

Introduction

This course looks at how youth workers can begin to support young people to look at the impact of drugs & alcohol on their lives

The course is run for LAYC by staff and volunteers from Crew: Mind Altering (formerly known as Crew 2000)

The course is suitable for youth workers of all levels of experience.

Content

The Drugs & Alcohol in work with young people course looks at how you can address this potentially difficult issue with at your club or group.

The course is based around practical exercises and includes;

- Group discussion
- Group exercises
- Case studies
- Handouts

Outcomes

On completion of the course participants will have;

- Discussed attitudes to substance use and substance users
- Explored what young people get out of using substances
- Discussed which substances are currently popular amongst groups of young people
- Explored ways of working with young people around substance use
- Found out about sources of more information, referral routes & further reading

Follow Up

Please answer all the questions;

- Does your group have a policy for dealing with drugs & alcohol? Does it include work with young people?
- Have a discussion with a group of young people about drugs and/or alcohol - What did you discuss?
- How did the discussion go? How did the young people respond?
- If you were to have the discussion again would you do things any differently? Why?
- How confident do you feel to deal with drugs & alcohol and their impact on the lives of young people? Where could you get advice and support?