**Basic Drug Awreness Training Workbook**

Course Aims:

* Drugs and drug use in context – a brief history
* Attitudes to drugs and drug users
* Commonly used drugs, their effects and relative harms.
* Clarify terms- what does ‘use’, ‘problem use’, ‘dependency’, ‘tolerance’, ‘withdrawal’, ‘addiction’, ‘harm reduction’, ‘dependency’ and ‘recovery’ mean?
* Responses, resources and Interventions available

Your Priorities:

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| What do you want from the course? |
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| Your level of confidence with the subject matter? 0(none) – 10 (complete) |
| Choose a rating and explain why you rate yourself as such and what would help build your confidence: |

What is a drug? (notes)

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A short history of drugs:

* The opium poppy - 5000–4000 BC
* 400 BC ancient Greeks used opium widely
* 16th Century COFFEE is introduced to UK and TOBACCO ARRIVES IN BRITAIN
* 1720- 1751 The Gin ‘Epidemic’ (inc1736 The Gin Act)
* 1798 SYRINGE INVENTED
* 1839-1860 The Opium Wars
* 1868 – Pharmacy Act
* 1898 Heroin becomes available as a pharmaceutical product
* 1908 – Poisons and Pharmacy Act
* 1920 Dangerous Drugs Act then 1925 – Dangerous Drugs Act. Controlled importation of coca leaf and cannabis
* 1926 HEROIN ON THE STATE - The Rolleston committee decided to is a medical condition and that there were circumstances in which heroin addicts should be given the drug on prescription
* 1926 METHADONE PATENTED
* 1928 – Amendment to Dangerous Drugs Act criminalising possession of cannabis
* 1938 LSD First produced
* 1943 Valium and Librium, the first benzodiazepines
* 1964 The Drugs (Prevention of Misuse) Act –amphetamines
* 1964 – Dangerous Drugs Act, following UN 1961 Single Convention. Includes criminalising cultivation of cannabis.
* 1964 - Drugs (Prevention of Misuse Act) criminalised possession of amphetamines.
* 1968 The Medicines Act. RISING HEROIN USE
* 1971 The Misuse of Drugs Act - introduces Scedules of drugs and penalties; ACMD established;
* 1982 ACMD Treatment report
* 1986 Drug Trafficking Offences Act
* The 2000’s – lots of drugs legislation! Predominantly criminal justice

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| Notes: |

Can you think of any other great drug users in history?

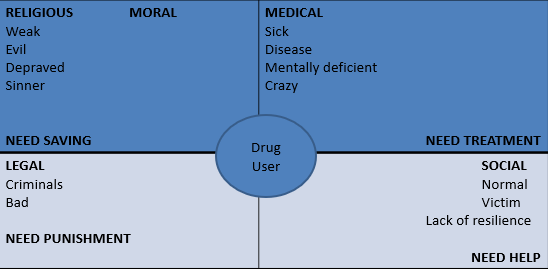
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**Attitudes**

Exercise

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| Pick a substance you have chosen or decided not to use:  What information led you to make that decision? |
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| How credible did you find the source? |
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Attitudes to Drugs and Drug Users



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| Notes: |

**Drugs and Their Effects**

Exercise

Put all the drugs you know into the following categories:

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| Depressants: | Stimulants: | | Hallucinogens: |
| Volatile Substances: | | Others: | |

