

Addiction 101

Understanding problematic
substance use and other
behaviours

Course outline

Addiction 101 will help participants:

- develop the knowledge and confidence to understand and recognise addiction and wellbeing challenges
- explore their own values and attitudes
- provide appropriate support for people experiencing and affected by problematic substance use, including substances such as synthetic cannabinoids and methamphetamine.

Our workshop

The workshop will cover the following learning objectives.

- Explore the impact of attitudes, values and assumptions about people who use substances, or who gamble or game.
- Introduce basic substance types and effects.
- Introduce some theories about why people may use substances, gamble and/or game problematically.
- Introduce signs that someone may be using specific substances, gaming or gambling problematically.
- Introduce recovery processes, harm reduction, brief interventions and treatment options.
- Explore how to approach and support someone experiencing addiction and wellbeing challenges.
- Promote self-care and wellbeing strategies, including where and when to get help and support.



**Te Pou o te
Whakaaro Nui**

Highest quality learning

Blueprint for Learning is one of the largest training providers for the New Zealand mental health and addiction sector, dedicated to both workforce development and community training projects. It is an NZQA accredited Private Training Establishment, rated as the highest quality Category 1 provider. All Blueprint for Learning training includes commitment to a philosophy of recovery and empowerment using best practice to help people become full and active members of their communities.

E-learning

Participants will be required to complete a short interactive e-learning module prior to attending the workshop. This e-learning module is designed to help participants recognise a range of substance, gambling and other problematic behaviours, explore perception of harm associated with substance use, gambling and other problematic behaviour, and introduce the Te Whare Tapa Whā model of wellbeing.

Co-facilitation

The workshop is co-facilitated by someone who has lived experience of problematic substance use and other behaviour, and someone who has clinical experience working in addiction services. This is a powerful way to explore stigma and discrimination. The discussion of recovery conveys to people that recovery is possible.

Across the year and across the country

The workshop is open to anyone who is interested to learn about problematic substance use and other behaviours.

Workshops take place across New Zealand and there is no cost to participants.

Time: 9am to 4.30pm (with 30 minutes for lunch)

Participants: Maximum 24 people in each workshop

Participants will receive a comprehensive workbook with course notes, additional information and a directory of resources for where to get assistance related to problematic substance use and other behaviours.

For more information and to book

If you'd like to find out more or are interested in requesting this workshop for your organisation, please contact us.

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