

# Drug Prevention for Family Workers

*- A practical training programme for anyone working with children, parents of young children or family support at Health Clinics, Nurseries, Community Centres, SureStart Children Centres, Churches etc.*

Hope UK is a Drug awareness charity, providing interactive Alcohol and Drug awareness sessions for children, young people and those who work and care for them. Thanks to Government funding we can now offer additional training for those working with young children or families in how to prevent and deal with harm caused by parental use of alcohol or other drugs. For more information about Hope UK, see [www.hopeuk.org](http://www.hopeuk.org).

## **Course Content**

The course aims to increase basic knowledge about the effects of drugs, and how parental use may affect children. It has a focus on the social effects of drug use, in particular on the family, and gives a number of practical ideas on how to work with these issues. See the outline of sessions overleaf for more details.

## **Accreditation**

The course is a portfolio-based programme of two level 3 units accredited with the Open College Network, London Region (OCNLR) (this roughly corresponds to A' Level standard) giving 6 credits. The course has been piloted in various settings. We ensure that all training provided meets OCNLR standards.

## **Running the Course**

Trainers from Hope UK would work with you over two full days, or four half-days, to run the course. Work will be expected by the participants in addition to attendance at the course. If the training runs two full days, work will need to be done prior to the start of the course, as well as after the two days. If the training is done over four half-days, all additional work will be done between and after the course days. Each learner will develop a portfolio with relevant material, much of which will be gathered during training, but some of which will have to be obtained through using the training in real-life situations.

## **Costs**

The full course costs £600 plus expenses with a charge of £10 per learner for materials and £50 per learner for the accreditation (registration and assessment). All other versions of the course are negotiable.

## **Practical details**

If you are interested in hosting a course, please make sure it is approved by your organisation. You will need a group of at least 8 learners.

Please contact Paul Coppeard, Hope UK's Parents Project Worker via email or telephone ([p.coppeard@hopeuk.org](mailto:p.coppeard@hopeuk.org), or 020 7928 0848). He will then arrange to meet you to discuss dates and the format of the course that is best for you and your organisation.

## Session outlines

*Each session is 3.5 hours, including a 30 minute break*

### **Session 1 – Drug Awareness**

- Definition of 'drug'
- Names and categories of drugs
- Drug samples, paraphernalia
- Drug risks and effects on adults and children
- Drugs and the Law
- Signs and symptoms of drug use

### **Session 2 – Social Effects of Drugs**

- Social effects of alcohol
- Addiction and families
- Growing up in families with alcohol problems
- Why do people use drugs?
- What can we do?

### **Session 3 – Preventative Tools**

- Practical tools to use in drug prevention
- Stories, questions, Dialogue Conference
- Advice for families

### **Session 4 – Intervention Tools**

- Family Case Study – the model of a family with an alcoholic father
- Local Drugs Policy
- Helpful Agencies
- Government Strategies
- Evaluation

### **Shorter course options**

We are also able to offer shorter versions of this course (1 day or 1/2 a day) that would not be accredited but would still equip learners in their jobs; for example:

#### **1-Day**

Drug Awareness  
(definitions,  
Samples & paraphernalia,  
the Law),  
Addictions and the Family,  
Family Case Study  
Organisations that could help  
A Tool for Parents

#### **1/2-Day**

Drug Awareness  
(definitions,  
Samples & paraphernalia,  
the Law),  
Addictions and the Family  
Family Case Study