



**etb**

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

**2021**  
Quarter 1

# Alcohol & other Drugs

Education & Training  
North West Region

Northwest Regional  
Drug & Alcohol Task Force



**Christina M.McEleney**

**E:** [christinamceleney@donegaletb.ie](mailto:christinamceleney@donegaletb.ie)

**M:** 0879369312

# Welcome

To the Quarter 1 training plan. 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 Education and Training Board 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.

**Christina M.McEleney**

**E: [christinamceleney@donegaletb.ie](mailto:christinamceleney@donegaletb.ie)**

**M: 0879369312**

**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 2 courses available!

Course Fee : €300

**Option 1 :Monday evenings 6-9pm Starts 25th January**

**Option 2:Thursday afternoons 2-5 pm starts 21st January**

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
- New Psychoactive Substances
- Hidden Harm / Trauma

### **BLENDED 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**

This course is reconstructed for online delivery. Where Covid-19 levels permit there may be a specific physical class at some point, in the main this will be fully online. Students will receive one to one support.

2021

Quarter 1

2.

# 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.**

**Thursday 14th January | 1 hr | 2.30-3.30pm | online**

**Wednesday 31st march | 1 hr | 2.30-3.30pm | 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.

**Wednesday 17th February | 1 hr | 2.30-3.30pm | online**

2021

Quarter 1

5.



# 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 26th February | 2.00pm-4.00pm | online**

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

# 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.

**Wednesday 3rd march | 1.5 hr | 2.30-4.00 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.

**Wednesday 24th March | 1 hr | 2.30-3.30 pm | online**

2021

Quarter 1

4.

# 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](mailto:christinamceleney@donegletb.ie)



2021

Quarter 1

7.

# 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 persons 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.

### BLENDLED 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