



Centre for alcohol and other drug
training and workforce development

COURSE CATALOGUE

www.insight.qld.edu.au

An initiative of Queensland Health.

Proudly delivered by Metro North Mental Health - Alcohol and Drug Service.



**Insight: Centre for Alcohol and other Drugs Training and Workforce Development Course Catalogue
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An electronic version of this document is available at www.insight.qld.edu.au

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WORKSHOP INFORMATION

Insight are specialist providers of alcohol and other drug training, education, information and practice advice for workers and services. We provide progressive learning opportunities ranging from introductory level through to specialised discipline-specific professional development courses. We are committed to providing best practice, evidence-based clinical training and support for the state's alcohol and drug workforce.

Workshop Bookings

All bookings are managed online through our "Training" page at www.insight.qld.edu.au. Bookings are essential. Participants must wait to receive a booking confirmation notice before they can be assured of their successful registration. Early registration is recommended as workshop places are limited. Set places are allocated to Queensland Health and non-Queensland Health employees for most workshops. Restrictions apply on the number of registrations accepted from a single organisation for each event, managed on a case-by-case basis. If events are over-subscribed, Queensland based workers from specialist alcohol and drug services will be given priority places followed by mental health, hospital, community health and other frontline support workers.

Waiting lists

Our online booking system features an automated waiting list service for most training events. If an event you wish to attend is sold out and no waiting list option appears, please express your interest by emailing insight@health.qld.gov.au

Fees for training

There is no charge to attend our training events for either Queensland Health or non-government employees unless specified.

CPD points and Certificates

Participants attending Insight workshops are able to gain CPD hours. See individual core skills training workshop for PD endorsement and visit the AHPRA website: www.ahpra.gov.au for further information. All participants attending Insight workshops will receive certificates to acknowledge their attendance. Participants attending core skills workshops will be required to meet core skills requirements to obtain a certificate of course completion. Please note: Full attendance at the workshop is required to receive a certificate of attendance/completion.

Venues and catering

Insight's primary training venue is the Edwards Miller Training Room, 4th Floor Biala, 270 Roma Street, Brisbane. Tea, coffee and a light lunch are provided at all full-day workshops held at Biala. Catering is not provided at other venues unless specified.

Parking

There is no parking available at Biala. Limited, metered street parking is available in surrounding streets. The closest paid parking can be found at the Barracks Shopping Centre on Petrie Terrace which is a short, 5 minute walk to our building. Roma Street Station is our nearest public transport hub which is also a 5 minute walk away.

Accessibility

The Biala Building is wheelchair accessible. Interpreters, captioning services and other sensory impairment aids can be organised if required. Please contact us at least 2 weeks prior to your workshop to discuss.

Cancellation policy

Applicants will be notified by email and/or phone if courses are cancelled. If you are unable to attend a workshop, please notify us as soon as possible so that your space can be offered to someone on our waiting list.

NB: For health and safety reasons it is our policy to email both you and your line manager in the event that you do not attend a workshop without prior cancellation.

Contact Details and Enquiries

For information on any of the services offered by Insight or to place your name on our mailing list please visit www.insight.qld.edu.au, phone: (07) 3837 5655, or email: insight@health.qld.gov.au

We look forward to seeing you at one of our events!

OUR TRAINERS

Jeff Buckley - Director

Jeff is a Social Worker with 15 years' experience across government and non-government settings in alcohol and drug practice, youth homelessness, community development and adult education. Jeff has also worked in service management, private consulting and University teaching roles.

Samantha Clark - Nurse Educator

Samantha is a Mental Health Nurse with over 20 years' experience in mental health and alcohol and drug service delivery, policy and program management. She has a particular interest in dual diagnosis, Cognitive-Behavioural Integrated Treatment (C-BIT) and working with vulnerable populations.

Anita Chatfield - Nurse Educator

Anita is a Registered Nurse with 15 years' experience and a Master of Public Health. She has translated her experience in emergency nursing across to drug and alcohol sector. She is passionate about reducing stigma and providing an evidence-based biopsychosocial care to all clients and their families.

Tracey Veitch – Nurse Educator

Tracey is a Nurse with over 10 years' experience in drug and alcohol treatment including OTP, Corrections and dual diagnosis roles. She also has a post-grad in Addiction and Mental Health. Having previously worked at Insight on the SCOT Project, she brings a passionate approach to normalising treatment, reducing stigma and ensuring vulnerable people receive the best possible AOD care.

