



Adfam's New Training Offer

Information for
Commissioners

Adfam Training

For over 30 years Adfam has worked on behalf of families affected by drugs and alcohol. Funding research, advising Government and delivering services, Adfam has built a level of expertise and insight that is recognised across the public sector.

This experience has enabled us to develop world class training for professionals who want to develop their skills and understand how to work safely and effectively with families impacted by substance misuse.

Our network of expert trainers deliver courses for a wide range of audiences so if your work brings you into contact with families affected by drugs and alcohol there'll be an Adfam course that's right for you.

Available Courses

We currently have the following courses available:

- Families, Drugs and Alcohol – Essential Skills
- Families, Drugs and Alcohol – Advanced Skills
- Safeguarding Children from Opioid Substitute Therapy Risks
- Parental Substance Misuse - Essential Skills
- Families & Substance Use: Parental Substance Use (the impact of hidden harm, trauma & protective factors) – Advanced Skills
- Child-parent Abuse, Drugs and Alcohol Advanced Skills
- Dual Diagnosis and Families
- Families and Change Resistant Drinkers: The Blue Light Family Toolkit
- Alcohol Related Brain Damage and End of Life Care: What the Family Needs to Know
- Understanding Family Dynamics
- Introduction to supporting people bereaved through a substance-related death
- Counselling people bereaved through a substance-related death - Advanced skills
- Alcohol and parental conflict: the impact on families

See below for further information and the learning outcomes for each course.

Families, Drugs and Alcohol – Essential Skills

1-day accredited Course

Brief interventions for working with families affected by drug and alcohol use.

This course is designed for everyone working with adult family members affected by someone else's drug or alcohol use. No previous experience required.

By the end of the training learners will -

- Recognise the potential impact of substance use on children.
- Identify family roles around a problematic substance user.
- Identify behaviours associated with someone who cares for a substance user.
- Identify ways family members can support each other through the 'Cycle of Change'.
- Consider the effectiveness of various brief interventions models.
- Understand how to encourage alcohol and drug users to engage with treatment.
- Understand how to put the course learning into practice.

Families, Drugs and Alcohol – Advanced Skills

1-day accredited Course

Medium and extended interventions for working with families affected by drugs and alcohol.

This course is for practitioners with some experience of family support work who wish to further develop their skills. It is suitable for wide range of staff, from Social Workers and Early Help teams, through to specialist drug and alcohol treatment workers. The course explores a range of interventions, including an introduction to 5-Step and CRAFT (Community Reinforcement And Family Training).

By the end of the training learners will –

- Understand the five commonly used techniques for assisting families.
- Recognise how different perspectives and approaches impact the outcomes for families.
- Be able to use a toolkit of approaches with family members.
- Be able to reflect on the efficacy of different approaches.
- Be ready to identify your own learning opportunities to continue to improve practice.

Safeguarding Children from Opioid Substitute Therapy Risks

1-day accredited Course

This one-day course can be run within, or across, teams. It is designed for all staff who can help to safeguard children from risks posed by OST medications: treatment services; prescribers; health visitors; midwives; housing officers; social workers (family and adult); police officers; domestic violence workers; and others.

This course can help teams, organisations and areas develop a plan to safeguard children.

By the end of the training learners will be able to –

- Make an appropriate risk assessment for children under the age of five coming into contact with an adult who is prescribed OST medications.
- Consider the evidence base on the impact of substance use on parenting capacity.
- Conduct improved welfare checks for children, including signs of drug ingestion.
- Create a safety plan to enhance local practice.
- Identify mechanisms to establish inter-agency partnerships and future joint working.

Parental Substance Misuse – Essential Skills

1-day accredited Course

Brief and extended interventions for working with parents who use drugs and alcohol.

This course delivers essential insights into the issues surrounding parental substance misuse and safeguarding along with skills for working with parents who are problematic drug and alcohol users. It is designed for anyone who's work brings them into contact with parents who have issues with substance misuse.

By the end of the training learners will -

- Understand what constitutes 'good enough' parenting.
- Understand how problematic drug and alcohol use may present a risk to children.
- Be able to identify and minimise risks posed by Opioid Substitute Therapy medications.
- Know how to make a disclosure in line with organisational procedures.
- Understand risk and resilience in the children of drug users.

Families & Substance Use: Parental Substance Use (the impact of hidden harm, trauma & protective factors) – Advanced Skills

Two-day accredited course

The focus of this 2-day course is on recognising and responding to the impact that parental substance use can have on children and other family members and on understanding how to reduce the risk of harm.

By the end of the training learners will be able to –

- Recognise signs of harm caused by parental substance use.
- Identify the role of the brain in the development of trauma.
- Identify adverse childhood experiences and how they impact on development.
- Understand the concept of 'good enough' parenting.
- Establish sources of support for the children of substance users and their families.
- Understand how resilience and protective factors can improve family outcomes.
- Have a working knowledge of Hidden Harm and subsequent literature's recommendations.

Child-parent Abuse, Drugs and Alcohol Advanced Skills

1-day accredited Course

Understanding the needs of parents experiencing abuse from their substance-using adult children. This course is for any practitioner whose work brings them into contact with families affected by substance use.

By the end of the training learners will –

- Have a better understanding of child-parent violence.
- Understand the differences and similarities to intimate partner violence (IPV)
- Have a better understanding of domestic violence theories, terminology and approaches.
- Be able to build referral pathways to domestic violence and other agencies.

Dual Diagnosis and Families

1-day accredited course

This one-day course is suitable for practitioners who work with the adult family members of those with both a substance use problem and mental ill-health. It includes the findings from Adfam's research with affected family members, as well as practical skills for supporting families.

