Lancaster & Morecambe College

Understanding Substance Use and Misuse

If you are a professional working in the education sector you will be acutely aware of the many challenges and temptations students encounter. Today the pressures being faced by our next generation cannot be underestimated and with this pressure comes the increased temptation and risks posed by Substances. If you feel that increasing your knowledge and developing your understanding of substance use and misuse fits in with your ongoing work and CIPD then please consider the following training.

The following topics will be delivered in a focused 3hr session, the delivery will be interactive, informative and challenging and will consider contemporary issues affecting students journeys with substance use and misuse.

1 **Young people Substance Use and Misuse**
Objectives – To put some context to the issue of substance use and misuse. How and why does substance use progress from exploration and experimentation through to recreational use and possible dependency. What are the factors that contribute to the decision-making process?

2 **Signs and Symptoms of Drug Use**
Objective – to increase awareness regarding the physical, psychological and emotional signs and symptoms. Develop insight into the potential consequences and know what to look for should an someone be taking substances. To increase awareness of the key characteristics of substances. To improve understanding of the Risks and Consequences.

3 **Treatment Models, Drugs the Law, Support**
Objective – to gain a greater understanding of the theoretical basis of models for treatment, increase knowledge of the legal status and classification of substances and the implications for taking them, and explore what support is available for professionals, students, families and careers. To develop strategies to work with potential problems that may arise.

By the end of the session participants will be able to:

- Name the most common substances in use by age and describe their effects
- Identify the reason why some may choose to use substances
- Recognise the risk factors for Substance Use and Misuse
- Describe common patterns of use amongst certain age groups including poly-drug use
- Recognsie prevention, recovery and harm reduction intervention
- Identify effective strategies to work with individuals that support positive choices.

For further information contact

employerhub@lmc.ac.uk
or 01524 521292