



# Public Health Training Plan

2022-2023

## TRAINING PLAN 2022/2023

November 2022	<p>Drug and Alcohol Identification and Brief Advice. Wednesday 16 November 9:30-12:30 Identification and Brief Advice: Alcohol and Drugs Tickets, Multiple Dates   Eventbrite</p>	<p>Crack Cocaine Time: Tuesday,22 November 2022 10am to 1pm Join on your computer or mobile app Click here to join the meeting</p>
	<p>MECC Train the trainer Time: Tuesday,22 November 2022 9am to 12:30pm Join on your computer or mobile app <a href="https://training.meccgateway.co.uk/register/86oLd4onu">https://training.meccgateway.co.uk/register/86oLd4onu</a></p>	<p>Drug &amp; Alcohol Level 1 Time: Friday, 25 November 2022 10am to 1pm Join on your computer or mobile app Click here to join the meeting</p>
	<p>Drug &amp; Alcohol Level 2 Time: Tuesday,29 November 2022 10am to 1pm Join on your computer or mobile app Click here to join the meeting</p>	<p>Safeguarding vulnerable dependent drinkers. Time: Monday21 November 12-2pm 2022 Join on your computer or mobile app Click here to join the meeting</p>
December 2022	<p>Safeguarding vulnerable dependent drinkers. Time: Tuesday 6 December 10am-12 2022 Join on your computer or mobile app Click here to join the meeting</p>	<p>Dual Diagnosis Training Time: Wednesday,7 December 2022 10am to 1pm Join on your computer or mobile app Click here to join the meeting</p>
	<p>Crack Cocaine Time: Tuesday,8 December 2022 10am to 1pm Join on your computer or mobile app Click here to join the meeting</p>	<p>Drugs &amp; Young People Time: Thursday, 15 December 2022 10am to 1pm Join on your computer or mobile app Click here to join the meeting</p>
January 2023	<p>Crack Cocaine Time: Thursday,12 January 2022 10am to 1pm Join on your computer or mobile app Click here to join the meeting</p>	<p>Drug and Alcohol Identification and Brief Advice. Wednesday 11 November 9:30-12:30  Identification and Brief Advice: Alcohol and Drugs Tickets, Multiple Dates  </p>
	<p>Connect 5 Mental Health Training. Module 1 Brief Mental Wellbeing Advice,18<sup>th</sup> January 9am-12:30  <a href="https://training.meccgateway.co.uk/register/vhWyCUqrB">https://training.meccgateway.co.uk/register/vhWyCUqrB</a></p>	<p>Connect 5 Mental Health Training. Module 2 Brief Mental Wellbeing Intervention,18<sup>th</sup> January 1pm-4:30  <a href="https://training.meccgateway.co.uk/register/DUjobyjug">https://training.meccgateway.co.uk/register/DUjobyjug</a></p>

<p>January 2023</p>	<p>Prevent Time: Tuesday, 10 January 2023 10am to 11:45pm Join on your computer or mobile app  Click here to join the meeting</p>	<p>MECC Train the trainer Time: Tuesday, 24 January 2023 9am to 12:30pm Join on your computer or mobile app <a href="https://training.meccgateway.co.uk/register/aXa3qurCn">https://training.meccgateway.co.uk/register/aXa3qurCn</a></p>
<p>February 2023</p>	<p>Title: Chemsex Training Time: Thursday, 2 February 2023 10am to 1pm Join on your computer or mobile app Click here to join the meeting</p>	<p>Prevent Time: Wednesday 15 February 2023 10am-11:45 Join on your computer or mobile app Click here to join the meeting</p>
	<p>Crack Cocaine Time: Monday, 6 February 2023 10am to 1pm Join on your computer or mobile app Click here to join the meeting</p>	<p>Safeguarding vulnerable dependent drinkers. Time: Monday 27 February 10am-12 2022 Join on your computer or mobile app Click here to join the meeting</p>
<p>March 2023</p>	<p>Crack Cocaine Time: Tuesday, 7 March 2023 10am to 1pm Join on your computer or mobile app Click here to join the meeting</p>	<p>Drug and Alcohol Identification and Brief Advice. Wednesday 8 March 9:30-12:30 Identification and Brief Advice: Alcohol and Drugs Tickets, Multiple Dates   Eventbrite</p>
	<p>Safeguarding vulnerable dependent drinkers. Time: Monday 29 March 10am-12 2022 Join on your computer or mobile app Click here to join the meeting</p>	

## Glossary

**IBA:** The training session is available for workforce staff or individuals within Newcastle who work with young people, young adults and/or adults who use or misuse substances; and who would like to increase their awareness, knowledge and skill

The aim of the Identification and Brief Advice (IBA) Programme is to increase the number of individuals competent to effectively deliver alcohol and drug screening and subsequent brief advice in Newcastle.

This session will provide a basic understanding about drugs and alcohol: Awareness, Harms, Brief Advice, Identification, Referral Pathways.

**Crack Cocaine:** Focusses specifically on Crack Cocaine; appropriate treatment and how to work with this client group.

**MECC:** Making Every Contact Count (MECC) is an approach to behaviour change that uses the millions of day-to-day interactions that organisations and people have with other people to support them in making positive changes to their physical and mental health and wellbeing.

**Drug and Alcohol Level 1:** This knowledge-based drug & alcohol training course will look at alcohol, prescription medication, NPS (former legal highs) and the different types of illegal drugs that are commonly used and the issues surrounding them.

**Drug and Alcohol Level 2:** The drugs & alcohol training (Level 2) will develop participants knowledge and skills in identifying substance misuse and alcohol related needs via screening and/or assessment. It will provide workers with strategies and treatment tools that they can use to help clients engage with drug and alcohol treatment services.

**Dual Diagnosis:** Focusses on drug use and mental health (dual diagnosis). The course provides information on how drugs, alcohol and mental health issues interrelate and how to work effectively with this client group.

**Drugs and Young People:** This course covers the most commonly used drugs young people may use, including novel psychoactive substances (former legal highs), prescription medication (such as Xanax), cannabis and alcohol. It also covers issues such as 'county lines' and adolescent trauma. The course will help workers to identify symptoms, respond appropriately, and know when to refer to specialist services.

**Connect 5 Mental Health Training:** Connect 5 is a mental health promotion training programme that is designed to increase the confidence and skills of staff about mental health and wellbeing, it has three levels, and you can choose to progress through the stages depending on the requirements of your role.

**Chemsex:** Course aims to give the participants the confidence, knowledge, and skills in order to be able to give effective interventions to this cohort of people. The course covers:

- Basic understanding of Chemsex
- What we know and what we don't know
- Risk factors and implications for health, sexual health and drug services
- Prevention and harm reduction
- Good practice and resources

**Prevent:** The aim of Prevent is to: tackle the causes of radicalisation and respond to the ideological challenge of terrorism. safeguard and support those most at risk of radicalisation through early intervention. enable those who have already engaged in terrorism to disengage and rehabilitate.

**Safeguarding vulnerable dependent drinkers:** Enables professionals in England and Wales to use legal frameworks to manage and protect chronic dependent drinkers. The course is on how to make most effective use of the three main legal powers which can protect vulnerable dependent drinkers: the Care Act, the Mental Capacity Act

and the Mental Health Act. It also focuses on a number of other relevant powers such as anti-social behaviour powers.

**Conflict Management:** Gives an introduction to conflict management and the TKI Model. Helps to identify influencing styles including that of the individual and their effectiveness in different conflict situations. This will be added to the plan when dates have been confirmed. This training is specifically for the Winter Wellbeing Hubs.