

## Alcohol, Tobacco, and Drug Learning Opportunities, March 2020

Level	Alcohol	Tobacco	Other Drugs	Mental Health
Specialist			<a href="#">Overdose Prevention, Intervention, and Naloxone</a>  <a href="#">Bacterial Infections and Drug Use</a>  <a href="#">Recovery Outcomes Tool</a>  <a href="#">Staying Alive - Reducing Drug Related Deaths</a>  <a href="#">Recovery Oriented Systems of Care</a>	
Enhanced	<a href="#">CHAT Children Harmed by Alcohol Toolkit</a>		<a href="#">New Drugs, New Trends? A Worker's Toolkit for NPS</a>  <a href="#">Volatile Substance Abuse Training</a>	<a href="#">Scottish Mental Health First Aid</a>  <a href="#">Scottish Mental Health First Aid: Young People</a>  <a href="#">ASIST Suicide Intervention</a>
Skilled	<a href="#">Health Behaviour Change</a> <a href="#">Raising the Issue of Alcohol</a> <a href="#">Alcohol Affects Us All</a> <a href="#">Alcohol and Older People</a> <a href="#">Alcohol Brief Intervention</a> <a href="#">Drugs and Alcohol in the Workplace</a>  <a href="#">Introduction to Motivational Interviewing</a>  <a href="#">Engagement Skills</a>	<a href="#">Health Behaviour Change</a> <a href="#">Health Behaviour Change Extension - Tobacco</a>  <a href="#">Health Behaviour Change Extension -Second-Hand Smoke</a>  <a href="#">Smoking and Mental Health ASH IMPACT</a>  <a href="#">Tobacco Free Culture for Children and Young People who are Looked After</a>  <a href="#">Tobacco-free Generation Resources and Activities for Youth Work</a>  <a href="#">Introduction to Motivational Interviewing</a>	<a href="#">Drugs and Alcohol in the Workplace</a>  <a href="#">Introduction to Motivational Interviewing</a>  <a href="#">Listening and Responding to Children Affected by Parental Substance Use</a>  <a href="#">Engagement Skills</a>	<a href="#">What's The Harm? Self Harm Skills and Awareness</a>

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Informed	<a href="#">Alcohol Licensing in Your Community</a>  <a href="#">Alcohol Awareness</a>	<a href="#">Understanding Tobacco</a>  <a href="#">Raising the Issue of Smoking in a Money Advice Setting</a>	<a href="#">Drugs Awareness online SDF</a> <a href="#">Drug Awareness Face to Face SDF</a>  <a href="#">Drug Awareness Introductory Course</a>	<a href="#">Healthy Minds Resource</a>  <a href="#">Understanding and Responding to Stigma</a>
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Title	Description	Number of Participants	Who's it for?	Mode of Delivery
<b>Health Behaviour Change (all topics)</b>				
<b>HBC</b>  <b>Health Behaviour Change</b> There are one hour extensions available for this course for those who wish further knowledge of tobacco or second-hand smoke	<b>One hour short course or four hour course.</b> Many of us in our day to day work have the opportunity to talk with our client group about lifestyle choices and how they impact on health and wellbeing. What we eat, how active we are, the amount of alcohol we drink, if we smoke and life circumstances e.g. finances etc have a significant impact on the health of individuals and communities. This training will support person centred methods of talking about and supporting health behaviour change.	Minimum 8  Maximum 20	This training is suitable for those with little or no training in health behaviour change and who have an opportunity to talk with their client group about lifestyle.	Delivered face to face by WD Health Improvement Team
<b>Introduction to Motivational Interviewing</b>	Motivational Interviewing (MI) is a collaborative conversational style for strengthening a person's own motivation and commitment to change. This is a <b>2 day</b> practical course.	Not specified	Practitioners who hold therapeutic conversations about change with people who present as ambivalent.	Delivered face to face by Scottish Drugs Forum Workforce Development Programme

