

Substance Misuse and Effective Change

Objective:

Engaging with Substance Misuse training will provide an opportunity for students to increase their knowledge around substance misuse and the associated risks. This comprehensive programme will help students avoid the gateways into substance misuse. This programme will enable attendees to embed the necessary skills for supporting a peer or friend with a substance misuse issue. It will allow students to open-up and discuss their concerns or questions in a trusted and confidential environment.

Upon starting the substance misuse and effective change programme, students will first learn the basics of the terms used internationally by professionals working in the field. Once the basic terms and dynamics are understood, students will go on to explore the reasons people use and the gateways into substance misuse. Then starts the information overload, covering the basic drugs available in the locale – we will provide the students with a thorough awareness of each substance and understanding of how to implement effective change.

Prerequisites to engage with the training:

- Any student from any branch in year two
- Any student who wants to increase their knowledge around this subject
- Students who wish to work for social causes

Overview of Substance Misuse Training:

Below is the basic overview of the DIT Substance Misuse Training Programme. This information will also be highlighted at the beginning of each workshop delivered.

In a report submitted by the National Drug Dependence Treatment Centre (NDDTC) of the All India Institute of Medical Sciences (AIIMS) in February 2019, it was found that about 14.6 percent of the people (approx. 16 crore people) between the ages 10 and 75 are alcohol users and about 2.8 percent (approx. 3.1 crore people) use cannabis products. According to a report by The First Post, there are about 8.5 lakh people who inject drugs, nationally. These stats are really horrifying because drug use in India has gone up rapidly in the past few years. As a result, our campuses and students need to be safeguarded against this risk and correct information and up-to-date international treatment methods are the way to do this. Drug awareness involves understanding the risks caused by the substance as well as the benefits as students need to understand the reasons a drug is difficult to stop using. This programme will look at the previous research and studies conducted around substance misuse and go through the various models and theories of addiction. Finally, the course will end with practical tools and advice that can be provided to an individual who is managing a substance misuse problem.

Why take this course:

- Accurate information on this subject will empower the student to make better, less risky choices.
- All modules contain experiential learning sessions which will help students learn and retain information more effectively.
- This course will provide students with current methods of treatment and advice for anyone suffering with a substance misuse issue.

What you will learn in this course:

- Learn basic terms used by professionals working in the field.
- Learn why people turn to substance misuse and the associated gateways.
- Understand the effects and risks from each drug.
- Understand the legal implications of drug use.
- Learn the different theories of addiction.
- Adopt different treatment and advice processes.

Who this course is for:

- Anyone who wants to develop their knowledge of this area.
- Individuals who want to work for social causes.
- Anyone who needs support to develop better coping strategies.
- Students who are struggling with their workload and need to implement alternative solutions.

Course Outline:

Module 1	Commonly used terms	2 hours
Module 2	Why people use	2 hours
Module 3	Gateways into substance misuse	3 hours
Module 4	Drug categories	3 hours
Module 5	Drug awareness	3 hours
Module 6	Substance risk and harm	2 hours
Module 7	Legalities	4 hours
Module 8	Models/theories of addiction	3 hours
Module 9	Factors for change and recovery	3 hours
Module 10	Cycle of Change	3 hours
Module 11	Supporting and advising	2 hours