

1. Understanding substance misuse (for non-specialist services)

Substance misuse does not occur in isolation. Many professionals and volunteers working in 'non-substance misuse' services such as housing, social services, probation, DWP, mental health, A&E, midwifery, domestic violence and family support are in direct contact with people with substance misuse issues. Substance misuse is likely to impact on their clients' ability to engage effectively with the services they are providing.

Many workers and volunteers are not confident or equipped to address substance misuse within their day to day work. This training course aims to raise awareness of alcohol and drug misuse and its impact on the person as well as offer introductory skills for working with people with substance misuse issues.

It is aimed at non-substance misuse workers who want increased awareness of the issues their clients might be facing and introductory practical skills on how to best approach or navigate these issues within their work. It is not intended to equip with specialist knowledge nor replace referrals to substance misuse services.

Increased awareness, confidence and basic skills for working with people misusing substances can:

- Greatly increase worker and volunteer confidence and satisfaction
- Enhance clients' engagement
- Enhance effective onward referrals, signposting and partnership working with substance misuse services

2. Topics covered

- Introduction to substance use and misuse
- The cycle of change
- Understanding the context – personal stories of addiction and recovery
- Preconceptions, stigma and discrimination
- Understanding yourself, the challenges you face and how they present
- Understanding your opportunities in someone's recovery journey
- Recovery capital
- Tried and tested ways to engage with someone about their substance misuse
- What to do if... Responding to your personal experiences and challenges
- How to incorporate lessons learned in your day to day practice

3. Trainers

Recovery Cymru courses are informative, interactive, practical and fun. They utilise the experience of people with lived experience and discussions are focussed on issues which are relevant to you. We utilise small group work, discussions, film, activities – and some surprises!

Our experienced trainers are able to bring you best practice, tried and tested techniques and personal experience.

4. By the end of this course you will be able to:

- Understand patterns of substance misuse and change
- Understand more about the process of recovery
- Recognise the role you can play in someone's recovery journey
- Identify barriers and challenges and how to overcome them
- Feel more confident in engaging with your clients about their substance misuse

Participants will receive:

- A pre-session questionnaire to the business via phone or email to inform the course to best suit the needs of the participants
- Access to resources and online materials via the Recovery Cymru online training portal (coming soon)
- A certificate
- A further hour of one to one support for up to 3 months if required
- Discount on future courses

5. More information

This training course is for professionals and volunteers working in non-substance misuse services whose clients are people who misuse substances and who want to better understand and engage with them to overcome the barriers substance misuse might place on their engagement in your services.

This course is informed by people with lived experience of recovery and of using substance misuse treatment services, as well as a host of other support services listed above.

You will leave with increased awareness, confidence and practical advice about how to approach substance misuse in your daily work.

6. Costs

- £300 for a full day, interactive course delivered via Zoom for up to 10 people, including resources and certificate
- £250 for a full day webinar delivered via Zoom for up to 20 people, including resources and certificate.
- £70 to spot purchase individual spaces, including resources and certificate
- £400 for a full day course delivered to up to 12 in your venue, including resources and certificate (with social distancing and Covid allowing)

More details can be found here www.recoverycymru.org.uk/training/ or contact training@recoverycymru.org.uk