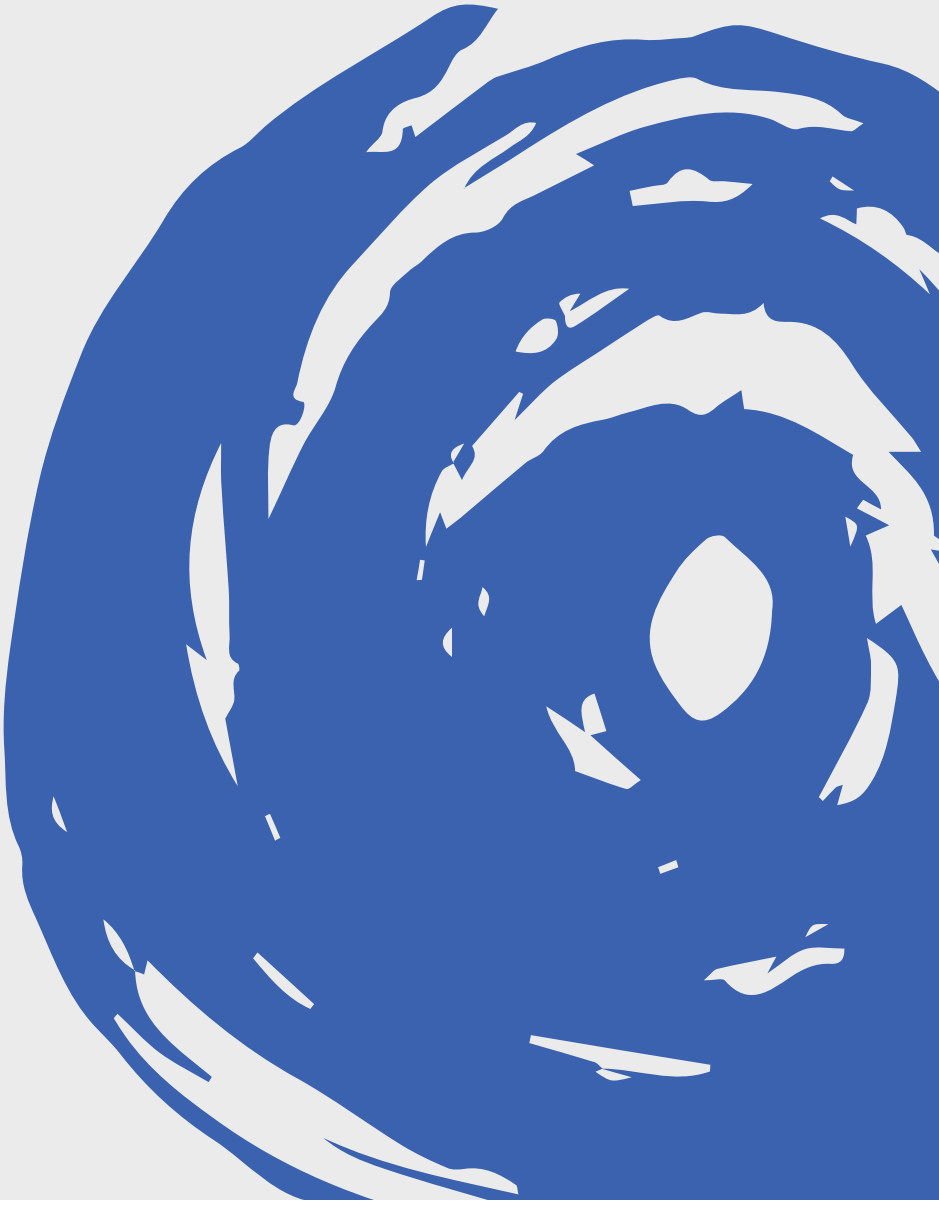


# Insight & Dovetail

## Course Catalogue

### 2026/2027

November 2026

insight
Centre for alcohol and other drug training and workforce development

Dovetail
Supporting the youth alcohol and other drug sector in Queensland

Insight and Dovetail are Queensland Health initiatives delivered by Metro North Mental Health – Alcohol and Drug Service.

