



Centre for alcohol and other drug
training and workforce development

COURSE CATALOGUE

www.insight.qld.edu.au

**Insight: Centre for Alcohol and other Drugs Training and Workforce Development
Course Catalogue
Published by the State of Queensland (Metro North Hospital and Health Service), November 2018**

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For more information contact:

Insight

Metro North Mental Health – Alcohol and Drug Service,
270 Roma Street Brisbane 4000.

Email: insight@health.qld.gov.au

Phone +61 (07) 3837 5655.

An electronic version of this document is available at www.insight.qld.edu.au

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WORKSHOP INFORMATION

Insight are specialist providers of alcohol and other drug training, education, information and practice advice for workers and services. We provide progressive learning opportunities ranging from introductory level through to specialised discipline-specific professional development courses. We are committed to providing best practice, evidence-based clinical training and support for the state's alcohol and drug workforce.

Workshop Bookings

All bookings are managed online through our "Training" page at www.insight.qld.edu.au. **Bookings are essential.** Participants must wait to receive a booking confirmation notice before they can be assured of their successful registration. Early registration is recommended as workshop places are limited. Set places are allocated to Queensland Health and non-Queensland Health employees for most workshops. Restrictions apply on the number of registrations accepted from a single organisation for each event, managed on a case-by-case basis. If events are over-subscribed, Queensland based workers from specialist alcohol and drug services will be given priority places followed by mental health, hospital, community health and other frontline support workers.

Waiting lists

Our online booking system features an automated waiting list service for most training events. If an event you wish to attend is sold out and no waiting list option appears, please express your interest by emailing insight@health.qld.gov.au

Fees for training

There is no charge to attend our training events for either Queensland Health or non-government employees.

CPD points and Certificates

Participants attending Insight workshops are able to gain CPD hours. See individual core skills training workshop for PD endorsement and visit the AHPRA website: www.ahpra.gov.au for further information. All participants attending Insight workshops will receive certificates to acknowledge their attendance. Participants attending core skills workshops will be required to meet core skills requirements to obtain a certificate of course completion. Please note: Full attendance at the workshop is required to receive a certificate of attendance/completion.

Venues and catering

Unless otherwise specified, all training events are held in the Edwards Miller Training Room, 4th Floor Biala, 270 Roma Street, Brisbane. Tea, coffee and a light lunch are provided at all full-day workshops held at Biala.

Parking

There is no parking available at Biala. Limited, metered street parking is available in surrounding streets. The closest paid parking can be found at the Barracks Shopping Centre on Petrie Terrace which is a short, 5 minute walk to our building. Roma Street Station is our nearest public transport hub which is also a 5 minute walk away.

Accessibility

The Biala Building is wheelchair accessible. Interpreters, captioning services and other sensory impairment aids can be organised if required. Please contact us at least 2 weeks prior to your workshop to discuss.

Cancellation policy

Applicants will be notified by email and/or phone if courses are cancelled. If you are unable to attend a workshop, please notify us as soon as possible so that your space can be offered to someone on our waiting list.

NB: For health and safety reasons it is our policy to email both you and your line manager in the event that you do not attend a workshop without prior cancellation.

Contact Details and Enquiries

For information on any of the services offered by Insight or to place your name on our mailing list please visit www.insight.qld.edu.au, phone: (07) 3837 5655, or email: insight@health.qld.gov.au

We look forward to seeing you at one of our events!

OUR TRAINERS

Jeff Buckley - Director

Jeff is a Social Worker with 15 years' experience across government and non-government settings in alcohol and drug practice, youth homelessness, community development and adult education. Jeff has also worked in service management, private consulting and University teaching roles.

Margaret Ness - Advanced Clinical Education Coordinator

Margaret has over 20 years' experience in the alcohol and drug field, working across government and non-government sectors. As a Psychologist and a registered nurse, Margaret's career has included roles in AOD research, clinical counselling, education and workforce development.

