



Programmes

**Concise
Sessions**

Modules

***Practice Based
Workshops***

**Tailored
Programmes**

**Academic
Programmes**

***'Essentials'
Sessions***

STRADA Concise - these 2.5 hour sessions cover new topics and an opportunity to focus on specific aspects of existing modules, for example, particular skills, areas of essential underpinning knowledge, and issues where greater understanding and implementation will lead to better practice.

STRADA Essentials - these 2.5 hour sessions are specifically for participants working directly with problematic drug and/or alcohol users and contain the essential skills and knowledge needed to work competently.

Working with Drug and Alcohol Users - 5 day module

This module contains the necessary underpinning knowledge, provides opportunities for skills development and will explore the roles participants have in improving outcomes for those affected by drug and/or alcohol misuse. Over the five days participants will have the opportunity to build on their generic skills to improve their understanding of and competence in working with those affected by drug and alcohol use. The existing knowledge and work experience participants bring with them are considered salient features of this module.

Supporting Behaviour Change - 2 Day Module

This module will develop your understanding of how behaviours are formed and influenced. It will explore relevant models of behaviour change specifically relapse prevention models and cognitive behavioural therapy.

Using Behaviour Change Interventions - 3 Day PBW

This practice based workshop is designed to build on your existing knowledge and skills around behaviour change. You will develop a sound knowledge of a number of particular skills and techniques to improve your practice of both relapse prevention work and cognitive behaviour therapy. You will also be encouraged to reflect on your use of these techniques as applied in your own workplace.

Children and Families - 2 Day Module

This module seeks to develop the knowledge and skills of workers in contact with children and families affected by problem drug and alcohol misuse. This includes health visitors, teachers, substance misuse workers and social workers, including criminal justice workers.

Working with Children and Families - 3 Day PBW

The practice based workshop provides the opportunity for you to review the current policy context and the practicalities of linking policy to practice situations. Participants will discuss and analyse live case scenarios in order to benefit from peer support and review, and practice skills for engaging and focusing parents' attention on the potential impact of misuse on children in order to encourage motivation for change. Participants will be provided with examples of good practice from an experienced practitioner and have the opportunity to enhance their knowledge of practical approaches to reduce the impact of drug and/or alcohol misuse on children. Participants will also examine the role of fathers and consider effective ways of engagement. As well as participating in reflective practice, participants will have the opportunity to decide on the topics and structure for day three of the workshop.

Motivational Interviewing - 2 Day Module

This module explores the underlying theory and principles of Motivational Interviewing – a directive counselling style developed to facilitate the client's journey towards change. Participants will have the opportunity to discuss, and where appropriate, practice skill based interventions.

Motivational Interviewing Techniques - 3 Day PBW

This workshop is designed for those who have already undertaken STRADA's two-day Motivational Interviewing module or have existing counselling skills training, as the general principles and theories of Motivational Interviewing will only be revisited very briefly.

The aim of this workshop is to develop strategies and micro-skills appropriate to the client's stage of readiness for change. It also allows participants to integrate MI within a broader portfolio of practice skills and styles. The programme includes skills practice and a range of activities throughout, with the opportunity to reflect on the impact of their newly acquired skills whilst benefiting from peer support and experience.

Alcohol Use: Impact on Individual, Community and Society - 2 Day Module

This module will develop your overall understanding of the impact alcohol has at different levels in Scotland, the U.K. and globally. You will gain an increased understanding of the actions and effects of alcohol and discuss different approaches that can be taken at an individual and societal level to minimise the harm alcohol can cause.

Working with Problem Drinkers - 3 Day PBW

This practice based workshop will increase your understanding of the effect alcohol has on the individual and the community. Participants will have the opportunity to discuss how Scottish culture, attitudes and values impact on their practice. The PBW has been devised to enable participants to develop their understanding and practice a range of specific interventions in a safe environment. These include Brief Interventions, the use of drinking diaries, and specific harm reduction information and techniques for working with problem drinkers.

Using Brief Interventions - 1 Day Module

This module will provide participants with the necessary knowledge and skills to undertake effective Brief Interventions with those individuals who have been identified as having, or are, at risk of developing alcohol related problems.

Effective and Efficient Service Delivery for Managers - 3 Day Module

This module has been developed for managers working in drug and alcohol services. Participants are expected to already have management responsibilities and a minimum of 6 months experience of working within the drug and alcohol fields. The module provides managers with an understanding of the core knowledge areas, structures, policy and practice issues affecting the delivery of drug and alcohol services services in Scotland.

Training for Trainers - 3 Day Module

This module provides guidance and support in using and adapting existing training packages and, a systematic approach to developing personalised training events. Training for Trainers combines teaching on the principles of adult learning, particularly an understanding and application of learning styles with practical sessions on the advantages and disadvantages of specific training methods/aids.

