



Moray Alcohol &  
Drug Partnership

# Moray Alcohol & Drug Partnership Training Prospectus 2025-26

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## All Courses

Please see below the full list of courses and dates we will be holding these training sessions. Course descriptions can be found further on in the planner.

All of these courses are free to attend and open to anyone living and working in Moray looking to learn more.

To book onto any of the training please follow the link to Eventbrite and complete the form. If you cannot access Eventbrite please email us and we can add you to the course register.

If you cannot attend any of the training please contact MorayADP@moray.gov.uk as soon as possible or cancel your space on Eventbrite.

Our training spaces are limited and if you do not attend without notice then your line manager will be contacted and also remove you from all future MADP courses during 2025/26.

Course Title	Date	Venue	Eventbrite Link
Understanding Stigma	Thursday 24 <sup>th</sup> April 2025 09:30 - 16:30	In Person Moray College UHI Room AGBC114/116	<a href="https://UnderstandingStigmaTraining.eventbrite.co.uk">https://UnderstandingStigmaTraining.eventbrite.co.uk</a>
Trauma & Substance Use	Wednesday 28 <sup>th</sup> May 2025 09:30 - 16:30	In Person Moray College UHI Room AGBC212	<a href="https://TraumaSubstanceUseTraining.eventbrite.co.uk">https://TraumaSubstanceUseTraining.eventbrite.co.uk</a>
Drug Awareness	Tuesday 2 <sup>nd</sup> September 2025 09:30 - 16:30	In Person The Inkwell main room Elgin Youth Cafe	<a href="https://DrugAwarenessTraining.eventbrite.co.uk">https://DrugAwarenessTraining.eventbrite.co.uk</a>
Mental Health & Substance Use	Wednesday 24 <sup>th</sup> September 2025 09:15 - 13:30	Online via Microsoft Teams	<a href="https://MentalHealthSubstanceUseTraining.eventbrite.co.uk">https://MentalHealthSubstanceUseTraining.eventbrite.co.uk</a>
Ketamine Awareness	Tuesday 1 <sup>st</sup> October 2025 09:15 - 13:30	Online via Microsoft Teams	<a href="https://KetamineAwarenessTraining.eventbrite.co.uk">https://KetamineAwarenessTraining.eventbrite.co.uk</a>

## Understanding Stigma

### **Overview**

Stigma can have a profound impact upon the lives of people who use alcohol and other drugs or those who have a history of substance use. The impact of stigma can permeate numerous aspects of a person's life such as their health and wellbeing, relationships, education, and employment prospects, and socioeconomic status.

Commonly, family, friends, service providers and institutions often place numerous expectations on people who use substances to engage in change behaviour, however, the social context that creates and perpetuates the cycle of stigma is rarely considered or challenged. Through developing a greater awareness of the wider context that the cycle of stigma fosters and exploring our own role in reinforcing and challenging stigma, participants can identify new approaches for fostering enhanced relationships with service users.

### **Aim**

This one-day training will give participants a distinct set of knowledge and skills to help them understand and address alcohol and drug-related stigma.

### **Learning Outcomes**

By the end of the course you will be able to:

- Describe the impact of stigma on people who use substances, people in treatment or in recovery from substance use
- Recall language which de-stigmatises people affected by substance use.
- Describe how stigma and discrimination impact on the quality and effectiveness of service delivery.
- Identify institutional and structural stigma attached to people who use substances, people in treatment or in recovery from substance use.

Date	Time	Venue	Provider
Thursday 24 <sup>th</sup> April 2025	09:30-16:30	In Person Moray College UHI Room AGBC114/116	Scottish Drugs Forum

<https://UnderstandingStigmaTraining.eventbrite.co.uk>

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## Trauma & Substance Use

This introductory course will support trauma-informed practice when working with people who are affected by trauma and who use substances.

### **Learning Outcomes**

By the end of the course you will be able to:

- Define the concept of psychological trauma.
- Describe how substance use is used as an adaptive coping response to trauma and its impact.
- Identify how to respond to the needs of those affected by trauma at a trauma-informed level.

