



# Welcome to the Higher Learning 2016/18 brochure.

Here we offer a sample of both our existing and newly developed menu of courses, all aimed at developing relevant skills in the field of alcohol and drug awareness. Higher Learning has a track record of providing high quality training delivered to a range of organisations across the UK, and offer training designed to address emerging and current trends in drug and alcohol use. We also offer bespoke training for groups and organisations alongside the provision of consultancy to individuals and community groups and to those working within health, social care and criminal justice settings.

Do you have subject in mind but can't see what you are looking for? Its ok, this brochure is not exhaustive and simply provides a snapshot of what we do. Please get in touch and we'll let you know if we deliver the training or can devise a package for you.

## Contact Us:

Email: [info@higher-learning.co.uk](mailto:info@higher-learning.co.uk)

Call us: **07443 587 954**

Twitter: [@HLearningUK](https://twitter.com/HLearningUK)

[www.higher-learning.co.uk](http://www.higher-learning.co.uk)

Address:

5-6 Trafford Way, Doncaster, DN1 1PN

Higher Learning Training is a company limited by guarantee, registered in England, company number 09178791

## Who are we?

We are a collective of highly skilled trainers, that possess a wide range of experience and expertise in all aspects of front line working and the strategic drugs and alcohol agenda. Among our team we have trainers with many years' experience in working to improve the health and wellbeing of children, young people and adults. Specific expertise includes new psychoactive substances and drug trends, women's issues, male victims of domestic abuse, MSM drug use, club drug use, vulnerable groups and criminal justice.

## Special Requirements

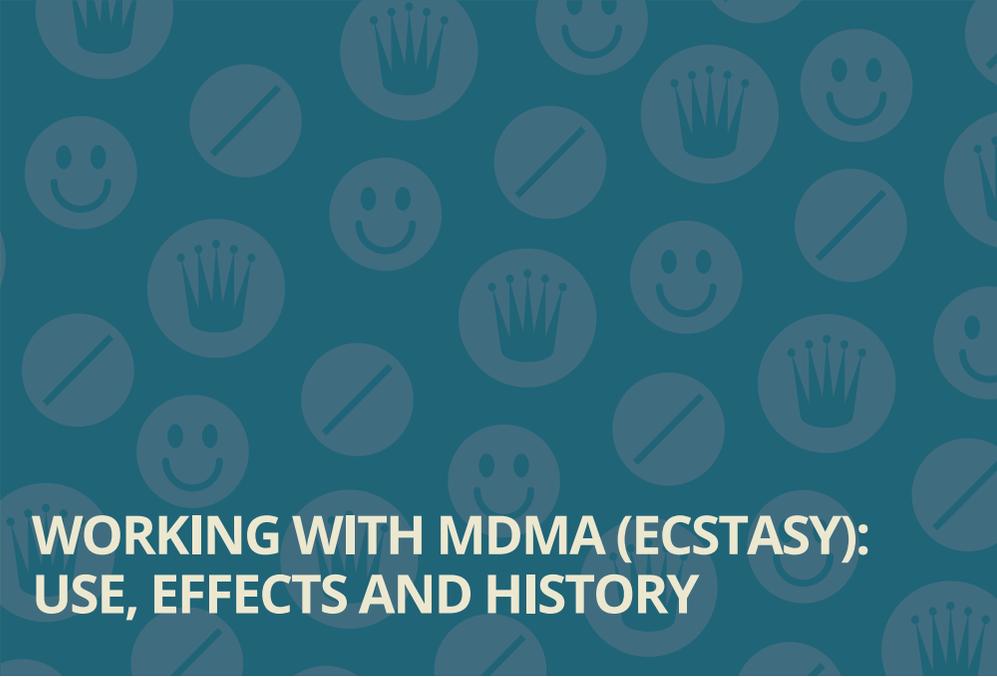
Higher Learning Training aims to be inclusive. If you have any special requirements we can help with, that would facilitate your attendance on a training course, please contact us beforehand.

