

Course Title: **Alcohol awareness and motivational change.**

Duration: 2 days, 9.30 to 4.30.

Target Audience: This two day introductory course is available to staff in Primary Care settings, Drug Action Teams, Criminal Justice and Social Services teams, Health Services, Young Peoples' services and Community Groups, who are not specialists in alcohol but encounter people with drinking problems in their everyday working life.

The learning includes:

- information and facts about alcohol
- understanding units
- using identification tools
- structuring and conducting brief advice
- practicing brief advice
- introduction to the key principles of behaviour change.

Aim: To provide participants with an introduction to various aspects of Alcohol misuse so they are able to deliver brief interventions to help reduce alcohol related risk for individuals drinking at hazardous and harmful levels and refer dependent drinkers into specialist services.

Objectives: By the end of the session participants will be able to:

- Dispel some common myths about alcohol.
- Describe and explain the benchmarks for sensible drinking.
- Describe the difference between sensible, hazardous, harmful and dependant drinking.
- Explain why alcohol is a broad health and social concern.
- Comprehend national and countywide priorities in addressing the health issues associated with increasing alcohol consumption.
- Screen Service Users using either one of two shortened versions of the World Health Organisation (WHO) Alcohol Use Disorders Identification Test (AUDIT) questionnaire: FAST or AUDIT-C, with each taking approximately one minute to complete.
- Screen Service Users, using the ten question AUDIT questionnaire to determine hazardous, harmful or likely dependant drinking.
- Deliver a brief intervention to those identified as drinking at hazardous or harmful levels.
- Demonstrate an understanding of the key principles of behaviour change.
- Use their enhanced information-base when referring to specialist services for people who need extra support.