

A Company Limited by Guarantee No: 04206135 Registered Charity No: 1087685

www.wcada.org

T: 01639 890863 E: training@wcada.org

Welsh Centre for Action on Dependency and Addiction

WCADA

Canolfan Gymraeg am Weithredu ar Ddibyniaeth



Inspiring Change  Achieving Potential



**Training Brochure
2019 - 2020**

About Us

Welsh **C**entre for **A**ction on **D**ependency and **A**ddiction is a leading substance use agency that has been delivering a range of quality services since 1979. We have used our experience to develop a comprehensive programme of training to fit every need. If you just want to find out a bit more about substance use or are looking for specialist practitioner training we have something for you.

All of our training is delivered in a relaxed environment where people can feel at ease to ask any questions that they may have. Courses are delivered by qualified trainers who are also practitioners with current firsthand knowledge of the topic that they are delivering.

Sessions can be tailored to suit organisational needs so please get in touch if you'd like to enquire about any bespoke training sessions that you may be interested in.

'Our training is quality assured and can be accredited through Agored Cymru.'

Samantha Drohan

Learning and Development
Coordinator



Samantha is WCADA's Learning and Development Coordinator. She has worked for over 18 years in the substance use field and has been delivering training for more than 13 years. She has worked in most aspects of the substance misuse field.

Her ability to relate the subject matter to day to day service delivery is what makes WCADA training so relevant and accessible to delegates.

She has an excellent knowledge of substances, a BTEC in counselling and psychotherapy, an NVQ in management and leadership and has completed her certificate in Post Compulsory Education and Training.

Training Courses

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Blood Borne Viruses

Date
29th April 2019

Duration
1 Day

Trainer
Samantha Drohan

Cost
£45.00

This course is suitable for those who would like to learn more about Blood Borne Viruses (BBV's) including what they are, routes of transmission, symptoms and preventative measures. An overview of treatment will be given as well as techniques to give pre and post testing advice.

Learning Outcomes

- Identify the differences between HIV, Hep B & C.
- Gain some understanding regarding the victimization and stigmatisation that people are sometimes subjected to.
- Understand some of the issues of receiving a positive result.
- Recognise some interventions that enable people to live with a diagnosis.
- Understand the difficulties surrounding treatment.

National Occupational Standards

HSC233 – Relate to and interact with individuals

HSC330 – Support Individuals to access and use services and facilities

HSC35 – Promote choice, well-being and the protection of all individuals

HSC226 – Support individuals who are distressed

AB2 – Support Individuals who are substance users

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

AD4 – Develop and disseminate information and advice about substance use, health and social well-being

HSC225 – Support individuals to undertake and monitor their own health care

Working with People with Multiple Needs

Date
21st May 2019

Duration
1 Day

Trainer
Samantha Drohan

Cost
£45.00

Define what constitutes as 'multiple or complex needs' and the Effects of substance use on behaviour and priorities; Trauma experience and how this shapes our coping strategies.

We look at a 10 stage model - improving the service for those we deem as having 'complex needs'.

Learning Outcomes

- Familiar with practicing a strength based approach.
- Understand the difficulties of behaviour change.
- Understanding 10 useful stages of building professional relationships with people who have multiple needs.
- How to prioritise and reduce risk of harm.
- Recognise the Trauma recovery model.

National Occupational Standards

HSC233 – Relate to and interact with individuals

HSC330 – Support individuals to access and use services and facilities

Train the Trainer

Date
28th June 2019

Duration
2 Day

Trainer
Samantha Drohan

Cost
£100.00

This 2 day course is for anyone who is new to delivering training or would like a refresher. This course is accredited by Agored Cymru at level 2. The course content includes:

- *Positive learning experiences.*
- *Learning styles.*
- *Training methods and assessment.*
- *Producing a structured training plan and session.*
- *The importance of feedback.*

Learning Outcomes

- Identify a range of learning styles and recognise the importance of them.
- Be familiar with various methods of training and evaluation.
- Prepare a training session plan.
- Deliver a training session.
- Promote equality during the learning experience.

