

Training Courses



Training Courses with Scottish Families Affected by Alcohol and Drugs

Here at Scottish Families, we offer a range of workforce learning and development courses. We offer training on working with families affected by alcohol and drugs, families in recovery, bereavement through drug-related or alcohol-related death, asset-based community development - and other issues. All of our courses are tailored to ensure you receive the best and most relevant training available.

We do charge for our training (depends on exact requirements but generally £400 per half day / £700 per full day for up to 15 staff, plus expenses). For larger groups we can run two half-day courses for the full-day rate.

In 2019 we are also running a number of these courses at our Edward House base in Glasgow. These have a per-head charge. See our website for booking information <https://www.sfad.org.uk/get-involved/events>

How to Book

Browse our different courses in this booklet and if you would like some further information contact us at training@sfad.org.uk / 0141 465 7523.

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Introduction to Supporting Families

COURSE BRIEF:

This course will provide workers who come into contact with families with the knowledge and skills to recognise and engage with all family members who are impacted by someone else's alcohol or drug use.

OUTCOMES:

By completing this training you will be able to:

- Recognise that families need support and how this can be different to that for the alcohol or drug user.
- Discuss family member's experiences and needs, and how family members can support recovery.
- Discuss potential barriers for both family members accessing support e.g stigma, and the barriers for services providing support.
- Relate family support to positive recovery outcomes for individuals using alcohol and/or drugs and their families.
- Identify local support options for family members.



£400 half day

Max of 15 participants

Costs may vary depending on venue-related costs and travel expenses of Trainer.

Family Inclusive Practice

COURSE BRIEF:

This course focuses on defining and highlighting the benefits of family inclusive practice. It aims to help workers identify ways in which family inclusive practice can be enhanced in their own work environment.

OUTCOMES:

By completing this training you will be able to:

- Define family inclusive practice.
- Recognise family inclusive practice in relation to the evidence base, ROSC development and the Quality Principles in service delivery.
- Recognise the value of lived experience of family members and their support needs.
- Develop an understanding of the required qualities and skills to effectively engage with families.
- Identify opportunities to include families to support whole family recovery.
- Identify practical strategies to work with families and overcome barriers to family engagement.



£400 half day

Max of 15 participants

Costs may vary depending on venue-related costs and travel expenses of Trainer.

Facilitating a Support Group

COURSE BRIEF:

This course supports individuals who are currently facilitating a support group, or are considering taking on the role. The course covers setting up, facilitating, and evaluating a family support group.

OUTCOMES:

By completing this training you will be able to:

- Recognise and understand the facilitation role in peer led family support.
- Identify and develop group ground rules, and appropriate policies and procedures such as confidentiality and safeguarding.
- Discuss and identify potential challenges in the group and the best practices to resolve these.
- Identify key planning skills to structure and manage group meetings.
- Identify ways of getting feedback from group members to make sure they are getting the right support.



£400 half day

Max of 10 participants

Costs may vary depending on venue-related costs and travel expenses of Trainer.

Bereavement Training

COURSE BRIEF:

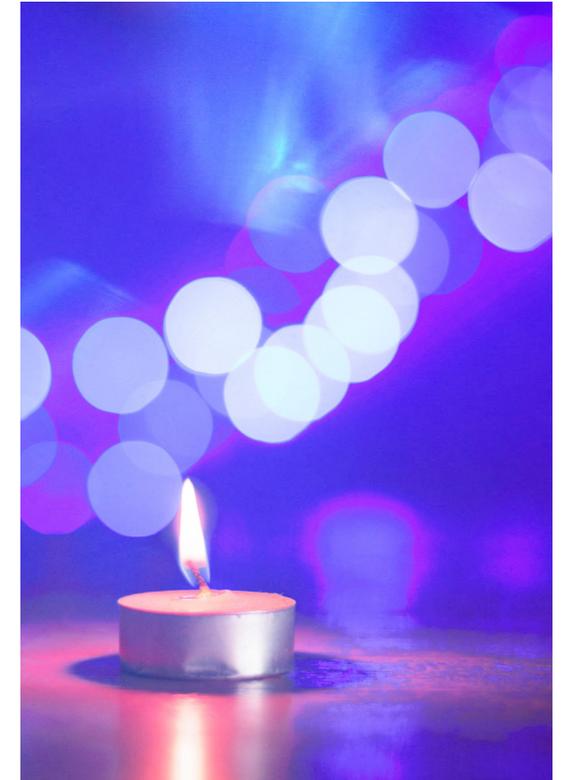
This course focuses on bereavement through drugs or alcohol and the impact it has on bereaved families. It also covers specific issues around drug-related death.

OUTCOMES:

By completing this training you will be able to:

- Define a drug or alcohol related death.
- Identify key overdose risks.
- Recognise stigma and isolation in relation to a drug or alcohol related death.
- Recognise practical issues specific to a drug-related death.
- Recognise key messages from 'Bereaved Through Substance Use'¹
- Recognise self-care and support for workforce impacted by a drug or alcohol related death.

1. 'Bereaved through substance use: guidelines for those whose work brings them into contact with adults bereaved after a drug or alcohol related death.' University of Bath 2015



£400 half day

Max of 15 participants

Costs may vary depending on venue-related costs and travel expenses of Trainer.

Adult Learning and Empowering Communities (ALEC) Toolkit Training

COURSE BRIEF:

This course explores asset-based community development approaches. These can create opportunities to reduce the impact of alcohol or drug related harms and isolation, whilst improving health and wellbeing through participation and increased social connection.

OUTCOMES:

By completing this training you will be able to:

- Recognise asset-based community development (ABCD) principles and approaches.
- Discuss definitions of community.
- Identify a range of assets that can support community building (asset mapping).
- Outline the appreciative inquiry (AI) process and activities that can support the process.
- Relate strength-based conversations to capacity-building activities.
- Identify opportunities to apply ABCD approaches to address local needs and find community-based solutions.



£700 full day

Max of 15 participants

Costs may vary depending on venue-related costs and travel expenses of Trainer.

Why train with us?

We have worked with families and organisations who help and support families for over fifteen years. We have gained invaluable input from family members to provide training to the alcohol, drug, and wider workforce, and to have individuals living with someone else's alcohol or drug use recognised and supported.

We can tailor our training courses to whatever your organisation is looking for, such as:

- A short presentation or briefing
- A half-day interactive workshop
- A bespoke training session over one or more days commissioned by your organisation.

In 2019 we are also running a number of these courses at our Edward House base in Glasgow. These have a per-head charge. See our website for booking information <https://www.sfad.org.uk/get-involved/events>



Scottish Families

Affected by Alcohol & Drugs

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