

# Outer Hebrides Alcohol and Drug Partnership

## Training Programme 2022-2024 V4b



## OUTER HEBRIDES ALCOHOL & DRUG PARTNERSHIP

### TRAINING PROGRAMME 2022 – 2024v4b

#### CALENDAR OF EVENTS

The Outer Hebrides Alcohol & Drug Partnership are committed to providing a comprehensive annual workforce development programme to ensure all services have the opportunity to develop skills, knowledge and attitudes toward their working practices in the field of alcohol and drugs. Learning should be an ongoing continuous process that can be delivered in many styles and is designed to improve quality of services. All training is free unless otherwise specified.

<b>Course name</b>	<b>Date</b>	<b>Venue/link</b>	<b>Duration</b>	<b>Training Provider</b>
<b><i>Alcohol Brief Interventions</i></b> This training will increase knowledge in delivering Alcohol Brief Interventions and confidently raise the issue of alcohol with your patients/ clients.	September 2023	Online via TEAMS or Face to Face	3 hours	OHADP Development Officer
<b><i>Drug Awareness Course</i></b> This training will increase workers' drug awareness knowledge and provide an opportunity to explore current and emerging trends with substance use.	1 <sup>st</sup> March 2023	Online via TEAMS <a href="https://www.sdftraining.org.uk">Online Drug Awareness -Training - Scottish Drugs Forum (sdftraining.org.uk)</a>	Half day	OHADP/Scottish Drugs Forum
<b><i>Understanding Stigma: Promoting inclusive attitudes and practice</i></b> This training will give participants a distinct set of knowledge and skills to help them understand and address alcohol and drug-related stigma.	14 <sup>th</sup> March 2023	Online via TEAMS <a href="https://www.sdftraining.org.uk">Online Understanding Stigma: Promoting inclusive attitudes and practice -Training - Scottish Drugs Forum (sdftraining.org.uk)</a>	Half day	OHADP/Scottish Drug Forum
<b><i>Everyone has a Story – Children Affected by Parental Substance Use</i></b> This course will support practitioners in adult and children's services to respond to children affected by parental substance use.	2 <sup>nd</sup> & 3 <sup>rd</sup> May 2023	Online via TEAMS <a href="https://www.sdftraining.org.uk">Online Everyone Has a Story: Children Affected by Parental Substance Use - Training - Scottish</a>	2 half days e-learning module (Part 1) e-learning module/ (Part 2) Trainer facilitated.	OHADP/Scottish Drug Forum

		<a href="https://sdftraining.org.uk">Drugs Forum (sdftraining.org.uk)</a>		
<b>Introduction to Motivational Interviewing</b> This course focuses on motivational interviewing and its application in supporting behaviour change within substance use context.	8th June 2023 15th June 2023 22nd June 2023 29th June 2023 <i>Requirement to attend all days</i>	Online via TEAMS <a href="https://sdftraining.org.uk">Online Introduction to Motivational Interviewing - Training - Scottish Drugs Forum (sdftraining.org.uk)</a>	4 half days over 4 weeks. Pre-requisite eLearning module – Motivational Interviewing in Brief Conversations.	OHADP/Scottish Drug Forum
<b>Motivational Interviewing in brief conversations</b> This short course will allow you to use MI in brief conversations and how it can influence change.	<a href="#">Link to Introduction to Motivational Interviewing module</a>	Online	1 hour	Scottish Drug Forum
<b>Staying Alive: Preventing Drug Related Deaths</b> This training will discuss how services and practitioners can better prevent drug related deaths with a focus on identifying the needs and risks of older people aged 35 years and over who use substances.	29 <sup>th</sup> August 2023	Online via TEAMS <a href="https://sdftraining.org.uk">Online Staying Alive: Preventing Drug Related Deaths - Training - Scottish Drugs Forum (sdftraining.org.uk)</a>	2 half days. Part 1 - Undertake 1hr e-learning module - Overdose Prevention, Intervention and Naloxone. Part 2 Facilitated training.	OHADP/Scottish Drugs Forum
<b>Trauma Awareness Training</b> This training will increase knowledge and skills on taking a trauma informed approach.	September 2023	Online via TEAMS	3 hours	OHADP /NHS Western Isles
<b>Trauma &amp; Substance Use</b> This course will support trauma informed practice when working with people who are affected by trauma and who use substances.  Recommended pre-requisite eLearning module – Drug Awareness: An Introductory Course.	17 <sup>th</sup> October 2023	Online via TEAMS <a href="https://sdftraining.org.uk">Online Trauma and Substance Use - Training - Scottish Drugs Forum (sdftraining.org.uk)</a>	Half day	OHADP/Scottish Drugs Forum
<b>Trauma and Psychological Therapies training programme</b> This website provides information on the training and education resources developed by the National Trauma Training Programme to support the skills and knowledge of the whole Scottish workforce.	<a href="#">Link to National Trauma Training Programme</a>	Online	Various	NHS Education for Scotland