National Occupational Standards

An OCN qualification level 2 is equivalent to a GCSE grade A-C

Safer Injecting

Date
23rd July 2019

Duration
1 Day

Trainer
Samantha Drohan

Cost
£45.00

This is an essential course for anyone who is planning to work or currently works in a needle exchange setting.

Learning Outcomes

- Identify appropriate injecting equipment.
- Understand the risks associated with sharing equipment.
- Utilise suitable referral pathways.
- Identify the medical risks of injecting and feel confident discussing these issues with service users.
- Relay appropriate information to service users in order to help them reduce the harm.
- Consider ethical and practical issues relating to substance use and the harm it may cause.

National Occupational Standards

AB2 – Support individuals who are substance users

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

HSC395 – Contribute to assessing and act upon risk of danger, harm and abuse

AD1 – Raise awareness about substances, their use and effects

AH3 – Supply and exchange injecting equipment for individuals

AH4 – Support individuals to undertake and monitor their own health care

Motivational Interviewing

Date
20th August 2019

Duration
1 Day

Trainer
Samantha Drohan

Cost
£45.00

This is a highly interactive course to enable participants to develop skills that enhance their practice through therapeutic interactions. This course will benefit anyone who works with service users on a 1-1 or group basis.

Learning Outcomes

- Apply person centred skills.
- Respond to resistance to change.
- Identify and assess when to use motivational interviewing.
- Apply skills to help build therapeutic relationships.
- Relate the theory of Motivational interviewing into practice.

National Occupational Standards

AA2/HSC233 – Relate to, and interact with individuals
AB2 – Support individuals who are substance users

Managing Difficult Behaviour Using De-escalation Techniques

Date
17th September 2019

Duration
1 Day

Trainer
Samantha Drohan

Cost
£45.00

An interactive course that highlights the skills and techniques to respond confidentially to difficult behaviour in the workplace. It gives participants the opportunity to improve communication techniques to de-escalate potentially volatile situations. This course is tailored to front line staff who work with individuals who are vulnerable.

Learning Outcomes

- Understand some of the reasons why individuals become aggressive;
- Understand more about their own response to aggressive behaviour;
- Have the opportunity to practice responding to aggressive behaviour in a safe environment;
- Recognise trigger points as to when to use your de-escalation skills;
- What to do should an incident occur.

National Occupational Standards

HSC233 – Relate to and interact with individuals

AB3 – Contribute to the prevention and management of abusive and aggressive behaviour

Alcohol

Date
22nd October 2019

Duration
1 Day

Trainer
Samantha Drohan

Cost
£45.00

This is a comprehensive 1 day's course which takes a look at alcohol. Its aim is to increase knowledge around alcohol use and interventions to work with alcohol users.

Learning Outcomes

- Describe what alcohol is and some of its long and short term effects.
- Measure alcohol intake.
- Recognise and screen for alcohol use.
- Recognise drinking patterns.
- Assess risk and act upon it appropriately.
- Provide brief interventions with alcohol users.
- Recognise when to make external referrals to specialists.

National Occupational Standards

AA1 – Recognise indications of substance misuse and refer individuals to specialists

HSC330 – Support individuals to access and use services and facilities

AB2 – Support individuals who are substance users

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

AD1 – Raise awareness about substances, their use and effects

AF1 – Carry out screening and referral for assessment

Substance Use, What You Need to Know

Date
26th November 2019

Duration
1 Day

Trainer
Samantha Drohan

Cost
£45.00

This course is for anyone who would like to understand more about substance use. We will look at why people take drugs and the problems that are associated with substance use. The main categories and their effects will be discussed as well as routes of ingestion and signs and symptoms of use. Cost, appearance and what the law says will be covered as well as street names.

