

## ADFAM TRAINING COURSES 2019



Adfam has delivered specialist training on families and substance use for almost as long as it has existed – since 1984! We have run a variety of courses over the years and have now refreshed and revised the most popular to reflect the very latest evidence and practice.

Our core courses are now all fully accredited by The CPD Certification Service.



### The courses

#### **Course 1: An introduction to families, drugs and alcohol**

This one day course is for all practitioners who work with adult family members affected by drug and/or alcohol misuse. It is accessible to workers without existing knowledge of the topic and covers both the background knowledge and skills necessary for effective practice.

*By the end of the training learners will:*

1. Recognise the potential impact of substance use on families
2. Identify behaviours associated with someone who cares for a substance user
3. Identify the work they undertake with family members and the types of interventions they currently use
4. Identify the best ways families can support each other at various stages of the 'Cycle of Change'
5. Consider the effectiveness of brief interventions models and their use with family members
6. Explore a number of commonly used brief interventions models
7. Consider how to utilise the techniques they have learnt in their practice with families

#### **Course 2: Families, drugs and alcohol: advanced skills for practitioners**

This one day course is aimed at practitioners with some experience of working with families affected by substance use, who wish to develop their skills in working with this group of people. It provides an in-depth exploration of interventions and skills for working with families.

*By the end of the training learners will:*

1. Know the five commonly used techniques for assisting families affected by substance use
2. Understand how different perspectives and approaches lead to differing outcomes for families
3. Be able to use a toolkit of approaches with family members to enable them to explore their experiences and look for support
4. Be able to reflect on the efficacy of these approaches
5. Be ready to identify their own learning opportunities in order to continue their journey to continue to improve their practice

### **Course 3: Children, parenting, families, drugs and alcohol**

This one day course will be of benefit to any practitioner who wishes to gain both a basic insight into the issues surrounding parental substance misuse and safeguarding, together with an opportunity to practice some skills in dealing with parents who are problematic drug/alcohol users.

*By the end of the training learners will:*

1. Understand what constitutes 'good enough' parenting
2. Understand how problematic drug and alcohol use by parents may cause risk to their children
3. Be able to identify and minimise risks posed by Opioid Substitute Therapy medications prescribed to parents or carers
4. Know how to make a disclosure to the relevant authority in line with organisational procedures
5. Understand risk and resilience in children of drug users

### **Course 4: Child-parent violence and substance use**

This one day course is for any practitioner who works with families affected by substance use in their everyday work who wishes to gain a greater understanding of how children (including adult children) with drug or alcohol problems can perpetrate domestic violence against their parents.

*By the end of the training learners will:*

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

### **Course 5: Safeguarding children from Opioid Substitute Therapy risks: a multi-disciplinary approach**

This one day course is aimed at local areas and must be run as a multi-agency, multi-disciplinary learning event with representation from across the services involved in safeguarding 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 etc. It enables

local areas to develop a strategic plan on how agencies can work together to create a joint plan for working together to safeguard local children.

*By the end of the training learners will:*

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

### **Course 6: Working with families affected by alcohol misuse**

A one day course for practitioners with experience of working with these families who wish to extend their knowledge and skills. The course aims to familiarise the participants with the impacts of problematic alcohol use on families and utilise a range of brief interventions techniques with family members.

*By the end of the training learners will:*

1. Recognise the potential impact of parental drinking on children
2. Identify family roles around a dependent drinker
3. Use a screening and brief intervention model to respond to harmful drinking
4. Encourage alcohol-dependent parents to engage with alcohol treatment
5. Use Blue Light model to support a family member of someone affected by alcohol use

### **Course 7: Supporting family members to respond to change resistant drinkers: The Blue Light family project**

This one day training course will demonstrate how professionals can help family members to engage more effectively with change resistant drinkers. It will do this by introducing Adfam's Blue Light family toolkit. The toolkit provides a series of resources that can be used to support family members.

The training is aimed at two groups of workers, both of whom will encounter the family members of drinkers:

- Specialist alcohol workers (and those who work with the family members of drinkers);
- Generic workers who encounter the public in health, social care, housing, criminal justice and family services.

*By the end of the training learners will:*

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

## Information for commissioners

1. All courses are suitable for between 10 and 15 learners, except for course 5 which, given its emphasis on multi-disciplinary planning requires 15 to 20.
2. All courses are of one day's duration and usually run 9.30–16.30.
3. Adfam will provide:
  - a. a highly experienced trainer
  - b. electronic copies of all course materials
4. You will be required to:
  - a. agree a date(s)
  - b. sign a delivery contract
  - c. promote the training and recruit participants
  - d. provide a suitable venue, equipment and refreshments
  - e. print all materials and have at venue
  - f. submit an attendance list to Adfam at least one week in advance
  - g. distribute training information to all participants
5. Costs
  - a. £800 for small charities (income < £500,000)
  - b. £950 for medium charities (income £500,000 - £5m)
  - c. £1150 for large charities (income > £5m) and statutory/commercial organisations

If you would any further information or to commission a training course please contact [Robert Stebbings](#).