



Alcohol Awareness and Advice Training

Course Overview

This training is designed to help attendees conduct a healthy conversation about alcohol with the people they work with, and to explore how to advise people on how to reduce their alcohol consumption and seek support where necessary.

Aim

- To know when, and how, to conduct a healthy conversation about alcohol
- To explore how to advise people on how to reduce their alcohol consumption and seek support where necessary

Who is the training for?

All staff and volunteers in health, community, criminal justice and other settings who regularly come into contact with people who may be drinking riskily. The training is not for those who already have specialist skills in alcohol.

What will it cover?

- General alcohol awareness, including units, the new government guidelines and the health harms associated with risky drinking.
- Using an alcohol screening tool to identify risky drinking and understanding different levels of risk.
- Offering brief advice to inform and motivate people to reduce their drinking (including units, risk levels, tips for cutting down, benefits of cutting down, and making plans with clients to reduce).
- An overview of online and face-to-face services in the locality that can provide help to those who require further support in reducing their drinking.

Learning Outcomes

By the end of this course, you will:

- Have increased your understanding of core alcohol awareness information
- Know when and how to conduct a healthy conversation around alcohol
- Increase in confidence in identifying risky drinking, offering brief advice and knowing what local services are there to support individuals.

DANOS Competencies

1. Assessing and addressing individual's needs	
AA1.2014	Recognise problematic use of alcohol or other substances and refer individuals to services
AH10.2014	Work with individuals to encourage a reduction in harmful alcohol consumption and drinking behaviour
CHD HA3	Provide support for individuals who express a wish to reduce their alcohol consumption
HSC233	Relate to and interact with individuals
2. Public health education and promotion	
AD1.2012	Raise awareness about substances, their use and effects
AD1.1	Identify individuals' knowledge and values about substances, their use and effects
AD1.2	Increase individuals' knowledge and understanding of substances, their use and effects
HSC31	Promote effective communication with, for and about individuals
3. Continuing Professional Development	
HSC33	Reflect on and develop your practice

More information

haga.co.uk - Improving the lives of people affected by alcohol and associated problems

dontbottleitup.org.uk - The free online alcohol test

drinkcoach.org.uk - The free app with tools to track and change drinking