We recommend that you complete our '**Drug Awareness - An Introductory Course**' e-learning module: <https://www.sdftraining.org.uk/e-learning/277-drug-awareness-an-introductory-course>

We recognise that trauma themes can at times be challenging for participants and can cause us to reflect on our own experiences. We aim to create a safe and supportive environment by offering two facilitators on the course to debrief should anything arise during the course.

Date	Time	Venue	Provider
Wednesday 28 <sup>th</sup> May 2025	09:30-16:30	In Person Moray College UHI Room AGBC212	Scottish Drugs Forum

<https://TraumaSubstanceUseTraining.eventbrite.co.uk>

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## Drug Awareness

### **Aim**

The training aims to increase workers' drug awareness knowledge and provide an opportunity to explore current and emerging trends with substance use.

### **Learning Outcomes**

By the end of the course you will be able to:

- Name the seven key drug categories and their key effects
- Recall an overview of the key substances in use
- Identify the reasons why people choose to use drugs and alcohol
- Recall poly-drug use and dependant substance use patterns
- Describe signs of overdose and how to respond
- Identify effective techniques to support people who use drugs and alcohol.

Date	Time	Venue	Provider
Tuesday 2 <sup>nd</sup> September 2025	09:30-16:30	In Person The Inkwell main room Elgin Youth Cafe	Scottish Drugs Forum

<https://DrugAwarenessTraining.eventbrite.co.uk>

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## Mental Health & Substance Use

This interactive facilitator-led online training aims to increase knowledge and awareness to help understand and support mental health and substance use.

### **Learning Outcomes**

By the end of the course you will be able to:

- Recall the prevalence of people with co-existing substance use and mental health issues.
- Describe the relationship between mental health and substance use.
- Gain an overview of common mental health conditions.
- Identify the impact of stigma in relation to drug use and mental health.
- Identify how to support and signpost people affected by mental health and substance use issues.
- Understand the importance of self-care when working in a support setting.

Date	Time	Venue	Provider
Wednesday 24 <sup>th</sup> September 2025	09:15-13:30	Online via Microsoft Teams	Scottish Drugs Forum

<https://MentalHealthSubstanceUseTraining.eventbrite.co.uk>

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## Ketamine Awareness

This interactive facilitator-led online training aims to increase knowledge and awareness to help understand Ketamine.

### **Learning Outcomes**

By the end of the course you will be able to:

- Recall the current and emerging ketamine trends.
- Identify the physical and psychological effects and recognise the wider impact of ketamine. • Understand the impact of poly drug use.
- Understand effective strategies and techniques for supporting someone who is using Ketamine including harm reduction.

Date	Time	Venue	Provider
Tuesday 21 <sup>st</sup> October 2025	09:30-13:30	Online via Microsoft Teams	Scottish Drugs Forum

<https://KetamineAwarenessTraining.eventbrite.co.uk>

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## Free Online Learning Modules

There are a variety of free Scottish Drug Forum e-learning modules available online for anyone who wants to increase their knowledge: <https://www.sdftraining.org.uk/e-learning>

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Fast Forward's Gambling Education Toolkit provides free resources and information about youth gambling and gambling harms:

<https://gamblingeducationhub.fastforward.org.uk/gambling-education-toolkit/>

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Turas new e-module “Developing your trauma skilled practice”.

In line with the Trauma Skilled practice level of the Scottish Transforming Psychological Trauma Framework

There are 5 learning units plus assessment, and the module is designed to take 1-2 hours to complete.

If you are registered with Turas Learn, *Developing your trauma skilled practice* can be accessed via: <https://learn.nes.nhs.scot/24384/elearning-psychology/developing-your-trauma-skilled-practice>

It is simple and free to register an account with Turas Learn here:

<https://turasdashboard.nes.nhs.scot//User/PersonalDetails/Create?openIdApplicationId=e8c7cbb9-34fd-4c87-8c6c-7232cf6786d7>

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Re-Solv provides resources on Volatile Substance Abuse:

<https://www.re-solv.org/resources/>

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Crew 2000 has an A-Z list of information on drugs and harm reduction advice:

<https://www.crew.scot/drugs-information/>

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Scottish Recovery Consortium online CPD courses:

<https://scottishrecoveryconsortium.org/src-activity/src-learning-platform/>

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Training updates will also be posted on our Twitter & Instagram pages: @MorayADP

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