

Training Programmes

For Professionals Working
with Young People



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Further information

Cost of our training packages start from £500 per session.

All training sessions are delivered to a maximum of 25 delegates.

Our fees cover the cost of consultation, running the course, evaluation, certificating attendance and all supporting material. Travel and accommodation, if appropriate will be added.

KCA has a range of excellent and comprehensive training packages which are offered on an in-house basis. If your training requirements are not met in this brochure, please contact our training team who will be able to develop a bespoke training programme to meet your organisational needs.

Drug Awareness Training for Foster Carers

AIM

To provide a basic knowledge of the most commonly misused drugs, their effects, street names and legal status, along with the impact of drug misusing parents on children.

OBJECTIVES

By the end of the session, delegates will be familiar with:

- The most commonly misused drugs, including their street names and legal status.
- The effects of misusing drugs and alcohol.
- The impact of drug/alcohol misusing parents on children.
- National treatment agencies and help lines.

SESSION CONTENTS

- Drugs/Alcohol quiz
- Identification of most commonly used drugs.
- Effects of misusing drugs and alcohol
- Legal status of drugs
- The impact of children of parents with a drug/alcohol problem
- Scenario
- Treatment agencies and help lines

DURATION: 4.5 HOURS

About KCA

KCA is a charity and a company limited by guarantee, established in 1975. The organisation delivers drug and alcohol services from an established network of 25 main service centres in Kent and London. The organisation has grown steadily over the years, and now employs some 280 paid staff and 30 volunteers with a projected annual turnover of approximately £11m in 2007/8.

KCA's aim is to provide high quality, flexible and innovative services to meet identified needs. KCA has a history of providing innovative services tailored to meet local needs.

We pride ourselves in having a 'can do' attitude, and have a strong commitment to service delivery and have extensive experience of developing and delivering new and innovative training sessions for the statutory, voluntary and education sectors.

Our substance misuse trainings are mapped to DANOS criteria as appropriate and will be delivered by our qualified trainers who are accredited tutor assessors for the Open College Network.

KCA has a range of excellent and comprehensive training packages which are offered on an in-house basis. If your training requirements are not met in this brochure, please contact our training team who will be able to develop a bespoke training programme to meet your organisational needs.

Introduction to Drug and Alcohol Awareness

AIM

To provide a basic knowledge of the most commonly misused drugs, their effects, street names and legal status.

OBJECTIVES

By the end of the session, delegates will be familiar with:

- The most commonly misused drugs, including their street names and legal status.
- The effects of misusing drugs and alcohol.
- National treatment agencies and help lines

SESSION CONTENTS

- Drugs/Alcohol quiz
- Identification of most commonly used drugs.
- Effects of misusing drugs and alcohol
- Legal status of drugs
- Treatment agencies and help lines

DURATION – 3.5 hours

Brief Focussed Intervention for Foster Carers

AIMS

To provide participants with a range of tools that will enable them to work with young people to motivate behaviour change by means of brief focused interventions.

OBJECTIVES

By the end of the session, delegates will be familiar with:

- Developing a relationship with a young person in a way that creates conditions that will enhance motivation.
- Using a range of tools to encourage motivation to change behaviour.

SESSION CONTENT

- Basic motivational principles
- Building motivation for change
- Engaging and building motivation for change
- Categories of resistance
- Techniques for dealing with resistance
- Cycle of change

DURATION: 4.5 HOURS

Substance Misusing Parents— The Impact of Problem Drug Use on Children for people working with looked after children

AIMS

To provide participants with an understanding of the impact of problem drug use on children, throughout all stages of development.

OBJECTIVES

By the end of the session, delegates will be familiar with:

- The scale of the problem and how that relates to their working environment
- The immediate and long term consequences of parental drug use.
- The current involvement of relevant help, social care and other services.
- Identifying best practice.

SESSION CONTENT

- Scale of the problem
- The impact of parental drug use of children from conception to adolescents
- The legal framework and child protection
- Access to specialist services

DURATION: 4.5 HOURS

Drug and Alcohol Awareness

AIM

To provide a basic knowledge of the most commonly misused drugs, their effects, street names, harm reduction/overdose and legal status.

