

## Target Audience

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Care and Support staff in a variety of settings and Housing and Housing Support Teams.

This course will raise awareness of substance misuse and empower learners to effectively engage with the people they support. Learners will explore the social, psychological and health implications as well as the risks associated with substance misuse, including alcohol. It is imperative that everyone who works with young people and adults with complex needs, understand substance misuse and the impact it has. In addition, learners will look at how person-centred practice can address substance misuse in a much more focused and empowering way.

**This course is delivered using a range of methods and resources including:**

- ◆ Face to face tutor facilitation, fact sheets for research within groups, large group discussions, questioning and participation and an end of session assessment.

**This course has been developed and mapped to current occupational standards, qualification frameworks and the following documents and resources:**

- ◆ The Government document – No Health without Mental Health
- ◆ Skills for Care – The Common Core Principles to support good mental health and well-being in adult social care
- ◆ The Care Act 2014

## Course Content

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- ◆ Legislation
- ◆ Drug Harm
- ◆ Ways drugs are used
- ◆ Minimising harm and other intervention models
- ◆ Routes of Administration
- ◆ Drug Categories
- ◆ The different types of substances commonly used
- ◆ Alcohol
- ◆ Foetal Alcohol Syndrome
- ◆ Stages of change
- ◆ Therapies used to support someone

## Learning Outcomes

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**After attending this course, learners will be able to:**

- ◆ List legislation that has an impact on substance abuse
- ◆ Define what is meant by drug harm
- ◆ Recognise ways drugs are used
- ◆ List the routes of administration of drugs and alcohol
- ◆ Categorise types of drugs
- ◆ Give examples of drugs and the impact they have
- ◆ Explain how alcohol is abused and how this impacts individuals and those around them
- ◆ Illustrate the impact of Foetal Alcohol Syndrome
- ◆ Organise the elements of recovery into stages of change
- ◆ Describe an intervention model for drugs and alcohol
- ◆ Evaluate the therapies available to support someone

**Duration: 3.5 Hours**