By the end of the training learners will –

- Have insight into the impact of a dual diagnosis on family members.
- Be able to identify positive practice in working with and supporting family members.
- Develop skills and resources for engaging and supporting families.
- Have explored the key challenges for family members.
- Have identified cross-organisational steps to improve pathways within a local area.

Families and Change Resistant Drinkers: The Blue Light Family Toolkit

1-day accredited course

This one-day training course will give professionals the skills to help adult family members to engage more effectively with change resistant drinkers within their family. Adfam's Blue Light Family toolkit provides a range of resources that support family members to engage appropriately and effectively with their loved ones.

By the end of the training learners will –

- Understand the need for a greater focus on the family of change resistant drinkers
- Use and understand the tools in the toolkit
- Understand the range of local alcohol / family services
- Consider how to develop the local response to families of drinkers using these tools

Alcohol Related Brain Damage and End of Life Care: What the Family Needs to Know

1-day accredited course

This one-day course is particularly suitable for substance use workers, family support workers and those working in later-life care. It provides workers with the knowledge and understanding to provide appropriate support and information to family members of those who may be suffering from this complex and often undiagnosed range of conditions.

Understanding Family Dynamics

1-day accredited course

This course enables participants to recognise and make sense of the common dynamics that occur in a family affected by problematic drug or alcohol use. The course is open to all professionals, workers and volunteers' whose work involves supporting family members who are affected by a loved-one's problematic substance use. By the end of the training learners will be able to:

- Identify four levels at which family dynamics can occur in a family affected by problematic substance use.
- Recognise two key internal dynamics within a family member.
- Identify the key dynamic between a family member and their loved one who uses substances problematically, where substance use is inadvertently assisted by a family member.
- Describe the stages families typically move through when coping with substance use.
- Describe the roles that different family members can inadvertently adopt when the whole family is affected by substance use.
- Recognise how dynamics caused through problematic substance use can affect a whole family.
- Identify how stigma and shame typically affect whether families engage with services.

Introduction to supporting people bereaved through a substance-related death

Half-day accredited course

An introductory course to enable participants to provide basic support to people bereaved through a substance-related death, including making appropriate referrals. This course is open to all professionals, workers and volunteers whose work involves supporting people who are bereaved by a substance-related death.

At the end of the training participants will be able to:

- State what bereavement is.
- Outline two useful bereavement theories: the Dual process model and the idea of a Continuing bond.
- Outline the characteristics of substance-related bereavements.
- Describe how to avoid stigmatising someone bereaved through a substance-related death.
- Describe how to provide basic bereavement support.
- Recognise the importance of joint working.

All of our training days can be delivered with a sole focus on alcohol where requested and we can run bespoke training packages.

Counselling people bereaved through a substance-related death – Advanced skills

Two-day accredited course

A course to enable participants to counsel people bereaved through a substance-related death. At the end of the training participants will be able to:

For Part 1 of the course, pre-course work:

- Describe some of the typical impact of substance-related behaviour that a client may have experienced before the death of their loved one.

For Part 2 of the course, Training Day 1:

- Recall prior learning about substance-related bereavements.
- Recall ideas for facilitating a client's recognition and acceptance of the death.
- Describe the window of tolerance and propose ideas for inviting a client back into their window of tolerance.
- Recall ways to develop a client's self- and social support.
- Recognise the importance to clients grieving of creating a coherent, compassionate and accurate narrative of the relationship with the deceased.
- Propose ideas for working through unfinished business.
- Recognise the the importance of clients working through blame and especially guilt in substance-related bereavements.

For Part 3 of the course, reading and reflective practice between Training Days 1 and 2:

- Identify their ability for working with clients blame and especially guilt.

For Part 4 of the course, Training Day 2:

- Recognise the importance to clients grieving of creating a coherent, compassionate and accurate narrative of the death and its aftermath.
- Describe ways of working with a client's shame.

- Recall ideas for counselling clients about what they have lost.
- Recall ways of facilitating a client to recognise, work through and accept who they are after their loss.
- Recall key considerations for working with a client's Continuing Bond.
- Recognise strengths and areas for further development in counselling practice.
- Recall ideas to facilitate a client developing their future life.
- Recognise the importance of good 'endings' in bereavement work.

Alcohol and parental conflict: the impact on families

Two-day course

This course is for any practitioner in adult or family services. It aims to equip frontline workers with the knowledge and skills to respond appropriately to signs of parental alcohol misuse and its contribution to conflict between parents/co-parenting carers.

By the end of the training learners will be able to:

- Recognise how alcohol misuse can contribute to conflict between parents
- Consider an attachment perspective to understand both conflict and problematic alcohol use
- Identify how parental drinking and parental conflict can impact on child development
- Discuss the differences between conflict and abuse and the roles of alcohol use in relationships
- Talk to parents about relationship conflict and the impact of alcohol misuse
- Explore resources for supporting families affected by conflict and alcohol misuse.

Additional Information

All of our training days can be delivered with a sole focus on alcohol where requested and we can also run bespoke training packages.

All courses are currently delivered via Zoom. They are designed for up to 20 learners*, with a minimum number of 8.

Our courses cost £800 per one day.

If you would any further information or to commission a training course please contact admin@adfam.org.uk.

**This excludes the following courses, which are suitable for up to 12 learners:*

Understanding Family Dynamics

Introduction to supporting people bereaved through a substance-related death

Counselling people bereaved through a substance-related death - Advanced skills