Drugs information and Harm and Reduction

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| Notes: |

**Risks and Relative Harm**

Exercise

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| Put the following drugs into a list with the most harmful at the top and least at the bottom? | |
| Amphetamines  Heroin  Alcohol  Psychedelic mushrooms  Ecstasy  Benzodiazepines  Cannabis  Tobacco  LSD  Cocaine |  |
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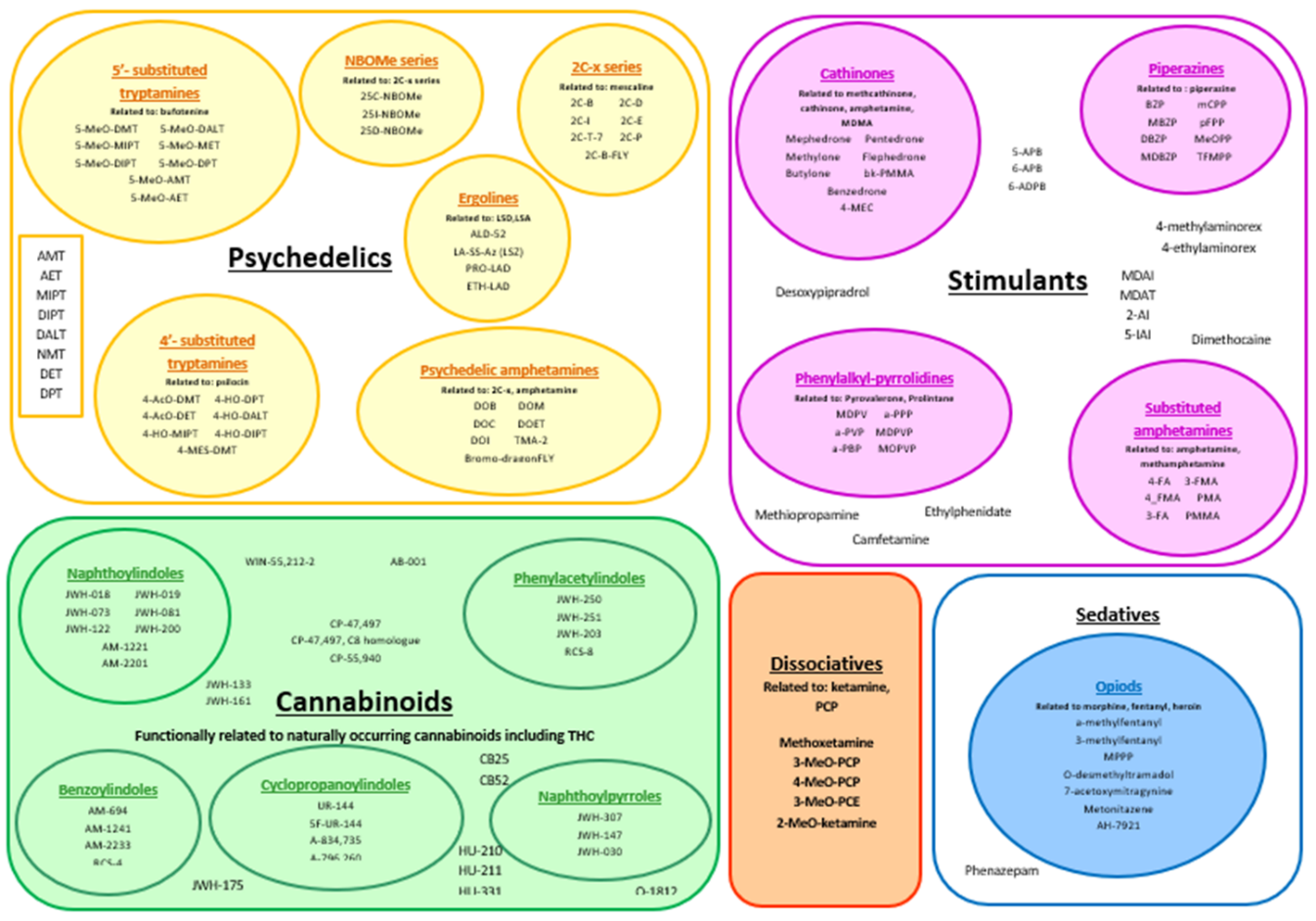
**What Affects the Effect?**

