



DRUG & ALCOHOL AWARENESS WEEK 2015

TIMETABLE OF EVENTS

Monday 9th – Saturday 14th November



MONDAY 9TH NOVEMBER

■ LAUNCH OF THE MIDLAND REGIONAL DRUG AND ALCOHOL AWARENESS WEEK 2015

The Midland Regional Drug & Alcohol Awareness Week to be officially launched by Ms. Susan Scally, Principal Officer, Drugs Policy Unit, Department of Health. The aim of the Awareness Week is to focus on increasing awareness about drug and alcohol related issues and to highlight the drug and alcohol support services available to people in the midland region.

Venue: Sheraton Hotel, Athlone, Co. Westmeath

Time: 9.45am

Audience: By Invitation

Further Info: Antoinette Kinsella tel: 086 3800517

■ A CANNABIS CONFERENCE – THE FACTS ABOUT CANNABIS

The Cannabis Conference has been organised and funded by the Midland Regional Drug and Alcohol Task Force (MRDATF) and HSE CADS (Community, Alcohol and Drug Service) midlands area. The aim of the Cannabis Conference is to bring together interested agencies and individuals who work in the area of addiction to engage in meaningful learning and discussion regarding the impact of Cannabis use on the individual and society.

Areas of discussion to include; an overview of epidemiological trends in treated problem cannabis use from an international, national and regional level, harm reduction, brief interventions, tobacco associated routes of administration, synthetic cannabis, mental health, withdrawal and dependence. Also presented will be an overview of HSE YoDA (Youth Drug & Alcohol) Services work in relation to dealing with young cannabis smokers.

Schedule of Speakers:

Dr. Suzi Lyons, Senior Researcher, NHIS, Health Research Board

Dr. Adam R Winstock, MD MRCP MRCPsych FChAM, Founder Global Drug Survey, Consultant Psychiatrist & Addiction Medical Specialist

Mr Philip James, Clinical Nurse Specialist, HSE YoDA (Youth, Drug & Alcohol) Service

Venue: Sheraton Hotel, Athlone, Co. Westmeath

Time: 9.45am – 4pm (Registration from 9am)

Audience: Service providers in the midland region working in the area of addiction and also medical and non medical professionals with an interest in this area

Further Info: Antoinette Kinsella tel: 086 3800517 or Fran Byrne tel: 086 3802612.

Pre booking essential to attend. There is no charge for attendance and refreshments to include lunch will be served. For copy of booking form contact Josephine Lee tel: 090 6483195 or email: mrdatf@hse.ie

■ A CANNABIS SEMINAR - THE ESSENTIAL THINGS YOU NEED TO KNOW IN PRIMARY CARE

Dr. Adam R Winstock, MD MRCP MRCPsych FChAM, Founder Global Drug Survey, Consultant Psychiatrist & Addiction Medical Specialist will be presenting at this evening seminar.

Areas of discussion to include; cannabis - patterns of use and associated health risks including the overlap with smoking cessation, brief interventions and the use of digital health applications and assessing and managing cannabis dependence and withdrawal.

Venue: Sheraton Hotel, Athlone, Co. Westmeath
Time: 7.30pm – 9pm (registration and light refreshments from 7pm)
Audience: General Practitioners, Nurses and Pharmacists working in the midland region
Further Info: Antoinette Kinsella tel: 086 3800517 or Fran Byrne tel: 086 3802612.
Pre booking essential to attend. There is no charge for attendance and light refreshments will be served. For copy of booking form contact Josephine Lee tel: 090 6483195 or email: mrdatf@hse.ie

■ ATTIC YOUTH CAFÉ - GET THE FACTS

During Café opening hours, those in attendance at club and group meetings throughout the week will be provided with information on the risks associated with substance use. Participants who have completed a substance use education and prevention programme have assisted in organising the weeks events. A range of information boards to highlight the risks and consequences associated with substance use will be on display.