<b>Multiple Risk Course</b> This training will increase knowledge of risk taking and identify adverse childhood experiences to reduce impact.	6 <sup>th</sup> November 2023	Online via TEAMS <a href="#">Online Multiple Risk - Training - Scottish Drugs Forum (sdftraining.org.uk)</a>	Half day	OHADP/Scottish Drug Forum
<b>Core Skills in Relapse Prevention and Recovery Management</b> This 2 day course introduces a framework to enhance provision of relapse prevention and recovery management for people with complex substance misuse and mental health problems. Supports practitioners working with people who are experiencing problems from their alcohol and other drugs use including those in NHS, Social care and Third Sector.	18 <sup>th</sup> & 19 <sup>th</sup> January 2023	NES Online To register your interest and receive an application for this course, please visit the NES Portal at: <a href="https://www.portal.scot.nhs.uk">https://www.portal.scot.nhs.uk</a>	10am – 4.00pm	NES Psychological Interventions Team
<b>Working with Mental Health and Substance Use: Introduction to Core Skills and Workforce Development Resources</b> This 1 day course provides an introduction to those working with mental health and substance use together in an integrated framework. An introduction to the programme 'Core Behavioural and CBT Skills for Relapse Prevention and Relapse Prevention' is provided with a specific focus on working with substance use and complex mental health issues together and resources for practitioners directly working with complex mental health issues.	26 <sup>th</sup> January 2023 21 <sup>st</sup> February 2023 15 <sup>th</sup> March 2023	NES Online To register your interest and receive an application for this course, please visit the NES Portal at: <a href="https://www.portal.scot.nhs.uk">https://www.portal.scot.nhs.uk</a>	10.00am – 4.00pm	NES Psychological Interventions Team
<b>Motivational Interviewing Overview: Working with substance use, trauma and mental health</b> Motivational Interviewing (MI) is an evidence-based intervention that provides practitioners with essential person-centred skills to help others identify and strengthen their own commitment to making changes in behaviour. Motivational Interviewing is a powerful tool for developing a compassionate approach to working with substance use, trauma, and mental health in an integrated way. This course will provide a range of mental health and physical health	30 <sup>th</sup> January 2023 6 <sup>th</sup> June 2023  Pre-requisite of NES Motivational Interviewing e-learning module to be completed.	NES Online To register your interest and receive an application for this course, please visit the NES Portal at: <a href="https://www.portal.scot.nhs.uk">https://www.portal.scot.nhs.uk</a>	10.00am – 4.00pm	NES Psychological Interventions Team

practitioners in Scotland the opportunity to explore the potential for MI in working with complex populations experiencing substance use, trauma and mental health challenges and apply the principles of MI to their work				
<b><i>Safer Injecting and Route Transition</i></b> This training will raise confidence in practitioners who work with people who inject drugs to raise the topic of transitioning away from injecting to foil use, other methods of using drugs and other harm reduction initiatives.	1 <sup>st</sup> June 2023	Teams Online <a href="#">Safer Injecting and Route Transition - Training - Scottish Drugs Forum (sdftraining.org.uk)</a>	1.15pm – 5.00pm	OHADP/SDF
<b><i>Drugs &amp; Bugs – An Introduction to bacterial infection in people who use drugs</i></b> This training will give an overview of bacterial infections and harm reduction information with an overview of main signs and symptoms to be aware of.	26 <sup>th</sup> May 2023	Teams Online <a href="#">Drugs and Bugs- Training - Scottish Drugs Forum (sdftraining.org.uk)</a>	9.15am – 1.00pm	OHADP/SDF
<b><i>Wound Awareness</i></b> Introduction to wounds and injecting complications related to injecting drugs. How to recognize when things go wrong and how to respond.	19 <sup>th</sup> June 2023	Teams Online <a href="#">Wound Awareness- Training - Scottish Drugs Forum (sdftraining.org.uk)</a>	9.15am – 1.00pm	OHADP/SDF
<b><i>What's the Harm: Polysubstance Use and Overdose</i></b> This training will increase knowledge on identified risks associated with drugs and how to reduce harm.	24 <sup>th</sup> January. 9 <sup>th</sup> or 21 <sup>st</sup> February. 9 <sup>th</sup> or 21 <sup>st</sup> March. <a href="#">Link to What's the Harm training</a>	Online	4hr online course	Scottish Drug Forum
<b><i>Cocaine and other Psychostimulants</i></b> You will learn important, and potentially, life-saving information, be able to describe psychostimulants including cocaine, ecstasy, amphetamines and learn effective harm reduction techniques.	<a href="#">Link to Cocaine and other Psychostimulants module</a>	Online	1 hour	Scottish Drug Forum
<b><i>What's Happening on the Street with Benzos</i></b> This course will cover the effects of benzos, trends, and harm reduction techniques.	<a href="#">Link to What's happening on the street with Benzos module</a>	Online	1 hour	Scottish Drug Forum