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Title	Description	Number of Participants	Who's it for?	Mode of Delivery
<b>Engagement Skills</b>	This <b>1 day</b> course is designed to give grounding in the basic communication skills needed to foster engagement with service users.	Not specified	Frontline staff in any field in drugs and alcohol.	Delivered face to face by Scottish Drugs Forum Workforce Development Programme
<b>Alcohol</b>				
<b>Raising the Issue of Alcohol</b>	<b>2 hour training</b> providing learners with information on the impact alcohol has on individuals, families and communities. It explore the role that frontline staff can play in tackling these issues with patients or clients in an appropriate way	n/a – online course	Frontline staff in any field who have the opportunity to talk with their client group about alcohol.	NHS HS Virtual Learning Environment – online <a href="https://elearning.healthscotland.com/">https://elearning.healthscotland.com/</a>
<b>Alcohol Affects Us All</b>	This <b>1 day</b> course is an interactive training programme which can help ensure that you have the skills, knowledge and confidence to support people affected by alcohol.  The course covers a range of topics exploring the impact of alcohol on individuals, families and society, and the support that is available.	Unspecified	Anyone who works with people who may be affected by alcohol.	Delivered face to face by Alcohol Focus Scotland. <a href="https://www.alcohol-focus-scotland.org.uk/">https://www.alcohol-focus-scotland.org.uk/</a>  £90 pp
<b>C.H.A.T. - Children Harmed by Alcohol Toolkit</b>	This <b>1 day</b> course shares a resource which can be used in a variety of settings to help build resilience and protective factors in children and families by building emotional intelligence, developing social skills and problem solving skills.	Unspecified	This resource is for professionals working with children, young people and families affected by alcohol.	Delivered face to face by Alcohol Focus Scotland. <a href="https://www.alcohol-focus-scotland.org.uk/">https://www.alcohol-focus-scotland.org.uk/</a>  £90 pp

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Title	Description	Number of Participants	Who's it for?	Mode of Delivery
<b>Alcohol and Older People</b>	This <b>1 day</b> interactive training aims to build learners knowledge and awareness of the impact of alcohol on older people and build confidence to raise the issue and provide the necessary level of support.	Unspecified	Alcohol and Older People training has been designed for those working with and supporting older people.	Delivered face to face by Alcohol Focus Scotland. <a href="https://www.alcohol-focus-scotland.org.uk/">https://www.alcohol-focus-scotland.org.uk/</a>  £90 pp
<b>ABI</b>  <b>Alcohol Brief Interventions</b>	<b>A one day training</b> course focusing on supporting people to carry out a constructive and informative discussion on alcohol consumption.  Also available as a <b>3.5 hour</b> training course which gives an overview of how to carry out an ABI.  3.5 hour ABI course can be delivered along with the four hour Health Behaviour Change training to support conversations about behaviour change with an additional focus on alcohol.	Minimum 10  Maximum 16.	This course is suitable for anyone who works with people who drink alcohol and has the opportunity to discuss consumption and reduction.	Delivered face to face by WD Health Improvement Team.
<b>Alcohol Licensing in Your Community –</b> How you can get involved	Explains how the licensing process works in Scotland and provides practical tips for those who might wish to respond to licensing applications	Negotiable	Suitable for anyone who works with Community Councils. Can also be delivered directly to Community Councils	Delivered face to face by Health Improvement Team with possible support from AFS (tbc). <a href="https://www.alcohol-focus-scotland.org.uk/">https://www.alcohol-focus-scotland.org.uk/</a>