Jim Hunt - Nurse Educator

Since finding his passion as a Mental Health Nurse 20 years ago, Jim has worked across a variety of inpatient, community and forensic settings. He has a passion for supporting people with alcohol and drug issues in a way that promotes engagement and reduces stigma.

Dan Phillips - Advanced Clinical Educator

Dan is a Psychologist with over 25 years' experience in the alcohol and drug sector. He has worked in corrections, rehabs and in the community, gaining experience in group facilitation, counselling and case management.

Michelle Taylor - Advanced Clinical Educator

Michelle is an Occupational Therapist with over 25 years' experience supporting clients, families and workers in the areas of alcohol and drugs and mental health. She has a keen interest in sensory approaches, occupational approaches, trauma informed care, family inclusive practice, and creative writing.

Cameron Francis - Principal Consultant, Dovetail

Cameron is a Social Worker who has worked in various roles across non-government and government agencies, including outreach, peer education, NSP and as an individual counsellor for young people. In his current role with Dovetail, Cameron provides support and assistance to front line youth AOD services throughout Queensland.

Samantha Clark - Nurse Educator

Samantha is a Mental Health Nurse with over 20 years' experience in mental health and alcohol and drug service delivery, policy and program management. She has a particular interest in dual diagnosis, Cognitive-Behavioural Integrated Treatment (C-BIT) and working with vulnerable populations.

Louise Durant - Nurse Educator

Louise is a credentialed mental health nurse with 10 years' experience in mental health. She is passionate about consumer engagement, the recognition of peer knowledge and the delivery of high quality services in the alcohol and drug sector.

Sonia Boyd - Snr Social Worker - Family Response AOD Practice

Sonia Boyd is a Social Worker with a background in alcohol and drug practice, project management, remote area work and service commissioning. She also has a Master in International and Community Development - which is a marvellous combo for building family responsive AOD practice across Queensland under the 'Breakthrough for Families QLD' Project.

Cassie Davis - Snr Psychologist - Dovetail

Cassie is a Psychologist with over 10 years' experience working in the alcohol and drug sector. She has worked across government and community roles including child safety, opiate replacement, NSP, inpatient detox as well as youth and adult counselling. She has a particular interest in working with young people who identify as LGBTIQ+.

Clare Mason - Snr Social Worker - Dovetail

Clare is a Social Worker with over 15 years' experience working with young people experiencing problematic substance use. She has worked extensively in residential youth alcohol and other drug programs, mental health, youth justice and facilitated a range of day programs for young people both in Brisbane and London.

Jade Phillips - Snr Social Worker - Dovetail

Jade is a Social Worker with several years' experience working in the youth alcohol and drug sector in South-East Queensland, from BYS to YFS to ADAWS / Clarence Street. She has maintained a particular focus on vulnerable young people who have experienced complex trauma.

HUB 'N' SPOKE SITE TRAINERS

Jennifer Brazier - Nurse Educator

Jennifer is a Nurse Educator at Cairns Community, Mental Health and ATODS. She has many years' experience working clinically as a registered nurse and for the past 12 years has worked as a Nurse Educator. Jennifer currently delivers AOD training courses across North Queensland.

Warren Losberg - Clinical Educator

Warren is a Clinical Educator (Psychology) - ATODS with the Safety, Education, Risk & Quality Unit, Mental Health Service Group at the Townsville Hospital & Health Service. He has over 35 years' experience working within the private sector, academia, and government.

INSIGHT - APSAD SEMINAR / WEBINAR SERIES

Insight hosts a free seminar series each semester at Biala in partnership with the Australasian Professional Society on Alcohol and other Drugs (APSAD).

Seminars are held each Wednesday morning starting at 10:00am AEST (Queensland time) in the Edwards Miller Training Room, 4th floor, Biala. There are 12 seminars each semester and each presentation lasts for one hour.

You are welcome to attend our seminars in person or via webinar.

