



Supporting People with Alcohol and Substance Use, Abuse and Dependency Issues

This one day course equips delegates with the skills and understanding to manage the support, enablement and safeguarding of individuals whose behaviour is affected by alcohol or other substance use and abuse. Delegates will learn how to recognise signs of substance abuse, develop appropriate practical interpersonal communication skills and know what to do in a crisis.

Programme/Course Content:

- Self- confidence and feeling 'at home'
- Relaxation – confidence – communication
- What winds you up?
- Coping strategies
- Recognising signs and signals of alcohol/substance abuse
- Crossing the line – Difficulties, dangers and dependency
- Consequences for others
- Isolation
- Pro-active approaches
- Interactional styles
- Reactive strategies
- Labelling
- Managing a behavioural crisis
- Cause for concern? – Card exercise
- DVD – Social determinants of health
- Signposting to specialist agencies

Aimed at: Managers and support workers engaged in providing services for individuals in the community

Accreditation: Meets the National Occupational Standards and is CQC compliant
Additional QCF accreditation available

Further information: For more information, or to book this course, please get in touch with our team today.