

## are you interested in receiving FREE training on the latest evidence based cannabis information and interventions?

The National Cannabis Prevention and Information Centre (NCPIC) was established in late 2007 in response to community concerns about cannabis use.

As part of its brief NCPIC plans to co ordinate and disseminate best practice information and education about cannabis, as well as deliver evidence-based clinical training to health and allied health professionals.

A range of interactive workshops are being offered free of charge to workers, which contain evidence-based information and interventions on cannabis use and cannabis use disorder that can be used when working with either adults or young people. These workshops consist of didactic and skills-based components and are framed around core competencies.

NCPIC currently has a range of workshops available. These cater for a broad range of community and health workers.

### Cannabis Treatment Guidelines (1-2 hours, depending on your requirements)

This workshop is suitable for workers from the AOD, Youth, Mental Health, Corrections Health, Allied Health Services, school counsellors, GPs and those who work within the Criminal Justice Sector. This workshop is suited for 15-20 participants. The workshop will introduce participants to the recently developed guidelines for the management of cannabis-related problems (Copeland, Frewen & Elkins).

These aim to provide clinicians with a reference point for skills required to intervene with cannabis-related problems. This workshop is suitable for practitioners who work in a variety of settings where clients present with cannabis use disorders. Such practitioners may be confronted with a range of presentations of cannabis use disorder including some complex clinical profiles such as mental health symptoms and acute behavioural disturbances which may include psychosis and aggression. Participants will be made familiar with the various aspects of the guidelines including screening, assessment, brief psycho-education and interventions, and will receive a free copy of the guidelines.

### Cannabis: Everything you need to know (2-3 hours)

The objective of this workshop is to provide participants with up-to-date information and research on cannabis use and related harms. This particular workshop is suitable for a minimum of 15 and a maximum of 30 people.

It is appropriate for any person who has contact with cannabis users including parents, AOD workers, youth workers, those in the justice system including police, those who work in schools, allied health workers and mental health workers. It will assist with the acquisition of knowledge and skills which promote awareness of cannabis-related harms and advise those clients within each of the various sectors.

Topics covered include: an overview of NCPIC, cannabis potency, cannabis statistics, adolescent cannabis use, health and social effects of cannabis, cannabis and mental health, legal aspects of cannabis use and more.

### Young people and cannabis use (whole day)

The aim of this workshop is to provide information and strategies to those who work with young people to enhance their skills to deal with cannabis use and cannabis use disorder. This workshop is suitable for a maximum of 25 people.

Training will seek to:

- enhance participants' understanding of why young people do and do not use drugs
- enhance participants' knowledge of cannabis itself
- describe who uses cannabis
- explore the effects of cannabis
- explore the particular needs of young people who may use cannabis
- explore motivational enhancement to assist those who wish to change their cannabis use
- encourage good practice procedures from workers in the field

It is appropriate for those who may opportunistically intervene with young people who use cannabis such as youth workers, those who work in supported accommodation or youth refuges, etc.

This workshop consists of four 90 minute sessions: why young people use cannabis and consequences of use, characteristics of young people and their patterns of drug use, the change process and how to assist change, and how to maintain change and revision.

### Adolescent Cannabis Check Up (ACCU) (2-4 hours)\*

\*The amount of time is related to the level of knowledge and experience referred to in the pre requisites (see below).

This interactive style workshop is for a maximum of 15 people and is specifically designed for counsellors who treat people with cannabis problems or cannabis use disorder.

Training will cover a brief (2 or 3 sessions) motivational and cognitive-behavioural evidence-based intervention which is designed for young cannabis users, *irrespective of their treatment seeking status* and could also be used with adults in order to increase their motivation towards change.

The most suitable workers would be counsellors, those who work opportunistically and anyone who needs a structured intervention that works with young people who have cannabis use problems. You will be taken through the structured ACCU intervention process and familiarised with the various assessment and feedback tools used.

**Prerequisites** – Workshop participants will need:

- a good understanding of Motivational Enhancement Techniques
- good counselling skills

The objective of the workshop is to enable participants to:

- increase awareness in clients who present with cannabis use
- to motivate clients to move towards change
- to deliver an evidence-based Motivational Enhancement Intervention with their own client population

### Quitting cannabis? 1-6 sessions (2-4 hours)\*

\*The amount of time is related to the level of knowledge and experience referred to in the pre requisites (see below).

This interactive style workshop is for a maximum of 15 people.

Workshop participants will be introduced to a comprehensive brief intervention which they may deliver over 1-6 sessions. The intervention is supported by brief guidelines for the clinician and a booklet for the client. These materials will be demonstrated in the workshop and provided to participants. Components that will be covered in the training include: decisional balance, behavioural self management, withdrawal symptoms management, mastery of urges and cravings and relapse prevention.

The training is suitable for counsellors within drug and alcohol services, youth and mental health services who deal with *treatment seeking* clients on a face to face basis and who wish to improve or acquire new skills and interventions to add to their already existing range of strategies.

**Prerequisites** – Workshop participants will need:

- a thorough understanding of Motivational Enhancement Theory and Cognitive Behavioural Theory
- their core job role to be face to face counselling

The objective of the workshop is to enable participants to implement an evidence-based structured Cognitive Behavioural Intervention with their own client population.

Please contact John Redmond, research assistant for NCPIC with any questions you may have regarding training or to book a workshop.

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