



etb

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

2020

Alcohol & other Drugs

Education & Training
North West Region



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Welcome

To the Autumn / Winter semester of alcohol & other drug training schedule. The training has been completely redesigned, redeveloped and adjusted with a blended learning approach under the current circumstances.

Your Trainer



Christina McEleney is an educational specialist in the field of alcohol & other drugs; she is lecturer and academic course writer to Master of Science level. Christina is a life, career & organisational coach and a workplace wellbeing professional. Employed by Donegal ETB her programme of education & training is funded by the North West Regional Drug & Alcohol Task Force. Within the project she works in partnership with the Alcohol Forum, HSE and the National Addiction Training Programme.

Tailored Training is also available

Would you like to have training/information session designed and delivered specifically to your your group?

This can be arranged; get in touch.

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FB: Alcohol & Other Drugs Education & Training NW region

Find out how to register for training on the back page

QQi Level 5 Community Addiction Studies

Course Fee : €300

October 2020 - April 2021

This course provides an excellent grounding in alcohol and other drug studies. It's a fundamental knowledge base for working in the field of alcohol and other drugs. The course curriculum covers

- Theory of addiction
- The family & and the impact of problem substance use
- The media and addiction
- Brief psychosocial interventions
- Gambling addiction
- Drug types & effects

BLENDDED LEARNING

This theoretical and skills based training has been redeveloped in its delivery method to a blend of online training, self directed learning and in person skills practice . Students will need access to a computer and internet / broadband in order to participate in the online classes.. Student will need to be proficient in the use of microsoft word in order to complete assignments. A minimum of two years in recovery is recommended for individuals that have experienced addiction.

MODE OF ATTENDANCE

Thursday 22nd October Classroom | 2-5pm | Letterkenny

Thursday 29th October Online | 2-4 pm

Thursday 5th November Online | 2-4 pm

Thursday 12th November Classroom | 2-5 pm | Letterkenny

Thursday 19th November Online | 2-4 pm

Thursday 26th November Online | 2-4 pm

Thursday 3rd December Classroom | 2-4pm | Letterkenny

Thursday 10th December Online | 2-4 pm

Thursday 17th December Online | 2-4 pm

Classes restart January 14th - 22nd April.

Motivational Interviewing (MI)

helping people change

Blended Learning Series

Fee €100

Motivational Interviewing is an evidenced-based psychosocial intervention for health behaviour change. It's a method of facilitating and engaging with people to evoke their natural intrinsic motivation. MI is a goal-oriented, client-centered approach for eliciting and strengthening a person's own motivation for health behaviour change. MI is an exceptionally useful approach across a range of disciplines who work with and help clients in their change process. MI is strongly evidenced as an effective method of intervention with clients that experience alcohol & other drug issues.

BLENDING LEARNING

This theoretical and skills based training has been redeveloped in its delivery method to a blend of online training and one 'in-person' skills practice based session at the end. Students will be required to engage in self-directed learning. A certificate of attendance is issued when all sessions have been attended.

MODE OF ATTENDANCE

Wednesday 21st October | 1.5 hrs | 2.30-4.00pm |online

Week 1:- Introduction to Motivational Interviewing
and the evidenced based theoretical approach.

Wednesday 28th October | 1.5 hrs | 2.30-4.00pm |online

Week 2:- The underpinning spirit of MI, its strengths and the Four processes of MI.

Wednesday 4th November | 1.5 hrs | 2.30-4.00pm |online

Week 3:- The transtheoretical model of change, the core skills & tools of MI.

Wednesday 11th November | 3 hrs | 2.00pm -5.00pm

Week 4:- In person skills based practice sessions located in
letterkenny

Cannabis

Is cannabis a drug? Does cannabis impact on mental health, what's the difference in cannabis and Medicinal Cannabis?

Free of charge

1.5 hrs

Cannabis is a mood altering psychoactive substance, like every mood altering psychoactive substance it does have side effects. Learn more about cannabis and its side effects its impact on mental health and the difference with medicinal cannabis. Certificate of attendance offered.

Choose one of the following dates available.

Wednesday 30th September | 1.5 hr | 2.00-3.30 pm | online

Wednesday 7th October | 1.5 hr | 2.00-3.30 pm | online

Tuesday 3rd November | 1.5 hr | 2.00-3.30 pm | online

Tuesday 1st December | 1.5 hr | 2.00-3.30 pm | online

Synthetic Cannabis

Recognising the difference

Free of charge

1 hr

Synthetic cannabis are a group of synthetic man-made chemical cannabinoids which belong to a group of drugs known as New Psychoactive Substances (NPS). The impact of these drugs can be risky, more dangerous and in some cases life threatening.

Certificate of attendance offered.

Choose one of the following dates available.

Thursday 1st October | 1 hr | 11.00-12.00 pm | online

Thursday 5th November | 1 hr | 11.00-12.00 pm | online

Thursday 3rd December | 1 hr | 11.00-12.00 pm | online

Cocaine

The risks

Free of charge

1 hr

Ireland ranks the fourth highest country in the EU for cocaine use among young adults. The use of cocaine has been on the increase in the last couple of years. In light of the increase in the use of cocaine and the increase in cocaine related deaths, this educational session will provide solid knowledge base on cocaine. Certificate of attendance offered.