Queensland Government




**Insight: Centre for Alcohol and Other Drugs Training and Workforce Development: Course Catalogue 2026/2027**

**Published by the State of Queensland (Metro North Hospital and Health Service), November 2026.**

This document is licensed under a Creative Commons Attribution 3.0 Australia license. To view a copy of this license, visit creativecommons.org/licenses/by/3.0/au

© State of Queensland (Metro North Health) 2026

You are free to copy, communicate and adapt the work, as long as you attribute the state of Queensland (Metro North Health). For more information contact:

Insight: Centre for Alcohol and Other Drugs Training and Workforce Development, Metro North Mental Health – Alcohol and Drug Service, 270 Roma Street, Brisbane 4001.

Email: insight@health.qld.gov.au

Phone +61 (07) 3837 5655.

An electronic version of this document is available at www.insight.qld.edu.au

## Disclaimer

The content presented in this publication is distributed by the Queensland Government as an information source only.

The State of Queensland makes no statements, representations or warranties about the accuracy, completeness or reliability of any information contained in this publication. The State of Queensland disclaims all responsibility and all liability (including without limitation for liability in negligence) for all expenses, losses, damages and costs you might incur as a result of the information being inaccurate or incomplete in any way, and for any reason reliance was placed on such information.

# About us

Insight and Dovetail are specialist providers of alcohol and other drug training, education, clinical resources, and practice advice for workers and services in Queensland.

We are a statewide initiative of Queensland Health delivered by Metro North Mental Health – Alcohol and Drug Service based in Brisbane/Meanjin.

**Our aim is to build a capable, confident, and connected alcohol and other drug, mental health, and social and emotional wellbeing workforce.**

Our primary audience are specialist alcohol and drug and mental health practitioners across government, non-government, and Aboriginal and Torres Strait Islander Community Controlled sectors. We also provide training and support to other health and community service workers who engage with people with substance use concerns, including government, statutory, and private service providers.

Dovetail is the youth-focussed team within Insight. Dovetail provides practice advice and professional support to workers, services, and communities across Queensland who engage with young people impacted by alcohol and other drug use.

We also provide specific training and support for Nursing, Allied Health, Aboriginal and Torres Strait Islander, and Lived-Living Experience workers.

Whilst Insight and Dovetail support Queensland-based workers, our eLearning modules, webinars, practice tools, and resources are free to access anywhere across Australia.

## Our activities:

- Face-to-face and virtual classroom training (Queensland only)
- eLearning modules
- Weekly webinars
- AOD forums, conferences, and other professional development events
- One-on-one practice advice and professional support (Queensland only)
- Practice guidelines, tools, and other worker resources
- An AOD information clearinghouse.

### Contact details and enquiries

For information on any of our programs or to be added to our mailing lists, please visit www.insight.qld.edu.au, phone: (07) 3837 5655, or email: insight@health.qld.gov.au or dovetail@health.qld.gov.au

# Workshops (Qld-based workers only)

Our face-to-face and online workshops teach workers practical, hands-on AOD skills and techniques. All workshops are free, and bookings are essential.

We release each term's training calendar 4-6 weeks before it commences and workshop spaces fill quickly. If one is booked out, we give priority to people who haven't attended that workshop in the past two years.

*Please note: we run a reduced calendar in Term 3, when seasonal viruses hit attendance and educator availability. We use that time to review our workshops and build new content, ready for Term 4.*

## Face-to-face workshops

**Using Motivational Interviewing for AOD Practice (2 days)**

**Target audience:** *Queensland based workers in any role across healthcare and community settings who are supporting individuals impacted by alcohol and drug use.*

Learn how to have MI-consistent conversations with people at every stage of readiness for change.

