sligo	16	Pg. 3
	29	Introduction to Screening & Brief Interventions: Alcohol	Sligo	12	Pg. 5
	28	QQI/ Fetac Level 5 in Community Addiction Studies	Donegal	7	Pg. 4
May	14	Adolescence and Substance Misuse: Working with Young People on Substance Misuse Issues / Early Intervention	Sligo	16	Pg. 6
	19	Introduction to CBT	Sligo	16	Pg.9
	22	Drug Type Harms & Effects	Leitrim	16	Pg. 3
	29	Adolescence and Substance Misuse: Working with Young People on Substance Misuse Issues / Early Intervention	Donegal	16	Pg. 6
June	12	Adolescence and substance Misuse: Working With Young People on Substance Misuse Issues / Early Intervention	Leitrim	16	Pg. 6
	15	Introduction to Screening & Brief Interventions: Alcohol	Donegal	12	Pg. 5
	30	Introduction to Hidden Harm and the Impact of Substance Misuse on Children & families	Sligo	16	Pg. 7
July	1	Introduction to Hidden Harm and the Impact of Substance Misuse on Children & families	Donegal	16	Pg. 7
	8	Introduction to Hidden Harm and the Impact of Substance Misuse on Children & families	Leitrim	16	Pg. 7
	16 & 17	Essential Group Facilitation Skills	Leitrim	12	Pg.8
September	10	QQI/ Fetac Level 5 in Community Addiction Studies	Sligo	16	Pg. 4
	15	QQI/ Fetac Level 5 in Community Addiction Studies	Donegal	16	Pg. 4

Booking forms are at the end of this document.

Training Calendar:

North West Regional Drug & Alcohol Task Force (NWRDATF) in partnership with Donegal Education & Training Board (Donegal ETB) recently conducted a Training Needs Analysis to ascertain the training needs of the North West Region. The purpose of this work was to determine the training needs of the region, and to develop a calendar of training that would address those needs where possible. The training calendar offers a range of courses on offer. There is also the option of requesting tailored “in-service’ training for services and organisations, requests will be accommodated to the best of our ability, where possible. The recruitment, design and delivery of the suite of courses have been drawn up in partnership with NWRDATF, Donegal ETB, Alcohol Forum & HSE West (Donegal).

Trainer Profile:

Christina Murray-McEleney completed her BSc Hons Degree with University of Ulster as part of that she studied addictions; she 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. Christina has been voluntarily undertaking courses herself annually for the last 17 years. She has lectured & guest lectured for seven years in various third level institutions namely University of Limerick, North West Regional College, Letterkenny IT and Sligo IT. Christina designs, develops and delivers a range of education & training in the field of alcohol & other drugs and has written third level modules. She works in partnership for the last seven years with the Alcohol Forum and HSE West (Donegal) on specific projects and to ensure the continuance of alcohol & other drugs training & education in the region. She is employed by Donegal Education & Training Board and is funded by North West Regional Drug & Alcohol Task Force (NWRDATF). 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 General Hospital 2014. Christina is a member of the National Addiction Training Programme (NATP), the Alcohol Forum Training & Education Sub-group, Chair of the Prevention & Education Sub-group of NWRDATF and a member of Donegal Education & Training Board Education Pillar. Christina is responsible for coordinating alcohol & other drug education & training in the North West Region. Other trainers may also engage in the delivery of training in the region.

Course Title	Drug Type Harms & Effects Pg. 3	
Course Duration: 3 hrs.	Date: See below	
Who should attend? Individuals that are coming into contact with Alcohol & Drug issues. Workers/Volunteers who wish to gain knowledge on alcohol, other drugs and their effects. People with an interest in this general area.	Location: Raphoe 19 th January 2015 [in service] Ballyshannon 24 th March 2015 [in service] Sligo 14 th April 2015 [in service Ballysadare] Leitrim 22 nd May 2015	
Number of Places Available: 16	Trainer: Christina Murray-McEleney	
Course Description: An introduction to alcohol, over the counter drugs, prescribed drugs and New Psychoactive Substances (NPS) and their effects plus the main issues surrounding substance use.		
Course Content: A comprehensive introduction to legal, illegal, over the counter (OTC), prescription drugs and New Psychoactive Substances (NPS). Information on the categorisation of drugs and their effects. Exploration of why people use drugs.		
Learning Outcomes: <ul style="list-style-type: none"> • Participants will be updated and refreshed on the various different familiar drugs & New Psychoactive Substances (NPS) • Participants will become familiar with the different categories of drugs and why drugs are catergorised • Participants will better understand drug use and develop a harm reduction attitude to substances • Participants will receive information on the various services that are available for referral 		
Certification / Accreditation: A Certificate of Attendance will be awarded on completion of the training		