To raise awareness of how attitudes impact on our ability to work effectively with Young People and the impact of drug misusing parents on children.

To provide carers with skills to engage with young people and maintain communication.

OBJECTIVES

By the end of the sessions, delegates will be familiar with:

- The most commonly misused drugs, including their street names and legal status.
- The effects of misusing drugs and alcohol.
- To address carers fears associated with drug overdose and identify strategies for harm reduction.
- The impact of drug/alcohol misusing parents on children.
- To explore carers stereotypes and attitudes towards people who use drugs and alcohol.
- To increase insight into the complexities of engaging with young people and have the ability to intervene quickly and effectively.
- National treatment agencies and help lines.

SESSION CONTENTS

- Drugs/Alcohol quiz
- Identification of most commonly used drugs.
- Effects of misusing drugs and alcohol.
- Legal status of drugs.
- Harm reduction and drug overdose.
- The impact on children of parents with a drug/alcohol problem.
- Stereotype exercise
- Scenario
- Supporting young people through drug use
- Engaging and maintaining communication
- Treatment agencies and help lines

DURATION: 6 HOURS

Advanced Drug and Alcohol Awareness

AIM

To provide more advanced knowledge on drug and alcohol awareness. This session is ideal for those who have already attending the basic Drug and Alcohol Awareness training or who already have a basic knowledge.

OBJECTIVES

By the end of the session, delegates will be familiar with:

- Exploring stereotypes and attitudes towards people who use drugs and alcohol.
- Identifying the particular problems that children of substance misusing parents may experience.
- Developing the attitudes and skills to communicate effectively in potentially volatile situations.
- Gaining a greater understanding of the physiological and psychological issues facing drug misusing young people.
- Identifying categories of drugs, situations related to drugs, drug related deaths, signs of overdose and emergency interventions. To identify prevention and harm reduction information which can be used with individuals who are at high risk of accidental overdose.
- Tools for addressing drug issues with young people.

SESSION CONTENT

- Group exercise looking at stereotypes
- Early warning indicators in children
- Communication skills
- Addressing carers fears associated with drug overdose

DURATION: 6 HOURS

Blood Borne Viruses for people working with looked after children

AIM

To provide participants with a basic knowledge of HIV/Aids and Hepatitis 'B' and 'C' virus's to assist staff to have a better understanding of the viruses and identify strategies and interventions for prevention.

OBJECTIVES

By the end of the session, delegates will be familiar with:

- Demystifying jargon used in connection with identification, treatment and prevention of HIV/AIDS and Hep 'B' and 'C'
- Understanding physiological and social implication of the virus's
- Understanding the disease in relation to the population
- Identifying strategies and interventions that help prevent the spread of infection

SESSION CONTENT

- Demystify jargon
- Facts and feelings quiz
- Powerpoint presentation
- Prevention

DURATION: 4.5 HOURS

Understanding Boundaries

AIM

To provide an understanding of the importance of boundaries for both worker and client.

To be informed of the organisational policies.

OBJECTIVES

By the end of the session, delegates will be familiar with:

- Organisational policies relating to boundaries
- Own and client boundaries in relation to shopping, receiving of gifts and transportation
- Role as worker in dual role capacity and time management

SESSION CONTENTS

- Introductions
- PowerPoint presentation
- Small group exercise
- Group discussion
- Pairs exercise client boundaries
- Review key learning

DURATION: 3.5 HOURS

Young People and Sexual Health

AIM

To equip participants with a basic guide to the practicalities of young peoples sexual health.

To raise the awareness and confidence of those working with young people and enable them to provide basic sexual health advice and signpost to sexual health services in the area.

OBJECTIVES

By the end of the session, delegates will be familiar with:

- Issues relating to confidentiality and consent
- Links between drug and alcohol use and sexual activity
- Young people and their sexual preference
- The meaning of celibacy for young people
- Safe sexual practices
- Local agencies and help lines

SESSION CONTENTS

- Values and attitudes exercise
- Statistics of teenage pregnancies
- Exercise what is celibacy
- Discussion on sexual orientation
- Rights of young people to confidentiality and consent issues
- Types of contraception, exercise and visual aids
- Overview of sexually transmitted infections
- Local agencies and help lines

DURATION: 4 HOURS