James Hoey - Advanced Clinical Educator – Psychologist

James is a Psychologist with 20 years' experience providing therapeutic and alcohol and other drug support in residential programs, youth services, the military, the courts, policy and most recently in AOD community clinics. James is interested in the development of evidence-based models of care and ensuring that access for people experiencing AOD issues and their loved ones is always at the forefront of service design. He is also committed to good practice approaches to working with trauma and AOD.

Michelle Taylor - Advanced Clinical Educator – Occupational Therapist

Michelle is an Occupational Therapist with over 25 years' experience supporting clients, families and workers in the areas of alcohol and drugs and mental health. She has a keen interest in sensory approaches, occupational approaches, trauma informed care, family inclusive practice, and creative writing.

Ben Walters - Advanced Clinical Educator – Psychologist

Ben is a Clinical Psychologist who is experienced in designing and developing clinical education for workers across Queensland for 5+ years. Prior to this time, he has worked in a range of services within the mental health sector. Ben feels strongly about advocating for equal access to services, and fully understanding the people who utilise services.

Hoi Yan (Karen) Li - Advanced Clinical Educator – Psychologist

Karen is a Clinical Psychologist and Board approved supervisor for psychologists. She is a jack of all trades with experience working with adults, children, families in areas of community mental health, persistent pain, tobacco cessation and AOD. She has experience with research, giving lectures, group facilitation, counselling and workforce development.

Chloy Nuevo - Aboriginal and Torres Strait Islander AOD Workforce Development Coordinator

Chloy is a proud Wakka Wakka woman who has worked with Queensland Health for over a decade in Social and Emotional Wellbeing roles specialising in AOD and mental health. Her most recent position was as a founding staff member with the Indigenous Mental Health Intervention Program - a pilot (now program!) initiative providing SEWB support to women in custody and on transition back to community. She is also a facilitator of the Stay Strong Plan through Menzies School of Population Health. Chloy brings an applied trauma-informed, strengths and evidence-based approach to her work which aims to empower the whole workforce to enhance their practice with First Nation Australians.

Cameron Francis - Principal Consultant, Dovetail

Cameron is a Social Worker who has worked in various roles across non-government and government agencies, including outreach, peer education, NSP and as an individual counsellor for young people. In his current role with Dovetail, Cameron provides support and assistance to front line youth AOD services throughout Queensland.

Bec Mounsey - Social Worker - Dovetail

Bec completed her Social Work degree in 2013. She has since supported both young people and adults in her roles as youth worker, family case manager, group work facilitator and alcohol and other drugs counsellor in the not-for-profit sector. Bec now provides AOD support and assistance to front line workers in the youth sector with her role at Dovetail.

Karl Lacis – Social Worker – Dovetail

Karl has worked in the youth alcohol and drug sector in direct practice through to service management roles both in Australia and the United Kingdom. More recently he has worked in Queensland's child, youth and family support sector on sector and workforce planning and development initiatives. He now brings these two worlds together to support a sustainable youth AOD workforce in Queensland.

INSIGHT - APSAD WEBINAR SERIES

Insight hosts a free webinar series each semester at Biala in partnership with the Australasian Professional Society on Alcohol and other Drugs (APSAD).

Webinars are held each Wednesday morning starting at 10:00am AEST (Queensland time). There are 13 webinars each semester and each presentation lasts for one hour.

To join the webinar from your computer, in your web browser go to www.insight.qld.edu.au/webinars/

Most webinars are recorded and made available through the Insight website within 2 weeks. To view previous recordings please visit www.insight.qld.edu.au/training/webinars/past We also invite you to be a contributor to future webinar programs. Please contact us on insight@health.qld.gov.au to discuss your topic or idea.

INSIGHT TOOLKITS

The Insight website features Toolkits; Curated tools, templates and resources to assist clinicians and workers in direct practice.

Adis 24/7 Alcohol and Drug Support

Adis provide a free anonymous 24 hour / 7day telephone counselling, information and referral service for anyone with concerns about their own or someone else's use of alcohol or other drugs. adis.health.qld.gov.au | Ph: 1800 177 833.

AOD Client Engagement

This toolkit contains e-learning packages, templates, tools and other resources that AOD services can use to build partnerships with clients that improve the safety and quality of their treatment and care.

AOD Health Literacy

"Coming to Terms" explores the use of clinical language by health professionals in the AOD sector and how interpretation and comprehension can impact upon healthcare outcomes for our clients.

Brief Interventions

This toolkit contains Insight's "Check" series of Ultra Brief Interventions, common AOD screening and assessment tools and other resources that can help guide a clinician to conduct a brief intervention.

