



BLENHEIM CDP
THE LONDON DRUG AGENCY



TRAINING PROGRAMME 2010/11



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training@blenheimcdp.org.uk

Registered Charity# 293959

About Blenheim CDP

Our History:

Blenheim CDP was created in 2007 from the merger of two leading London-based drug services – The Blenheim and The Community Drug Project (CDP) – both with a long history of providing quality services in this sector.

The Blenheim was founded in 1964 by a group of local people in Kensington and Chelsea responding to concern over the number of itinerant young people converging on the area in West London around Portobello Road.

CDP was established in 1968 in Southwark by a group of parents, supported by the church, to address the rise in drug related problems in the local community. For more information on our history visit the website at www.blenheimcdp.org.uk

Our Mission:

To end drug and alcohol dependency and related harm by enabling people to change.

Our Values:

“We believe in people's capacity to change”

- Drug and alcohol use are what people do, not who they are
- We challenge myths and stereotypes surrounding drug use
- We commit to provide opportunities to develop through support and learning
- We advocate that opportunities to change are a right, not a privilege

Quality

- To ensure that quality and excellence underpins all areas of our work.

Innovation

- To deliver innovative and responsive services in consultation with our service users and in partnership with all of our key stakeholders.
- To ensure that innovation and development is guided by evidence based learning and experience.

Integrity

- To demonstrate our values in every aspect of our work through our commitment to openness, honesty and transparency.
- To positively challenge even where there may be difficulty in implementing our values in service delivery and future development

Blenheim CDP Learning and Development

Blenheim CDP has been providing training since the creation of our organisation in 2007. We have an extensive range of courses designed to facilitate learning and improve practice for staff and organisations alike.

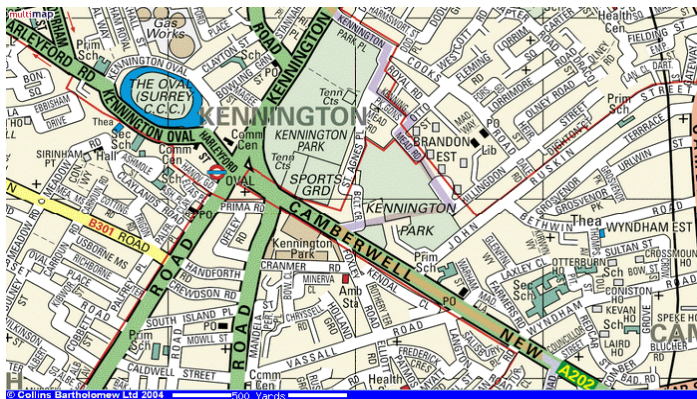
Our courses are consistent with the guidelines of the Drug and Alcohol Occupational Standards (DANOS). All of our courses are facilitated by experienced drug and alcohol professionals and trainers.

Some of our services include;

- Staff training & development, including NVQ and CPD awards
- Crack/Cocaine training
- ITEP/BTEI (RELS)
- Education, Training & Employment programme
- Volunteer programmes
- Training & Development consultancy service

The venue for our training is;

Blenheim CDP
66 Bolton Crescent
London
SE5 0SE
Tel: 020 7582 2200
E-mail: training@blenheimcdp.org.uk



Underground: nearest station is The Oval.

Bus Routes: 36, 185

PLEASE NOTE: There is no parking available on site but nearby there is parking pay and display.

Training Courses With Blenheim CDP

ITEP/RELS

Some of our clients can struggle to express their feelings or needs. We can often find ourselves trying to help clients organise themselves, when they do not yet know what they are trying to organise!

This 2 day training introduces learners to the ITEP/RELS mapping tools. This intervention is extremely useful with clients from any background and does not need to be substance misuse specific. The training includes;

- Mind maps for recovery
- Decision making tools
- Changing thinking patterns
- Working with behavioural cycles
- Working with maps in care planning and discharge

Mapping is a universal tool to help clients unlock their thoughts and put them in a form they can understand.

There are 2 day courses throughout the year. Contact our training administrator for full details of dates.

Supports DANOS competences: AI1, A13, HSC233, HSC3111, HSC35, AB2, AF2, B15

Crack/Cocaine Training

Working with clients who use Crack/Cocaine as their primary drug can be a challenging process.