Course Title		QQI / Fetac Level 5 in Community Addiction Pg. 4	
Course Duration: 54 hrs. taught 96 hrs. self-directed learning		Date: Please see overleaf for the range of dates.	
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, nurses, employment support staff, probation, Gardai among others		Location: Magheraroaty January – April Sligo Start Date 10 th Sept. (evenings) Letterkenny Start Date 15 th Sept. (day time) See next page for dates	
Number of places available: 20		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 responses.			
Course Content: A comprehensive module on all aspects of alcohol & other drugs misuse within communities			
Learning Outcomes <ul style="list-style-type: none">• 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 / Fetac Level 5 Certificate Component			

September	October	November	December
1 Tu	1 Th SLIGO	1 Su	1 Tu LETTERKENNY
2 We	2 Fr	2 Mo	2 We
3 Th	3 Sa	3 Tu LETTERKENNY	3 Th
4 Fr	4 Su	4 We	4 Fr
5 Sa	5 Mo	5 Th SLIGO	5 Sa
6 Su	6 Tu LETTERKENNY	6 Fr	6 Su
7 Mo	7 We	7 Sa LETTERKENNY	7 Mo
8 Tu	8 Th SLIGO	8 Su	8 Tu
9 We	9 Fr	9 Mo	9 We
10 Th SLIGO	10 Sa LETTERKENNY	10 Tu LETTERKENNY	10 Th
11 Fr	11 Su	11 We	11 Fr
12 Sa	12 Mo	12 Th SLIGO	12 Sa
13 Su	13 Tu LETTERKENNY	13 Fr	13 Su
14 Mo	14 We	14 Sa	14 Mo
15 Tu LETTERKENNY	15 Th SLIGO	15 Su	15 Tu
16 We	16 Fr	16 Mo	16 We
17 Th SLIGO	17 Sa	17 Tu LETTERKENNY	17 Th
18 Fr	18 Su	18 We	18 Fr
19 Sa	19 Mo	19 Th SLIGO	19 Sa
20 Su	20 Tu LETTERKENNY	20 Fr	20 Su
21 Mo	21 We	21 Sa SLIGO	21 Mo
22 Tu LETTERKENNY	22 Th SLIGO	22 Su	22 Tu
23 We	23 Fr	23 Mo	23 We
24 Th SLIGO	24 Sa SLIGO	24 Tu LETTERKENNY	24 Th
25 Fr	25 Su	25 We	25 Fr
26 Sa	26 Mo	26 Th SLIGO	26 Sa
27 Su	27 Tu LETTERKENNY	27 Fr	27 Su
28 Mo	28 We	28 Sa	28 Mo
29 Tu LETTERKENNY	29 Th SLIGO	29 Su	29 Tu
30 We	30 Fr	30 Mo	30 We
	31 Sa		31 Th

Course Title	Introduction to Screening & Brief Interventions (SBI) Pg. 5	
Course Duration: 1 day	Date: 29 th April 2015 & 15 June 2015	
Who should attend? Staff who have occasion to ask people about their alcohol use. This could include workers from social care, family support, employment support, vocational training, criminal justice, probation, education, housing support and general health care services among others.	Location: Sligo 29 th April Letterkenny 15 th June	
Number of places available: 15	Trainer: Christina Murray-McEleney	
Course Description: A Brief intervention is amongst the most effective of psychosocial treatments across a range of health related behaviours. It's a short intervention and consists of a helpful conversation in relation to a person's alcohol consumption. A substantial body of literature exists which supports the use of a brief intervention in a range of health care settings to be effective in the reduction of problem alcohol consumption. The Steering group report on a Substance Misuse Strategy recommends that SBI training be extended to 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		
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 <ul style="list-style-type: none">• 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.		

Course Title	Adolescence and substance Misuse: Working With Young People on Substance Misuse Issues / Early Intervention			Pg.6
Course Duration:		Date: 14 th May. 29 th May. 12 th June.		
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: 14 th May Sligo 29 th May Letterkenny 12 th June Leitrim		
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:				
Learning Outcomes <ul style="list-style-type: none">• 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.				

