



Alcohol training options

Together we are better

Alcohol training options

Providing more help to encourage people to drink less

Public Health Development Service provides training for frontline, community staff who have the opportunity to discuss alcohol use as part of a larger role within adult services (such as health, social care, criminal justice, community and voluntary sector professionals in both NHS and non-NHS settings).

For every eight people who receive simple alcohol advice, one will reduce their drinking to lower risk levels (Moyer et al., 2002). This means if consistently implemented across the UK, it would result in 250,000 men and 67,500 women reducing their drinking levels from increasing and higher risk to lower risk levels each year when delivered by competent, trained staff.

Various training options are available which aim to:

- Raise confidence in identifying those at risk of harm from the amount of alcohol they drink as an integral part of practice
- Equip staff to provide brief interventions that encourage people to drink less
- Standardise knowledge and skills in using AUDIT-C/AUDIT as a validated identification tool and providing brief interventions
- Contribute to the achievement of multi-agency targets to reduce alcohol related harm
- Enable organisations and services to implement NICE guidelines

We are also available to support you with setting up internal systems or protocols as well as on-going development through skills practice and staff updates. Alcohol IBA Resource Toolkits are available to all staff who attend training to help implementation in the workplace.

Contact Us – Kate Johnson - Alcohol Identification and Brief Advice Trainer
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See over page for examples of training options

Alcohol identification and brief advice

This course is suitable for professionals who have a limited amount of time with patients/clients and typically can only offer five minutes of brief advice

- Be able to explain the benefits of discussing alcohol with patients/clients/customers and making alcohol identification and brief advice an integral part of practice
- Describe and be able to identify risk levels of drinking using AUDIT-C/AUDIT
- Be able to offer five minutes brief advice to anyone identified as drinking an increasing or higher risk amount of alcohol using an evidence based tool
- Be able to identify who would benefit from an extended brief intervention or specialist alcohol advice/treatment and support referral appropriately

Extended brief intervention to help people to drink less

This course is suitable for professionals who have appointment times of 20-30 minutes and typically can offer an extended brief intervention at the time or at a follow-up appointment

- Be able to explain the benefits of discussing alcohol with patients/clients/customers and making alcohol identification and brief advice an integral part of practice
- Describe and be able to identify risk levels of drinking using AUDIT
- Be able to offer an extended brief intervention of 20-30 minutes to help people to reduce the amount they drink to low risk levels, reduce risk-taking behaviour as a result of drinking alcohol or to consider abstinence
- Be able to identify who would benefit from specialist alcohol advice/treatment and support referral appropriately

Alcohol IBA Resource Toolkits include:

- Alcohol self-test questionnaires (AUDIT-C/AUDIT) and unit calculator wheels
- Guide to alcohol IBA including brief advice / extended brief intervention tools
- Drink Smart self-help guides
- Fold-out pocket directory to local services (z-cards)
- Posters “We ask everyone whether they drink alcohol” for display in reception areas