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Title	Description	Number of Participants	Who's it for?	Mode of Delivery
<b>Alcohol Awareness</b>  Can be delivered along with <a href="#">Drugs Awareness</a> as a full day session	<b>3.5 hours</b> alcohol awareness training provides participants with an understanding of alcohol units, and explores attitudes to and effects of alcohol	Minimum 10 Maximum 16	This course will be of interest to anyone wishing to improve their knowledge and understanding of alcohol.	Face to face delivery by WD Health Improvement Team.
<b>Alcohol and Drugs</b>				
<b>Drugs and Alcohol in the Workplace</b>	This <b>one hour</b> course provides participants with: <ul style="list-style-type: none"> <li>• increased knowledge of the impact of alcohol and drugs on a workplace, whether to the individual or to the business (such as productivity, absenteeism or injury)</li> <li>• the wider effects that alcohol and drugs can have on individuals, their families and society</li> <li>• the benefits to a business in taking action to reduce alcohol and drug-related harm in their workforce</li> </ul>	n/a - online course	This course will be of interest to any employee or manager who wants to better understand the impact that alcohol and drugs can have on a business. It may be especially beneficial to anyone with a role in the health of people in their workplace.	Online NHS Health Scotland  <a href="https://elearning.healthscotland.com/">https://elearning.healthscotland.com/</a>
<b>Drugs and Alcohol in the Workplace</b>	This <b>2 hour</b> course provides an overview of the relevant legislation and the possible warning signs of drug and alcohol misuse. It includes practical guidance on screening employees, developing a workplace drugs and alcohol policy and considers additional support available for affected employees.	£535 + VAT for up to 20-25 people	Delegates from all sectors of industry including: managers, supervisors, team leaders, HR professionals, business owners, Trade Union representatives, employee representatives and individuals who wish to enhance their CPD	Delivered face to face by ACAS  <a href="https://www.acas.org.uk/index.aspx?articleid=4388">https://www.acas.org.uk/index.aspx?articleid=4388</a>

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Title	Description	Number of Participants	Who's it for?	Mode of Delivery
<b>Introduction to Trauma-informed Practice with People who use Substances</b>	This <b>one day</b> course introduces the relationship between trauma and substance use and will enable practitioners to respond to disclosures of trauma.	Not specified <i>Double staffed so counted as 2 days training from SDF</i>	Suitable for staff working with people who use drugs	Delivered face to face by Scottish Drugs Forum Workforce Development Programme
<b>Listening and Responding to Children Affected by Parental Substance Use</b>	This 1 day course will support practitioners to listen and respond effectively and appropriately to children affected by parental substance use. This course has been reviewed in the light of the Lloyds PDI report and will fully incorporate the recommendations of this report.		Practitioners in adult substance use and children's services	Delivered face to face by Scottish Drugs Forum Workforce Development Programme
<b>Drugs</b>				
<b>Drug Awareness from SDF</b>	This <b>one day</b> introductory course addresses the basic elements of knowledge around drugs and is intended to offer instruction and development for staff that are new to the alcohol and drug field.	unspecified	Staff new to the alcohol and drug field.	Delivered face to face by Scottish Drugs Forum Workforce Development Programme
<b>Drug Awareness – An introductory Course</b>	This introductory e-learning course aims to increase workers' knowledge and awareness of key issues relating to drug use in Scotland	n/a - online	Health, Social Care and Voluntary Organisation staff who wish to increase their knowledge and awareness of drug issues.	Online Scottish Drugs Forum <a href="https://www.sdftraining.org.uk/online-learning/277-drug-awareness-an-introductory-course">https://www.sdftraining.org.uk/online-learning/277-drug-awareness-an-introductory-course</a>
<b>Drugs Awareness</b> Can be delivered along with <a href="#">Alcohol Awareness</a> as a full day session	This <b>3.5 hours</b> drug awareness training provides participants an understanding of current laws and classifications, and of drug categories and effects.	Minimum 10 Maximum 16	This course will be of interest to anyone wishing to improve their knowledge and understanding of drugs.	Delivered face to face by WD Health Improvement Team

