



Alcohol Concern

The charity making sense of alcohol

Alcohol Concern Blue Light Training One day programme

This course is a vital contribution to the continuing professional development of people who:

- work in alcohol services; &
- work in non-alcohol specialist settings but who encounter people with alcohol problems in the course of their work, whether this is in health, social care, housing and homelessness services or the criminal justice system.

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. This course will help participants:

- To work more effectively with treatment resistant drinkers.

Training Objectives

By the end of this course participants will be able to:

- Identify treatment resistant clients who need to be targeted;
- Understand the rationale for attempting to intervene with this client group;
- Understand in greater detail the physical and psychological effects of alcohol
- Be able to use the “assessing barriers to change” framework;
- Understand the range of techniques available for use with this group including risk management, nutrition and harm reduction approaches;
- Be able to use the *12 questions* tool
- Understand the legal powers available to manage this client group including the new anti-social framework
- Formulate a realistic intervention plan for a treatment resistant drinker.

Full Day Programme

- 9.15 am **Arrival/coffee**
- 9.30am **Session 1.1 – 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**