Participants will be informally assessed on their ability to design and deliver short training events. The assessment will take the form of both written and verbal feedback. As part of their learning during the module the participant will be required to reflect on the written and verbal feedback received. A key aspect of the module is the development of an understanding of the difference between adult and child learning and the skills and aptitudes required to be an effective trainer. Participants will be expected to critically reflect on their own experience and practice of being both a learner and a trainer.

Understanding Prevention and Developing Effective Programmes - 1 Day Module

This module is designed to provide participants with a comprehensive understanding of current theory and practice in the area of prevention. Prevention has a number of different meanings and interpretations, this module discusses these and the key components of effective programmes for preventing addictive behaviour.

Understanding Risk, Reducing Harm - 2 Day Module

This module is designed to provide participants with a comprehensive structured approach to working with problem drug users and problem drinkers to enable them to reduce the risks they take in their use and minimise the harm to themselves, family & friends, and the local community.

Treatment, Support and Recovery:

Service Provision For Problem Drug Users in Scotland - 2 Day Module

This module enables practitioners to identify opportunities which will enhance drug services provided within a community setting. Participants will discuss ways to improve the accessibility, assessment and planning of an individual's care within a multidisciplinary environment. In addition, participants will be encouraged to debate key issues facing treatment providers and identify ways to improve their practice.

Involving Service Users - 1 Day Module

This module is designed to provide all those involved in the planning, development, delivery & evaluation of drug and alcohol services an understanding of the contribution service users can and should, make to these stages. Participants will discuss how to practically improve service user involvement within their own organisation and review how other organisations involve service users. The module aims to promote the value of involving service users and considers a range of practical approaches that can be undertaken to achieve effective service user involvement.

Substance Misuse in Pregnancy - 1 Day Module

This module is designed to provide participants with a greater understanding of the effect of substance misuse on pregnancy and parenting ability. Participants will discuss the specific actions and effects of different substances and the way in which services can better work together to provide appropriate care and support for the mother, father and baby.

Participants attending this module will discuss the impact substance misuse can have on pregnancy, how services can best respond to the needs of pregnant women, the expectant father and their families.

Understanding and Supporting People with Alcohol Related Brain Damage - 1 Day Module

This module provides an overview of recent research on ARBD and highlights potential risk factors and indicators of concern to aid recognition. Screening and assessment skills are explored including issues specific to assessing capacity. In addition, the module provides opportunities for enhancing practical skills for communicating, improving memory and responding to challenging behaviour. The module focuses on integrated care and actions to improve service delivery.

Certificate in Higher Education: Drug and Alcohol Practice - (academic year)

This programme is offered by STRADA through the University of Glasgow's Department of Adult and Continuing Education (DACE). The programme is designed to introduce students to key concepts and ideas about Drug and Alcohol Misuse. The programme will provide students with specialist knowledge and transferable skills relevant to the Drug and Alcohol fields. A major focus of the programme is the integration of theory into practice and requires students to demonstrate the links between learning and current practice. Suitable applicants would be expected to be currently working with people who have drug and alcohol problems such as those working within Health, Social Care or Voluntary Services. Applicants are welcomed from a wide range of professions.

Entry Requirements

- One years experience in the addiction or related field
- An ability to undertake work at the appropriate academic level.

Postgraduate Certificate in Addictions - (academic year)

This programme is offered by STRADA through the University of Glasgow's Department of Adult and Continuing Education (DACE). The programme is designed to develop, enhance and refine students' knowledge and practical skills in the drug and alcohol fields and examine this in relation to the underpinning of current practice. The programme is for those who work in drug and alcohol related services in Scotland, from prevention and harm reduction to treatment. It is also relevant to a wide range of professionals, and to those who are interested in, and whose work brings them into contact with, drug and alcohol misusers.

Entry requirements

- A relevant degree in an appropriate discipline (i.e. nursing, social work), or
- A relevant professional qualification, which should also be in an appropriate discipline, or
- At least five years experience of working with drug or alcohol misusers.

Postgraduate Certificate in Leadership of Drug and Alcohol Services - (academic year)

This programme is offered by STRADA through the University of Glasgow's Department of Adult and Continuing Education (DACE). The programme has been developed for those already working within, or seeking, leadership positions in drug and alcohol support agencies. The programme is highly interactive, drawing on students' knowledge and experiences as a means of helping them to improve their understanding and skill in leadership and management of drug and alcohol services.

Entry requirements

- A relevant degree, or
- Equivalent professional qualifications, or
- A minimum of five years' relevant experience in the drug and alcohol fields.

Tailored Programmes:

STRADA can develop modular programmes tailored to your organisation's requirements.
The options available for purchasing are –

Existing courses from our range of standard Modular Courses
Materials from our existing Modular Courses can be developed to form a new course
Specialised subject courses can be designed and developed

We also provide Consultancy Services

**For more information, visit:
www.projectSTRADA.org**