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Title	Description	Number of Participants	Who's it for?	Mode of Delivery
<b>Staying Alive – Reducing Drug Related Deaths</b>	This <b>one day</b> course discusses how services and practitioners can better prevent drug deaths. It explores why deaths occur and highlights recent research on protective factors. There is a particular focus on over 35s who use substances.	Unspecified	This course will be of interest to staff working with people who use drugs.	Delivered face to face by Scottish Drugs Forum Workforce Development Programme.
<b>Volatile Substance Abuse Training</b>	This <b>one day</b> course allows participants to understand what VSA is, know what products are used in VSA, understand the dangers of VSA, know VSA mortality rates and trends, and know prevalence rates.	Minimum 8 Maximum 20	Suitable for healthcare, counsellors, education departments, social work agencies, and protective services	Delivered face to face by <a href="https://www.re-solv.org/">https://www.re-solv.org/</a>  (paid for by Scottish Government)
<b>Overdose Prevention, Intervention, and Naloxone</b>	This short e-learning course covers the key aspects of drug-related deaths in Scotland, opiate overdose prevention, intervention and naloxone basics	n/a – online	Suitable for staff working with people who use drugs	Online Scottish Drugs Forum <a href="https://www.sdftraining.org.uk/online-learning/156-overdose-prevention-intervention-and-naloxone-3">https://www.sdftraining.org.uk/online-learning/156-overdose-prevention-intervention-and-naloxone-3</a>
<b>Bacterial Infections and Drug Use</b>	The e-learning course will give a brief overview of bacterial infection and various outbreaks. It gives participants the opportunity to explore harm reduction information relevant to bacterial infection. The course will provide an overview of the main signs and symptoms which practitioners should be aware of and will encourage participants to think about and develop a response relevant to their services.	n/a – online	Suitable for staff working with people who use drugs.	Online Scottish Drugs Forum  <a href="https://www.sdftraining.org.uk/online-learning/170-bacterial-infections-and-drug-use">https://www.sdftraining.org.uk/online-learning/170-bacterial-infections-and-drug-use</a>

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Title	Description	Number of Participants	Who's it for?	Mode of Delivery
<b>New Drugs, New Trends? A Worker's Toolkit for NPS</b>	<p>This elearning course will allow participants to:</p> <ul style="list-style-type: none"> <li>• Name the seven categories of substances which apply to NPS</li> <li>• Recall the legislation affecting NPS</li> <li>• Give an overview of two key NPS in use</li> <li>• Recall current and emerging trends with regards to NPS in Scotland</li> <li>• Describe typical patterns of use, including poly-substance use</li> <li>• Identify techniques to support people who use NPS</li> </ul>	n/a - online	This course has been designed to meet the needs of workers who come into contact with people who may use New Psychoactive Substances (sometimes known as Legal Highs).	<p>Online Scottish Drugs Forum</p> <p><a href="https://www.sdftraining.org.uk/online-learning/171-new-drugs-new-trends-a-worker-s-toolkit-for-nps">https://www.sdftraining.org.uk/online-learning/171-new-drugs-new-trends-a-worker-s-toolkit-for-nps</a></p>
<b>Recovery Outcomes Tool</b>	<p>By the end of this course, participants will be able to:</p> <ul style="list-style-type: none"> <li>• Recall the ten recovery outcome measures</li> <li>• Describe the Recovery Outcomes (RO) Tool and its context of use</li> <li>• Demonstrate practical knowledge of using the RO Tool</li> </ul>	n/a - online	This e-learning course has been designed to meet the needs of workers who will use the Recovery Outcomes (RO) Tool.	<p>Online Scottish Drugs Forum</p> <p><a href="https://www.sdftraining.org.uk/online-learning/172-recovery-outcomes-tool">https://www.sdftraining.org.uk/online-learning/172-recovery-outcomes-tool</a></p>
<b>Recovery Oriented Systems of Care</b>	This <b>one day</b> course will help staff understand recovery oriented practice and how they can contribute to their local service system. It will support ROSC development work	Unspecified	This course will be of interest to staff working with people who use substances.	Delivered face to face by Scottish Drugs Forum Workforce Development Programme
<b>Smoking</b>				



