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), January 2020

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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 oversubscribed, 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 unless specified.

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
Insight’s primary training venue is 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. Catering is not provided at other venues unless specified.

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.

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.

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.

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.

Peggy Manton-Williams - Aboriginal & Torres Strait Islander Workforce Coordinator - AOD
Peggy has worked in Queensland Health for over 25 years, belonging to the Kamilaroi Clan group from Northern NSW. She has worked in a variety of roles from Health Worker to Team Leader with experience in AOD Prevention and Practice, Nursing and management. She has a Bachelor in Indigenous Primary Health Care and Grad Certs in Health Promotion and Public Health - AOD.

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.

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.

Bec Mounsey - Social Worker - Dovetail
Bec completed her Social Work degree in 2013. She has since supported both young people and adults in her roles as youth worker, family case manager, group work facilitator and alcohol and other drugs counsellor in the not-for-profit sector. Bec now provides AOD support and assistance to front line workers in the youth sector with her role at Dovetail.

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.

Anita Myers - Nurse Educator
Anita is a Registered Nurse with 13 years’ experience and a Master of Public Health. She has translated her experience in emergency nursing across to drug and alcohol sector. She is passionate about reducing stigma and providing an evidence-based biopsychosocial care to all clients and their families.

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.
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.

Kerry Mollenhagen – Nurse Educator
Kerry is a Credentialed Mental Health Nurse with over 34 years’ experience in mental health and alcohol and drug service delivery in both private and public health services.

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 13 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://insight.qld.edu.au/training/webinars/past We also invite you to be a contributor to future seminar programs. Please contact us to discuss your topic or idea.
The Insight website features a range of tools, templates and resources to assist you in direct practice.

**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.

**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.

**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.

**eLAMP - eLearning in AOD for Medical Practitioners**
eLAMP contains the “Managing Substance Dependence and Withdrawal” eLearning packages funded by the Prevention Division within the Queensland State Government’s Department of Health under the Medical Practitioner Workforce Plan for Queensland (MPWP4Q).

**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.

**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.

**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.

**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.

**Pregnancy and Substance Use**
The Pregnancy and Substance Use toolkit is a package of free links, guidelines and resources designed for health workers who engage with pregnant women who use substances and their 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.

**The Queensland Opioid Treatment Program (QOTP) Prescriber Course**
Welcome to the Queensland Opioid Treatment Program (QOTP) Prescriber Course. This is a self-paced module for GPs, Medical Practitioners and Nurse Practitioners seeking to become authorised to prescribe opioid treatment in Queensland. There are two ways to access this training. Follow the relevant instructions from the options provided.

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

**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.

**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.
ELEARNING

A Certificate of Completion will be given following successful completion of short multiple choice exams found at the end of each module. All modules are self-paced and your progress will be saved as you go.

To access these modules, please visit: https://insight.qld.edu.au/training/elearning

Drugs: The Basics
Insight has developed a range of eLearning to give participants a basic overview of the below substances including forms, history and rates of use and explore some ideas around why people use these substances, how they are used, their effects and how to respond to an overdose. You will also learn about substance dependence, what treatment options are available and where to go for more information and support.

- Opioids
- Methamphetamine
- Cannabis
- Alcohol
- Benzodiazepines

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

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.

eLAMP: eLearning in AOD for Medical Practitioners
eLAMP contains a series of dedicated medical practitioner eLearning modules targeting GPs, Trainees, Junior Doctors and Nurse Practitioners - or as a refresher for existing Addiction Specialists - on how to best manage substance dependence and withdrawal with patients.

These modules are currently being evaluated to be accredited with CPD points with both RACGP and ACRRM for the 2020-2022 Triennium.

The Queensland Opioid Treatment Program (QOTP) Prescriber Course
This is a self-paced module available for GPs, other Medical Practitioners and Nurse Practitioners who are seeking to become authorised to prescribe opioid treatment in Queensland.

The QOTP Online Prescribers Course is currently being evaluated to be accredited with CPD points with both RACGP and ACRRM for the 2020-2022 Triennium.

Other elective eLearning modules
- An Introduction to Youth Alcohol and Other Drugs
- Working with families and significant others
- Queensland Needle and Syringe Program
- AOD Client Engagement
- Screening for Problem Gambling (developed by Lives Lived Well)
ONE DAY INTRODUCTORY WORKSHOPS

AOD Crash Course

Full day
Max 30 Participants
1 Educator

NB: This course features content highlights from all of Insight’s Core Skills Workshops, particularly “Understanding Psychoactive Drugs”. It is not recommended if you are planning on completing the full suite of Core Skills Workshops. There is also some duplication with content contained within Dovetail’s Young People and Drugs (YPaD).

This one-day workshop is designed for new and/or non-specialist workers who want to develop a broad understanding of psychoactive drugs and a basic knowledge and skillset in how to support someone who may be experiencing problematic substance use.

Topics covered include:
- history of substance use, statistics, prevalence and rates of use
- key substance types, effects and patterns of use
- understanding harm and substance dependence
- values, language, stigma and discrimination
- the Transtheoretical Model (Stages of Change)
- aims and objectives of AOD treatment
- basic assessment and brief intervention
- basic harm reduction and managing intoxication
- where to go for more information, training and support

Young People and Drugs (Dovetail)

Full day
Max 30 Participants
1 or 2 Educators

NB: There is also some duplication with content contained within AOD Crash Course.