CIMHA 5.0 Training

This toolkit contains information and eLearning modules designed to assist Qld Health mental health and alcohol and drug staff to develop their knowledge and understanding of how to use CIMHA 5.0.

Comprehensive Care

A toolkit to support Queensland Health Alcohol and Drug and Mental Health staff in the implementation of the Comprehensive Care: Partnerships in Care and Communication Project. These resources are made available through a collaboration involving Insight, Dovetail, the Queensland Centre for Mental Health Learning and Clinical Excellence Queensland.

eLAMP - eLearning in AOD for Medical Practitioners

eLAMP contains the "Managing Substance Dependence and Withdrawal" eLearning packages funded by the Prevention Division within the Queensland State Government's Department of Health under the Medical Practitioner Workforce Plan for Queensland (MPWP4Q).

First Nations AOD Toolkit

Insight delivers a range of training and cultural capacity building activities for Aboriginal and Torres Strait Islanders and non-Indigenous practitioners across Queensland.

Healthy Lifestyles

This toolkit contains a suite of eLearning modules on brief interventions addressing smoking, alcohol and other drugs, nutrition, physical activity and oral health for both the general population and for pregnancy and early life. They are suitable for all health and community service workers.

Methamphetamine

A package of free tools, factsheets, flowcharts, e-learning and video resources designed for health and community service workers who engage with people who use methamphetamine.

MDMA

A package of free tools, e-learning, videos and other resources designed for health and community service workers who engage with people who use MDMA.

Opioids

A package of free tools, e-learning, videos and other resources designed for health and community service workers who engage with people who use opioids.

Pregnancy and Early Life

This toolkit comprises brief intervention eLearning modules, resources and guidelines for health workers who support pregnant and parenting women.

QLD Needle and Syringe Program

This Needle and Syringe Program Training is an educational resource presenting concepts, knowledge and skills required to work effectively as a Needle and Syringe Program (NSP) worker in Queensland. This toolkit is designed for use by Primary NSP staff and experienced NSP workers.

Sensory Approaches for AOD Practice

A toolkit to enhance knowledge and skills in sensory approaches.

Shared Care for Opioid Treatment (SCOT)

A toolkit of templates and resources to assist Alcohol and Drug Services to establish models of shared care for opioid treatment with GPs and other approved prescribers in Queensland.

Take Home Naloxone

This toolkit comprises tools and resources related to Take Home Naloxone, including links to Insight's THN Brief Intervention and accompanying training videos.

Telephone Counselling

A collection of learning resources to assist workers delivering AOD counselling and brief interventions over the telephone.

The Queensland Opioid Treatment Program (QOTP) Prescriber Course

Self-paced modules for GPs, other Medical Practitioners and Nurse Practitioners who are seeking to become authorised to prescribe opioid treatment in Queensland or to extend their existing authorisation to include Long Acting Injection Buprenorphine.

Trauma Informed Care

This toolkit has been developed for alcohol and other drug practitioners to enhance knowledge and skills in trauma informed care. It accompanies the full-day workshop hosted by Insight and Dovetail.

Viral Hepatitis

A collection of videos and resources designed for Queensland-based health and community service workers who engage with people who are living with, or at risk of, viral hepatitis.

Worker Wellbeing

This toolkit contains a range of learning resources designed to support and promote worker wellbeing.

Withdrawal Management

Clinical tools, guidelines and resources to assist withdrawal management with clients and patients.

Working with Families

The Working with Families toolkit is a package of free tools, e-learning, videos and other resources designed for Queensland-based health and community service workers who engage with families.

Young People and Drugs (Dovetail)

Dovetail provides clinical advice and professional support to workers, services and communities across Queensland who engage with young people affected by alcohol and other drug use.

eLEARNING

All Insight eLearning modules are free, self-paced and your progress will be saved as you go. A Statement of Completion is provided following successful completion. To access modules, please visit:

www.insight.qld.edu.au/training/elearning

AOD: The Basics Modules

These modules are targeted towards *non-AOD and mental health workers* (i.e. other health and community service workers)

The Starter Pack: An Introduction to AOD in Society

This module provides a brief introduction to the world of psychoactive substances, including key concepts and principles relating to alcohol and other drug practice.

An Introduction to Brief Interventions for a Healthy Lifestyle

This module explores the theory, evidence and practice of conducting brief interventions to encourage people to have healthier lifestyles.