Learning Outcomes

- List some of the physical and psychological effects of drug and alcohol use.
- Identify some drug using paraphernalia.
- Describe and identify the common street drugs.
- Screen for substance use and refer to specialists.

National Occupational Standards

AA1 – Recognise indications of substance misuse and refer individuals to specialists

HSC233 – Relate to, and interact with, individuals

HSC330 – Support individuals to access and use services and facilities

AB2 – Support individuals who are substance users

AD1 – Raise awareness about substances, their use and effects

ITEP Nodal Mapping

Date
10th December 2019

Duration
1 Day

Trainer
Samantha Drohan

Cost
£45.00

This is a highly interactive course that will enable participants to develop skills that enhance their practice through therapeutic interactions. This course will benefit anyone who works with service users on a 1-1 or group basis. The course helps you to learn to use 'nodal maps' to work with individuals around a variety of issues in a structured way.

Learning Outcomes

- Understand the principles of node-link mapping and what the evidence says.
- Identify and practice using a variety maps and mapping techniques.
- Identify how using the different maps can be linked into your individual practice style of service delivery.
- Understand the purpose of maps and how they can be used with most individuals including those who have difficulties engaging with services.

National Occupational Standards

AA2/HSC 233, - Relate to, and interact with, individuals

AA6, - Promote choice, well being and the protection of all individuals

AB2, - Support individuals who are substance users

AI1 – Counsel individuals about their substance use using recognised theoretical models

Over the Counter Medications

Date
28th January 2019

Duration
1 Day

Trainer
Samantha Drohan

Cost
£45.00

This thought provoking course will cover some of the most commonly used over the counter medications. The ease of which they can be misused and the associated risks will be discussed as well as what the most commonly used OTC medications are, the physical and psychological effects, risks and treatment options.

Learning Outcomes

- Describe some of the different OCM's
- Understand some of the risks associated with OCM use
- Assess risk and act upon it appropriately
- Provide brief interventions with OCM users
- Recognise when to make external referrals to specialists

National Occupational Standards

AA1 – Recognise indications of substance misuse and refer individuals to specialists
HSC330 – Support individuals to access and use services and facilities
AB2 – Support individuals who are substance users
AD1 – Raise awareness about substances, their use and effects

Image and Performance Enhancing Drugs (IPEDS)

Date
20th February 2019

Duration
1 Day

Trainer
Samantha Drohan

Cost
£45.00

This is a comprehensive 1 day's course that provides an in-depth exploration of anabolic steroids and other relevant performance enhancing drugs.

Learning Outcomes

- Demonstrate an understanding of what anabolic/androgenic steroids 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.

National Occupational Standards

AB2 - Support individuals who are substance users

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

AD1 - Raise awareness about substances, their use and effects

AH3 Supply and exchange injecting equipment for individuals

Relapse Prevention

Date
24th March 2019

Duration
1 Day

Trainer
Samantha Drohan

Cost
£45.00

This is an interactive course with several cognitive and behavioural exercises to use to help substance using clients to prevent relapse. The course takes an in-depth look at the cycle of change and the role of the practitioner. The course includes a comprehensive relapse prevention work book which delegates get to take with a view to use it in their own work. There are exercises ranging from better sleep guides to anxiety management tools.

Learning Outcomes

- Become familiar with the cycle of change and feel confident to use appropriate relapse prevention techniques depending on stage.
- Recognise different approaches and interventions when helping substance using clients to prevent relapse.
- Recognise the signs and symptoms of relapse.
- Use a variety of tools and worksheets to identify triggers and cope with cravings.

National Occupational Standards

AA2/HSC 233, - Relate to, and interact with, individuals

AA6, - Promote choice, well being and the protection of all individuals

AB2, - Support individuals who are substance users

AI1 – Counsel individuals about their substance use using recognised theoretical models

Feedback...

“All questions answered and kept me involved and learning all day. Loved it, passionate and informative. Learned a lot.”