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Title	Description	Number of Participants	Who's it for?	Mode of Delivery
<b>HBC Extension - Tobacco</b>	<b>One hour</b> training provides learners with knowledge and information about tobacco and smoking including the effects of smoking, why people smoke, benefits of stopping, how to stop and support services.	Minimum 8  Maximum 20	This training is suitable for those who have attended 1 or 4 hour HBC training and wish further knowledge on smoking and tobacco	Delivered face to face by WD Health Improvement Team
<b>HBC Extension - Second-hand Smoke</b>	<b>One hour</b> training equips learners with information about second-hand smoke (SHS) that will assist them when raising the issue of SHS with their clients.	Minimum 8  Maximum 20	This training is suitable for those who have attended 1 or 4 hour HBC training and wish further knowledge on second-hand smoke	Delivered face to face by WD Health Improvement Team
<b>ASH IMPACT Smoking and Mental Health</b>	This training aims to raise awareness of the links between smoking and poor mental health and to encourage mental health practitioners to discuss these links.	Unspecified	This training is suitable for staff supporting people with mental health problems who smoke.	Online eLearning course followed up by a two-hour face-to-face training by ASH Scotland <a href="https://impact.scot/">https://impact.scot/</a>
<b>Understanding Tobacco</b>	This <b>2 hour</b> course will give you a brief look at tobacco, nicotine cravings, available support and nicotine replacement therapy.	n/a - online	This course is for anyone who is interested in finding out a little more about smoking and tobacco.	Online - ASH Scotland <a href="https://www.ashscotlandmoodle.org.uk/">https://www.ashscotlandmoodle.org.uk/</a>
<b>Raising the Issue of Smoking in a Money Advice Setting</b>	This <b>2 hour</b> course has been designed to help inform ways to raise the issue of smoking in a money advice setting as part of the support provided.	n/a - online	This course is designed for money advice organisations, foodbanks and community organisations who offer any type of financial advice and support to clients.	Online – ASH Scotland <a href="https://www.ashscotlandmoodle.org.uk/">https://www.ashscotlandmoodle.org.uk/</a>

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Title	Description	Number of Participants	Who's it for?	Mode of Delivery
<b>Tobacco Free Culture for Children and Young People who are Looked After</b>	This <b>resource</b> is for NHS tobacco control to deliver in partnership with either a local authority social work/children services departments or funded voluntary organisations with a role in residential care of children and young people.		This course is designed for residential care staff, kinship carers, foster carers and other professionals who work with children and young people who are looked after (LACYP).	Downloadable resource <a href="https://www.ashscotlandmoodle.org.uk/">https://www.ashscotlandmoodle.org.uk/</a>
<b>Tobacco-free Generation Resources and Activities for Youth Work</b>	These <b>resources</b> are designed to support you to deliver activities to help equip young people to make confident and responsible decisions on smoking and their health and wellbeing. They provide the facts, materials and resources you need to feel confident to deliver effective tobacco education.		This resource is suitable for staff working with young people who have an opportunity to talk about smoking and tobacco.	Downloadable resource <a href="https://www.ashscotlandmoodle.org.uk/">https://www.ashscotlandmoodle.org.uk/</a>
<b>Mental Health</b>				
<b>SMHFA</b>  <b>Scottish Mental Health First Aid</b>	This course is delivered over <b>two days</b> and has been developed with the aim of improving the general public's awareness and understanding of mental health. Course content: learn how to help someone experiencing a mental health problem, deal with a crisis situation or the first signs of someone developing mental ill health and guide people towards appropriate professional help.	Minimum 12  Maximum 24	This course is suitable for those who wish to develop skills in dealing with people who are suffering from poor mental health and well-being.	Delivered face to face by WD Health Improvement Team

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Title	Description	Number of Participants	Who's it for?	Mode of Delivery
<b>SMHFA:YP</b>  <b>Scottish Mental Health First Aid for Young People</b>	This course takes <b>14 hours</b> to complete, it is aimed at adults working or living with young people aged between 11 and 17 years old who may be at risk of experiencing mental health problems. The course is delivered as a mixture of on line learning (8hours) and face to face learning (6hours).	Minimum 12  Maximum 24	This course is suitable for those who wish to develop skills in dealing with young people who are suffering from poor mental health and well-being.	Delivered face to face by WD Health Improvement Team
<b>safeTalk</b>	<b>A three-hour training</b> which gives participants the skills to recognise when someone may have thoughts of suicide, and to connect that person to someone with suicide intervention skills.	Minimum 10  Maximum 30	This training is suitable for anyone who is interested in learning some basic suicide awareness.	Delivered face to face by WD Health Improvement Team  Can also be commissioned from SAMH <a href="https://www.samh.org.uk/">https://www.samh.org.uk/</a>
<b>ASIST</b>  <b>Applied Suicide Intervention Skills Training</b>	<b>A two-day workshop</b> that offers practical help to enable caregivers to recognise and intervene to prevent the immediate risk of suicide. ASIST addresses the stigma of suicide and how the participants can recognise unhelpful attitudes in both themselves and others.	Minimum 12  Maximum 24	This training is suitable for anyone who wishes to develop skills in dealing with those who are in immediate danger of completing a suicide.	WD Health Improvement Team commission the ASIST from Scottish Association of Mental Health (SAMH) at a cost of £1,800 per course. <a href="https://www.samh.org.uk/">https://www.samh.org.uk/</a>
<b>What's The Harm? Self Harm Skills and Awareness Training</b>	<b>A one day training</b> course focusing on Self Harm. This course helps people to understand the purpose of Self-Harm and how the response of those who come into contact with people who use self harm as a coping mechanism is key to supporting them to find more productive ways to cope with destructive emotions.	Minimum 10  Maximum 16	This course is suitable for those who wish to develop skills in dealing with those who are dealing with overwhelming emotions.	Delivered face to face by WD Health Improvement Team

