



eLearning module guide

Note: Click on any course heading to access those modules directly on the Insight website.

Level 1: Core AOD Knowledge

These modules cover foundational knowledge and concepts underpinning effective AOD practice. They are targeted towards all AOD, mental health and Social and Emotional Wellbeing workers, especially those who are new to the field or who wish to brush up on their existing knowledge-base.

1.01 AOD ESSENTIALS

- ☐ Substance use – Foundational concepts
- ☐ Models of substance use
- ☐ Substance use & the law in QLD
- ☐ Challenging stigma
- ☐ Working with diverse populations
- ☐ Person-centred care

1.02 UNDERSTANDING THE BRAIN & BODY

- ☐ AOD & the brain
- ☐ Routes of administration
- ☐ Tolerance, dependence, toxicity & withdrawal

1.03 UNDERSTANDING DRUGS

- ☐ Alcohol
- ☐ Cannabis
- ☐ Opioids
- ☐ Methamphetamine
- ☐ Benzodiazepines
- ☐ Nicotine vaping products
- ☐ Inhalants: Volatile hydrocarbons
- ☐ Medicinal cannabis
- ☐ MDMA
- ☐ Cocaine
- ☐ Ketamine
- ☐ LSD
- ☐ Psilocybin
- ☐ GHB

1.04 THE AOD TREATMENT SYSTEM

- ☐ AOD policy & practice contexts
- ☐ What is AOD treatment?
- ☐ Understanding AOD pharmacotherapy
- ☐ Understanding the AOD lived/living experience, peer workforce

1.05 UNDERSTANDING OURSELVES

- ☐ Developing your practice framework
- ☐ Introduction to supervision
- ☐ Introduction to debriefing and reflective practice
- ☐ Worker wellbeing

1.06 ETHICAL AND LEGAL PRACTICE

- ☐ Introduction to ethics
- ☐ Confidentiality, consent & professional boundaries
- ☐ Duty of care, competence & dual relationships
- ☐ Natural justice, rights & discrimination
- ☐ Ethical decision-making
- ☐ Ethical decision-making in practice
- ☐ Rural and remote practice

Level 2: Core AOD Skills

These modules cover the core processes and skills required for effective AOD practice. They are targeted towards all AOD, mental health and Social and Emotional Wellbeing workers, especially those who are new to the field or who wish to brush up on their existing skillset.

2.01 SCREENING AND BRIEF INTERVENTIONS

- ☐ Introduction to screening & brief interventions
- ☐ Smoking
- ☐ QLD Health's smoking cessation clinical pathway
- ☐ The ASSIST: Alcohol, Smoking and Substance Involvement Screening Test
- ☐ Using the ASSIST in practice
- ☐ Universal AOD screening tools
- ☐ The AUDIT: Alcohol Use Disorders Identification Test
- ☐ Indigenous Risk Impact Screen (IRIS) – Orientation training
- ☐ Problem gambling

2.02 ASSESSMENT AND CARE PLANNING

- ☐ Conducting an AOD assessment
- ☐ The Stages of Change model
- ☐ QC55 Formulation & care planning (Learning Centre)
- ☐ QC48 Mental state examination (Learning Centre)
- ☐ Mental health histories & MSE (MHPOD)
- ☐ QC54 Foundations of risk assessment & management (Learning Centre)
- ☐ Risk assessment & management (MHPOD)

2.03 HARM REDUCTION

- ☐ Responding to intoxication
- ☐ Respond to an opioid overdose and administer THN

2.04 WITHDRAWAL MANAGEMENT

- ☐ Principles of withdrawal management
- ☐ Alcohol withdrawal management
- ☐ Cannabis withdrawal management
- ☐ Opioid withdrawal management
- ☐ Psychostimulant withdrawal management
- ☐ Benzodiazepine withdrawal management

2.05 COUNSELLING SKILLS

- ☐ Engagement and basic counselling skills
- ☐ Active listening
- ☐ Recognising and responding in challenging interactions

2.06 FOUNDATIONS OF TRAUMA-INFORMED CARE

- ☐ Introduction to trauma-informed care
- ☐ Trauma and its effects
- ☐ Trauma-informed care in practice
- ☐ Navigating vicarious trauma and self-care

2.07 APPLYING TRAUMA-INFORMED CARE IN PRACTICE

- ☐ The relationship between trauma, mental health & AOD use
- ☐ Conversations about trauma
- ☐ Screening for post-traumatic stress disorder
- ☐ Applying a trauma-informed lens with priority populations
- ☐ Building emotion awareness and regulation
- ☐ Responding to complex presentations
- ☐ Taking leadership

2.08 PSYCHOSOCIAL INTERVENTIONS

- ☐ Overview and motivational interventions
- ☐ Cognitive and behavioural interventions
- ☐ Mutual-help groups, case management and narrative therapy

2.09 MOTIVATIONAL INTERVIEWING

- ☐ M.I. spirit & core skills
- ☐ Change talk
- ☐ Evoking change talk
- ☐ Tasks & planning