## Discount for NHS & Voluntary/Community/Charitable Status Sector.

We can offer, for NHS organisations and the above, a discount of 20% off the published price.

*"The day was like a cross between a chemistry lesson and an episode of breaking bad - but all was very necessary!"*

— Adult Recovery Worker



## WORKING WITH MDMA (ECSTASY): USE, EFFECTS AND HISTORY

### Course Overview

3,4-methylenedioxy-methamphetamine (MDMA) is the official scientific name for this drug. “E”, “Pills” and “Ecstasy” are some of the commonly-used slang terms.

From its legitimate early therapeutic promise through to its eventual widespread recreational use, demonisation and international control; MDMA defined an era and a generation. With the drugs increasing potency and its resurgence as a drug of choice for young people once again, this course provides an invaluable overview of the use, effects and history of the drug and its cultural and social impact.

This course benefits greatly from being delivered by an experienced substance misuse practitioner that also has a unique perspective of club drug use gained through living and working within the Ibiza club scene of the early 90's; and who also has current specialist experience of working with and ensuring the safety of clubbers and festival goers in the UK.

### A one day MDMA (Ecstasy) training course covers:

- History of MDMA.
- Current world and UK situation.
- Who is using?
- Types of ecstasy/when is E not E?
- How ecstasy works.
- Possible physical and mental health implications.
- Use in the night time economy setting.
- Harm reduction.

### Aims and objectives:

- Increase knowledge and awareness of the issues relating to ecstasy use.
- Increase knowledge of how ecstasy is used and the effects upon individual.
- Gain knowledge around the possible effects on health.
- Develop confidence in working with this client group.
- Increase competence in working with this client group.

### DANOS Standards

- **AA1 Recognise indications of substance misuse and refer individuals to specialists.**
- **HSC233 Relate to, and interact with, individuals.**
- **HSC3111 Promote the equality, diversity, rights and responsibilities of individuals.**
- **AB2 Support individuals who are substance users.**
- **HSC33 Develop your own knowledge and practice.**
- **AD1 Raise awareness about substances, their use and effects.**



## CANNABIS: UNDERSTANDING & WORKING WITH USE

### Course Overview

The number of young people presenting to treatment services with cannabis problems has been increasing since 2005-06, and recent drug treatment statistics indicate that seventy one per cent (71%) of young people presenting to support services were primary cannabis users; and a further 14% of young people were using cannabis as an adjunctive (secondary or tertiary) substance.(Public Health England 2015)

*“Quite literally one of the best course I have ever attended - lots of interesting facts and information”*

— Probation Worker

This one day course aims to provide an overarching and comprehensive overview of up to date and current research relating to cannabis use in the U.K. The course will explore the changing patterns of cannabis use, and will look at the latest medical research in relation to associated physical and mental health issues, as well as working with attendees to build upon or develop skills around best practice interventions designed to help those who are using cannabis in a habitual and/or problematic way.

The course is suitable for all staff who require up to date information on cannabis issues and how to work with clients who may be using.

### Learning objectives

- To explore the history, production and popularity of cannabis.
- To examine the mechanisms of action of cannabis on the brain.
- To clarify the legal issues associated with cannabis use and supply – particularly on premises.
- To clarify the links between the use of cannabis and the development of mental health problems for some users.
- To explore the issues associated with the emergence of synthetic cannabinoid products such as ‘Spice’ and ‘Mamba’.
- To help delegates develop a clear understanding of how to most effectively assist those clients who wish to stop using cannabis.

### Danos Competencies

AA1 – Recognise indications of substance misuse and refer individuals to specialists

AB2 – Support individuals who are substance users

AC1 – Reflect on and develop your practice

AA4- Promote the equality, diversity, rights and responsibilities of individuals

AA6 – Promote choice, wellbeing and the protection of all individuals



## NEW PSYCHOACTIVE SUBSTANCES: HISTORY, LANDSCAPE AND RESPONSE

### Course Overview

This course utilises the most current research and knowledge available to examine the rapidly changing drug trends in the UK. In particular, the training will examine how New Psychoactive Substances, in the past referred to as 'Legal Highs' have come to prominence and why they proved so difficult to legislate against. Attendees will examine the increasingly important role that the internet is playing in relation to the supply, distribution and manufacture of drugs.