To join the webinar from your computer

1. From your web browser go to www.insight.qld.edu.au/webinars/
2. Select 'Sign-in'
3. Select 'PARTICIPANT'
4. Enter Webinar Registration Code 52365378 in the participant code area
5. Enter your name
6. Click to join the Webconference (it may take a few seconds to load)
7. Turn up the sound on your computer (or preferably use headphones).

Most seminars are recorded and made available through the Insight website within 2 weeks. To view previous recordings please visit <https://www.youtube.com/c/InsightQueensland> We also invite you to be a contributor to future seminar programs. Please contact us to discuss your topic or idea.

INSIGHT TOOLKITS

The Insight website features a range of tools, templates and resources to assist you in direct practice.

AOD Health Literacy

“Coming to Terms” explores the use of clinical language by health professionals in the AOD sector and how interpretation and comprehension can impact upon healthcare outcomes for our clients.

Meth Check

Meth Check is a package of free tools, factsheets, flowcharts, e-learning and video resources designed for Queensland-based health and community service workers who engage with people who use methamphetamine.

First Nations AOD Toolkit

Insight delivers a range of training and cultural capacity building activities for Aboriginal and Torres Strait Islanders and non-Indigenous practitioners across Queensland.

AOD Client Engagement

This toolkit contains e-learning packages, templates, tools and other resources that AOD services can use to build partnerships with clients that improve the safety and quality of their treatment and care.

Dual Diagnosis

This toolkit contains a series of resources, videos and eLearning for workers who wish to develop their practice with clients who have co-occurring substance use and mental health problems.

Young People and Drugs (Dovetail)

Dovetail provides clinical advice and professional support to workers, services and communities across Queensland who engage with young people affected by alcohol and other drug use.

Withdrawal Management

Clinical tools, guidelines and resources to assist withdrawal management with clients and patients.

Brief Interventions

This toolkit contains Insight’s “Check” series of Ultra Brief Interventions, common AOD screening and assessment tools and other resources that can help guide a clinician to conduct a brief intervention.

Opioid Check

Opioid Check is a package of free tools, e-learning, videos and other resources designed for Queensland-based health and community service workers who engage with people who use opioids.

GP Webinar Evenings Series

A series of 1-hour webinars presented on the 1st Wednesday of the month 6:00 - 7:00pm (AEST) August to November 2018.

Working with Families

The Working with Families toolkit is a package of free tools, e-learning, videos and other resources designed for Queensland-based health and community service workers who engage with families.

QLD Needle and Syringe Program

This Needle and Syringe Program Training is an educational resource presenting concepts, knowledge and skills required to work effectively as a Needle and Syringe Program (NSP) worker in Queensland. This toolkit is designed for use by Primary NSP staff and experienced NSP workers.

ONLINE INDUCTION MODULES

Insight has developed a series of online induction modules covering introductory content relevant for all professional disciplines in the AOD field:

- Induction Module 1: Big Picture Alcohol and Other Drugs
- Induction Module 2: Understanding Psychoactive Drugs
- Induction Module 3: Micro-counselling Skills
- Induction Module 4: AOD Clinical Assessment
- Induction Module 5: Motivational Interviewing
- Induction Module 6: Relapse Prevention and Management

A Certificate of Completion will be given following successful completion of short multiple choice exams found at the end of each module.

To access and download the modules visit: <http://insight.qld.edu.au/training> and click eLearning.

Note: Completion of the Induction Modules is a prerequisite for the core skills training workshops offered by Insight. Please see each core skill workshop description for more details.



This series of modules is endorsed by ACN according to our Continuing Professional Development Endorsed Course Standards. Each module has been allocated 3 CPD hours according to the Nursing and Midwifery Board of Australia – Continuing Professional Development Standard.



INTRODUCTORY TRAINING

“AOD Crash Course” One Day Introduction to AOD

Full day

Max 30 Participants

1 Educator

This introductory workshop is designed for new and/or non-specialist workers who want to develop a better understanding of how psychoactive drugs work alongside a basic knowledge and skillset in how to support people who may be experiencing problematic substance use.

