



Moray Alcohol &
Drug Partnership

Moray Alcohol & Drug Partnership Training Prospectus 2024-25



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Our training is open to anyone living and or working in Moray.

To book onto any of the training please email MorayADP@moray.gov.uk with the following details:

- **Course Title & Date**
- **Attendee Name**
- **Attendee Email**
- **Attendee Job Title***
- **Attendee Organisation***
- **Line Manager Name***
- **Line Manager Email***

**If you do not currently work with an organisation then please leave this blank.*

If you cannot attend any of the training please contact MorayADP@moray.gov.uk as soon as possible. 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 2024/25.

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.

If you are booked onto a course you will receive an approximately one week before the course with joining instructions for virtual courses and also any pre-course work to be completed.

If there are no spaces left on the training you will be added to a waiting list and contacted if a space becomes available.

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Course Title	Date	
Mental Health & Substance Use	Thursday 2 nd May 2024 09:15 – 13:30	Online
Everyone has a story: Children affected by parental substance use	Tuesday & Wednesday 18 th & 19 th June 2024 09:15 – 13:30	Online (2 Day Course)
Trauma & Substance Use	Thursday 15 th August 2024 09:30 – 15:30	In Person – Main Room, Inkwell, Elgin Youth Cafe
Principles of Harm Reduction	Thursday 22 nd August 2024 09:15 – 13:30	Online
Benzodiazepine Awareness	Tuesday 1 st October 2024 09:15 – 15:30	Online

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
Thursday 2 nd May 2024	09:15 – 13:30	Virtually via Microsoft Teams (15 Participants Max)	Scottish Drugs Forum

Principles of Harm Reduction

This course will provide you with an awareness of the main drug related harms and understand the principles of harm reduction.

Learning Outcomes

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

- Define the principles of harm reduction and understand the background.
- Recall a range of harms caused by substance use and describe harms from specific substances.
- Identify sources of support to reduce drug related harm and be able to signpost people who use your service.

Date	Time	Venue	Provider
Thursday 22 nd August 2024	09:15 – 13:30	Virtually via Microsoft Teams (15 Participants Max)	Scottish Drugs Forum

Everyone has a story: Children affected by parental substance use

This course will support practitioners in adult and children's services to respond to children affected by parental substance use.

Learning Outcomes

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

- Identify the impact of parental substance use on children.
- Describe the child's change cycle in parental use and recovery.
- Practise the assessment of risk for children affected by parental substance use.
- Identify ways to actively engage and hear young people's stories.

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>

Date	Time	Venue	Provider
Tuesday & Wednesday 18 th & 19 th June 2024	09:15 – 13:30	Virtually via Microsoft Teams (15 Participants Max)	Scottish Drugs Forum

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
Thursday 15th August 2024	09:30 – 15:30	Main Room, Inkwell, Elgin Youth Café (15 Participants Max)	Scottish Drugs Forum

Benzodiazepine Awareness

This online training aims to increase awareness and knowledge of Benzodiazepines and participants will have the opportunity to explore current and emerging trends within use of this substance. The training will consider harm reduction and support strategies.

Learning Outcomes

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

- Recall the current trends and emerging trends with benzodiazepines including street Valium and unlicensed benzodiazepines.
- Identify the physical and psychological/cognitive effects of benzodiazepines.
- Identify effective strategies and techniques for working with people who use benzodiazepines including harm reduction and anxiety management.
- Describe the role of benzodiazepines in poly-drug use, overdose and DRDs.
- Identify effective strategies and techniques for working with benzodiazepine users including harm reduction and anxiety management.

Date	Time	Venue	Provider
Tuesday 1 st October 2024	09:15 – 15:30	Virtually via Microsoft Teams (15 Participants Max)	Scottish Drugs Forum

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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>

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/>

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>

Re-Solv provides resources on Volatile Substance Abuse:

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

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

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

Scottish Recovery Consortium online CPD courses:

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

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

Your Job Title and Organisation may be used for statistical purposes. In line with GDPR we require your permission to hold this information. If you do not wish for this to be used, delegates should make this clear when reserving a place.