What you'll learn:

- the relational skills of MI: the spirit of MI and how to create a safe, non-judgemental space for open conversation
- the technical skills of MI for engaging people at different stages of readiness to change their AOD use
- tools and resources to keep building your MI skills after the workshop.

**AOD Harm Reduction (1 day)**

**Target audience:** *Queensland-based health or community service workers who engage with people who regularly provide AOD counselling and support, work in public homelessness, or provide crowd care in entertainment or festival precincts.*

New to harm reduction, or want to refresh your skills? This one-day workshop gives you practical strategies, resources, and techniques for effective harm reduction interventions.

What you'll learn:

- harm reduction principles and person-centred approaches, and why they matter
- how to tailor harm reduction conversations to the person you're working with
- hands-on experience with a range of equipment, utensils and harm reduction materials
- specific harm reduction practices for different substances and routes of administration
- how to apply your skills using job aids and case studies.

**Relapse Prevention and Management (1 day)**

**Target audience:** *Queensland based workers in any role across healthcare and community settings who are supporting individuals impacted by problematic alcohol and/or other drug use.*

Build your skills to help people prevent and manage relapse. You'll learn a flexible, person-centred planning framework and a conversational approach that adapts as people's needs change.

What you'll learn:

- what relapse prevention and management (RPM) is, and its essential components
- how to take an RPM stance that keeps conversations tailored and engaging
- constructive ways to prevent and respond to lapse or relapse that keep people connected with your service
- how to use a flexible framework to guide RPM conversations
- how to record RPM plans that reflect the person's needs and preferences and meet service requirements
- how to review and adjust plans as goals and circumstances change.

**CBT for AOD Workers: Foundation Skills (2 days)**

**Target audience:** *Queensland-based AOD workers who provide medium to long-term psychosocial interventions.*

Do you provide direct counselling to people affected by AOD use? This two-day workshop builds your foundational knowledge and practical skills in Cognitive Behavioural Therapy (CBT).

What you'll learn:

- key CBT concepts, structures and elements, tailored to substance use
- how to conduct a functional analysis
- how to develop a CBT formulation and a plan linked to it
- how to apply cognitive techniques
- an overview of behavioural strategies.

## 'Let's Practise' Sessions

Short on time? Our 'Let's Practise' sessions are hands-on online sessions of 30-90 minutes that help you sharpen a specific AOD practice skill or technique.

*NB: Topics change regularly as we pilot and rotate sessions each term. Check out our website for the most up-to-date list of sessions on offer.*

## Tailored / fee-for-service training

Need training tailored to your organisation or team? We consider requests case by case, and fees usually apply.

## Insight - APSAD Webinar Series

Join our free webinar series, run each semester in partnership with the Australasian Professional Society on Alcohol and other Drugs (APSAD).

Webinars are broadcast on Wednesday mornings, 10-11am AEST (Queensland time). Recordings are published on our website within 1-2 weeks.

See what's coming up, or catch up on past sessions: www.insight.qld.edu.au/training/webinars

*Got an idea for a future webinar? We'd love to hear from you!*

# eLearning

Our eLearning syllabus is made up of short, bite-sized modules and most take 30 minutes or less to complete. Start with core knowledge and skills and work up to specialist AOD topics, or pick the modules that best fit your role and experience.

Every module is free and self-paced, and your progress saves as you go. When you finish, you'll receive a Statement of Completion, including CPD and active learning details where they apply.

Explore the full range: www.insight.qld.edu.au/training/elearning

*NB: Whilst our content focuses on Queensland, most modules are relevant in other Australian jurisdictions.*

## Level 1 – Core AOD Knowledge

Start here if you're new to the field or want to refresh your knowledge.

These modules cover the foundations of effective AOD practice, for anyone working in AOD, mental health or social and emotional wellbeing (SEWB) roles.

