



# COURSE OUTLINE

COURSE TITLE: Substance mis-use

COURSE LEVEL: 3

DURATION: One day

## Introduction

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This course is designed to help participants develop knowledge and skills with regard to working with young people who may be at risk of misusing illicit substances or who are currently using. The course explores the key issues around substance misuse including addressing important debates around why do some young people take drugs and what strategies are effective that can help support young people at risk from substance misuse

## Benefits of Attending

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- To provide a foundation of knowledge of substances, their use, effects and treatments available for young people.
- To develop awareness of the physical, psychological, social, financial and legal effects of young people using substances both short term and long term.
- To develop an understanding of the reasons why people use, the cycle of change theory and how to engage and respond to young people who may be using or at risk of using substances at a harmful level.

## Programme Highlights

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- Four main categories of drugs? Their effect the body both physically and mentally?
- A look at why young people use substances, why young people die from drugs and explore key terms such as tolerance, withdrawal, dependence, addiction, lapses and relapses.
- Exploring the various tools and strategies that are effective when supporting young people who may be misusing.

## Who Should Attend

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This course is suitable for people who work with young people in a variety of settings

## Special Notes

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# Substance misuse

## Learning outcomes

- To provide the learner with a range of information about drug use and misuse and the effects of using these substances
- To provide the learner with a range of tools and strategies to work with and support young people who misuse substances

## Introductions (15 mins)

### Session 1 (1 hour) Introduction to substance misuse

- Introduction
- The law
- Understanding the four main categories of drugs

## Coffee (15 mins)

### Session 2 (1 hour) Why young people use drugs

- The effect of drugs
- Addiction. Withdrawal and craving
- Signs and symptoms of drug use

## Lunch (1 hour)

### Session 3 (1 hour) Working with young people who misuse substances

- The cycle of change
- Treatment
- Education

## Coffee (15 mins)

### Session 4 (1 hour) Supporting young people who misuse substances

- Do and don'ts
- Safeguarding and the law
- Referring for further support

## Any questions (15 mins)

## Close