



## MERCHANT NAVY WELFARE BOARD

### **Substance Abuse Awareness Course Programme**

This course is designed to advise all those personnel who may come into contact with people affected by drug and alcohol problems. This covers the effects on the individual (as well as the wider implications for their friends and families), recognition signs of abuse, confidentiality, referrals and legislation. It is available to staff and volunteers of the Board's Constituent charities and from its Port Welfare Committees.

#### **Contents**

- Introductions. Ground rules, objectives and framework for the day.
- Participants' experience
- Effects. Alcohol & drug groups.
- CASE STUDY 1 - recognising the groups.
- Methods of use and what are the comparative risks. Recognising illegal drugs.
- How does alcohol & drugs abuse affect people's lives. What do we mean by experimental, recreational and problematic behaviour?
- CASE STUDY 2. Assessing drug/alcohol use.
- The consequences of, and attitudes to, having a "problem" and confidentiality.
- Reiteration of morning's activities.
- Overview of commonly available interventions (counselling, medical treatments, harm reduction, alcohol/narcotics anonymous, rehab).
- CASE STUDY 3 - Deciding most appropriate intervention
- Risk Reduction Exercise.
- Relevant legislation.
- Recap, questions, further resources, evaluation and finish.