Course Title	Introduction to Hidden Harm and the impact of substance Misuse on Children and families © Pg.7	
Course Duration: 1 day	Date: 30 th June 2015 & 8 th July 2015	
Who should attend? Individuals that are coming into contact with Alcohol & Drug issues. Workers/Volunteers who wish to gain knowledge on alcohol ,other drugs and their effects. People with an interest in this general area.	Location: Sligo 30 th June Leitrim 8 th July	
Number of places available: 16	Trainer: Christina McEleney	
Course Description: Parental Substance misuse has considerable impact on children and families. Children have a right to be protected from harm, safe from violence and neglect ; treated with love , care, respect and have their wishes taken into account on matters affecting them. Parental Misuse of substances can often result in reduced parenting capacity,unpredictable behaviour, inconsistent parenting, stigma for the family, physical and emotional absence ,possible criminal behaviour.		
Course Content: <ul style="list-style-type: none">• Introduction to the impact of problem alcohol & other drug use on parenting capacity• Understand the interface between alcohol & other drug use domestic violence, mental health issues and the impact on family functioning• Understand familiar drinking patterns, recreational use weekend bingeing, self-medicating, Dependent use , and their possible impact on children		
Learning Outcomes: <ul style="list-style-type: none">• Demonstrate a new understanding of problem alcohol & drug use on parenting capacity• Critically examine personal values and belief systems• Gain knowledge on the impact on children and family functioning in the context of problem alcohol or other drug use		
Certification / Accreditation: A certificate of attendance will be awarded on completion of the training.Follow on training is available from the Alcohol Forum in the autumn. Contact Alcohol Forum 074-9125596		

Course Title	Essential Group Facilitation Skills Pg.8
Course Duration: 2 days	Date: 16th / 17th July
Who should attend? This course is aimed at those working in the Community/Voluntary/Drugs/Alcohol sector that are involved in or plan to become involved in the facilitation of a range of groups.	Location: Leitrim
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: <ul style="list-style-type: none"> • 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 	
Learning Outcomes: <ul style="list-style-type: none"> • Understanding of group task, explicit processes and implicit processes • Understand influence and power dynamics within a group • Become an ethical group facilitator • Plan, provide and manage and evaluate a group session 	
Certification / Accreditation: A certificate of attendance will be awarded on completion of the training.	
Groups Skills in the Context of Clinical Practice is a follow on 2 day training available from the Alcohol Forum. It also can be available as a 2 day stand alone module for clinical practitioners. Contact Alcohol Forum 074-9125596	

Course Title	Introduction to Cognitive Behaviour Therapy		Pg.9
Course Duration: 1 days		Date: 19 th may	
Who should attend? This course is aimed at those working in the Community/Voluntary/Drugs/Alcohol sector that are interested in CBT. This is a basic introductory course for those considering further training in CBT.		Location: Sligo	
Number of places available: 16		Trainer: Christina McEleney	
Course Description: Cognitive behavior therapy is a form of psychotherapy that has been scientifically tested and found to be effective in hundreds of clinical trials for many different disorders. It is a type of psychotherapy that is usually more focused on the present, it is time-limited, and problem-solving oriented. The therapist teaches the client specific skills that they can use for the rest of their lives. CBT involves identifying distorted thinking, modifying beliefs, relating to others in different ways, and changing behaviors. Cognitive Behavioral Therapists use a wide variety of techniques to help patients change their cognitions, behavior, mood, and physiology. CBT has been effective for a range of problems including depression, anxiety, panic disorder, anger, self-esteem, obsessive compulsive disorder and substance abuse.			
Course Content: <ul style="list-style-type: none">• Introduction to the model of CBT• How the perception influence emotions and behaviour• Identification of automatic thoughts that cause problematic feelings and behaviours			
Learning Outcomes: <ul style="list-style-type: none">• Client - Counsellor relationship/ therapeutic alliance• Understand the basic concepts of CBT• Understand the collaborate nature of CBT			
Certification / Accreditation: A certificate of attendance will be awarded on completion of the training.			

NOTES:

Each training session is subject to numbers. The training calendar is subject to change.

Booking is essential TWO weeks before any short courses to ensure numbers are adequate.

Booking is essential FOUR weeks before the QQI / Fetac level 5 in Community Addictions.

Tailored training can be designed and delivered in service by request.

A booking form is available at the back of this document, it can be printed off and posted or it can be completed and emailed.

A "request for tailored training" form is also available at the end of this document. Again it can be posted or emailed.

Please contact Christina for any further enquires:

Tel : 0749161508

Mob: 0879369312

Email : christinamceleney@donegaletb.ie

Booking Form

Name of Course	
Date & Location of Course	
Individual applicant details	
Name	
Tel / Mob	
Address	
Email Address	
Organisation applicant details	
Name of contact person	
Organisation details (briefly describe your organisation and what it does)	
Contact Tel / mob	
Contact email address	
Application for Training	
Have you previously completed any alcohol and other drugs training? (Please describe)	
What do you hope to learn from this training? (Please Describe)	
You can print this form and post it to: Christina Murray-McEleney, Coordinator Alcohol & Other Drugs Education & Training, NW region, Donegal ETB, Ard O' Donnell, Letterkenny, Donegal.	
Or, You can email this form to: christinamceleney@donegaletb.ie	

Request for tailored in-service training

Course 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 & Training , NW region, Donegal ETB, Ard O' Donnell, Letterkenny, Donegal.

Email to:

christinamceleney@donegaletb.ie