

# \*\*\* New course \*\*\* Change Toolkit

**5-day non-accredited course.**

## Who is it for?

---

This course is aimed mainly at workers offering Tier 3 interventions in your role, though it will be useful for Tier 2 interventions as well. This is advanced level training following on from previous PSI (psychosocial interventions) training.

The course is suitable for drug / alcohol workers who wish to draw upon local practitioners' extensive experience of what works. After a lengthy period of consultation with Sheffield drug and alcohol workers, the DAAT has compiled a toolkit for working with clients who are contemplating, preparing for, implementing and/or trying to maintain change. This course introduces these tools and provides opportunities to have a go at implementing them, then evaluating them.

## Course Content:

---

### Participants will have the opportunity to:

- Identify a range of tried-and-tested interventions that might be used to promote changes in drug use
- Match interventions to readiness to change
- Practice delivering interventions suitable to readiness to change
- Evaluate own and others' performance in implementing tools

## Prior Learning Requirements:

---

It is essential that you have successfully completed drugs awareness OCN level 2/3 and counselling skills OCN level 2, or equivalent. Ideally you will have completed some PSI training (Motivational Interviewing; CBT; Relapse Prevention) training. You will also have a good understanding of the Cycle of Change model. It is important that you have experience of working with (and ideally access to) clients in Contemplation, Preparation, Action and/or Maintenance stages of the cycle of change.

## DANOS mapping:

---

### Attendance at this course Contributes to the underpinning knowledge for DANOS Units:

HSC233 Relate to, and interact with, individuals

HSC3111 Promote the equality, diversity, rights and responsibilities of individuals

AB2 Support individuals who are substance users

AD1 Raise awareness about substances, their use and effects

AI2 Help individuals address their substance use through an action plan