Brief Interventions: Alcohol and Other Drugs

This module will help workers identify the issues of alcohol and drug use, and apply skills to Ask, Advise and Help to support people to improve their health.

Brief Interventions: Smoking

This module will help workers to discuss smoking and tobacco use with their clients or patients and apply the 'Ask, Advise and Help' skills to support them to improve their health.

AOD Induction Modules

These modules are recommended for *all AOD and mental health workers*, regardless of role or location

Foundational AOD Concepts

This module aims to prepare the learner with a grasp of the key concepts and frameworks used within the AOD specialty field to enable improved confidence and motivation to start a conversation with clients about their alcohol and other drug use concerns. It covers drug classifications, rates of use, historical context, overview of key frameworks and therapeutic interventions.

Orientation to the AOD Treatment System

This module is designed to improve knowledge and confidence in identifying appropriate treatment options and referral pathways for clients presenting with AOD use concerns.

AOD and the Brain

This module aims to prepare the learner with the basic understanding of how substances, both licit and illicit, affect the brain. It aims to build the learner's knowledge within this area and improve their confidence and ability to use this information to enhance client knowledge and treatment outcomes.

Introduction to Trauma Informed Care

This is an introductory course for clinical, administrative and peer workforce staff. It explains what trauma is, how it affects people and the links between these and substance use. It will increase knowledge and awareness of trauma which is the first step on your journey to becoming a trauma-informed worker.

Introduction to Youth Alcohol and Drugs (Dovetail)

This module provides learners with an understanding of how they fit into the Youth AOD Sector, some key terms associated with youth AOD work, the other major players in the sector, and some basic information about working with young people affected by alcohol and other drug use.

AOD Core Skills Modules

These modules are also recommended for *all AOD and mental health workers*

Screening and Brief Intervention

This module aims to provide learners with the knowledge and understanding to be able to deliver brief interventions to clients presenting with alcohol and other drug concerns, using validated screening tools.

AOD Assessment

This module aims to provide learners with the knowledge required to conduct a comprehensive AOD assessment with people who use substances, and includes details of the most commonly used standardised assessment tools in practice.

Micro-counselling Skills

This module aims to provide learners with an understanding of the key elements of forming a therapeutic alliance with clients in AOD settings, the key components of active listening, and how to avoid common pitfalls in communication with AOD clients.

Motivational Interviewing

This 4-part series focuses on motivational interviewing (MI) and contains an overview of the 'spirit' of MI and some of the core skills and techniques it entails including OARS, change talk, evoking change talk and planning and consolidating commitment.

Relapse Prevention and Management

This module aims to provide learners with knowledge and strategies to assist their clients to prevent and manage relapse to alcohol and other drug use.

Understanding Drugs Modules

These are advanced-level modules recommended for *specialist AOD and mental health workers*

These eLearning modules provide a detailed overview of key psychoactive substances including forms, history and rates of use, reasons for use, routes of administration, effects, risks and harms. Participants will also learn about substance dependence, what treatment options are available and where to go for more information and support.

- Understanding Alcohol
- Understanding Cannabis
- Understanding Opioids
- Understanding Methamphetamine
- Understanding Benzodiazepines
- Understanding Cocaine
- Understanding MDMA
- Understanding Medicinal Cannabis

AOD Elective Modules

These are *role-specific* modules developed to support areas of practice and programs.

The Alcohol, Smoking and Substance Involvement Screening Test (ASSIST)

This module provides an overview of how to use and administer the Alcohol, Smoking and Substance Involvement Screening Test (ASSIST), and conduct a brief intervention based on ASSIST results.

AOD Client Engagement

This resource has been developed as a starting point for Queensland public health alcohol and other drugs (AOD) services to embed AOD client engagement and participation into your service model.

Working with Families and Significant Others

This module aims to provide workers with an introduction to a family-responsive practice approach to alcohol and other drug work with young people and to help identify ways in which this approach can be incorporated into your practice and workplace.

AOD Telephone Counselling (1 and 2)

Two self-paced modules to assist workers delivering AOD counselling and brief interventions over the telephone.

Worker Wellbeing

This module aims to equip alcohol and drug and mental health workers with a greater awareness of the signs of burnout along with practical skills, tips and strategies promote enhanced worker wellbeing.

The Queensland Needle and Syringe Program Training

This module explores the history and evidence for Queensland Needle and Syringe Programs, principles of public health and harm reduction, the QNSP guidelines and other operational matters for workers in NSP settings.