“Excellent training course, has made me feel a lot more confident in my role. Trainer was so enthusiastic had so much knowledge and really delivered well.”



“One of the best courses I have ever attended. Relevant and adapted to suit all needs.”



“Excellent trainer - engaging and knowledgeable, knows how to get the best out of a group.”

Need Specialist Training?

Get in Touch.

WCADA is receiving an increasing number of requests for in-house specialist training and so we have developed and delivered packages specifically for organisations. If you are interested in receiving training courses tailored to your need please contact Samantha Drohan on

01639 890863

to discuss further and we would be pleased to develop a training package which is suitable.

We are also happy for a trainer to attend a venue of your choice to deliver training specifically for your team. The cost of this training would depend on venue. Included in the cost each delegate would receive a certificate. All training is mapped to the Drug and Alcohol National Occupational Standards.

Bespoke Training

Some of the bespoke training courses we have delivered:

Substance Misuse and Older People
The 12 Step Model of Treatment
Area Specific Substance Use Packages
Safeguarding Vulnerable adults/children
New Psychoactive Substances and the
role of the school
Assessment skills
Conflict resolution
Heroin

BOOKING INFORMATION

Simply fill in the booking form:

Included in the middle of this brochure
Available on our website at www.wcada.org
Email us at training@wcada.org
Call us on 01639 890863

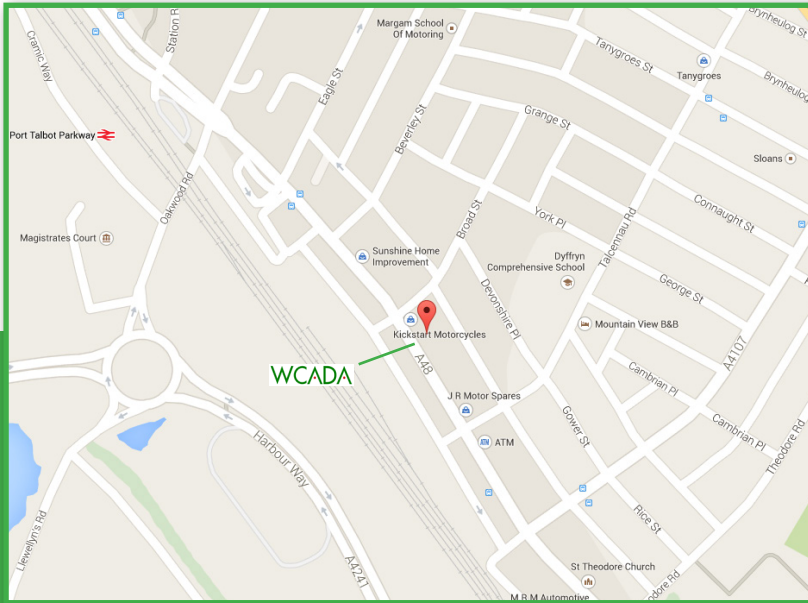
Payment

Our finance department will invoice your organisation following training taking place.

Cancellation Policy

Please note that delegates will be charged a cancellation fee at the rate of 50% for non-attendance or cancellations made within 5 working days of the course. Cancellations must be made in writing.

How to Find Us



Welsh Centre for Action on Dependency and Addiction

46 Talbot Road
Port Talbot
SA13 1HU

By Car: Leave the M4 at junction 40 and take 1st exit if coming from Cardiff area or 3rd exit if coming from Swansea area. Follow the road until you reach a set of traffic lights. Turn right at the traffic lights and WCADA is approximately 300 yards on your right.

By Train: Port Talbot Parkway is approximately a 5 minute walk from WCADA. Come out of the train station and turn right. WCADA is approximately 300 yards on your left.

Parking: There is on street parking available close by. WCADA recommends car sharing wherever possible.



WCADA Training Brochure 2019

WCADA Leaflet 7

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