2.10 RELAPSE PREVENTION & MANAGEMENT

- ☐ An overview to RPM
- ☐ Exploring thinking
- ☐ Managing cravings
- ☐ Expanding coping skills
- ☐ Creating a meaningful lifestyle
- ☐ Strengthening connections and supports

2.11 FUNDAMENTALS OF SUICIDALITY

- ☐ Understanding suicidality
- ☐ Communicating about suicidality
- ☐ Supporting long-term reduction in suicidality
- ☐ Addressing short-term safety in suicidality

2.12 CO-OCCURRING AOD & MENTAL HEALTH

- ☐ Mental health medications (MHPOD)
- ☐ Comorbidity guidelines (Matilda Centre)

2.13 AOD & PHYSICAL & COGNITIVE HEALTH

- ☐ Physical health impacts
- ☐ Working with people who experience pain
- ☐ Working with people who experience cognitive &/or functional challenges
- ☐ Oral health
- ☐ Nutrition & physical health
- ☐ Nutrition in AOD settings (QNADA)
- ☐ Clinical foundations of hepatitis C
- ☐ Health workers involved in FASD diagnosis (University of Sydney / Telethon Kids Institute)

2.14 AOD & SEXUAL HEALTH

- ☐ Foundational concepts
- ☐ Understanding STIs
- ☐ Interventions in practice
- ☐ Chemsex training (QNADA)

Level 3: Priority Populations

These modules explore how AOD use intersects with specific population groups such as Aboriginal and Torres Strait Islander people, young people, and families. They are targeted towards all AOD, mental health and Social and Emotional Wellbeing workers.

2.15 GROUP FACILITATION

- ☐ Understanding group dynamics
- ☐ Building the foundations
- ☐ Widening participation
- ☐ Facilitating group learning
- ☐ Responding to group needs and challenging situations

3.01 WORKING WITH ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE

- ☐ Introduction to social and emotional wellbeing (SEWB)
- ☐ "Eyez On Ice" Orientation (QAIHC)

3.02 WORKING WITH YOUNG PEOPLE

- ☐ Knowledge and understanding
- ☐ Practice processes
- ☐ Interventions
- ☐ Working with young people's families and significant others

3.03 WORKING WITH FAMILIES

- ☐ Introduction to AOD family inclusive practice
- ☐ Family inclusive AOD practice tools
- ☐ Understanding domestic and family violence (Queensland Health)
- ☐ National workforce centre for child mental health (Emerging Minds)
- ☐ Domestic and family violence training for all Qld workers

3.04 WORKING WITH PEOPLE WHO ARE PREGNANT

- ☐ Pregnancy & smoking
- ☐ Pregnancy & substance use

3.05 WORKING WITH CALD POPULATIONS

- ☐ Introduction to working with CALD populations
- ☐ CALD practice tools
- ☐ Working with specific CALD populations

3.06 DIVERSE GENDERS, BODIES & SEXUALITIES

- ☐ LGBTIQ+ Inclusive education: Introduction to key terminology & concepts (True)

Level 4: AOD Treatment Specific

These modules are targeted towards workers who are engaged in specialist AOD-treatment roles and settings. They focus on existing funded AOD treatment types and/or specialist workforces.

4.01 AOD PEER WORK PRACTICE

- ☐ Sharing your story
- ☐ Looking after yourself
- ☐ Working our boundaries

4.02 QLD OPIOID TREATMENT PROGRAM

- ☐ Understanding opioid dependence, assessment & treatment
- ☐ Buprenorphine-naloxone & LAI buprenorphine
- ☐ Buprenorphine-mono and methadone prescriber training
- ☐ Overview of ODT & QOTP for non-prescribers

4.03 PRESCRIBER AND DISPENSER TRAINING

- ☐ Pain, opioid therapy & inherited patients
- ☐ Opioid rotation
- ☐ Opioid deprescribing & withdrawal management
- ☐ Gabapentinoids
- ☐ Benzodiazepines & z-drugs
- ☐ Quetiapine
- ☐ Interdisciplinary collaboration & referral pathways
- ☐ Effective communication: prescribers
- ☐ Effective communication: pharmacists
- ☐ High-risk clinical scenarios
- ☐ Opioid overdose & naloxone

4.04 QNSP

- ☐ Queensland Needle & Syringe Program Training

4.05 AOD TELEPHONE COUNSELLING

- ☐ Foundational concepts and skills
- ☐ Managing complex calls

4.06 POLICE/COURT DIVERSION: SERVICE PROVIDER TRAINING

- ☐ The health response
- ☐ Administration for service providers

Intro Training for Non AOD/MH Workers

These introductory modules provide a basic overview of substance use and society, including how to conduct a brief intervention with someone for whom AOD may be a concern.

PLEASE NOTE: Workers employed within specialist AOD and mental health settings are advised to skip these modules and proceed directly to Learning Levels 1 – 5 where concepts, theories and skills are explored in greater detail.

INTRODUCTION TO ALCOHOL AND OTHER DRUGS

- ☐ AOD crash course
- ☐ An introduction to young people and drugs

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