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
CORE BASICS

Understanding Psychoactive Drugs

*Full day*
*Max 30 Participants*
*1 Educator*

NB: This course is a pre-requisite for both “Assessing and Managing Withdrawal” and “AOD Harm Reduction” workshops.

This workshop covers foundational knowledge and concepts required to work in the alcohol and other drug field.

Topics covered include:

- history of substance use, statistics, prevalence and rates of use
- moral, legal, disease and bio-psychosocial models of substance use
- Australian drug policy frameworks and guidelines
- basic neurobiology and pharmacology
- routes of administration
- patterns of use and harms from substance use
- intoxication and overdose
- Tolerance, dependence and withdrawal
- foundational therapeutic concepts including the Transtheoretical Model (Stages of Changes)
- overview of the Queensland AOD Treatment System
- the evidence-base underpinning therapeutic interventions

Assessing and Managing Withdrawal

*Full day*
*Max 30 Participants*
*2 Educators*

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

This workshop is also now available as a 6-part Zoom virtual classroom workshop to make our content more accessible and allowing participants greater opportunity to practice and receive feedback. The full day workshop has been broken down into 1.5-hour modules focusing on a different substance and delivered via Zoom over multiple days. The modules are broken down into the below topics:

- Alcohol
- Methamphetamine
- Benzodiazepines
- Opioids
- Cannabis
- Neurology and Neurotransmitters

*Please Note: This workshop is a prerequisite for the 2-day Advanced Withdrawal Course for Nurses*

*Participants must hold current nursing registration with AHPRA.*
CORE PRACTICE 1

**Micro-counselling and Brief Intervention Skills**
*Full day*
*Max 30 Participants*
*1 Educator*

This workshop uses a mix of case-studies, live-practice scenarios and video examples to explore the range of counselling techniques and skillsets required to form and maintain a therapeutic relationship with clients, conduct screening and brief interventions and have difficult conversations with clients and family members.

Topics covered in this workshop will include:
- active listening skills, including verbal and non-verbal communication
- recognising and overcoming barriers to effective communication
- conducting screening and brief interventions using FRAMES and brief motivational interviewing techniques
- managing challenging behaviours by utilising de-escalation and refusal skills
- responding to common counselling dilemmas and client curveballs

**Motivational Interviewing**
*4 x Half day*
*Max 12 Participants*
*1 Educator*

*Prerequisite: Online Induction Material – Module 5*

The Motivational Interviewing training is now broken into a 4-part modular option, with each session focusing on a specific M.I. skill or topic. These are half day workshops that also have a follow-up group Zoom videoconference which is scheduled in the fortnight after each session so that participants can seek additional feedback after applying their new M.I. skills in direct practice.

It is recommended that participants complete each session in order, particularly for those workers who are new to counselling and M.I.

**MI 1: The Spirit of MI and the Core Skills**
An understanding of the spirit is essential and will guide further learning and your practice. The first session will cover the underlying spirit of MI, along with the core skills. The core skills are shared with other forms of counselling and they are used across the four processes of MI.

**MI 2: Change Talk**
The focus of the second session will be on change talk, with time spent on the different subtypes of change talk. The aim is to help you better recognise and respond to change talk when it is evoked from your clients.

**MI 3: Evoking Change Talk**
This session will focus on how to evoke change talk, the heart of MI. It will also demonstrate how to use the core skills to respond to sustain talk and what to do if there is discord.

**MI 4: Planning and Consolidating Commitment**
There are four processes of MI and this session looks at how to recognise which stage your client may be at to inform your approach, including the final process of developing a change plan and then consolidating commitment.
CORE PRACTICE 2

AOD 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.

Relapse Prevention and Recovery

Full day  
Max 30 Participants  
1 Educator

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.
BEST PRACTICE

Culturally Secure AOD Practice – Featuring IRIS

Full day
Max 30 Participants
1 or 2 Educators

This updated 1-day workshop aims to build cultural capacity when working with Aboriginal and/or Torres Strait Islander people who use substances. Designed for both Indigenous and non-Indigenous workers alike, the course promotes a culturally-secure AOD framework and approach to direct practice.

Participants will learn how to use the Indigenous Risk Impact Screen (IRIS) and associated brief intervention tools alongside other practical tips, tricks, tools and resources for use in everyday practice.

Family Inclusive Practice

Full day
Max 30 Participants
1 or 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.

Trauma Informed Care

Full day
Max 30 Participants
2 Educators

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

Topics covered include:
• understanding trauma including its basis in neuroscience
• TIC and substance use: making the links
• vicarious trauma: self-care and use of self
• responding to client needs and 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.
**ELECTIVES**

**Sensory Approaches for AOD Practice**  
*Full day*  
*Max 30 Participants*  
*1 Educator*

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.

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**Clinical Case Formulation Skills**  
*Full day*  
*Max 30 Participants*  
*1 Educator*

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. Clinical reasoning ‘traps’ that can influence assessment and formulation will also be discussed.

This workshop will be interactive and 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 in case formulation and improve treatment planning.

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**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 methamphetamine: 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
An Introduction to Mindfulness in AOD
2 x Half 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.

Responding to Inhalants
Half day
Max 30 Participants
1 Educator

This half day workshop provides an overview of the types of inhalants that are available and strategies to best minimise their harms and effects.

Topics covered include:
- health effects
- strategies for working with people who use volatile substances
- understanding the nature and extent of inhalant use in the local community
- overview of interventions
- supply reduction strategies
FEE SCHEDULE
2019/2020

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 us on (07) 3837 5655 or email insight@health.qld.gov.au