

Team meetings

Introduce an agenda item on Alcohol Brief Interventions to consider progress, numbers of interventions, development required by the team

Resource availability

Is there easy access to the tools, calculators and alcohol information leaflets for all staff delivering the interventions?

Record keeping

Are staff clear about organisational procedures such as the confidentiality policy and how this relates to recording brief interventions?

Policies and procedures

Do you need to write a policy or procedure on Alcohol Brief Interventions or do you need to add a specific reference to Alcohol Brief Interventions in existing intervention policies?

There is more information in **'Training Transfer - Making staff training work for your staff and service users - A guide for supervisors'**.

This has been developed by The Training Exchange who are commissioned to deliver training for SDAP. This can be found on the SDAP website www.somersetdap.org.uk

Job descriptions

Now that staff deliver Alcohol Brief Interventions – is this reflected in their job descriptions?

And finally ... Alcohol Champions

SDAP would like organisations to nominate an Alcohol Champion. Alcohol Champions will have completed or will be willing to attend a two day accredited training course on Alcohol Brief Interventions.

The role of the champion is to support other staff in delivering Alcohol Brief Interventions and to promote good practice. If you want to nominate anyone in your team/workplace to be an Alcohol Champion then get in touch with the SDAP office but as people get trained we may well be in touch with you direct.

For more information on any of the issues raised in this briefing contact: Somerset Drug & Alcohol Partnership (SDAP)
Tel: 01823 357 111
Email: sdap@somerset.nhs.uk
Web: www.somersetdap.org.uk



an independent
training & consultancy service



Alcohol Brief Interventions Managers Briefing



A guide for supporting the implementation of Alcohol Brief Interventions in your work setting

You are receiving this as you approved a member of your staff team to attend the Alcohol Brief Interventions Training very recently. This guide aims to support you to help your staff member put the training into their routine practice.

What are Alcohol Brief Interventions?

Alcohol Brief Interventions are being widely rolled out across Somerset to tackle the rising costs (health, social and financial) associated with problem alcohol use. There is a significant body of evidence supporting the effectiveness of Alcohol Brief Interventions. This identifies that for every eight people who receive simple alcohol advice, one will reduce their drinking to within lower-risk levels.¹

Alcohol Brief Interventions give workers the tools they need to identify increasing risk and higher risk drinkers earlier and gives them advice to prevent or reduce alcohol related harm.

Alcohol Brief Interventions are straightforward to deliver and it does work. However, some workers lose confidence as soon as they leave a training session and revert back to familiar behaviour in their role rather than trying out something new. This guide will try and address this but it needs you as a manager to support the process.

The Training

All staff who have been trained in delivering brief interventions will know:

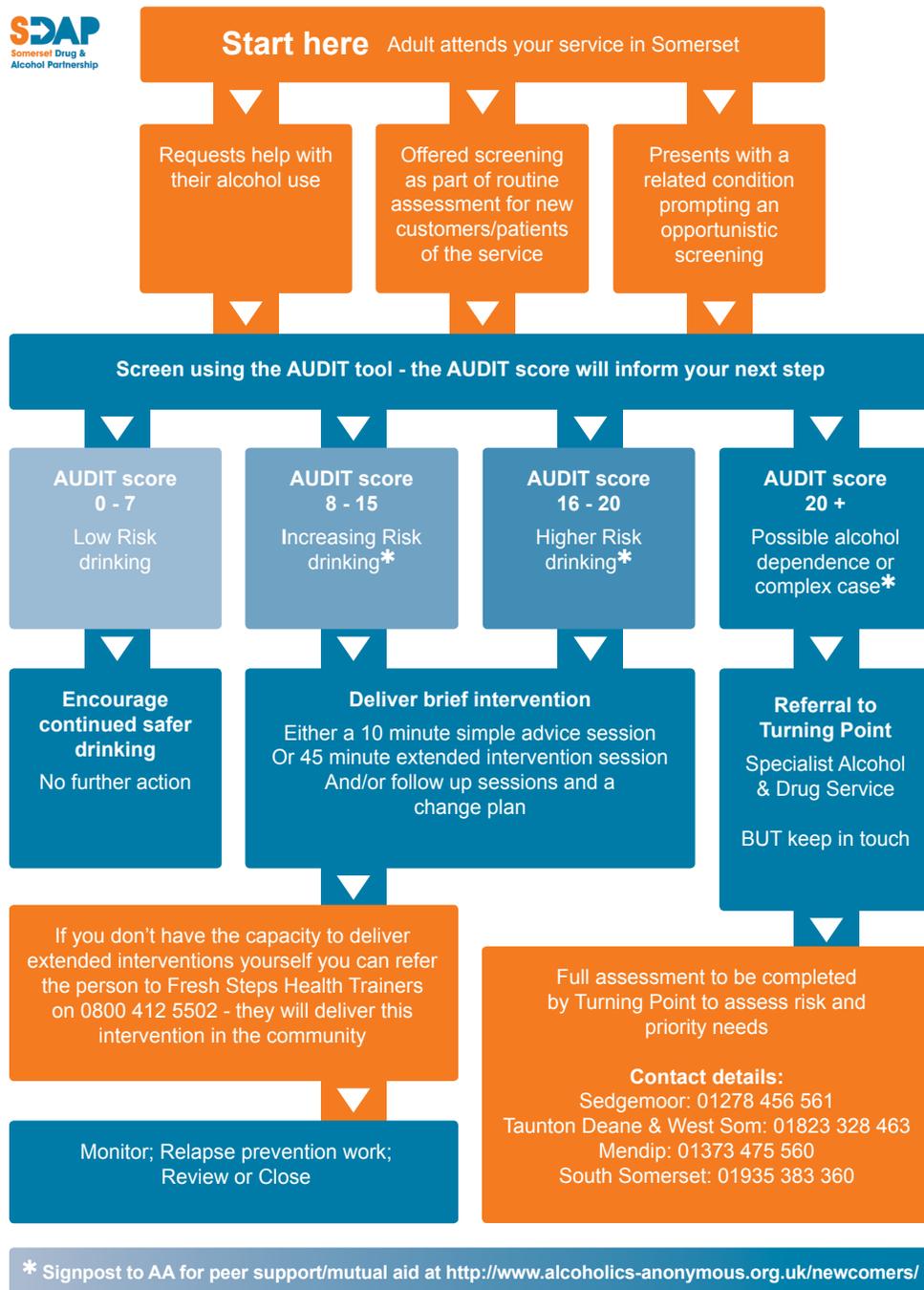
- how to identify increased risk and high risk drinkers using the AUDIT screening tool, and
- how to deliver an intervention to reduce alcohol related harm.

All staff will leave the training with:

- a workbook which includes detailed handouts on good practice techniques.
- a Step By Step Guide as a reminder of how to deliver Alcohol Brief Interventions.
- a pathway diagram showing what intervention to provide depending on the outcome of the screening and/or who to signpost or refer to.

¹ Signs for improvement – commissioning interventions to reduce alcohol related harm, Department of Health, 2009

Doing Alcohol Brief Interventions in Somerset – Step by Step



The Tools

There are three key tools required to deliver Alcohol Brief Interventions:

- The AUDIT screening tool
- The Brief Advice tool and leaflet
- The Extended Intervention tool

Additional photocopyable tools to assist workers in delivering Extended Interventions and follow up sessions are available in the Step By Step Guide and can be downloaded off the SDAP website www.somersetdap.org.uk

Workers will also need to have on hand alcohol information leaflets and unit calculators. These are available from Somerset Health Promotion Resources www.hp.somerset.nhs.uk/ or from Drinkaware www.drinkaware.co.uk. Drinkaware offer £85 worth of materials free - if you register directly with them.

Some Suggestions for Supporting Staff

Putting Alcohol Brief Interventions into practice

The evidence recommends targeted interventions rather than providing an alcohol intervention for everyone who uses a service. Therefore when staff suspect or are aware someone may have an alcohol issue, then a Brief Intervention should be delivered.

Targets

SDAP are keen to understand how much Alcohol Brief Interventions work is taking place across Somerset, so as staff get trained we would welcome a conversation about reporting activity. The evidence for the effectiveness of interventions is compelling and it is a cost effective way of helping people to reduce their alcohol use. The more we know what is going on and the outcomes we get from that work the better.

Supervision

This could be delivered by the line manager or by the Alcohol Champion (see below). Areas to discuss could include:

- What did staff learn on the training?
- How will it affect their practice?
- To what extent have staff had an opportunity to put the training into practice?
- How has this been?
- How could interventions be improved?
- What support might staff need to carry out Alcohol Brief Interventions?

It may be helpful to attend the training yourself – to book a place go to: www.somersetdap.org.uk