Choose one of the following dates available.

Wednesday 18th November | 1 hr | 2.00-3.00pm | online

Wednesday 25h November | 1 hr | 2.00-3.00pm | online

Women & Substance Use

Free of charge

1.5 hrs

Women's problem substance use (alcohol & other drugs) has impact on 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 including prescription drugs. Seeking treatment may be more complex for women, which may result in waiting longer to access help because of the role women play in their families. 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.

Choose one of the following dates available.

Tuesday 27th October | 1 hr | 2.00-3.00pm | online

Tuesday 24th November | 1 hr | 2.00-3.00pm | online

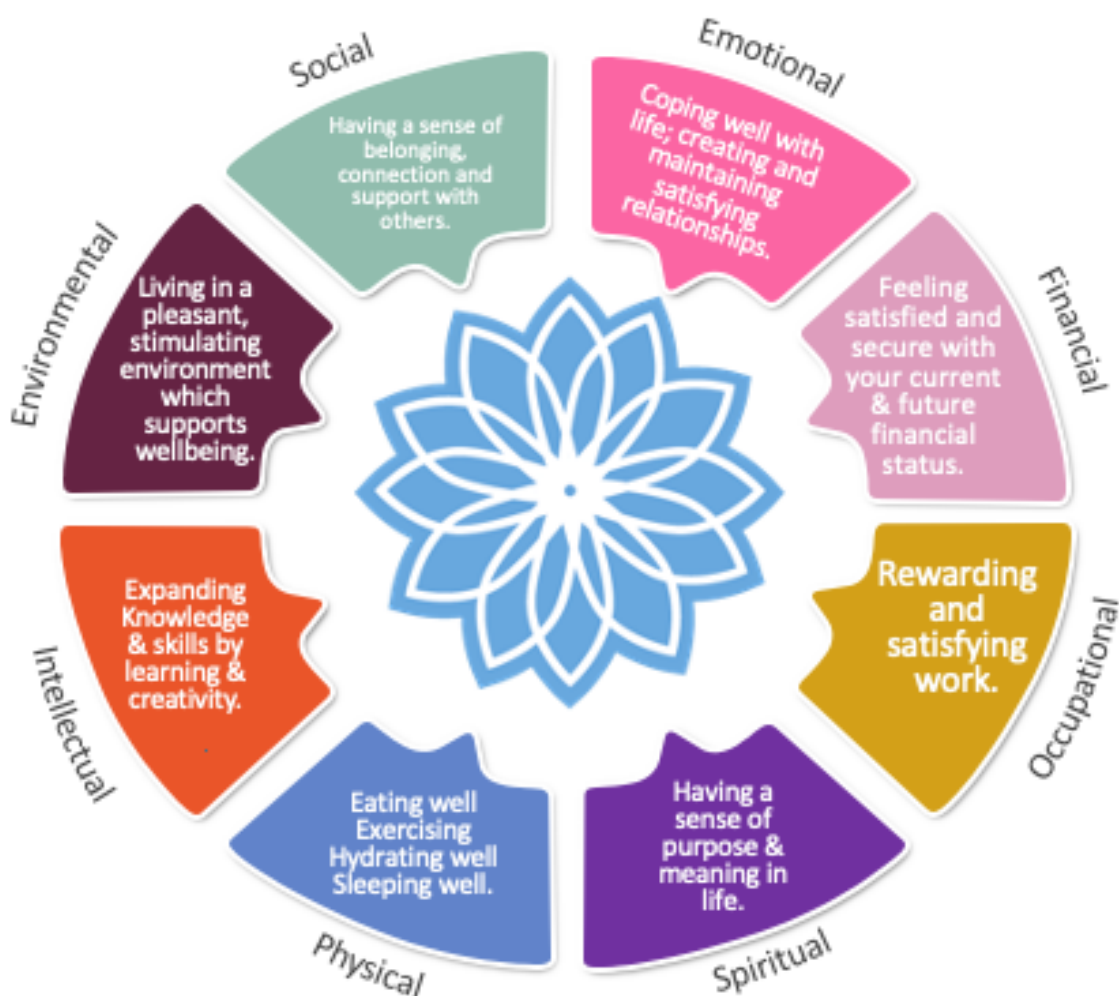
Creating your wellbeing plan

SELF-CARE

Registration Fee €30

Showing up as your best self requires committed personal self care plan. Too often those that are supporting and caring for others reach a point of compassion fatigue or burnout. There are many aspects to our well-being taking time to pause, reflect and make your plan is the first the step.

This two hour workshop will provide professionals with the tools & resources to initiate your wellbeing plan, these tools can also be used with your clients.



Choose one of the following dates available.

Friday 9th October | 2.00pm-4.00pm | online

Friday 23rd October | 2.00pm-4.00pm | online

It is expected that this workshop will book up very quickly numbers are limited to a max of 6.

How to register for training

To register click / copy the link to fill in this google form.

<https://forms.gle/CqyiCpxKeh6bNkXv8>

If you have difficulty accessing the link then email:

christinamceleney@donegletb.ie

2020

