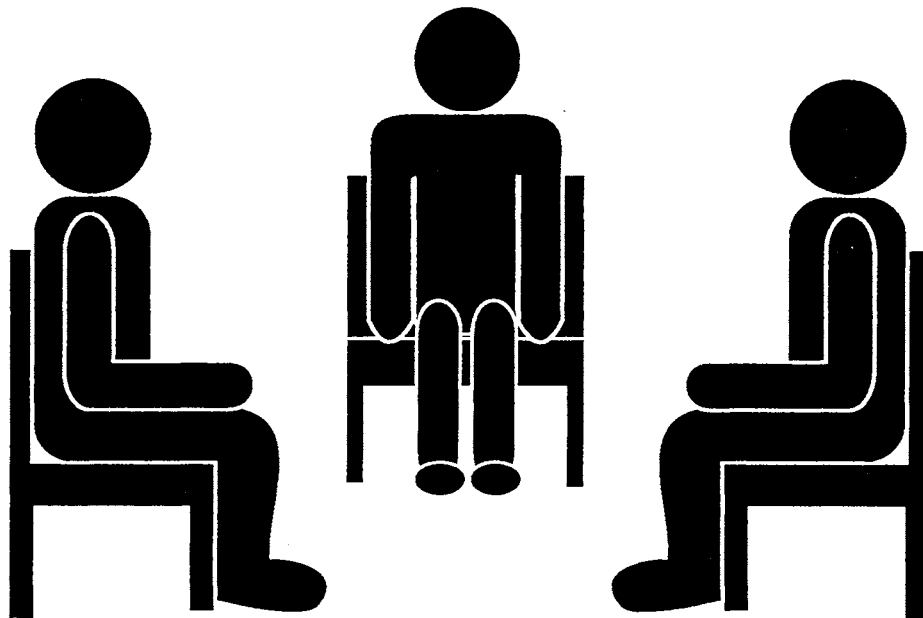


Section 11

Information training & support



for drugs workers

Section 11: Information, training and support for drugs workers

The Problem:

Burn out (feeling depressed, unable to cope, overworked, etc.) is a common occurrence for workers in this field. The drugs worker is often the last person to whom attention is given.

Workers need to avoid taking on the role of 'God' and trying to solve everyone's problems. They should know their own limitations and tolerances.

It is important to maintain a degree of 'normal existence' and stress management sessions should be provided to both the worker and his/her family.

It is important that workers have opportunities to meet one another, to share information, to be properly supervised and to develop a pattern of work that allows them to move from high to low stress situations.

Number	Title	Purpose	What To Do	Use with Young People
38	Getting proper support	To increase knowledge of different types of support and plan ways of improving the support that people receive.	Input of five main types of support and work in threes to plan personal support.	
39	Building a network	To identify the potential for and ways of building a network of people concerned with drug use.	Brief input on networks, groups discuss list of key questions about networks, talking wall feedback and group discuss way ahead.	

Activity 38:**Getting proper support****Purpose**

To increase knowledge of different types of support and plan ways of improving support that people receive.

