Introduction to Cgl St Helens

- Who we are, what we do and what we can offer people who come into our services.
- Staffing structure and specialist roles and interventions.

Why do people use drugs and alcohol? – Awareness discussion

- Identify the key factors that may lead to people misusing substances, how we as family members or as professionals support those with issues.

Signs, symptoms and how to engage

- Explanation of signs and symptoms (physical, behavioural or circumstantial) that may be typical of drug or alcohol misuse.
- Tips on how to have the ‘difficult’ conversation with someone who you think may be misusing substances.

Alcohol Information and Brief Advice

- Ice Breaker – ‘What do you really know about alcohol?’ quiz to explore some of the myths and facts about alcohol. Looking at the social, personal and societal costs of alcohol misuse locally in St Helens.
- Using the alcohol Audit tool

Focus on Drugs and NPS

- Drug categories - group exercise and discussion
- NPS – what are they? Group discussion
- Look at useful tools to use when supporting someone with drug issues

The Referral Process

- Referral mechanisms to support someone to get help.

The Recovery Journey

- Hear positive and motivational stories from people in recovery who have engaged in services and beaten their addiction.
Learning Outcomes for Staff

➢ Understanding of the care pathway and referral routes for substance misuse.
➢ Demonstrate the use of the alcohol audit tool.
➢ Be able to raise the issue of substance misuse.
➢ Know current guidance on alcohol use.
➢ Understand the physical, psychological and social effects of substance misuse.

General Terms

➢ Questionnaires canvassing audience need are circulated prior to training
➢ Training can generally be delivered in a full or half day session dependant on group size
➢ Bespoke packages can be delivered focusing on specific areas of interest such as detoxification.

Please contact Siobhan McParland on 01744 410752 / 07469 355959 or email: Siobhan.mcparland@cgl.org.uk if you require any further information.

Shortlist For Pride Of St Helens Business Awards Revealed