Topics covered include:

- history of substance use, statistics, prevalence and rates of use
- foundational theories and concepts
- aims and objectives of AOD treatment
- overview of the evidence - what works and what doesn't...
- basic assessment and brief intervention
- basic harm reduction and managing intoxication
- personal safety, managing boundaries and maintaining self care
- making great referrals - where to go for more information, training and support

CORE SKILLS TRAINING

AOD Clinical Assessment

Full day

Max 30 Participants

1 Educator

Prerequisite: Online Induction Material – Module 4

This interactive workshop introduces participants to clinical assessment for alcohol and other drug problems.

Topics covered include:

- raising the issue of alcohol and other drug use with clients
- screening instruments
- assessment instruments
- bio-psycho-social elements of assessment
- situational alcohol and other drug risks
- practical skill development exercises.



This workshop is endorsed by ACN according to our Continuing Professional Development Endorsed Course Standards. It has been allocated 6 CPD hours according to the Nursing and Midwifery Board of Australia – Continuing Professional Development Standard.



Advanced Harm Reduction

Full day

Max 30 Participants

2 Educators

NB: This training is targeted towards workers employed within specialist AOD treatment and mental health services only. It is not suitable for generalist health and community workers, statutory officers or members of the general public.

This course is designed to equip frontline health and community service practitioners with up-to-date information on suitable harm reduction strategies that can be utilised by clients attending AOD treatment services. The workshop will also include tips on how to provide good quality harm reduction advice to people who inject drugs.

Topics covered include:

- AOD use principles underpinning ethical harm reduction
- harm reduction strategies for a number of different drugs AOD Clients report using
- blood borne viruses
- full overview of safe injecting practices

Participants will also be provided with an overview of the types of injecting equipment available at primary NSPs and witness a practical demonstration of safe injecting with a prosthetic device.



This workshop is endorsed by ACN according to our Continuing Professional Development Endorsed Course Standards. It has been allocated 6 CPD hours according to the Nursing and Midwifery Board of Australia – Continuing Professional Development Standard.



AOD Relapse Prevention and Management

Full day

Max 30 Participants

2 Educators

Prerequisite: Online Induction Material – Module 6

This workshop will equip workers with practical and positive strategies to assist clients who experience difficulty maintaining their drug use goals including preventing and managing relapse.

Topics covered include:

- precursors of relapse
- the Resolution Breakdown model
- identifying high risk situations for substance use
- relapse prevention and management interventions
- practical skill development exercises.

(Please contact the Mental Health Staff Development Team on (07) 4433 9480 or email MHCAMB@health.qld.gov.au for workshop information)

(Please directly contact Jennifer.Brazier@health.qld.gov.au for workshop information)



This workshop is endorsed by ACN according to our Continuing Professional Development Endorsed Course Standards. It has been allocated 6 CPD hours according to the Nursing and Midwifery Board of Australia – Continuing Professional Development Standard.



Micro-counselling Skills and Brief Interventions

Full day

Max 30 Participants

2 Educators

In the counselling environment, a well-established therapeutic relationship provides the necessary foundation for delivering a wide range of treatment interventions that enhance treatment outcomes. In the AOD counselling environment, brief interventions are often delivered opportunistically to raise a client's awareness of some of the issues associated with their AOD use. A sound skill in the use of micro-counselling skills can build a strong therapeutic relationship that thereby facilitates clients' optimal receipt of treatment for problematic AOD use.

Topics covered in this workshop will include:

- enhancing interpersonal communication by developing primary attending behaviours, verbal and non-verbal communication skills, therapeutic or empathic listening skills
- developing and maintaining a productive therapeutic relationship
- using kinesics and proxemics in brief intervention delivery
- recognising and overcoming barriers to effective communication
- using the FRAMES and FLAGS brief interventions models
- skills practise.



This workshop is endorsed by ACN according to our Continuing Professional Development Endorsed Course Standards. It has been allocated 6 CPD hours according to the Nursing and Midwifery Board of Australia – Continuing Professional Development Standard.