### L1.01: AOD essentials

- Substance use: Foundational concepts
- Models of substance use
- Substance use and the law in Queensland
- Challenging stigma
- Working with diverse populations
- Person-centered care
- Rates and trends of substance use

### L1.02: Understanding the brain and body

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

### L1.03: Understanding drugs

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

### L1.04: The AOD treatment system

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

### L1.05: Understanding ourselves

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

### L1.06: Ethical and legal practice

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

## Level 2 – Core AOD Skills

Ready to build your practice skills? These modules cover the core processes and skills you need for effective AOD practice. They suit anyone working in AOD, mental health, or SEWB - especially if you're new to the field or want to brush up.

### L2.01: Screening and brief intervention

- Introduction to screening and brief interventions
- Smoking
- QLD Health's Nicotine Withdrawal Management 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
- The Indigenous Risk Impact Screen (IRIS) – Orientation training
- Problem gambling (QLD Health)
- Problem gambling (Lives Lived Well)

### L2.02: Assessment and care planning

- Conducting an AOD assessment
- The stages of change model

### L2.03: Harm reduction

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

### L2.04: Withdrawal management

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

### L2.05: Counselling skills

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

### L2.06: Foundations of Trauma-Informed Care

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

### L2.07: Applying Trauma-Informed Care in Practice

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

### L2.08: Psychosocial interventions

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

### L2.09: Motivational interviewing (M.I.)

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

### L2.10: Relapse Prevention and Management

- An overview to relapse prevention and management
- Exploring thinking
- Managing cravings
- Expanding coping skills
- Creating a meaningful lifestyle
- Strengthening connections and supports

### L2.11: Fundamentals of suicidality

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

### L2.12: Co-occurring AOD and mental health

- *Modules coming soon*

### L2.13: AOD and physical and cognitive health

- Physical health impacts
- Working with people who experience pain
- Working with people who experience cognitive and/or functional challenges
- Oral health
- Nutrition and physical health

### L2.14: AOD and sexual health

- Sex and drugs: Foundational concepts
- Sex and drugs: Understanding STIs
- Sex and drugs: Interventions in practice

### L2.15: Group Facilitation

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

## Level 3 – Priority Populations

Explore how AOD use intersects with the needs of specific groups, including Aboriginal and Torres Strait Islander peoples, young people, and families. These modules are for everyone working in AOD, mental health, or SEWB.

### L3.01: Working with Aboriginal and Torres Strait Islander people

- Understanding history and context
- Understanding substance use within communities
- Introduction to social and emotional wellbeing (SEWB)
- "Eyez on Ice" Orientation (QAIHC)

### L3.02: Working with young people

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

### L3.03: Family inclusive AOD practice

- An introduction
- Practice tools
- Domestic and family violence training for Qld Health staff
- Domestic and family violence training for all Qld workers

### L3.04: Working with people who are pregnant

- Pregnancy and smoking
- Pregnancy and substance use

### L3.05: Working with CALD populations

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

## Level 4 – AOD Treatment Specific

These modules are designed for workers in specific AOD treatment roles and settings. (NB: content may not apply to everyone).

### L4.01: AOD Peer Work Practice

- Sharing your story
- Looking after yourself
- Working out boundaries

### L4.02: QLD Opioid Treatment Program

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

### L4.03: Prescriber and dispenser training

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

### L4.04: QNSP

- Queensland Needle and Syringe Program Training

### L4.05: AOD Telephone Counselling

- Foundational concepts and skills
- Managing complex calls

## Level 5 – Quality Improvement

### L5.01: Evaluation in the AOD sector

- Introduction to evaluation: What it is and why it matters
- Planning real-world service evaluations
- Using quantitative and qualitative data
- Ethical and inclusive evaluation

## Training for Non AOD/MH Workers

Does alcohol and other drug use come up in your work, but isn't the main focus of your role?