Take Home Naloxone Training

This module contains instructions on how to deliver a THN Brief Intervention to a client or patient, along with general information on opioids, opioid overdose and how to safely administer THN in an emergency situation.

Understanding the Qld Opioid Treatment Program (for non-prescribers)

This module will enable practitioners to accurately identify opioid dependence and understand the process of selecting, initiating and maintaining an appropriate pharmacotherapy treatment in Queensland. It is based on Insight's QOTP prescriber course and focuses primarily on medical settings of QOTP.

The Queensland Opioid Treatment Program (Prescribers Authorisation Course)

Two self-paced modules are available for GPs and other Medical / Nurse Practitioners who are seeking to become authorised to prescribe opioid treatment in Queensland or to extend their existing authorisation to include Long- Acting Injection Buprenorphine.

ONE DAY INTRODUCTORY WORKSHOPS

AOD Crash Course

Mode	Face-to-face
Duration	1 Full day
Max. Participants	30

NB: This course features content highlights from all of Insight's Core Skills Workshops, particularly "Understanding Psychoactive Drugs". It is not recommended if you are planning on completing the full suite of Core Skills Workshops. There is also some duplication with content contained within Dovetail's Young People and Drugs (YPAD).

This one-day workshop is designed for new and/or non-specialist workers who want to develop a broad understanding of psychoactive drugs and a basic knowledge and skillset in how to support someone who may be experiencing problematic substance use.

Topics covered include:

- history of substance use, statistics, prevalence and rates of use
- key substance types, effects and patterns of use
- understanding harm and substance dependence
- values, language, stigma and discrimination
- the Transtheoretical Model (Stages of Change)
- aims and objectives of AOD treatment
- basic assessment and brief intervention
- basic harm reduction and managing intoxication
- where to go for more information, training and support

Young People and Drugs (Dovetail)

Mode	Face-to-face
Duration	1 Full day
Max. Participants	30

NB: There is also some duplication with content contained within AOD Crash Course.

This full-day workshop targets practitioners who work directly with young people aged 12 - 25 years in a one-on-one capacity including youth workers, alcohol and drug workers / clinicians, child safety officers, youth justice officers, residential support workers, youth support coordinators, school-based youth health nurses, Indigenous health workers, mental health professionals, guidance officers and employment and vocational staff.

The training provides an overview of youth alcohol and other drug (AOD) use including:

- a framework for Youth AOD Practice
- history, context and background to AOD policy in Australia
- stats, figures and current trends in youth AOD use
- risk vs protective factors
- engagement and assessment
- the Transtheoretical Model (Stages of Change)
- motivational interviewing
- brief intervention
- practical hints, tips and tricks for working with young people with AOD issues

CORE BASICS

AOD and the Brain

Mode	Face-to-face Virtual classroom
Duration	1 Full day (both delivery modes) 2 Half days (Virtual classroom only)
Max. Participants	30

This workshop targets practitioners working in specialist alcohol and drug and mental health settings who want to develop an in-depth neurobiological understanding of how psychoactive substances affect the brain and body.

By the end of this workshop learners will be able to:

- classify different drugs based on their effects
- understand the anatomy of the brain and body's messaging systems and how they operate
- understand the process of pharmacodynamics and pharmacokinetics
- describe key neurotransmitters and how substances affect their activity
- understand and describe concepts of intoxication, tolerance, dependence and withdrawal.
- identify different routes of administration and how this impacts a person's experience and risk exposure
- demonstrate a fundamental understanding of how a substance moves through the body, including concepts of absorption, distribution, bioavailability, metabolism, elimination and drug half-lives.
- how dependence develops and can be assessed to inform treatment planning.

Assessing and Managing Withdrawal

Mode	Face-to-face Virtual Classroom
Duration	1 Full day (both delivery modes) 5 3-hour substance specific sessions (Virtual classroom only)
Max. Participants	30

NB: This training is recommended for all practitioners and is highly recommended for Nurses who are working in AOD treatment and mental health services.

This course provides an overview of the assessment and management of withdrawal for people who are dependent on alcohol and other drugs as outlined in the Queensland Alcohol and Drug Withdrawal Clinical Practice Guidelines. Covering the five main substances of dependence (alcohol, benzodiazepines, opioids, cannabis, and methamphetamine), this training is suitable for all AOD and mental health practitioners and is especially recommended for Nurses working within these settings.

