



## ALCOHOL MISUSE AWARENESS

**Trainer:** Andy Perkins, Director of Training & Development

**Max. participants:** 16

**Suitable for:** The module has been designed to meet the needs of a wide range of staff who work with alcohol dependent clients. The trainer will tailor the day to suit all needs within the multi-disciplinary group setting.

### Course Content

This course aims to enhance current basic knowledge of alcohol and related issues, such as social effects, health issues and interventions. The course enables workers to assess how much someone is drinking, look at the kinds of problem they may have and identify the kinds of services that may be appropriate. The course also takes a broad look at the serious health effects of excessive drinking.

### Learning Outcomes

The training aims to give participants an opportunity to:

- Understand why people use alcohol and to show knowledge of assumptions made about people who drink alcohol excessively.
- Understand the sensible alcohol limits for men and women.
- Understand the effects of alcohol on the human body and how these changes affect behaviour.
- Recognise signs of problem alcohol use in a client and provisionally assess the levels of seriousness of a client's alcohol problem.