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

*Already working in a specialist AOD or mental health setting? Skip these and go straight to Levels 1-4, which cover all these core concepts, theories, and skills in more depth.*

# Toolkits

Our Toolkits bring together training events, recorded webinars, videos, practice tools, job-aids, and other resources on a specific topic or area of practice - all in one place.

Here are the toolkits currently available:

### Brief interventions

A package of videos, eLearning modules, Insight's "Check Tools" as well as other common AOD screening and assessment tools, templates and resources that can assist workers to undertake effective substance-focused brief interventions.

### Insight's Check Tools

A series of brief, modular job-aids designed to assist workers to have structured, collaborative conversations with someone about their alcohol and/or non-prescribed drug use. They have been intentionally designed as a mix of 'information brochure' and 'guided brief intervention' all-in-one.

### Withdrawal management

A package of eLearning modules, clinical tools, guidelines and resources designed to assist workers to better understand and more effectively support clients and patients undertaking the process of substance withdrawal.

### Relapse prevention

This toolkit contains a series of eLearning modules, demonstration videos, tools and other resources to help in the delivery of evidence-based relapse prevention and management (RPM) interventions.

### Trauma informed care

A package of eLearning modules, recorded webinars, videos, tools and other resources designed to enhance knowledge and skills in trauma informed care.

### Aboriginal & Torres Strait Islander AOD practice

Insight delivers a range of training, education and resources to support and enhance culturally-safe alcohol and other drug practice for Aboriginal and Torres Strait Islander and non-Indigenous practitioners across Queensland.

### AOD lived-living experience

This toolkit has been developed by Insight's AOD Lived Experience Educators in consultation with representatives of the lived-living experience / peer workforce.

### L-LE organisational readiness toolkit

This toolkit contains a range of tools, templates, guides and resources for managers and team leaders who are seeking to embed lived-living experience / peer workers into their organisational structures.

### Working with families

A package of eLearning modules, recorded webinars and videos designed to assist workers who engage with families and significant others impacted by another person's substance use.

### The Queensland Opioid Treatment Program (QOTP) Prescriber Course

Self-paced eLearning modules and accompanying guidelines and resources for GPs and Medical/Nurse Practitioners who are seeking to become authorised to prescribe opioid dependence treatment in Queensland.

### Take home naloxone

A package of training, tools, videos and resources co-developed with QuIHN to support Queensland-based workers and services to establish and supply take home naloxone, including an endorsed eLearning module which meets Queensland Health's minimum training requirement for participating workers.

### High risk medicines

A package of eLearning modules, recorded webinars and other resources designed to enhance clinical practice in the prescribing and dispensing of high risk medicines. Previously hosted as QScript Learning.

### Qld Needle and Syringe Program

A package of eLearning modules and accompanying tools, guidelines and resources for Queensland-based workers who operate within primary or secondary Needle and Syringe Programs (NSP).

### Sensory approaches for AOD practice

A package of tools, resources, videos and recorded webinars to enhance knowledge and skills in sensory approaches that can be utilised in AOD treatment contexts.

### Fundamentals of suicide and suicidality

A toolkit offering eLearning modules and resources to help workers understanding suicidality, communicate effectively about it, and support individuals experiencing it.

### AOD client engagement

This introductory resource was developed to assist alcohol and drug services to create partnerships with their clients to improve the safety and quality of their treatment and care. Whilst targeted toward Queensland public health services, the toolkit is relevant for other AOD service contexts.

### Sex and drugs

A package of sexual health eLearning modules, videos, tools, templates and other resources designed to equip workers with the knowledge, skills and confidence to undertake a basic sexual health assessment, brief intervention and appropriate supported referral with at-risk clients and patients.

### Diverse genders, bodies and sexualities

People who have diverse genders, bodies, and sexualities are disproportionately impacted by alcohol and other drug use; and are a priority population within AOD policy and service settings. This toolkit contains links to recommended online training, webinars, websites, tools and resources to assist workers to better support this community.

