

SUBSTANCE ABUSE AND AWARENESS

Understanding and Addressing the Impact of Substance Use

Length: 60mins (presentation only), 90mins (includes practical exercises)

Delivery Option: Face-to-Face, Virtual

INTRODUCTION:

This training is designed to provide participants with an understanding of the risks and consequences of substance abuse and practical strategies for preventing and addressing substance abuse in the workplace.

By the end of this session, participants will have a better understanding of substance abuse and will have learned a variety of techniques for promoting healthy, substance-free behavior.

Topics to be covered:

- The risks and consequences of substance abuse, including the impact on physical and mental health, relationships, and work performance
- Signs and symptoms of substance abuse and strategies for identifying and addressing substance abuse in the workplace
- Techniques for preventing substance abuse, including setting boundaries, finding healthy coping mechanisms, and seeking support when needed
- The role of the workplace in promoting healthy, substance-free behavior

Practical exercises:

- Reflective exercise: Participants take a few minutes to reflect on their own substance use and identify any areas that could be improved.
- Boundary setting exercise: Participants come up with a list of boundaries to promote healthy, substance-free behavior in the workplace.
- Coping mechanism brainstorming: Participants come up with a list of healthy coping mechanisms to use in place of substance use.



Conclusion:

By the end of this presentation, participants will have a better understanding of the causes, symptoms and effects of substance abuse and addiction.

They will have learned about the different types of substances that are commonly abused, the risk factors and warning signs, and the impact of substance abuse on both individuals and society.

They will also be equipped with the knowledge and resources to help those who may be struggling with substance abuse, including how to recognize the signs of substance abuse, how to approach the subject with a loved one or colleague, and how to access treatment and support.

Additionally, participants will have learned about ways to prevent substance abuse by understanding how to identify triggers and developing coping mechanisms to deal with stress and other life events.