By the end of this workshop learners will be able to:

- implement an alcohol and other drug assessment, focusing on identifying and managing potential risks across various substances
- demonstrate a generalised understanding of the different substances including their respective pharmacokinetics and pharmacodynamics
- interpret and manage the signs and symptoms of substance-specific intoxication
- identify the signs and symptoms of substance-specific dependence and withdrawal
- apply a patient-centred substance-specific withdrawal management plan that determines and manages potential risks.

NB: This workshop is a prerequisite for the 2-day Advanced Withdrawal Course for Nurses Participants must hold current nursing registration with AHPRA.

CORE PRACTICE 1

Micro-counselling

Mode	Face-to-face Virtual Classroom
Duration	1 Half day (both delivery modes)
Max. Participants	20

Micro-counselling skills are the essential communication building blocks required to develop therapeutic alliance with clients. This workshop will explore these primary counselling concepts and skillsets, and therefore is suitable for anyone working in health and community service settings who provide support to people with AOD and/or mental health concerns.

By the end of this workshop learners will be able to build on the topics covered in the introductory e-Learning module to:

- describe a core set of micro-counselling skills that can be incorporated into practice
- learn specific attending skills that help gain and maintain rapport
- learn specific listening skills that help support communication
- gain an understanding of how micro-counselling skills can be applied across diverse settings.
- be able to acknowledge existing strengths in micro-counselling skill practice.

Motivational Interviewing

Mode	Face-to-face Virtual Classroom
Duration	2 Full days (both delivery modes) 4 Half days (Virtual classroom only)
Max. Participants	16

Motivational interviewing is a collaborative, goal-oriented style of communication with particular attention to the language of change, and is a highly recommended, evidence-based approach to helping people address their substance use behaviours. It is recommended for all practitioners based in AOD and mental health settings who provide direct support to people experiencing substance use concerns.

This workshop builds on the content covered in the introductory eLearning modules by providing structured opportunities for application, practice and discussion.

Day 1: The Spirit of MI and Change Talk

Day 1 will cover the underlying spirit of MI, along with the core skills which are used in other forms of counselling and across the four processes of MI. The workshop focuses on how to recognise and respond to change talk, including the different subtypes of change talk and ways of evoking confidence.

Day 2: Evoking Change Talk, Processes and Consolidating Commitment

Day 2 will focus on how to evoke change talk, the heart of MI, and demonstrate how to use the core skills to respond to sustain talk and what to do if there is discord. The workshop will look at the four processes of MI, how to recognise which stage your client may be at to inform your approach, including giving information and advice, consolidating commitment and developing a change plan.

Follow up phone call

Follow up zoom calls are scheduled throughout the year so that participants can further discuss and/or practice their use of the core MI skills with feedback provided from the training facilitators.

CORE PRACTICE 2

AOD Harm Reduction

Mode	Face-to-face
Duration	1 Full day
Max. Participants	30

This workshop covers essential knowledge and skills for all practitioners working in alcohol and drug and mental health settings who provide direct support to people who use substances. It contains detailed information about specific substances and their associated risks along with practical advice people can use to reduce their risk of experiencing harm. As such this workshop is not targeted towards generalist health and community workers or those employed within policy or statutory settings.

By the end of this workshop learners will be able to:

- demonstrate an understanding of the ethical principles and philosophy of harm reduction as it applies to substance use.
- understand the benefits of adopting a harm reduction approach with people who use substances.
- implement a range of universal harm reduction strategies suitable for any situation where substances are being used.
- explain the different risks associated with the various routes of administration for substance use.
- understand the specific risks and associated targeted harm reduction strategies for alcohol, inhalants, benzodiazepines, opioids, cannabis, methamphetamine, cocaine and hallucinogens.

Relapse Prevention and Recovery

Mode	Face-to-face Virtual Classroom
Duration	1 Full day (both delivery modes) 2 Half days (Virtual classroom only)
Max. Participants	30

Relapse prevention is about building the capacity of individuals to maintain and sustain positive changes with their substance use.

This workshop is designed for practitioners who provide direct support to people with AOD concerns who wish to better understand and communicate strategies, tools and techniques that can help someone stay in recovery through the prevention and management of lapses and relapses. It is an interactive workshop with opportunities to practice and apply concepts covered.

By the end of this workshop learners will be able to:

- understand the key definitions and models of change
- describe frameworks for relapse prevention and management plans
- understand the factors that contribute to lapse and relapse
- understand the factors that support change
- understand and communicate strategies for managing cravings, drug-refusal, self-regulation and associated cognitive based relapse prevention approaches
- understand and communicate healthy lifestyle skills, including how to maintain supports and connections.

