***Alcohol Awareness & Brief Intervention Course***

This presentation offers a comprehensive look into the role of alcohol in our community, examining various attitudes, values, and perceptions surrounding alcohol use. Attendees will gain a deeper understanding of the prevalence of alcohol use, with a focus on safer drinking guidelines and the significance of moderate consumption.

We will explore the diverse ways people engage with alcohol, from social and recreational drinking to patterns of misuse. A key element of the session is understanding harm reduction techniques that promote healthier choices, especially for those at risk of developing problematic drinking habits. This includes practical guidance on conducting extended brief interventions using tools like the Alcohol Use Disorders Identification Tool. (AUDIT).

The presentation also covers the different profiles of drinkers, including social drinkers, binge drinkers, and those who are alcohol dependent. We’ll look at the potential impacts of alcohol misuse, with particular focus on the physical effects, such as liver damage, and the implications of drinking during pregnancy, including the risk of Alcohol Foetal Syndrome (AFS).

By the end of the session, attendees will be better equipped to promote safe drinking practices and to support individuals in making informed decisions about alcohol use. This session is ideal for professionals who wish to improve their understanding of alcohol awareness and learn effective intervention strategies.

***Drug Awareness and Brief Intervention Course***

Join me for an engaging and informative presentation on drug awareness, designed to enhance understanding of substances and their impact. We will explore the fundamental concepts of what drugs are, the various types of substances commonly used, and the reasons behind drug use. Special attention will be given to Novel Psychoactive Substances (NPS) and New Synthetic Opioids (NSO), shedding light on current trends in Lancashire, including the rise of Benzodiazepines, Ketamine, and nitrous oxide.

Participants will learn about the physical and psychological effects of these substances, including serious issues like Ketamine bladder syndrome. We will discuss the emergence of new synthetic opioids, including Fentanyl and Nitazines, highlighting their presence in the UK market and the associated risks of unawareness.

The session will also cover practical harm reduction strategies, offering tips for safer drug use and ways to minimise harm. Attendees will gain skills to deliver harm reduction interventions effectively and will receive valuable handouts for their service users.

Additionally, we will provide an overview of Naloxone, a critical life-saving intervention, including information on how to access free training and receive a free personal Naloxone kit upon completion.

This presentation is crucial for anyone looking to deepen their understanding of drug-related issues and enhance their capacity to support individuals in making safer choices. Join us in fostering a more informed and supportive community!

**Naloxone**

This course is designed as a "train the trainer" program, equipping you not only with the knowledge and skills to administer naloxone effectively in overdose situations but also with the ability to teach others. Throughout the course, you will develop a comprehensive understanding of naloxone, its application in emergency settings, and the broader legal and ethical landscape surrounding its use. Here’s a detailed breakdown of the core topics we will cover:

***1. Introduction to Naloxone: Understanding Its Role and Mechanism***

What is Naloxone? We'll start with an overview of naloxone, discussing its role in counteracting opioid overdoses, its different forms, and its use in life-saving interventions.

How it Works: You’ll learn about how naloxone operates within the body, temporarily reversing the effects of opioids to restore normal breathing.

***2. How to Administer Naloxone:*** Practical Skills and Emergency Response

Step-by-Step Guide: This section will cover the specific steps involved in administering naloxone. You’ll receive practical instruction on both nasal spray and injectable forms, depending on availability.

***Recognising an Opioid Overdose:*** You'll learn how to identify the signs and symptoms of an opioid overdose, crucial for quick, effective intervention.

***Responding to an Overdose Emergency:*** We’ll also review general best practices for responding to an overdose, including safety considerations, calling emergency services.

***3. Legal and Ethical Considerations:*** Administering Naloxone Responsibly

***Legal Landscape***: We will discuss the legal frameworks around naloxone administration, including protections under Good Samaritan laws and any obligations for non-medical responders.

***4. Naloxone Kit Collection and Certification***

Upon successful completion of the course, you will receive a certificate confirming your ability to administer naloxone and train others. This certificate can be presented at your local Change Grow Live Service, where you’ll be issued a naloxone kit or if training is face to face kits will be issued on the day.

By the end of the training, you will have not only the competence to use naloxone in emergencies but also the skills to educate others, creating a ripple effect of readiness and potentially life-saving impact in your community.

**Introduction to Inspire Drug and Alcohol Service**

Intro to Inspire: An Overview of Our Services and Approach to Support

**Overview of Inspire Services**

This introductory session provides an in-depth look at the range of services offered by Inspire, including individual counselling, group therapy, harm reduction programs, needle exchange services, and aftercare support. Participants will gain a clear understanding of how each service is designed to address various aspects of recovery and wellness.

**Our Approach to Support**

Learn about Inspire’s commitment to helping individuals struggling with drug and alcohol issues through compassionate, tailored care. We’ll cover our approach to comprehensive assessments, personalized treatment plans, and ongoing support, highlighting how we guide each person along their unique recovery journey.

**Service User Journey**

We’ll outline the complete pathway from the initial contact to treatment completion, detailing the consistent guidance and care provided at each stage. This helps individuals and their loved ones understand what to expect and how Inspire supports them throughout each phase of recovery.

**How to Refer Someone to Our Services**

If you're concerned about someone and would like to refer them to our treatment services, we’ll provide a simple, step-by-step guide on how to complete a referral, including where to access the necessary forms and contact information.