The course is suitable for all staff that require accurate, relevant and up to date information on new drug trends and how to assess and advise clients who may be engaged in the use of these 'new generation' substances. The content will help attendees develop and build upon new and existing skills in order to effectively respond to NPS use.

The training is delivered by an experienced practitioner who has worked with new and emerging substances in both a frontline and strategic capacity for over a decade.

### Learning Objectives:

- To explore how and why patterns of drug use are changing
- Give historical context into where NPS came from
- To examine the impact of New Psychoactive Substances
- To gain an understanding of the problems associated with poly-drug use
- To understand the role that the internet is playing in changing drugs culture
- Assessing for Novel Psychoactive Use – asking the right questions
- To explore appropriate harm reduction advice to give to those using particular substances
- To understand where further help, information and advice is available

### DANOS Competencies

AB2 Support individuals who are substance users

AA1 Recognise indications of substance misuse and refer individuals to specialists

AD1 Raise awareness about substances, their use and effects

HSC33 Reflect on and develop your practice



## SPICE: UNDERSTANDING & WORKING WITH SYNTHETIC CANNABINOIDS

### Course Overview

Products containing synthetic cannabinoids have become increasingly popular across the UK, Europe and the United States. These substances; often simply referred to by the generic term of “Spice” once often marketed as a “safe” and legal alternatives to traditional herbal cannabis in shops and online. Since the blanket prohibition of ‘Legal Highs’ under the psychoactive substances act this type of drug has fast become a mainstay of the illicit drug market and is proving to be increasingly problematic for both users and those who support them.

This training is aimed at workers in contact with adults or young people who may be using Synthetic Cannabinoids.

### The training course covers:

- The history and background of synthetic cannabinoids
- How synthetic cannabinoids work upon the brain and how these substances often differ from traditional herbal cannabis
- Who is using? High risk populations.
- The potential for dependency and problematic use
- Understand harm reduction strategies and techniques in order to relay to clients using synthetic cannabinoids

### DANOS Competencies

AA1 Recognise indications of substance misuse and refer individuals to specialists.

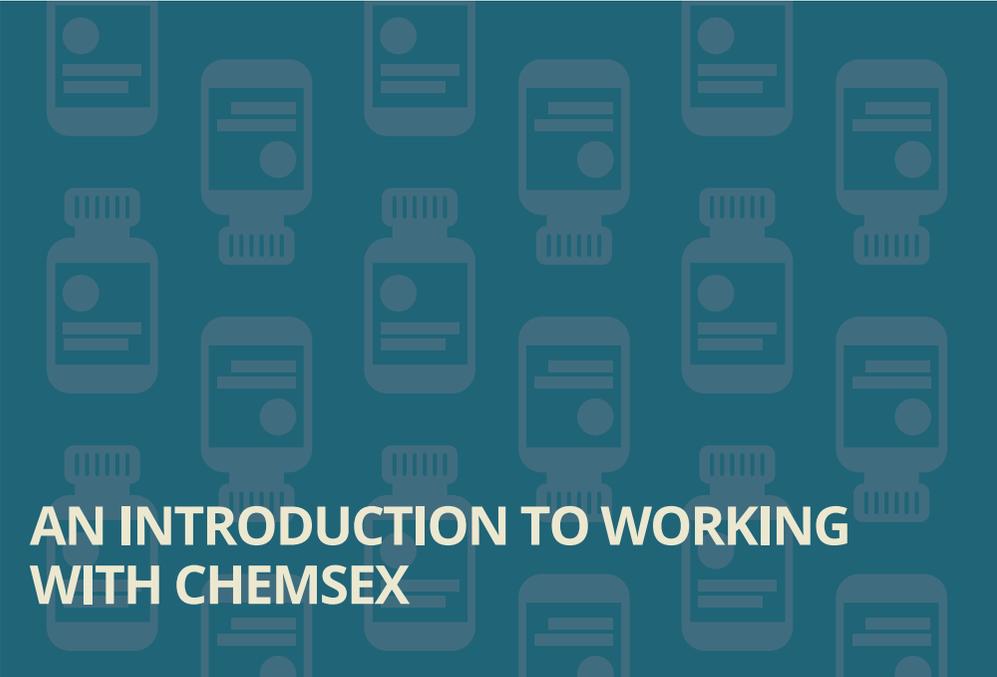
HSC233 Relate to, and interact with, individuals.