<b>Drug Awareness Introductory Course</b> This training will increase knowledge on key issues relating to drug use in Scotland, recognise different patterns of drug use and name commonly used drugs.	<a href="#">Link to Drug Awareness module</a>	Online	1.5 hours	Scottish Drugs Forum
<b>HIV and Harm Reduction</b> This training will increase knowledge on key issues related to HIV, drug use and sexual health.	<a href="#">Link to HIV &amp; Harm Reduction training</a>	Online	4.5hrs Online + an e-learning module before or after training.	Scottish Drug Forum
<b>Overdose Prevention, Intervention &amp; Naloxone</b> This training will increase knowledge of drugs, responding to an overdose and administering naloxone.	<a href="#">Link to Overdose prevention, Intervention and Naloxone module</a>	Online	3 hours	Scottish Drug Forum
<b>Contraception information for People who use drugs</b> This training will increase knowledge of contraception available for people who use drugs	<a href="#">Link to Contraception Information module</a>	Online	1 hour	Scottish Drugs Forum
<b>HIV: Preventable and Treatable</b> This training will increase knowledge of HIV prevention and treatment.	<a href="#">Link to HIV: Preventable &amp; Treatable module</a>	Online	1 hour	Scottish Drugs Forum
<b>Hepatitis B in Scotland</b> This training will increase knowledge of Hep B, risks and testing.	<a href="#">Link to Hep B in Scotland module</a>	Online	1 hour	Scottish Drug Forum
<b>Hepatitis C and new treatments</b> This training will increase knowledge of Hep C, risk factors and testing.	<a href="#">Link to Hep C and new treatments module</a>	Online	2 hours	Scottish Drug Forum
<b>Bacterial Infections and Drug Use</b> This training will increase knowledge on Bacterial Infections and harm reduction.	<a href="#">Link to Bacterial Infections and Drug Use module</a>	Online	1 hour	Scottish Drugs Forum
<b>Health behaviour change: Level 1</b> This module is for anyone who wants to learn more about health behaviour change and who has (or thinks they could have) a role in improving health.  <b>Health behaviour change: Level 2</b>	<a href="#">Link to Health Behaviour change modules</a>	Online	2 hours for each level.	Improving Health - Public Health Scotland

This module builds on learning covered in module HBC Level 1 and is part of a blended learning course in health behaviour change. It provides the background theory to techniques used in supporting change.				
<b>Very Brief Advice on Smoking</b> The module empowers everyone to have a very brief conversation about stopping smoking. The training is aimed at Health professionals and all those who work in a variety of other sectors for example, education, CnES, police, advice centres, work places; and any setting where workers/ volunteers may have contact with people who will benefit from advice about smoking.	<a href="#">Link to Very Brief Advice on Smoking module</a>	Online	30 minutes	Improving Health – Public Health Scotland
<b>Health Inequalities Awareness</b> The module looks at a definition of health inequalities and asks a participant to reflect on their own practice, identifying what they can do to reduce them.	<a href="#">Link to Health Inequalities Awareness Module</a>	Online	1 hour	Improving Health – Public Health Scotland
<b>Cala e-Learning Zone</b> Courses are aimed at all those who work or live with children and families, particularly in the Highlands and wider Scotland. Courses include - Intro to Child Protection; Children Affected by Parental Substance Misuse. Majority of courses are free.	<a href="#">Link to Cala e-learning zone modules</a>	<a href="#">Online</a>	Various	Cala Learning Zone
<b>Harm Reduction Training</b>				
<b>Safer Injecting and Route Transition</b> This training will raise confidence in practitioners who work with people who inject drugs to raise the topic of transitioning away from injecting to foil use, other methods of using drugs and other harm reduction initiatives.	14 <sup>th</sup> April 2023	Teams Online <a href="#">Safer Injecting and Route Transition- Training - Scottish Drugs Forum (sdftraining.org.uk)</a>	9.15am – 1.00pm	OHADP/SDF
<b>Drugs &amp; Bugs – An Introduction to bacterial infection in people who use drugs</b> This training will give an overview of bacterial infections and harm reduction information with an overview of main signs and symptoms to be aware of.	26 <sup>th</sup> May 2023	Teams Online <a href="#">Drugs and Bugs- Training - Scottish Drugs Forum (sdftraining.org.uk)</a>	9.15am – 1.00pm	OHADP/SDF