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| Notes: |

**Drugs and the Law**

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| Notes: |

**Novel Psychoactive Substance**



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| Notes: |

**Types of Drug Use**

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| Notes: |

**Risks**

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| Notes: |

**Who develops drug problems?**

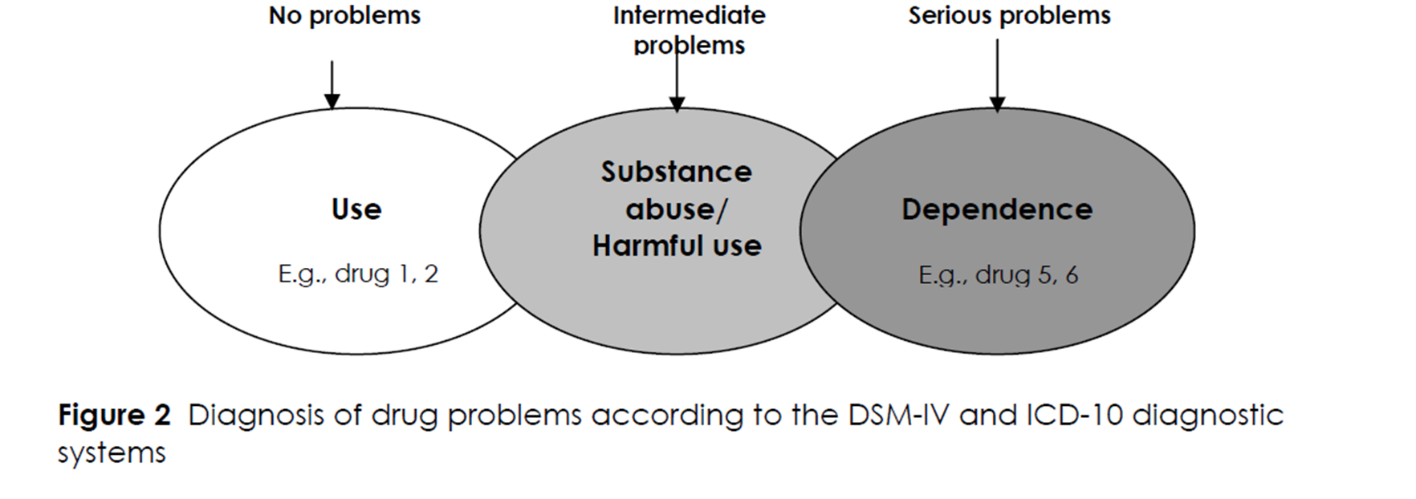
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| Notes: |

**Understanding who develops problems and becomes dependent – Background risk factors and the stages of adolescent development**

