

TRAINING & POLICY DEVELOPMENT

Drug & Alcohol Awareness Training

DPEI delivers drug & alcohol awareness and activity training for staff and volunteers, who can deliver programmes with young people and communities.

- **It's Up to YOU** is an 8 week programme which volunteers are trained to deliver, to delay early onset or experimentation with substances.
- **Putting the Pieces Together** is a resource for planning a drug education programme, life skills activities and drug specific information. The programme is designed to be delivered in an out-of-school setting.

Strengthening Families Facilitator Training

The Strengthening Families Programme (SFP) is designed to increase resiliency and communication among families. Over 2 days, participants will understand the background, theory, evidence and application of the Strengthening Families Programme (SFP). Participants will be able to support the programme as a facilitator or a link worker after completing the training.

Policy Development

DPEI staff can support organisations and agencies to develop, review or update their policies in relation to substance use.

OTHER BESPOKE TRAININGS CAN BE DELIVERED UPON REQUEST



Drug Prevention & Education Initiative



DRUG PREVENTION & EDUCATION INITIATIVE DPEI

**PROGRAMMES FOR YOUNG PEOPLE
PROGRAMMES FOR PARENTS / GUARDIANS
DRUG & ALCOHOL AWARENESS TRAINING
POLICY DEVELOPMENT**

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PROGRAMMES FOR PARENT/GUARDIANS

PARENT PROGRAMMES ARE DESIGNED TO EQUIP PARENTS/GUARDIANS WITH THE KNOWLEDGE AND SKILLS TO IMPROVE RESILIENCY AND SELF-ESTEEM IN THEIR CHILDREN AND TEENAGERS. PROGRAMMES ARE DELIVERED FOR 2 HOURS TYPICALLY OVER 4 - 6 WEEKS.

Building Self-Esteem & Resiliency

This group work programme focuses on how parents/guardians can help their child/teenager develop and improve self-esteem, communication and decision making skills and positive relationships. The programmes also explores ways for parents to practice self-care.

Drug Awareness Programmes

Programmes explore how parents can build their teenagers confidence and ability to make safe choices about substances. Parents/guardians can have a significant influence on a young person's choice to use substances. The groups are facilitated through group discussion focusing on drug education, communication, signs and symptoms of drug use and supports available to families and parents.

Strengthening Families Programme (SFP)

The SFP Programme is a 14 week skills based programme aimed at improving relationships between parents and children/teens. The programme covers encouraging good behaviour, communication skills, managing stress, hopes and dreams, problem solving, handling peer pressure and coping skills.

**OTHER PROGRAMMES CAN BE TAILORED
TO MEET THE NEEDS OF FAMILIES AND YOUNG PEOPLE.**

PROGRAMMES FOR YOUNG PEOPLE

Putting the Pieces Together

Drug Prevention programmes are designed to increase resiliency, develop and improve life skills and explore choices related to substance use which are facilitated in a fun and interactive way.

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- Self-Esteem • Identity • Effects of Substances
 - Communication Skills • Decision Making

Be Healthy, Be Happy

This programme aims to enable young people to take charge of their health and well-being in order to enhance the quality of their lives.

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- Social Skills • Nutrition • Mental Health
 - Physical Health • Bullying • Stress

X-Hale

X-HALE is an Irish Cancer Society initiative that aims to prevent young people from smoking through educating and empowering young people. Young people create a short video related to smoking.

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- Attitudes • Peer Pressure • Health Effects
 - Filmmaking Skills • Local Impacts

Young Person Support Programme

This programme is suitable for young people aged 12-17, who are not using substances but are living with difficulties associated with another person's use.

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- My Future • Managing Stress • Drugs/Alcohol
 - Dealing with Conflict • Coping Skills

Brief Intervention

An early intervention programme for young people with substance use issues. It is a group work based prevention programme and includes an element which encourages young people to reflect on their own drug use and supports them to change their drug or alcohol consumption.