



Oxfordshire User Team

Training and Consultancy

- Tier 1 training on substance use and misuse
- Peer education, harm reduction projects and training
- User Involvement

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TIER 1 TRAINING AVAILABLE

OUT is able to deliver high standard training to staff in Tier 1 services such as:

- Accident and Emergency staff
- Social Services
- Receptionists and administrators
- Social housing providers
- Staff in hostels and supported housing
- GP's studying to become GPWSI
- Specialist nursing staff
- Maternity staff
- Probation
- Custody staff
- Paramedics
- Drug workers

The OUT team are committed to ensuring all training is carried out to the highest standard. OUT has a team of peer educators able to give a range of training to Tier 1 staff. Training includes the following subjects:

- **Drug awareness** — 1 day training session covering all classes of drugs. This is aimed at those with little knowledge of this subject or those who have basic knowledge, but, wish to gain a further insight into the nature of addiction - synthetic drugs are used for educational purposes. This training session delves into the way drugs are consumed and real life styles/experiences of drug users, ranging from recreational drug users through to gaining an insight into the lives of entrenched, chaotic, class A drug users. Sessions are led by ex drug users, all of whom have years of experience of class A drugs and who are trained peer educators
- **Overdose prevention** — 1 day training session covering dangerous drugs, death rates, risk factors, recognizing an overdose, responding to an overdose and dispelling myths regarding how to respond to an overdose situation. This session has an element of training the trainer, allowing attendees to pass the knowledge they gain onto drug users they have contact with in their working lives
- **Hepatitis C** — 1 day training session, training includes the Hepatitis C virus itself, signs and symptoms of Hepatitis C, rates and routes of transmission, the liver and how it is affected by the virus, genotypes, testing, treatment, cross infection and many other aspects of this blood borne virus. This session is aimed at professionals who work with or come into contact with drug users. The knowledge you gain in this session can again, be passed onto clients whom you may have contact with. Many drug users know very little about the virus and it is vital that those who come into contact with drug users have this knowledge
- **The local drug treatment system** — 1 day training session, OUT understands the drug treatment system and has years of experience of different treatment systems in many Drug and Alcohol Action Team (DA)AT areas. OUT can help you to understand these systems and enable you to be fully able to refer clients into that system, understand referral routes, tiers of treatment and the harm reduction approach to drug treatment and work as part of the wider treatment system and not in isolation

USER INVOLVEMENT

OUT is known as one of the leading user groups in the UK and is cited as a model of good practice. OUT has delivered its user involvement training to many professionals and service users in the past 2-3 years, including D(A)AT Commissioners, Service Managers, D(A)AT employees, GOSE staff, and service workers. OUT has also delivered training to many existing or emerging user groups in and out of the SE Region. OUT has a good track record of assisting user groups to set up and develop into professional bodies that become integral to local treatment systems.

User involvement is OUT's specialty. The trainer who delivers the sessions is OUT's Service Manager Glenda Daniels, is seen as very knowledgeable on user involvement and has worked across the UK helping groups to set up, give training to group members and support the groups until sustained. OUT's training is recommended by the NTA and OUT has been commissioned to deliver this training to prospective user groups and professional user involvement workers by the NTA for the past 2 years. OUT has been instrumental in making the SE region one of the leading NTA regions with as many as 16 user groups across all 19 local D(A)AT areas.

Some comments by attendees at OUT's user involvement training:

- "I have been in post for 6 months. I was struggling in my job with not much direction or knowledge on how to carry out user involvement in my area, until I attended this training, it felt as if a cloud had been lifted and I now knew my role, I know exactly what I should be doing and how to go about it" Emma - Brighton
- "I thought I knew where I was heading in my post until today. This training has given me all the information I have been searching for in a way that makes it seem easy to put into practice in my area. I cannot wait to get home and use all the skills and knowledge I have learned today"
Alison - East of England User Forum

OUT's user involvement training is available in two different packages:

1. For those who are already experienced in the involvement of users in service delivery and commissioning and already knowledgeable of the treatment system locally and nationally, but who wish to learn more about the setting up and sustainment of a user group
2. For those who wish to learn all aspects of user involvement in the drugs field, how to put it into practice and how to ensure that users are represented at individual, service and strategic levels.