Venue: The Attic House, Ballinalee Rd, Longford
Time: November 9th 4-6 pm, 10th 4-9pm, 11th 3-9pm, 12th 4-9pm, 13th 1.30-9pm
Audience: Young people aged 12-18 years
Further Info: Theresa Connell tel: 086 7811535 email: theresa.connell@foroige.ie

■ MENS GROUP CULTURE EXHIBITION - LAOIS TRAVELLER ACTION GROUP

The Mens Group have organised a culture project exhibition displaying miniature barrel top wagons they have built themselves by hand. A short presentation to reflect the importance of the wagons to the Travelling Community and their Nomadic Culture will also take place.

Laois Traveller Action Mens Group will use this event during drug and alcohol awareness week to promote the Mens Group/Mens Shed. Engagement in these groups can act as a positive alternative to drug and alcohol use and can assist in overcoming life's stresses, worries and problems.

Venue: The Parish Centre, Stradbally Road, Portlaoise, Co. Laois
Time: 10am
Audience: All welcome
Further Info: Kenneth Higgins, Mens Community Development Worker
tel: 085 1401624 email: kenneth.ltag@gmail.com

■ INFORMATION SESSION ON CANNABIS USE

Organised by the Ana Liffey Drug Project, this information session will focus on the issues associated with high strength cannabis and other drug use, and the range of supports available to those under 18 years and their families.

Venue: Portlaoise Youth Café, Unit D, James Fintan Lalor House,
JFL Avenue, Portlaoise, Co. Laois

Time: 12pm

Audience: Service users, guardians, family and relevant staff

Further Info: Annette Kenna, Project Worker tel: 085 7892293
email: annette.kenna@aldp.ie

TUESDAY 10TH NOVEMBER

■ STRENGTH IN LOCAL KNOWLEDGE

County Longford Drug and Alcohol Forum (CLDAF) will launch an updated service information poster as part of a wider information sharing event being delivered in collaboration with local service providers. The aim of the event is to strengthen the expertise of local professionals, facilitate knowledge sharing and promote opportunities for integrated working.

Schedule of speakers on the day to include representation from the following agencies: An Garda Síochána, Health Research Board (HRB), Merchants Quay Ireland (MQI), HSE CADS (Community, Alcohol & Drug Service) and the Ana Liffey Drug Project (ALDP).

Venue: The Park Hotel, Edgeworthstown, Co. Longford

Time: 10am – 1pm

Audience: Service Providers

Further Info: Theresa Connell tel: 086 7811535 email: theresa.connell@foroige.ie
By Invitation. Pre booking essential

■ SAFETALK WORKSHOP - SUICIDE ALERTNESS FOR EVERYONE

Safe TALK is a 3½ hour 'suicide alertness' programme that prepares participants to identify and engage with persons who may be having thoughts of suicide. Participants also learn how to provide practical help by using the steps of TALK (Tell, Ask, Listen and Keep safe) and gain information on the supports and resources available locally, regionally and nationally. Workshop to be delivered by Mr Anthony O'Prey, Health Promotion Officer, Mental Health & Suicide Awareness, Offaly Local Development Company.

Venue: Offaly Traveller Movement, Bury Quay, Tullamore, Co. Offaly

Time: 10am – 1pm

Audience: All welcome

Further Info: To book a place on the workshop contact Ms Margaret Lovett, Health Coordinator, Offaly Traveller Movement Tel: 057 9352438
Places limited and booking essential

■ CONNECTING WITH YOUR TEENAGER - MINDFULNESS FOR PARENTS DURING ADOLESCENT DEVELOPMENT

Dr. Susan Redmond will be presenting on the myriad of changes that occur in the adolescent brain that predispose teenagers to enhanced experimentation and evolutionary desire for independence. This information session will equip parents with a number of skills to improve their communication with their teenager and develop their understanding of the role alcohol and drugs can have in adolescence development.

Dr Redmond has a PhD from the School of Political Science & Sociology in NUIG in the area of leadership, resilience & social support amongst youth. She has worked in the youth development sector for over 12 years with a core focus of developing consistency of practice across the youth work sector.