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Title	Description	Number of Participants	Who's it for?	Mode of Delivery
<b>Healthy Minds Resource</b>	An awareness raising resource to support implementation of the NHS GG&C Mental Health Improvement Frameworks. It aims to promote basic awareness and understanding of mental health and topics that are associated with and can impact on mental health and wellbeing.	Unspecified	This course is suitable for anyone who would like to improve their knowledge and understanding of mental health and wellbeing.	<p>These modules are suitable to be delivered to anyone. There is no specific training required to be able to deliver the modules.</p> <p><a href="https://www.nhs.gov.uk/about-us/professional-support-sites/child-youth-mental-health/healthy-minds-resource/">https://www.nhs.gov.uk/about-us/professional-support-sites/child-youth-mental-health/healthy-minds-resource/</a></p>
<b>Understanding and Responding To Stigma</b>	This <b>one day</b> course discusses how stigma can have a profound impact upon the lives of people who use alcohol and drugs, or those who have a history of substance use. The course provides awareness of the wider impact the cycle of stigma fosters.	unspecified	This course is suitable for staff working with people who use or have used substances.	Delivered face to face by Scottish Drugs Forum Workforce Development Programme

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## Structure of the Framework - Levels of Knowledge and Skills

Each level defines the knowledge and skills specific to a person's role in relation to alcohol, tobacco, and other drugs. Rather than being hierarchical, the levels are concerned with people's roles and responsibilities in relation to substance use, which will vary greatly across organisations and sectors.

Each level defines the knowledge and skills specific to their role that people should have, rather than in relation to their seniority within the organisation or their profession.

The '**Informed Level**' provides the essential knowledge and skills required by all staff working in health and social care contributing to substance use prevention. It also encapsulates most of the wider public health workforce who need to be informed about substance use prevention. This level is also applicable more broadly, and can have relevance to everyone, in any workplace, workforce or community who has the opportunity and ability to have a conversation about substance use.

The '**Skilled Level**' describes the knowledge and skills required by 'non-specialist' front line staff working in health, social care, and wider public and other services. These workers are likely to have direct and/or substantial contact with people who may be involved with substance use, meaning that they have an important contribution to make to substance use prevention.

The '**Enhanced Level**' outlines the knowledge and skills required by staff working in health and social care, and wider public services, who have regular and intense contact with people using substances, and whose job role means they can provide direct interventions. The knowledge and skills outlined at this level become increasingly role and context specific.

The '**Specialist Level**' outlines the knowledge and skills required for staff, who because of their role and/or practice setting, play a specialist role in substance use prevention. The knowledge and skills outlined at this level are role and context specific and should be interpreted in this way.

The knowledge and skills outlined at each level are constructed in an incremental way, for example, staff that operate at the 'Enhanced Practice' level would also possess the values, knowledge and skills described at all preceding levels. Given the scope of the workforce across health and social care, this framework does not identify specific staff roles in relation to the framework domains and levels. Each individual staff member, and their employer, must take responsibility for ensuring that they correctly interpret and apply the content and aspirations of the framework to their role in relation to substance use prevention.