Introduction to Motivational Interviewing for AOD Use

Full day

Max 30 Participants

2 Educators

Prerequisite: Online Induction Material – Module 5

This workshop develops core skills in working with clients who are ambivalent about making change to their substance use.

This interactive skills-based course covers:

- motivational interviewing principles and processes
- using the OARS micro-counselling skills
- brief motivational assessment
- motivational interviewing strategies
- practical skills development.

(Please directly contact the Mental Health Staff Development Team on (07) 4433 9480 or email MHCAMB@health.qld.gov.au for workshop information)

(Please contact Jennifer.Brazier@health.qld.gov.au for workshop information)



This workshop is endorsed by ACN according to our Continuing Professional Development Endorsed Course Standards. It has been allocated 6 CPD hours according to the Nursing and Midwifery Board of Australia – Continuing Professional Development Standard.



Family Inclusive Practice in AOD Treatment

Full day

Max 30 Participants

2 Educators

This one day workshop will explore a broad range of family inclusive approaches, strategies and tools that can assist in improving the effectiveness of alcohol and drug treatment, including addressing some of the specific barriers to implementing family-inclusive approaches in practice.

Topics covered include:

- understanding the impact of substance use on families
- including families in intake and assessment
- explaining and managing confidentiality
- genograms and timeline approaches
- supporting families through treatment
- tips for family self-care.



This workshop is endorsed by ACN according to our Continuing Professional Development Endorsed Course Standards. It has been allocated 6 CPD hours according to the Nursing and Midwifery Board of Australia – Continuing Professional Development Standard.



SPECIALISED AOD TRAINING

Introduction to Withdrawal Management

Full day

Max 30 Participants

1 Educator

NB: This training is recommended for all practitioners and is highly recommended for Nurses who are working in AOD treatment and mental health services.

The aim of the course is to develop basic knowledge and skills in the assessment and management of withdrawal for people who are dependent on alcohol and other drugs as outlined in the Queensland Alcohol and Drug Withdrawal Clinical Practice Guidelines.

Topics include:

- history of substance use, statistics, prevalence and rates of use
- foundational AOD theories and concepts
- understanding dependence, tolerance and withdrawal
- rationale and principles underpinning withdrawal management
- patient presentations for withdrawal management
- assessment for withdrawal management
- drug-specific withdrawal symptoms, including the withdrawal process and expected duration

Please Note: This workshop is a prerequisite for the 2-day Advanced Withdrawal Course for Nurses Participants must hold current nursing registration with AHPRA.

Young People and Drugs (Dovetail)

Full day

Max 30 Participants

1 or 2 Educators

This full-day workshop targets practitioners who work directly with young people aged 12 - 25 years in a one-on-one capacity including youth workers, alcohol and drug workers / clinicians, child safety officers, youth justice officers, residential support workers, youth support coordinators, school-based youth health nurses, Indigenous health workers, mental health professionals, guidance officers and employment and vocational staff.

The training provides an overview of youth alcohol and other drug (AOD) use including:

- a framework for Youth AOD Practice
- history, context and background to AOD policy in Australia
- stats, figures and current trends in youth AOD use
- risk vs protective factors
- engagement and assessment
- the Transtheoretical Model (Stages of Change)
- motivational interviewing
- brief intervention
- practical hints, tips and tricks for working with young people with AOD issues.

Crystal Clear: Responding to Methamphetamine Use

Half day

Max 30 Participants

1 Educator

This half day workshop is designed to assist frontline health and community service practitioners who work in AOD treatment or casework support roles to better understand and respond to the specific needs of clients who use methamphetamine.

Topics covered include:

- overview of meth/amphetamine: what it is and how it affects the body
- history, statistics, current trends and rates of use
- risks, harms, dependence, intoxication, withdrawal and psychosis
- harm reduction and evidence-based treatment options
- overview of new "Meth-Check" treatment tools
- supporting families and significant others
- designing services to better respond

Sensory Approaches for AOD Practice

Full day

Max 30 Participants

2 Educators

Sensory Approaches is a collective term for a range of interventions that focus on supporting the client to achieve regulation of affect, attention and behaviour through regulation of bodily arousal states using a range of sensory modalities. It is widely used in mental health services as a trauma informed approach, and as a first line intervention to manage difficult emotional states.