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| Notes: |

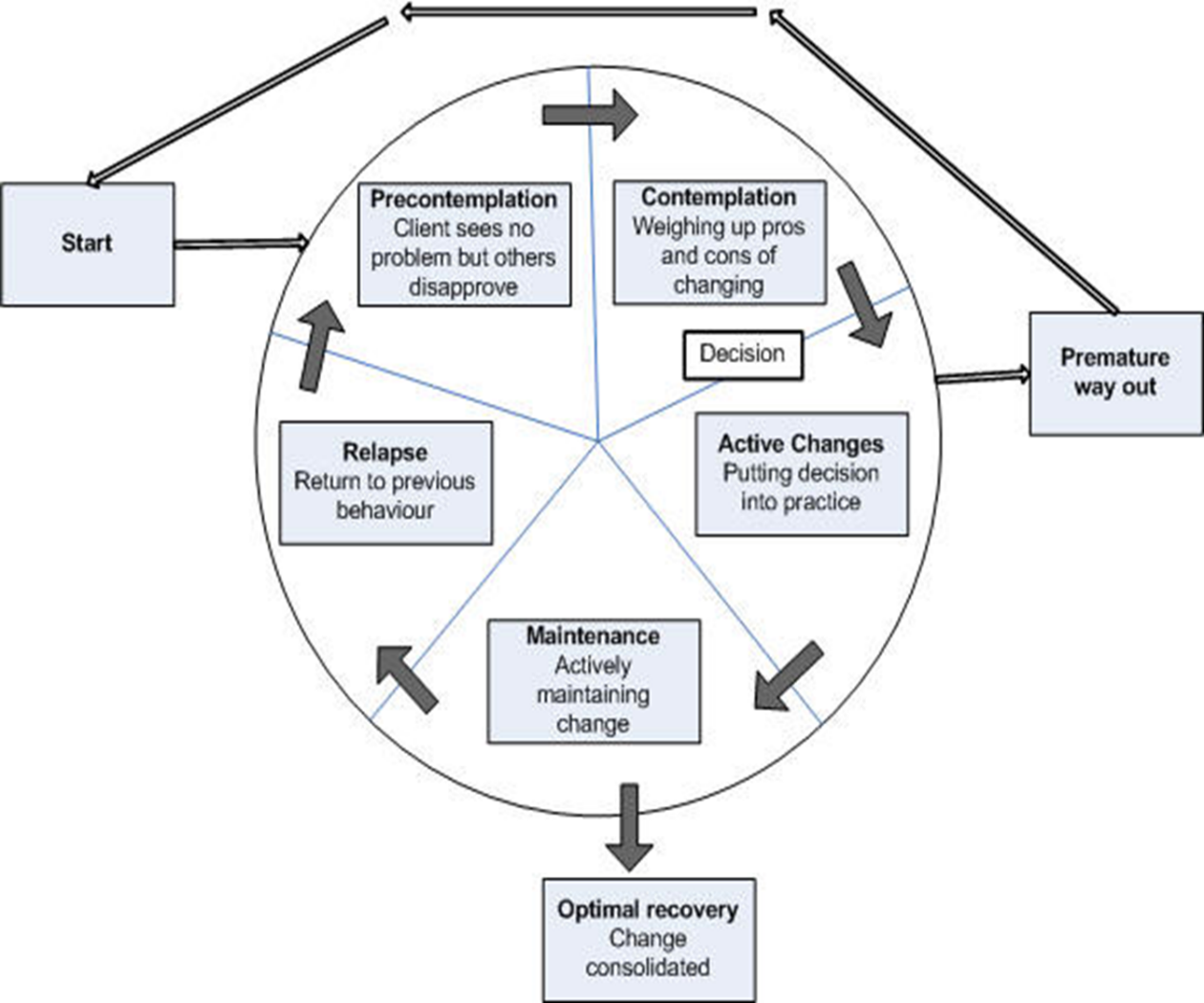
**Addiction and Dependence**

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| Notes: |

Drug Problems can be diagnosed using the DSM-5 (manual for assessment and diagnosis of mental disorders) and the ICD-10 (the international classification fo diseases used to classify and code all diagnoses, symptoms and procedures in healthcare). 

Dependence, ‘Motivation’ & Change – Prochaska & DiClemente

The cycle of change:



What help is available?

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| Notes: |

**Useful Resources:**

**We Are With You** 0333 2000 325

**YZUP** 01872 300816

[www.wearewithyou.org.uk](http://www.wearewithyou.org.uk)

* [www.cornwall.gov.uk/drugsandalcohol](http://www.cornwall.gov.uk/drugsandalcohol)
* [www.safercornwall.co.uk](http://www.safercornwall.co.uk)
* <https://kfx.org.uk/>
* [www.drugsandhousing.co.uk](http://www.drugsandhousing.co.uk)
* [www.erowid.org](http://www.erowid.org)

**Further Training**

* Dual Diagnosis – mental health, drugs & alcohol
* Motivational Interviewing
* Mental Health First Aid
* Substance Misuse Screening with Young People
* Identification and Brief Advice (IBA)– Alcohol
* Blue Light Training – Working with Treatment Resistant Drinkers