This is a great course for anyone who wants to improve their knowledge of working with Crack/Cocaine users, and help bolster confidence in working with this drug group. The days include;

- What is Crack/Cocaine
- Biological effects
- Anxieties about working with Crack and Crack users
- Demystifying the myths
- A clients perspective
- Harm reduction & methods of use
- Crack in association with other drugs
- Crack and pregnancy
- Crack and other health problems
- Crack interventions/tiers

Date: 14th/15th October 2010

Time: 9.30 – 4.00

Supports DANOS competences: AA1, AB1, AB2, AB4, AC1, AD1, AB5

Alcohol Awareness Training

This course is designed to help those workers who encounter clients with alcohol issues to have a better understanding of issues involved. Includes;

- What is too much?
- Society attitudes and issues
- Physical issues
- Psychological health problems
- Alcohol and pregnancy
- Aspects of treatment
- Ways forward

Date: 5th October 2010

Time: 9.30 – 4.00

Supports DANOS competences: AA1, AA4, AB2, AB5, AC1, AD1

Care Planning Towards Recovery

One day training for people new to care planning, or those who would like to review and reflect on their current practices. The day covers:

- Policy aspects
- Writing care plans
- Goal setting
- Risk assessment
- Reviewing process
- Mapping
- Confidentiality

Date: 30th September 2010

Time: 9.30 – 4.00

Supports DANOS competences: HSC233, HSC330, AA1, AG1, AG2, AG3, HSC225

Care planning and key working in the majority of cases is at the heart of what we do. The more we practice the better service we offer our clients.

Harm Reduction

Helps workers to look at the many aspects of harm reduction in substance misuse. Aspects covered includes;

- Understanding various risks associated with different substances
- Routes of administration
- Safer injecting
- Poly drug use
- Life style and environmental factors
- Overdose
- Blood borne viruses

Date: 3rd September 2010

Time 9.30 – 4.00

Supports DANOS competences: AA1, AA4, AB1, AB2, AB5, AC1, AC3, AC4, AD1, AH3

A course designed to refresh existing knowledge, plus help those who want a better understanding of how they can better serve clients in safer using.

Drug Awareness Training

We can never stop learning about the drugs encountered amongst our client groups. This training day will cover;

- Definitions of addiction
- Drug histories
- Effects of drugs
- Theories relating to addiction
- Drug classifications
- Legal issues
- Withdrawal and tolerance
- Methods of use

Date: 28th October 2010

Time: 9.30 – 4.00

Supports DANOS competences: AA1, AA4, AB2, AB5, AC1, AD1

Biological & Theoretical Reasons for Addiction

This training is designed to give an overview of some of the theories surrounding the reasons why people can become addicted to substances. Topics include;

- Biological actions of drugs
- Behavioural theories
- Addiction models
- Cognitive theories
- Addiction definitions

Date: 23rd September 2010

Time 9.30 – 4.00

Supports DANOS competences: AC1, AC3, AD1, AD2

This can be interesting to those working with substance misuse clients to give them a better understanding of addiction

Presentation Skills

How to prepare and deliver an effective presentation, consider the importance of being sure you know what you want to say, and organising your material. Includes basic instruction in power point. A good course for beginners, or occasional trainers.

Date: 25th November 2010

Time: 9.30 – 4.00

Supports DANOS competences: HSC233, AD2, AD3

Managing Difficult Situations

Identify factors which give rise to the expression of aggressive behaviour.

- ♦ Consider ideas in work which can reduce the potential for aggression
- ♦ Be aware of positive verbal and non-verbal forms of communication which help and hinder
- ♦ Demonstrate a range of strategies to manage aggressive behaviour

Date: Contact training administrator for details

Time: 9.30 – 4.00

Supports DANOS competences: HSC3111, HSC233

***Cognitive Behavioural Therapy (CBT)**

Introduces participants to the concept of CBT and how to use these techniques to make effective interventions with clients.

Date: Contact training administrator for details

Time: 9.30 – 4.00

Supports DANOS competences:
HSC233, AB2, AI1

***Motivational Interviewing**

Introduction to the theory of MI and giving individuals the MI skills and techniques to encourage clients to explore their ambivalence and consider change.

Date: Contact training administrator

Time: 10.00 – 4.30

Supports DANOS competences: AA2, AB2, AC1, AF2, AI1, B15

***Basic Group Work Skills**

By the end of the course you can expect to:

- Have a basic understanding of models of group processes.
- Have a better understanding of your behaviour in groups.
- Have learned several different leadership styles.
- Have an awareness of the different roles people take in groups.
- Have gained an awareness of boundary issues in groups.

Date: Contact training administrator

Time: 9.30 – 4.00

Supports DANOS competences:
HSC233, AD3, AB2, B15, A13, HSC35, HSC3111

***Advanced Group Work Skills**

This workshop is intended for professionals who work with groups who wish to further their understanding of groups, increase awareness of the potential of group work and begin to understand their own processes as group members and group facilitators.

Date: Contact training administrator for details

Time: 9.30 – 4.00

Supports DANOS competences:
HSC233, AD3, AB2, B15, A13, HSC3111

The ITEP/RELS course is £180 per person for the full 2 days.

All other courses are £100 per day, including training materials and lunch.

For information on booking on any of these courses, block bookings, or for any further details please contact;

**Training Administrator
Blenheim CDP
66 Bolton Crescent
London
SE5 0SE
Tel: 020 7582 2200
E-mail: training@blenheimcdp.org.uk**

We look forward to hearing from you.

*Courses run for Blenheim CDP by external training provider