Please see next page for topics covered:

Beginners session. Training takes place over 2 days:

Day 1 - What is user involvement? What does it involve? Understanding the UK drug treatment system and other training needed to ensure effective user involvement:

- The 3 levels of user involvement, (individual, service and strategic levels)
- Who wants user involvement and why?
- What is the NTA, D(A)ATs and how can you get involved with these organisations?
- How does the UK drug treatment system work, who funds it, how is it monitored and what involvement can users have?
- UK Drug Strategy
- Models of Care
- How to ensure all 3 levels of user involvement are carried out in your area
- Tiers of treatment
- Treatment Planning, the user's role in this and the local treatment plan
- Performance management of D(A)ATs and services
- Users rights whilst in treatment
- Getting involved in the local drug treatment system
- Drug user specific advocacy

Day 2—This session is the 2nd day of the above training. This session can also be taken as a 1 day session for those who already have the knowledge that would be gained by attending the 1st day of this training, noted above. It can also be helpful for those who are actually ready to set up a user group either in their local area or within a service they access

- Recap over yesterdays training
- User groups
- Terms of Reference and Mission Statement for local group
- Securing funding from D(A)ATs or charitable trusts
- Policies and procedures needed for a user group
- Advertisement of your group
- User group working with their local D(A)AT
- How to spread the message about your group and integrating yourselves into the local treatment system
- Local drug service 'network', how you can become involved in this?
- What activities can a user group carry out aside for user involvement?
- All other subjects related to setting up a group and what it's core activities should be

PEER EDUCATION

PEER EDUCATION has been a part of OUT's core business since its inception in 2002. OUT has carried out successful, award winning peer education projects in Oxfordshire with great results for individuals, their carers and the local community. The annual reports from the OUTLIVE Hepatitis C projects and OUTSMART Overdose Prevention and Response projects, clearly show the success of these projects.

The training sessions are run by peer educators from OUT. These sessions are aimed at current injecting drug users, their families and carers. We have shared our materials with and trained many user groups across the country to put these projects in place in their own areas.

Professionals or service users can access these sessions in two different ways:

Option 1:

OUT's Peer Educators can train staff who work directly in drug services and those who work indirectly with drug users in general social care fields on Overdose Prevention and Hepatitis C over a 1 day training session.

OD prevention and Response

Dangerous drugs and rates of fatalities for each drug, risks of overdose, recognising overdose, responding to an overdose situation and discussing the drug used by paramedics, Narcan, along with all other overdose related issues and basic life support training for service users

Hepatitis C awareness

Rates and routes of transmission, the virus itself, how your liver works and how Hepatitis C affects your liver, how the Hepatitis C virus progresses in your body, testing for Hepatitis C and treatment available, and exploration of why so few drug users in the UK are treated for this virus compared to other countries in Europe

OR...

2. OUT can visit your local area to train a number of your service users or service workers who have been drug users in the past to become "Peer

Educators", giving them all the materials/resources they need to set up similar projects to OUT's Peer Led, Harm Reduction workshops.

Training would include the following:

- Basic cash flow forecast stating how much it costs to run these projects (very little) and an understanding of the management of these projects
- Setting venues for your training
- Enlisting service users to attend your sessions
- Advertising the training sessions
- Training information itself, covering all subjects on the opposite page
- How to manage the group
- Preparing for a session
- Evaluating each session
- Recording and storing of the evaluation data
- Dealing with difficult attendees
- Copies of all OUT materials that enable you to have all the tools you need to replicate these workshops

COURSE INFORMATION

Venues

All training courses take place in a venue in Oxford City that is accessible from either train, bus or by any road route into Oxford.

If your service or D(A)AT wishes to book more than 6-7 places on any training course, OUT can travel to you to deliver your required training in a venue of your choice, these sessions will need to be negotiated further depending on distance of travel etc, please call OUT to find out more details of this

Cost

Attendees of any user involvement or peer education training will be given resources to take away with them to allow them to set up similar projects to OUT's in their local area.

All costs include refreshments throughout the day.

1 day training course - £100 per person

2 day training course - £180 per person

BOOKINGS AND FURTHER INFORMATION

OUT take bookings for any of the training highlighted in this brochure by phone, email or by post. All you need to do is contact us, registering an interest in any of the training in this brochure and an OUT team member will get in touch with you to discuss your training needs.

All training sessions are held in Oxford City for those booking one or two places. Training sessions take place Monday to Thursday and can accommodate up to 12 attendees in one group. If your D(A)AT or service wish to send more than 5 people on the same training session, we can deliver the training in your area in a venue suitable to you. To gain information on training dates and costs, please contact OUT via contact details below.



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