

Train the Trainer in Alcohol Brief Intervention

How to deliver & implement Identification and Brief Advice

What?

- IBA is a simple but effective '*brief intervention*' for people whose alcohol use may be harmful to their health without them often realising.

Why?

- Around 25% of all adults drink at levels that could be placing their health or well-being at risk – most are simply not aware!
- IBA helps to identify risky drinking before it becomes a more serious problem such as dependency – prevention is better than cure!
- Alcohol misuse costs society billions of pounds each year!

Is it evidence-based?

- Yes! There is a very large body of research evidence supporting brief interventions for alcohol use.
- NICE recommends NHS professionals routinely carry out IBA wherever an opportunity presents.

Who?

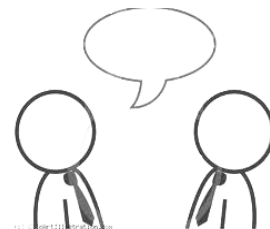
- The training is suitable for health professionals or any front line roles in contact with people.
- The training is particularly suited to: GPs, practice nurses, HCAs, midwives, sexual health staff, health visitors, school nurses, A&E staff, youth workers, community safety roles and many more.

Course outcomes

By completing an IBA training course, participants will have developed an understanding of:

- A background to the way alcohol is used in UK society and the range of harms it can cause
- Understanding your role in IBA
- Delivery of IBA to reduce risky or harmful alcohol use
- Knowing how and when to refer someone to services
- Key engagement and motivational skills
- 'Train the trainer' intro – 'training' and knowledge share
- Planning for the next steps – share the learning!

The training is aligned to DANOS competencies, including: *AH10 Employ techniques to help individuals to adopt sensible drinking behaviour.*



**Free 5 hour training
(09:30-15:30)
takes place on:**

**Wednesday 15th May 2019,
09.30-15.30**

**Gibbs 119, Gipsy Lane Campus,
Oxford Brookes University, Oxford
OX3 0BP**

**Training by the
Alcohol Academy
& Solutions4Health**

If you would like to attend the training
please forward expressions of interest to
the Urgent Care Team
(urgentcare@oxfordshireccg.nhs.uk) by
no later than 10th May 2019



 **Solutions4Health**



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