BEST PRACTICE

Micro-counselling

Mode	Face-to-face Virtual Classroom
Duration	1 Full day (both delivery modes) 2 Half days (Virtual classroom only)
Max. Participants	20

This workshop focuses on enhancing worker's culturally safe alcohol and other drug practice when working with Aboriginal and or Torres Strait Islander peoples, their families and communities.

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

- understand the impact of history on the present-day wellbeing of Aboriginal and or Torres Strait Islander peoples, their families and communities in the context of alcohol and other drug use.
- describe key concepts of Aboriginal and or Torres Strait Islander health including social and emotional wellbeing.
- understand the prevalence and rates of substance use amongst Aboriginal and or Torres Strait Islander population.
- demonstrate mindful and culturally appropriate engagement with Aboriginal and or Torres Strait Islander peoples, families and communities
- understand key practice principles and approaches when working with Aboriginal and or Torres Strait Islander clients in AOD and mental health settings.
- identify and utilise culturally-safe AOD screening, assessment and intervention tools including online and eHealth apps.
- understand how to build and/or enhance organisational and workplace cultural safety.

Family Inclusive Practice

Mode	Face-to-face Virtual Classroom
Duration	1 Full day (both delivery modes) 1 Half day (Virtual classroom only)
Max. Participants	20

This workshop will explore a broad range of family inclusive approaches, strategies and tools that can assist in improving the effectiveness of alcohol and drug treatment, including addressing some of the specific barriers to implementing family-inclusive approaches in practice. It is suitable for all practitioners based in AOD and mental health settings.

By the end of this workshop learners will be able to:

- understand the impact of substance use on families
- understand how to include families in intake and assessment processes, including how to explain and manage confidentiality
- understand how to use genograms and timeline approaches in the content of treatment
- negotiate child protection and family and domestic violence concerns
- understand a range of tips and strategies for family self-care.

Trauma-informed Care

Mode	Face-to-face Virtual Classroom
Duration	1 Full day (both delivery modes) 2 Half days (Virtual classroom only)
Max. Participants	30

Insight and Dovetail collaborate to bring you an interactive workshop on Trauma-informed Care for AOD Practice. The workshop is targeted towards AOD and mental health workers who wish to develop their understanding and application of trauma informed care.

By the end of this workshop learners will be able to:

- understand and define trauma, including prevalence, signs and symptoms
- understand the neuroscience of trauma
- describe and apply principles of Trauma-informed Care (TIC)
- understand the links between trauma, substance use and treatment
- build a trauma response tool kit to help respond to client needs
- understand about worker self-care and healing

NB: This workshop requires workers to have a foundational level of knowledge of AOD practice; the workshop is designed to complement and enhance your existing AOD practice. If you are new to the area of AOD practice, it is recommended that you have completed the AOD Crash Course (Insight) or Young People and Drugs (Dovetail) training at minimum before attending this course.

ELECTIVES

CBT 4 AOD Workers: Foundational Skills

Mode	Face-to-face
Duration	2 Full days
Max. Participants	16

The 2-day CBT 4 AOD Workers: Foundation Skills workshop focusses on the basics of Cognitive-Behavioural Therapy and its application to people who are seeking help to address problematic alcohol and other drug use. CBTs are goal-focussed, flexible and time-limited therapy approaches which seek to guide people to become more aware of their thinking, feeling and behaviour patterns, and enhance skills to help support and maintain their goals for change.

This workshop is targeted towards AOD and mental health workers who provide counselling and who wish to build or hone their knowledge and skills in the essentials of CBT. As such, this workshop is not suitable for workers engaged primarily in brief intervention/case management only type work, or whose focus is the supervision of court and/or other statutory orders.

By the end of this workshop learners will be able to:

- understand the key concepts, structures and elements of the CBT approach for working with people impacted by substance use disorders.
- conduct a functional analysis and develop a collaborative CBT-based formulation and formulation-linked plan.
- offer a range of cognitive techniques, including conducting Socratic dialogues, and be aware of a range of behavioural strategies to help change unhelpful patterns involving problematic AOD use.
- collaborate with clients to develop purposeful learning experiences (i.e. out of session experiments).

The workshop incorporates facilitated presentations, simulated video demonstrations, problem-based group activities and a range of written and oral practical tasks. For post-training support, a Toolkit containing key resources for the practice of 'CBT 4 AOD' is made available to learners.