HSC3111 Promote the equality, diversity, rights and responsibilities of individuals.

AB2 Support individuals who are substance users.

HSC33 Develop your own knowledge and practice.

AD1 Raise awareness about substances, their use and effects.



## AN INTRODUCTION TO WORKING WITH CHEMSEX

### Course Overview

The use of drugs associated with sex by gay, bisexual, and other men who have sex with men (“ChemSex”) is becoming recognised as an increasing concern; with HIV and Hepatitis C infections rising, and increasing numbers of men seeking help with issues around sexual well-being and drug use.

It can also be a challenging issue for staff, including substance misuse and sexual health workers. This training aims to offer understanding around the motivations, behaviour, and context of use; and the nature of online “hooking-up” sites to find sex partners; ‘ChemSex’ parties and the inherent ambivalence associated with drug use.

Challenges these clients may have around Sober Sex trends toward condom-less sex and normalised drug use within the gay communities (and online).

The half day course will raise awareness of the harms; give understanding around appropriate referral pathways and explore interventions/therapeutic techniques; as well as exploring elements of safer sex/drug use that can sometimes be beyond the normal scope of our experience and training.

### Learning Outcomes include:

- An overview of MSM sexual health
- An overview of the drugs used
- Greater awareness of the motivations, trends and context
- An understanding of the referral pathways
- Addressing the challenges, stigma and prejudices we may experience when working with this client group
- Developing a confidence to work effectively with these clients, toward better sexual well-being.

### DANOS Competencies

AA6 Promote choice, wellbeing and the protection of all individuals

AB2 Support individuals who are substance users

AB4 Contribute to the protection of individuals from harm and abuse

AB5 Assess and act upon immediate risk of danger to substance users

### KSF

Core 6: Equality and Diversity level 3

HWB4: Enablement to address health and wellbeing needs level 2

HWB3: Protection of health and wellbeing level 1 & level 2



# THE DARK WEB AND ONLINE DRUG MARKETS

## What is the Dark Web?

With the seizure of the Silk Road in 2013; an online marketplace that trading in hundreds of millions of pounds of illicit substances, the world became aware of what is known as 'The Dark Web'.

The 'Dark Web' is a term used to describe an anonymous and encrypted area of the internet that allows those wishing to remain anonymous to avoid the authorities and corporations that may want to monitor them.

The surface web or clear net is essentially anything that can be indexed by search engines such as Google. Areas which cannot be indexed by search engines can be referred to as 'The Deep Web' and within the Deep Web lies the Dark Web. The Dark web is a small area that has been intentionally hidden and is inaccessible through standard web browsers.

## Course Overview

This course has been designed to equip attendees with the knowledge and understanding around this rapidly emerging phenomenon. This course will examine 'crypto' currencies and dark web markets and identify both the perceived risks, benefits and challenges faced by those purchasing substances in this manner.

### Learning Outcomes:

- Introduction to the dark web and the Tor network
- Introduction to cyber currencies such as Bitcoin
- History of the Dark Web and the Silk Road
- Examine and understand different dark web marketplaces, how they originated and evolved
- Examine both perceived potential risks and benefits of the Dark Web
- Whats next? – the future



## SAFER INJECTING & HARM REDUCTION

This course provides essential harm reduction information for those working with and advising injecting drug users. It will explore the issues faced when using many of the favoured injecting sites around the body; looking at what can and does go wrong and the appropriate response when faced with these issues.