Venue: The Spot Youth Café, Lower Main Street, Birr, Co. Offaly
Time: 11am -12.30pm
Audience: Parents – all welcome
Further Info: Geraldine O'Hanlon, Development Worker MRDATF tel: 086 6032930. To make a booking and attend event contact Ms. Celina Casey, Coordinator, Youthreach Birr/Banagher tel: 085 8773755 email: youthreachbirr@eircom.net

■ DRUNK OBSTACLE COURSE

Midland Regional Youth Service (MRYS) will host a number of social events in Mullingar over the week. The aim of these events will be to provide young people with information on the risk factors associated with drinking alcohol in order to promote personal safety and self-regulation. Participants will take part in an obstacle course event, quizzes and arts and crafts activities. Prizes will be presented on the day.

Venue: Grange Resource Centre, Riverside Community Centre, Dalton Park and Ennell Court Community Centre, Mullingar, Co. Westmeath
Time: 4pm – 6pm Tuesday, Wednesday and Thursday
Audience: Young people 12-18 years
Further Info: Christopher Barr, Youth Health Worker tel: 087 6459468 email: christopher.barr@mrys.org



■ CONNECTING WITH YOUR TEENAGER - MINDFULNESS FOR PARENTS DURING ADOLESCENT DEVELOPMENT

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Venue: Portlaoise Youth Café, Unit D, James Fintan Lalor House, JFL Avenue, Portlaoise, Co. Laois
Time: 7pm - 8.30pm
Audience: Parents
Further Info: Geraldine O'Hanlon, Development Worker, MRDATF Tel: 086 6032930
To book places at the event contact Mary Flanagan Tel: 057 8665010 or email: mflanagan@ywilaois.com

■ MULLINGAR E.Y.E GARDA YOUTH DIVERSION PROJECT

Mullingar E.Y.E Garda Youth Diversion Project is running an arts initiative called *Wasted? So is your life!* The concept of the programme is to design a poster promoting awareness around substance misuse and the consequences. The poster will feature on the www.whazup.ie website and on social media pages - EYE, YOYO and Music Box.

Venue: Mullingar E.Y.E Project, Spoutwell Lane, Mullingar, Co. Westmeath
Time: All Week
Audience: Members of project
Further Info: Joan O'Connor, Coordinator, Mullingar E.Y.E. tel: 086 3728994
email: joan@mrys.org

WEDNESDAY 11TH NOVEMBER

■ GET "REAL"..... REALISTIC, EDUCATED, AWARE & LISTEN

Students will be encouraged to take part in an interactive initiative which aims to provide students with key messages around safer drinking in order to encourage safety and self regulation. Information stands will also be hosted by HSE Sexual Health Department, HSE Smoking Cessation Facilitator and HSE Health & Wellbeing department. All agencies in attendance will provide a range of information, advice and supports available to the campus community.

Venue: Main Campus Canteen, Athlone Institute of Technology (AIT)
Time: 11am – 2pm
Audience: Campus community
Further Info: Anne Cooney tel: 090 6468122 email: acooney@ait.ie

■ RESPONDING TO INTIMIDATION SEMINAR

The fear of intimidation and the lived experiences of intimidation by service users and their families is an issue that has confronted services for many years. The promotion of interagency working is a core facet of quality service provision and in responding to the issue of intimidation. Services such as Family Support can play a key role in developing responses to intimidation. This training will run in partnership with the National Family Support Network (NFSN) and An Garda Síochána, and builds on a project between An Garda Síochána and the NFSN around responding to intimidation through an interagency approach.

Venue: Council Chambers, Offaly County Council, Áras an Chontae, Charleville Road, Tullamore, Co. Offaly
Time: 10am - 4pm
Audience: Service Providers
Further Info: Geraldine O'Hanlon, Development Worker, MRDATF. To book a place contact Josephine Lee, MRDATF, Health Centre, Coosan Road, Athlone tel: 090 6483195 or email: mrdatf@hse.ie. Pre booking essential and places are limited

■ COMMUNITY ACTION ON ALCOHOL INFORMATION SEMINAR - FETAL ALCOHOL SPECTRUM DISORDER

Ms. Anne Timony Meehan, Community Action on Alcohol Lead, Alcohol Forum will deliver this information seminar which will look at the effects of alcohol consumption during pregnancy. The seminar aims to equip participants with information that will support women make their own informed decisions.