Sensory Approaches for AOD Practice

Mode	Face-to-face
Duration	1 Full day
Max. Participants	30

Sensory Approaches is a collective term for a range of interventions which utilise the sensory systems to regulate levels of bodily arousal when a person is experiencing symptoms of distress and agitation. They are commonly used in mental health services as a trauma informed approach, and as a first line intervention to manage difficult emotional states.

This practical workshop is suitable for all AOD and mental health practitioners and requires workers to have a foundational level of knowledge of AOD practice.

By the end of this workshop learners will be able to:

- define and decide when to use sensory approaches
- understand the supporting neuroscience and evidence underpinning its use
- understand and describe the 8 sensory systems and their role in regulation of physiology, emotions, cognitions and behaviours
- be familiar with a range of frameworks, strategies and tools including sensory preferences, calming/alerting/noxious sensory inputs, safety tools, the TREEE model, Using Your Senses to Cope and Sensory Plan tools
- understand how to apply these sensory tools and approaches in the treatment of problematic substance use with opportunities to trial and practice their use throughout the workshop

Responding to Methamphetamine Use

Mode	Face-to-face Virtual Classroom
Duration	1 Half day (both delivery modes)
Max. Participants	20

This half-day workshop is designed to assist frontline health and community service practitioners who work in alcohol and other drug (AOD) and/or casework support roles to better understand and respond to the specific needs of clients who develop issues associated with methamphetamine use.

Learning Objectives

- Obtain an overview of meth/amphetamine: what it is and how it affects the body
- Learn about the history, statistics and current trends in use
- Gain an understanding of the risks and harms associated with use and ideas for responding to acute presentations
- Learn strategies to have meaningful brief intervention and harm reduction conversations with people regarding their meth/amphetamine use
- Learn about additional resources available

An Introduction to Mindfulness in AOD

Mode	Face-to-face
Duration	2 Half days
Max. Participants	30

NB: This workshop is being offered over two half days. Participants must commit to attend on both days to receive an attendance certificate for this workshop.

Mindfulness is a specialised skill in awareness, attention, and acceptance. There is ever increasing evidence of the benefits of mindfulness based interventions within alcohol and drug treatment for stress reduction, craving management and relapse prevention. The aims of this one day experiential workshop are to provide an introductory overview of mindfulness, explore the application of mindfulness within alcohol and drug treatment, and give participants practical exposure to mindfulness techniques.

Note: this workshop will involve experiential based activities, including guided exercises and meditations.

Cultivating Worker Wellbeing

Mode	Virtual Classroom
Duration	1 Half day
Max. Participants	30

Whilst clients are frequently taught about the importance of stress management, lifestyle balance and utilising support, many AOD and mental health workers do not apply these same skills to enhance their own personal resilience. This workshop aims to equip AOD and mental health workers with a greater awareness of the signs of burnout including practical things you can do to if it occurs.

By the end of this workshop learners will be able to:

- understand the difference between burnout and resilience
- apply practical skills for building professional and individual resilience
- develop an individual resilience plan in a changing AOD landscape
- identify specific post-acute COVID-19 challenges
- know where to access further support to reduce symptoms of burnout as an AOD worker

FEE SCHEDULE

2022/2023

Insight delivers a range of specialist alcohol and drug training and education packages to workers, services and communities across Queensland. Most of our training products are free.

From time-to-time government departments, business, NGO service providers or commissioning organisations require additional training or eLearning tailored specifically to their needs and/or region. On these occasions a fee-for-service applies.

All fees received are re-invested into developing clinical alcohol and drug tools and resources for workers and services across Queensland to access for free.

To request a quote or to discuss your particular training needs or circumstances (including capacity to pay), please contact us on (07) 3837 5655 or email insight@health.qld.gov.au

LEARNING PORTALS

Insight can create dedicated private learning portals within our website accessible only to staff from your organisation. Within these portals you can curate a mixture of existing Insight eLearning and workshop events alongside uploads of your own eLearning packages (uploaded as a SCORM file), other organisational documents as well as links to AOD tools and resources you want to share with your staff.

You will then be provided learner completion reports specific to your team and, in the future, be able to nominate admin-users who will have access to our Learning Management System where you can further customise your learning portal and generate reports on your team's learning progress.

Price is determined on a sliding scale depending on organisational size, the number of uploaded items, whether eLearning packages require changes or contextualisation and the type and frequency of reporting.

To request a quote or to discuss your particular organisation's training needs, please contact us on (07) 3837 5655 or email insight@health.qld.gov.au.



Centre for alcohol and other drug
training and workforce development

www.insight.qld.edu.au

An initiative of Queensland Health.

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