### Program evaluation toolkit

This toolkit contains everything you need to plan and conduct a program or service evaluation in the AOD sector, including self-paced eLearning modules and links to helpful websites, documents, tools, and resources.

### Worker wellbeing

A package of eLearning modules, videos, tools and other resources designed to support and promote worker wellbeing.

### Alcohol and other drugs in schools (Dovetail)

A package of resources including a best practice guide to assist school communities to better prevent and respond to alcohol and other drug use.

### Vaping and other nicotine products

A package of resources that can assist workers to respond to young people who vape.

### Inhalants

A package of resources that can assist workers to respond to young people who use inhalants.

### Opioids

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

### Methamphetamine

A package of tools, factsheets, flowcharts, eLearning modules and videos designed for health and community service workers who engage with people who use methamphetamine.

### MDMA

A package of tools, eLearning modules, videos and other resources designed for health and community service workers who engage with people who use MDMA.

### Pregnancy and early life

A package of brief intervention eLearning modules, resources and guidelines for health workers who support pregnant and parenting women.

### Fetal alcohol spectrum disorder (FASD)

A package of links to recommended resources, videos, webinar recordings and organisations to support workers when working with people affected by Fetal Alcohol Spectrum Disorder (FASD).

### Telephone counselling

A package of eLearning modules, videos, tools and resources co-developed with NCCRED and Adis Queensland to assist workers who provide AOD counselling and brief interventions over the telephone.

### Comprehensive care

A toolkit to support Queensland Health Alcohol and Drug and Mental Health workers 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.

# Tailored training and fees
## 2026/2027

Need training or eLearning tailored to your organisation or region? We consider each request case by case, based on how well it fits Insight's mission and our capacity. If we can help, a fee-for-service sometimes applies.

Before you ask, check our eLearning modules as they may already meet your needs. They're designed for both new and experienced AOD and mental health practitioners, with introductory modules for those who don't work in direct AOD roles.

Please get in touch as early as you can - we can't carry funds over from one financial year to the next.

View our current fee schedule: www.insight.qld.edu.au/training-requests

To request a quote or talk through your training needs, call (07) 3837 5655 or email insight@health.qld.gov.au

# Learning Portals

Want a private learning space for your staff or learners? Our Learning Management System (LMS) lets external organisations and programs - including those training workers in other states and territories - set up their own private Learning Portal, customised for and restricted to their audience.

## Features

With a Learning Portal, you can:

- customise headings, banner image, introductory text and logos
- host a mix of eLearning modules, training videos, webinars, downloadable resources and links, drawn from Insight's library or supplied by you (terms and conditions apply)
- offer customised certificates and post-completion evaluation surveys for hosted eLearning modules
- export learner reports for your portal (CSV or PDF)
- use reporting dashboards to see learner characteristics and completion data at a glance.

We set who can access your portal using the details learners give when they register for an Insight account.

You can set access by:

- individual email addresses;
- organisational email addresses;
- Hospital and Health Service region (Queensland only);
- Your state or territory.

## Reporting

Your Learning Portal Managers get administrative access to view and export learner details, completion rates and evaluation data for every module in your portal. Use dashboards and filtered reports to explore learner characteristics and completion data, and export them as PDF or CSV.

## Fees

Fees depend on your organisation type and location. They cover portal set-up, training for your Learning Portal Managers, and customer and learner support during business hours.

Linking to existing Insight modules is free. Hosting your own modules incurs one-off set-up fees based on the amount of administration required. Please contact us if you would like further details including the terms and conditions that apply.

We can also build new modules or customise existing ones. Again, fees depend on the time and resources involved - get in touch to find out more.

Interested in a Learning Portal for your organisation or team?

Visit www.insight.qld.edu.au/learningportals



insight
Centre for alcohol and other drug training and workforce development
Dovetail
Supporting the youth alcohol and other drug sector in Queensland
Queensland Government