The Alcohol Forum works in partnership with all sectors to reduce hazardous drinking and its consequences to the individual, the family and the community.

Venue: Tullamore Court Hotel, Tullamore, Co. Offaly
Time: 10.30am to 1pm (Registration and refreshments from 10am)
Audience: Service Providers
Further Info: Antoinette Kinsella tel: 086 3800517. Pre booking essential to attend. There is no charge for attendance and light refreshments will be served. For copy of booking form contact Josephine Lee tel: 090 6483195 or email: mrdatf@hse.ie

■ SAFE TALK WORKSHOP - SUICIDE ALERTNESS FOR EVERYONE

Safe TALK is a 3½ hour 'suicide alertness' programme that prepares participants to identify and engage with persons who may be having thoughts of suicide. Participants also learn how to provide practical help by using the steps of TALK (Tell, Ask, Listen and Keep safe) and gain information on the supports and resources available locally, regionally and nationally. Workshop to be delivered by Ms. Josephine Rigney, HSE Suicide Prevention Resource Officer.

Venue: Merchants Quay Ireland, Open Door Project, Ball Alley Lane, Athlone, Co. Westmeath
Time: 10am – 1pm
Audience: Staff and service users of Open Door Project Athlone
Further Info: Ellie Bracken, MQI CE Supervisor tel: 085 2486294 email: ellie.bracken@mqi.ie

■ INFORMATION SESSION ON CANNABIS USE

Organised by the Ana Liffey Drug Project, this information session will focus on the issues associated with high strength cannabis and other drug use, and the range of supports available to those under 18 years and their families.

Venue: ALDP, Churchview, Bishopgate Street, Mullingar, Co. Westmeath
Time: 2pm
Audience: Under 18's, guardians, family and relevant staff
Further Info: Caroline McDermott, Project Worker tel: 085 7519858
email: caroline.mcdermott@aldp.ie

■ CONNECTING WITH YOUR TEENAGER - MINDFULNESS FOR PARENTS DURING ADOLESCENT DEVELOPMENT

Dr. Susan Redmond will be presenting on the myriad of changes that occur in the adolescent brain that predispose teenagers to enhanced experimentation and evolutionary desire for independence. This information session will equip parents with a number of skills to improve their communication with their teenager and develop their understanding of the role alcohol and drugs can have in adolescence development.

Dr Redmond has a PhD from the School of Political Science & Sociology in NUIG in the area of leadership, resilience & social support amongst youth. She has worked in the youth development sector for over 12 years with a core focus of developing consistency of practice across the youth work sector.

Venue: Midland Regional Youth Services, Great Hall, Columb Barracks, Ashe Road, Mullingar, Co. Westmeath
Time: 11am – 12.30pm
Audience: Parents
Further Info: Geraldine O'Hanlon, Development Worker, MRDATF tel: 086 6032930. To make a booking and attend event contact: Geraldine Lacey tel: 090 6477075
email: geraldine@mrys.org

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Venue: The Attic House, Ballinalee Road, Longford
Time: 2pm – 3.30pm
Audience: Parents
Further Info: Geraldine O'Hanlon, Development Worker, MRDATF tel: 086 6032930
To make a booking contact Ms.Theresa Connell tel: 086 7811535 or
email: theresa.connell@foroige.ie

■ CUBE CHALLENGE - MIDLAND REGIONAL YOUTH SERVICES

The Cube Challenge is a physical and mental challenge for young people which encourages them to think strategically and helps them to identify risk. A positive engaging activity, it will enable young people to build on their coordination and concentration skills and provides them with a positive activity for personal development.