<b>Wound Awareness</b> Introduction to wounds and injecting complications related to injecting drugs. How to recognize when things go wrong and how to respond.	19 <sup>th</sup> June 2023	Teams Online <a href="https://www.sdftraining.org.uk/Wound-Awareness-Training-Scottish-Drugs-Forum">Wound Awareness-Training - Scottish Drugs Forum (sdftraining.org.uk)</a>	9.15am – 1.00pm	OHADP/SDF
<b>Peer led Overdose Prevention, Intervention &amp; Naloxone for People who use/used drugs</b> Training in overdose response <b><u>exclusively for people who use or have used drugs.</u></b> Attendees will learn how to recognize and help someone experiencing an overdose and discuss/debate issues faced by people who use/used drugs.	Check website for various dates.	Online <a href="https://www.sdftraining.org.uk/Peer-led-Overdose-Prevention-Intervention-and-Naloxone-for-People-who-use-used-drugs-Training-Scottish-Drugs-Forum">Peer led Overdose Prevention, Intervention and Naloxone for People who use/used drugs - Training - Scottish Drugs Forum (sdftraining.org.uk)</a>	2.5hrs Online	Scottish Drug Forum

If you require any information on the courses detailed above, please contact Donna Morrison, OHADP Administrator by email [Donna.Morrison4@nhs.scot](mailto:Donna.Morrison4@nhs.scot) or by telephone on 01851 762022.



## Appendix 1

### Trauma Informed Approaches

It is now recognised that experiences of adversity and trauma has the potential to affect the quality of a person's life, in particular, if events occurred during childhood. Children who experience adversity and trauma are more likely in adulthood, to experience poor physical and mental health, use substances, be involved with criminal justice. Traumatic experiences also occur in adulthood which can include domestic abuse, sexual assault and accidents. These difficulties can be compounded if individuals do not have access to appropriate services.

Everyone has a role to play in improving and shaping services to respond to the needs of survivors of trauma and abuse and be able to have the appropriate tools to make that difference. But we also need to take care of the workforce providing those services to ensure staff are fully supported and avoid burnout. Nobody needs to be an expert in trauma, but everyone should have the confidence in their role to broach the subject of trauma and abuse.

To ensure all services deliver a Recovery Oriented System of care (ROSC), the Scottish Government's Rights, Respect and Recovery Strategy and the Medication Assisted Treatment (MAT) Standards for Scotland are committed to ensure that drug and alcohol treatment services have trauma informed approaches built into all policy and procedures.

The evidence-based NHS National Education Scotland Transforming Psychological Trauma Framework and Training Plan [trauma-training-plan-final.pdf \(transformingpsychologicaltrauma.scot\)](#) offers guidance to further support organisation managers and supervisors to identify the training needs of staff and help to develop a trauma informed workforce using existing skills and knowledge and evidenced based training to meet any identified gaps. The 'Taking a Trauma Informed Lens to your Organisation' (TICPOT) audit tool and Scottish Trauma Toolkit can also be useful as a way to start thinking about developing the trauma focused approach.

Free learning resources are available through **TURAS Learn**, which also includes a module designed specifically for alcohol and substance use. You can register at: <https://learn.nes.nhs.scot/> Guided workshops can also be found on: <https://transformingpsychologicaltrauma.scot/resources/develop-your-trauma-skilled-practice/>

If there is any additional specific training required, please contact the ADP support team by email at [wi.ohadp@nhs.scot](mailto:wi.ohadp@nhs.scot). For reporting purposes, OHADP Support Team would appreciate that services keep a register of all trained staff and the courses undertaken and notify the team on [wi.ohadp@nhs.scot](mailto:wi.ohadp@nhs.scot)

### [Companion Documents | Improvement Service](#)



#### [Companion Documents | Improvement Service](#)

It is the Scottish Government, COSLA and other partners' ambition for Scotland to have trauma-informed and responsive services and

workforces, and for everyone in Scotland's workforce to receive training and support to understand the key role they have to play in responding to psychological trauma.

[www.improvementservice.org.uk](http://www.improvementservice.org.uk)

## Appendix 2.

### Useful links

[resources — MAT Standards](#) - Information on the MAT Standards can be found on the National website:

[Link to Rights, Respect and Recovery Strategy](#)

[Link to National Drugs Mission Plan 2022-2026](#)