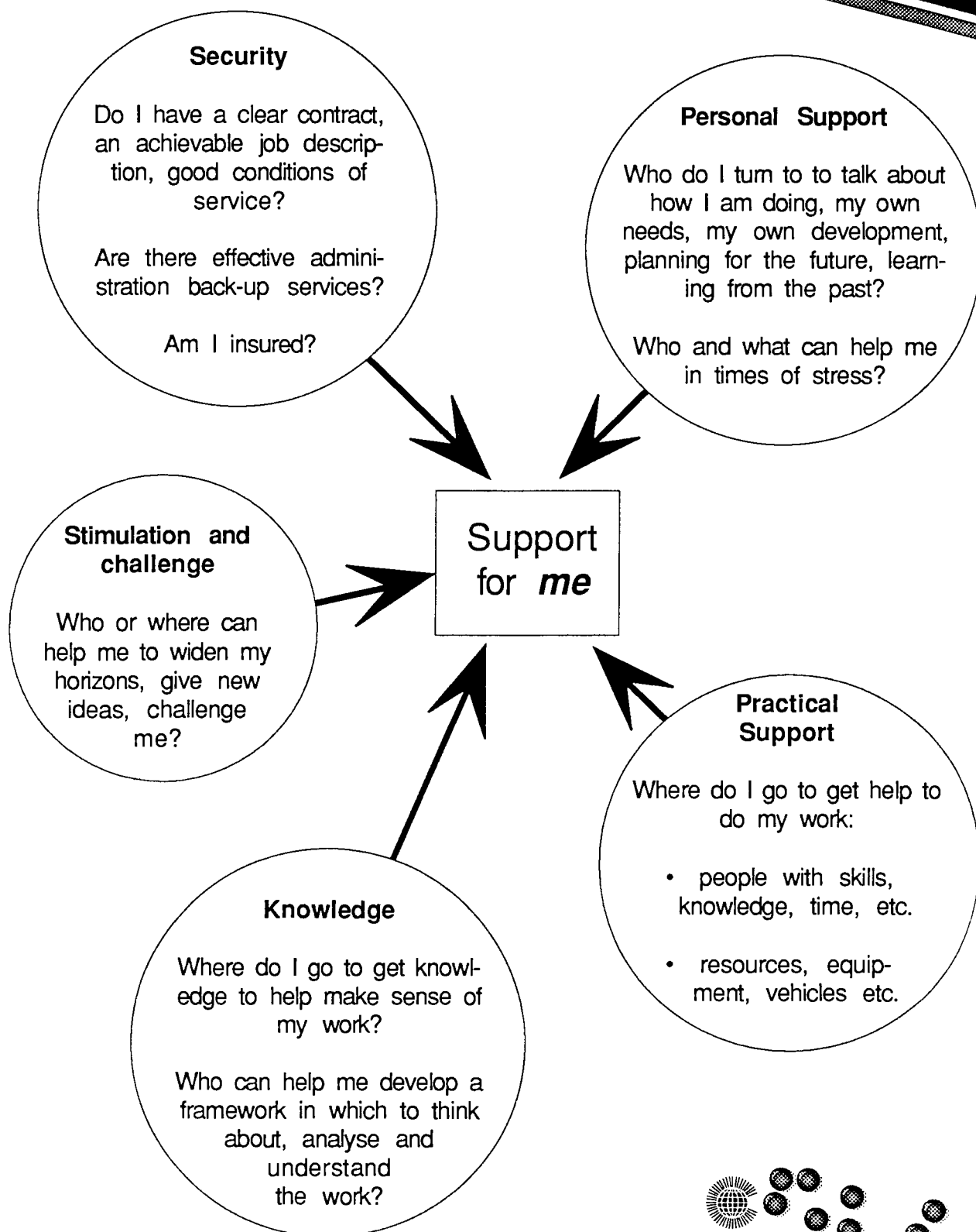
What To Do

1. Describe to the group the five main types of support that drugs workers need (use Handout 57—perhaps on an overhead projector).
Make clear that:
 - Needs for different kinds of support vary for each individual;
 - The need for support varies over time for each individual;
 - There is no single, simple way to provide support;
 - The manager needs the skills to be able to identify what support is needed and when, and to be able to provide that support flexibly and in a variety of ways.
2. Ask people to work in threes. Give each person a copy of the handout "Support For Me", Handout 57, and a blank sheet of flipchart paper. Each person in the triad should take it in turns to:
 - (a) draw the box and the five circles and fill them in with existing real sources of support for each category;
 - (b) draw the size of the arrow (the thickness) to reflect the amount of that kind of support they currently get;
 - (c) plan with the other two people what action they can take to improve the support they get for the types of support they currently feel most in need of.

Handout 57

Support for me

**SUPPORT FOR
WORKERS**



Activity 39:**Building a network****Purpose**

To identify the potential for and ways of building a network of people concerned with drug abuse.

What To Do

1. Introduce the session with a brief reminder about how drugs workers/educators in various countries have created their own networks of support:
 - within their local community;
 - within their country;
 - internationally.eg:
 - Workshops convened by the Caribbean Centre of the Commonwealth Youth Programme;
 - The Australian National Workshop of Drug Educators that meets annually;
 - The Canadian National Action Conference;
2. Ask people in small groups to discuss the list of questions in Handout 58, Building a network. One person should take notes.
3. Ask the note-taker from each group to write up the group's ideas on pre-prepared flipcharts around the room. The whole group walk round and read the flipcharts.
 - What consensus is emerging about ideas for building a network?
 - What ideas need further discussion?
 - Basically, is there something here that needs doing?

Handout 58

Networks



Building a network

Discuss each of the questions below as a group. Ask one person to keep a note of comments and suggestions.

1. What networks do we currently belong to that provide good opportunities to discuss issues and problems of common concern to drugs workers
 - Locally,
 - Nationally,
 - Internationally?
2. What are the strengths, weaknesses and gaps in our existing networks?
3. What network, if any, is the priority to be built up?
4. What outcomes would that network achieve for the participants?
i.e. what benefits should participants receive?
5. How could the network operate to achieve those benefits? For example:
 - Communities' own newsletter;
 - Meetings;
 - Structure (planning groups etc.);
 - Training Events;
 - Produce Materials;
 - Conference.
6. Who would be included within the network?
7. Who would organise the network?
 - keep address lists;
 - arrange meetings.
8. How much would it cost, and how could it be funded?
 - Self-help (each participant make a contribution of time or money);
 - Government funded;
 - Inter-agency funding.
9. What would be the first step to get it started?
 - Write to people to see if there's any interest?
 - Hold a small meeting of people to set up a first meeting?