Venue: Monsignor McCarthy Complex, Battery Heights, Athlone, Co. Westmeath
Time: 5pm
Audience: MRYS members 14-18 years
Further Info: Eithne Fallon, Alf Project Coordinator, MRYS tel: 086 755323 or email: eithne@mrys.org

■ ATTIC YOUTH CAFÉ - EXPRESS YOURSELF MUSIC WORKSHOP

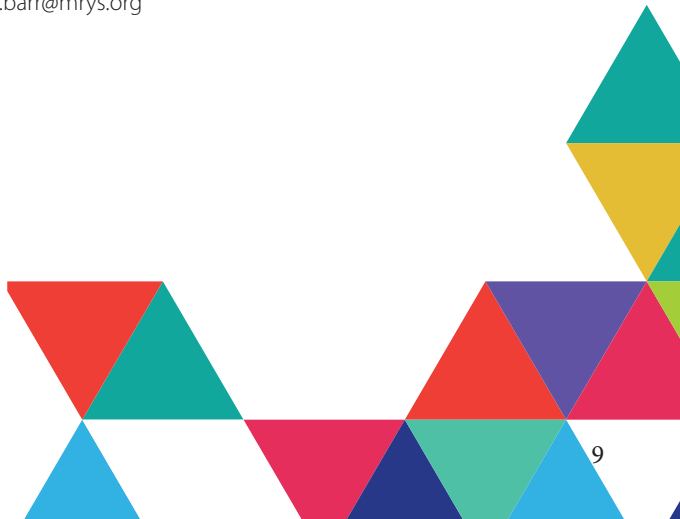
Young people aged 14-16 years will participate in a substance misuse workshop with the Harmony Programme. Music and song writing is used as a medium to allow young people to learn how to express themselves and support their intellectual and emotional development. Using contemporary music and song this workshop will act as a medium to explore reasons for substance use and the destructive effects substance use can have on a person's life.

Venue: The Attic House, Ballinalee Rd, Longford
Time: 4-9pm
Audience: Young people aged 14-16 years
Further Info: Theresa Connell tel: 086 7811535 email: theresa.connell@foroige.ie

■ MIDLAND REGIONAL YOUTH SERVICES - ALCOHOL AWARENESS QUIZ

This quiz will promote effective communication with young people on the effects of alcohol use and the dangers of substance misuse. This quiz will provide a forum for young people to explore the risks and harms associated with substance misuse.

Venue: Grange Resource Centre, Grange, Meadows, Mullingar, Co. Westmeath
Time: 5-8pm
Audience: Young People 13-18 years
Further Info: Christopher Barr, Youth Health Worker tel: 087 6459468 email: christopher.barr@mrys.org



THURSDAY 12TH NOVEMBER

■ MIDLANDS SIMON COMMUNITY ART EXHIBITION - MY JOURNEY

Midlands Simon Community are running a service user led event where service users reflect on their journey through homelessness and addiction. Individual service users will be supported to create a snapshot of their lives with a particular focus on well-being. The exhibition will portray how these individuals have managed to overcome and address the issues that they have experienced or continue to face. Service users will portray their journey through photography, art or poetry.

Venue: Emergency Accommodation Service (EAS), Midlands Simon, Ballymahon Road, Athlone, Co. Westmeath
Time: 10am – 2pm
Audience: All welcome
Further Info: Emma Mannion, EAS Manager, Midlands Simon tel: 087 9696069 email: spw@midlandssimon.com

■ WEBSITE LAUNCH AND SCHOOL MULTI-MEDIA COMPETITION

Athlone Drug Awareness Group (ADAG) will be launching their new revamped website. This new website will contain detail on the range of supports and services available in relation to substance misuse in the midland region. It will also highlight the work undertaken by ADAG to date and promote future events.

ADAG will also be launching a multi media schools competition aimed at transition year students on the theme of alcohol.

Venue: Athlone Civic Centre, Athlone, Co. Westmeath
Time: 2.30pm – 3.30pm
Audience: All welcome
Further Info: Frankie Keena tel: 085 7474074 email: athlone drugawareness@gmail.com

■ CANNABIS USE INFORMATION SESSION

Organised by the Ana Liffey Drug Project, this information session will focus on the issues associated with high strength cannabis and other drug use, and the range of supports available to those under 18 years and their families.