*“Great knowledge and personal experience - the trainer really knew his stuff!”*

— School Nurse

### Learning Outcomes:

- The aim of the course is to reduce the many potential risks of injecting substances; including NPS and Heroin; and will examine the specific risks of preparing, sharing and injecting drugs.
- This course will enable attendees to advise injectors in order to protect their health, examine their preparation and administration practices in order to make affect positive change in their behaviour.
- The training utilizes up-to-date information around the reduction of personal risk and potential illness or death that new and emerging compounds can pose; and the increased risk of overdose that the injecting of drugs can bring.
- Delegates will be given the opportunity to practically follow the safest possible process and prepare an injectable solution in a way that will reduce harm and risk to the user; giving insight into the difficulties faced by those with limited access to sterile environments and limited equipment.

### DANOS Competencies

AH3 Supply and exchange equipment for individuals

AB5 Assess and act upon immediate risks of danger to substance users

HSC3111 Promote people’s equality, diversity and rights

# AN INTRODUCTION TO IDENTIFYING AND WORKING WITH MALE VICTIMS OF DOMESTIC ABUSE

## Course Overview

This half day course is delivered by a qualified, experienced practitioner who works in the domestic abuse field with male victims. It will give attendees an insight into the unique experiences of male victims (16+) of domestic abuse and the barriers that this minority group faces in recognizing they are experiencing abuse and accessing help.

## Learning Objectives

### To explore:

- What domestic abuse is
- Male victim's experience of domestic abuse and how it differs to women's
- Myths around domestic abuse and male victims
- Our assumptions about male victims
- How workers can identify and respond appropriately to male victims
- What further help, information and advice are available

### Target audience:

Practitioners working in generic services such as health and social services who may come across male victims of domestic abuse and want to improve how they respond. Practitioners who work specifically with men in contexts where they may disclose experiences of domestic abuse, such as mental health, substance misuse, relationship counselling

## TO MAKE A BOOKING

To book a place on a course you can visit [www.higher-learning.co.uk](http://www.higher-learning.co.uk), or get in touch by emailing [booking@higher-learning.co.uk](mailto:booking@higher-learning.co.uk) or by calling us on **07443 587954**.

We also provide **bespoke training packages** to suit your particular staff training and development needs. We can deliver specifically tailored drug and alcohol training anywhere in the UK.

We will work alongside you to devise and provide training that meets your strategic objectives and that enhances your staff training and development plans. To commission training or to discuss further please email [info@higher-learning.co.uk](mailto:info@higher-learning.co.uk)

We accept payment by cheque, bank transfer and by all major credit and debit cards.

### Course fees

Course fees vary and are dependent upon the number of delegates in attendance, the duration of the course and the arrangements made around the venue. Please get in touch to discuss.

Discount for NHS & Voluntary/Community/Charitable Status Sector  
We can offer, for NHS organisations and the above, a discount of 20% off the published price.

## Cancellations

**Cancellations by Higher Learning:** We reserve the right to cancel or defer events. Notice will be given by email to delegates of any decision to cancel or defer the training at least five working days in advance of the specified event. A full refund will be given if we cancel an event.

Should an event be cancelled at very short notice, with less than five working days to go, we will email delegates and also attempt to contact by telephone. We advise that delegates have appropriate travel insurance, or only pay for travel when due to set off, as we cannot accept responsibility for travel costs incurred due to cancellation or deferral of training.

**Cancellations by Delegate:** Cancellations should be made by email to: [booking@higher-learning.co.uk](mailto:booking@higher-learning.co.uk). Notice of cancellation of less than 10 days: no refund available. Notice of cancellation from 10 to 27 days: 50% refund available. Notice of cancellation of 28 days or more: 75% refund available.

*“The course was really detailed -I feel like my eyes have been opened today. Very informative”*

— Youth Offending Worker