This workshop will provide participants with an understanding of sensory approaches, their application for people experiencing problematic substance use, and tools to assist people to self-regulate.

Introduction to Psychoactive Drugs

Full day

Max 30 Participants

2 Educators

Prerequisite: Online Induction Material – Module 2. NB: This workshop is a pre-requisite for the Advanced Harm Reduction workshop.

This workshop is designed for those wanting to gain a basic understanding of what psychoactive drugs are and the various licit and illicit substances used in Australia today.

The workshop also covers:

- classification and effects of psychoactive drugs (including street names for commonly used drugs)
- patterns of use and harms from substance use
- basic neurobiology
- intoxication and overdose
- tolerance and withdrawal
- pharmacotherapies currently available



Clinical Case Formulation Skills

Full day

Max 30 Participants

2 Educators

The aim of this workshop is to assist clinicians from all disciplines to improve their clinical case formulation skills. It will provide an understanding of what constitutes case formulation, its distinction from diagnosis, and an overview of developing case formulation within a functional analysis framework. It will also briefly outline clinical reasoning 'traps' that can influence assessment and formulation. The workshop will be interactive and will involve the application of skills in designing clearly written and logical explanations of how a case is understood. The workshop will also focus on how to organise contradictory information about a person, to improve case formulation and treatment planning.



An Introduction to Mindfulness in AOD

Full day

Max 30 Participants

2 Educators (N.B. limited availability)

NB: This workshop is being offered over two half days. Participants must commit to attend on both days to receive an attendance certificate for this workshop.

Mindfulness is a specialised skill in awareness, attention, and acceptance. There is ever increasing evidence of the benefits of mindfulness based interventions within alcohol and drug treatment for stress reduction, craving management and relapse prevention. The aims of this one day experiential workshop are to provide an introductory overview of mindfulness, explore the application of mindfulness within alcohol and drug treatment, and give participants practical exposure to mindfulness techniques.

Note: this workshop will involve experiential based activities, including guided exercises and meditations.

Trauma Informed Care

Full day

Max 30 Participants

2 Educators

Prerequisite: Online Induction Material – Module 2. NB: This workshop is a pre-requisite for the Advanced Harm Reduction workshop.

Insight and Dovetail collaborate to bring you an interactive workshop on Trauma Informed Care for AOD Practice. The workshop is targeted towards alcohol and other drug (AOD) workers who wish to develop their understanding and application of trauma informed care.

The workshop also covers:

- Trauma and Trauma Informed Care (TIC)
- TIC and Substance Use: Making the Links
- Neuroscience of Trauma
- Vicarious Trauma: Self-care and use of self
- Responding to client needs & building a toolkit



NB: This workshop requires workers to have a foundational level of knowledge of AOD practice; the workshop is designed to complement and enhance your existing AOD practice. If you are new to the area of AOD practice, it is recommended that you have completed the AOD Crash Course (Insight) or Young People and Drugs (Dovetail) training at minimum before attending this course.

FEE SCHEDULE

2018/2019

Insight delivers a range of specialist alcohol and drug training and education packages to workers, services and communities across Queensland. Most of our training products are free.

From time-to-time government departments, business, NGO service providers or commissioning organisations require additional training tailored specifically to their needs and/or region. On these occasions a fee-for-service applies.

All fees received are re-invested into developing clinical alcohol and drug tools and resources for workers and services across Queensland to access for free.

To request a quote or to discuss your particular training needs or circumstances (including capacity to pay), please contact Jeff Buckley on (07) 3837 5655 or email insight@health.qld.gov.au

insight

Centre for alcohol and other drug
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www.insight.qld.edu.au

An initiative of Queensland Health.

Proudly delivered by Metro North Mental Health - Alcohol and Drug Service.