Venue: SUB Project, Connaught Street, Birr, Co. Offaly
Time: 2pm
Audience: Under 18's, guardians, family and relevant staff
Further Info: Caroline McDermott, Project Worker tel: 085 7519858 email: caroline.mcdermott@aldp.ie

FRIDAY 13TH NOVEMBER

■ SPORT AND WELLBEING SEMINAR – DON'T BE A DOPE

Athlone Institute of Technology (AIT) in association with the MRDATF, The Irish Sports Council (ISC) and the GAA will be hosting a seminar which will focus on the use of supplements and alcohol in sport.

Ms. Rachel Maguire, Anti-Doping Education and Research Executive from the ISC will give an overview of the anti-doping functions of the ISC Anti-Doping Unit. Presentation to include detail on what happens in a drug test, the prohibited list, doping in society and the risks associated with supplement use.

Ms. Stacey Cannon, Health and Wellbeing Coordinator, GAA will present an overview of the facts and myths about alcohol, explore alcohol usage particularly with regard to sport and highlight the effect of alcohol on sporting performance. The presentation will also explore the relations between nutrition, alcohol, hydration and wellbeing and give tips on how to reach your full sporting potential.

Venue: AIT – Room F2705 (Upstairs in the HTL building)
Time: 11am -1pm
Audience: Campus community and those working in the area of sport
Further Info: Anne Cooney tel: 090 6468122 email: acooney@ait.ie

■ EASA POSTER LAUNCH AND COFFEE MORNING

The Edenderry Addressing Substance Abuse (EASA) Network will launch an updated service information poster as part of an information sharing coffee morning for network members and relevant service providers. The aim of the event is to increase awareness of the work of the network, facilitate knowledge sharing and secure further opportunities for integrated working between local service providers.

Venue: Barnardos, Edenderry Business Park, St Mary's Road, Edenderry, Co. Offaly
Time: 10am –12pm
Audience: Network members and local service providers
Further Info: Clodagh Carroll tel: 046 9732463 email: Clodagh.Carroll@barnardos.ie

■ FIVE STEPS TO SAFER NIGHTS – KEYRING COMPETITION

As part of Drug and Alcohol Awareness Week, Youthreach Birr/Banagher are organising a keyring competition with students with the theme of 'five steps to safer nights'. The best five pieces of advice will be picked and a keyring developed for all students to keep as a reminder of how to keep themselves safe at all times. Prizes will be given to winning entries.

Venue: Youthreach, St Rynaghs College of Further Education, Main Street, Banagher, Co. Offaly
Time: 10am
Audience: Staff, students and Sub Project Workers
Further Info: Ms. Celina Casey, Coordinator Youthreach Birr/Banagher tel: 085 8773755
email: youthreachbirr@eircom.net

■ ART EXHIBITION - EXPRESSION THROUGH ART

Midland Regional Youth Services will host an interactive arts competition. The aim of the exhibition is to allow participants to express their opinion of the effects of drugs and alcohol use based on their personal experiences and perspective. The exhibition aims to highlight the positive and negative attitudes associated with substance misuse. Those attending will be invited to use comment cards to give feedback.

Venue: Grange Resource Centre, Riverside Community Centre Dalton Park and Ennell Court Community Centre, Mullingar, Co Westmeath
Time: 6-8pm
Audience: Young People aged 10-15 years
Further Info: Christopher Barr, Youth Health Worker tel: 087 6459468
email: christopher.barr@mrys.org



SATURDAY 14TH NOVEMBER

LEAVE YOUR PRINT

An afternoon music event organised by a group of young women from the Attic Youth Café and Longford Comhairle na Nóg for their peers aged 12-18 years. This event aims to encourage young people to attend an afternoon music event at the Attic Teen House where they will be able to listen to their peers perform live music and socialise in a safe drug free environment.

Attendees will also participate in an event, *Leave your print* where they will write positive messages and leave their hand print outlining reasons to remain drug and alcohol free, on the exterior walls of the Attic Teen House. Information on the risks associated with substance use will be created by the organising group and displayed in the Café.

Venue: The Attic House, Ballinalee Road, Longford
Time: 2-5pm
Audience: Young people aged 12-18 years
Further Info: Theresa Connell, Project Worker tel: 086 7811535
email: theresa.connell@foroige.ie

