



Alcohol Concern

The charity making sense of alcohol

Alcohol Concern *Blue Light* Train the Trainer Course One day programme

This 2 day course will:

- enable participants to deliver the Alcohol Concern *Blue Light* training programme

Aim

At any one time the majority of problem drinkers are not engaged in services, and of those who do engage approximately 50% will quickly drop out. Specialist alcohol services have traditionally worked with people who are motivated to change. However, research evidence suggests that those who drop out are likely to be among the more risky or vulnerable individuals. The *Blue Light* training course helps participants:

- To work more effectively with treatment resistant drinkers.

This course will enable people to deliver that course/

Training Objectives

By the end of this course participants will:

- Have discussed the policies and ethos behind the *Blue Light* course
- Have experienced the training for themselves
- Have explored alternative activities for meeting course objectives
- Have examined the training resources
- Be able to deliver the training

Structure

- Day 1 allows participants to take part in the *Blue Light* training course
- Day 2 allows participants to prepare themselves to deliver elements of the course

Numbers

We will take a maximum of 10-12 participants on the course. Those participating will be able to co-facilitate local courses with Alcohol Concern in the future.

Who is this course for?

The skills background of the participants is not specified but participants will:

- have to be willing to deliver training
- have confidence to lead discussions on how to work more effectively with change resistant drinkers

Day 1 Programme

- 9.15 am **Arrival/coffee**
- 9.30am **Session 1 – Welcome**
Introductions
Objectives
Ground rules
- 9.45am **Session 2 – Understanding treatment resistant clients and the *Blue Light* approach**
Who they are and the *Blue Light* approach
Case study work drawing on participant experience – *This material will also be used later in the session*
Tutor presentation of examples of the impact of the client group drawn from serious incident reviews
The rationale for targeting them
Groupwork, large group discussion, tutor input
- 11.00am **Coffee**
- 11.15am **Session 3 – Advanced understanding of the physical and psychological impact of alcohol**
This session informs later harm reduction work
Body exercise to identify / enhance participant's knowledge of the impact of alcohol
Group work and feedback
Tutor input, Q&A
- 12.00pm **Session 4 – Why is the client treatment resistant?**
Understanding barriers to change
Using the *barriers to change* tool
Discussion and tutor input
- 12.30pm **Lunch**
- 1.15pm **Session 5 – Risk assessment**
Introducing the alcohol specific risk assessment tool
Discussion and tutor input
- 1.45pm **Session 6- Harm reduction approaches**
To introduce and consider a range of harm reduction approaches
Nutritional approaches
Groupwork, feedback from groups, tutor input
- 2.15pm **Session 7- The 12 questions tool**
An introduction to this tool which aims to identify physical risk as early as possible
Group work and feedback plus tutor's input
- 2.45pm **Tea**
- 3.00pm **Session 8- Containment strategies – Legal Powers**
Group exercise on potential approaches to containing difficult to engage substance misusers.
- 3.30pm **Session 9- Developing an Engagement Plan for an Individual Client**
Return to earlier case study clients
Group work to develop a new approach
Feedback and discussion with tutor input
- 4.15pm **Summary and Evaluation**
- 4.30pm **Close**

Day 2 Programme

- 9.15 am **Arrival/coffee**
- 9.30am **Session 1 – Recap**
Review of the previous day's training
Identifying and answering questions
- 10.15am **Session 2 – Planning a session for a group**
Participants will work in pairs to prepare a training programme for an identified group of workers including a specific element to be presented to co-trainees within this course
Groupwork with tutor input
- 11.00am **Coffee**
- 11.15am **Session 3 – Review of training plans**
Participants will co-review the different training plans and give feedback
Groupwork discussion and tutor input
- 12.00pm **Session 4a – Practice presentations**
Participants will practice presenting different elements of the *Blue Light* course
Discussion and tutor input
- 12.30pm **Lunch**
- 1.15pm **Session 4b – Practice presentations**
Continued participant practice presenting different elements of the *Blue Light* course
Discussion and tutor input
- 2.30pm **Tea**
- 2.45pm **Session 5- Client planning work**
The most important part of the *Blue Light* course is to help participants think about how else they can work with a change resistant client
Small group exercise on planning approaches to working with difficult to engage substance misusers.
Feedback and discussion with tutor input
- 4.00pm **Session 6- Review**
Review of work to date and next steps
Large group discussion
- 4.15pm **Summary and Evaluation**
- 4.30pm **Close**