



Connecting for Life
Mid West



Connecting for Life Mid West: Connecting with Training

Introduction

In April 2017 after the launch of Connecting for Life Mid West: Action Plan for Suicide Prevention 2017- 2020, HSE Health Promotion and Improvement invited a number of services who provide mental health promotion in the area, to work together to form a Mental Health Promotion working group in the Mid West.

Our purpose is

- To co-ordinate a shared understanding of Mental Health Promotion
- To meet the mental health promotion needs of people living and working in the Mid West while maximising limited resources
- To fulfil the mental health promotion actions of the Connecting for Life Mid West : Action Plan for Suicide Prevention
- To work in partnership to ensure consistency, quality (evidence based/ informed) and strong population reach in programme delivery

'Connecting with Training' was developed on the premise that protecting and promoting mental health is everyone's responsibility and an integral part of who we are. Our mental health determines and influences every aspect of our lives, how we view ourselves, our relationships, how we work, live and play.

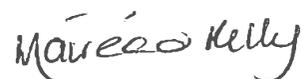
The content includes a variety of evidence based or evidence informed workshops and courses from a wide range of providers from statutory, community and voluntary sectors across Limerick, Clare and North Tipperary. The majority of the courses included are free or low cost.

All workshops and courses in the booklet are presented with a brief outline and information on the providers to help us either to book the workshop of your choice by clicking on the hyperlink provided or by calling the phone number and talking directly with the provider.

The booklet is designed to support or to start our own mental health promotion journey with a 40 minute workshop right through to an academic qualification. Alternatively you may want to select a stand-alone workshop that meets your individual or your community's need.

The **CfL MW Connecting with Training – Booklet** can be easily shared with friends, family or colleagues and service users by sharing the link on www.connectingforlifemidwest.ie

The Mental Health Promotion Subgroup is conscious of the need to keep training booklets up to date and we are committed to updating and refreshing the content regularly. If you are a provider of evidence based mental health promotion programmes here in Limerick, Clare and North Tipperary and wish to submit a workshop for inclusion please see **CfL MW Connecting with Training – Application Form** www.connectingforlifemidwest.ie



Máiréad Kelly,
Chair of Group,
Mental Health Promotion Sub-Group
Health Promotion and Improvement Mid-West

DISCLAIMER: The content of this booklet was correct at the time of publication.

Foreword

Connecting for Life Mid West: 'Connecting with Training' clearly articulates the breadth of Mental Health Promotion Programmes that are available for the population of Clare, Limerick and North Tipperary. It highlights the importance for everyone to protect our own Mental Health and that of our communities, remembering that 'mental health is everyone's responsibility'. This publication sets out detail on how training for your area can be accessed free or at a low cost. A focus on mental health promotion has been a consistent feature of health services, statutory and voluntary partners in the Mid-West for many years. The development of *Connecting for Life Mid West, Strategic Action Plan for Suicide Prevention, the Health and Wellbeing Strategic Plan for HSE Mid West Community Healthcare* and the recent launch of Healthy County plans for Clare and Tipperary has renewed the energy for mental health promotion across a range of providers.

This booklet clearly shows the investment in and commitment to Mental Health promotion from a diverse range of providers including statutory, voluntary and community sectors and it provides essential information for the general public on the availability of local training opportunities.

A need for co-ordination and a shared understanding for the delivery of Mental Health Programmes in the Mid West was identified. Ms. Bedelia Collins, Senior Health Promotion Officer established the Connecting for Life Mid West Mental Health Promotion Subgroup, who developed this on-line booklet ensuring its ease of availability and adaptability over time.

I would like to thank the subgroup for undertaking this innovative work and acknowledge the partnership approach that demonstrates we are all taking a "Step in the Right Direction -Building Connections and Delivering Together".

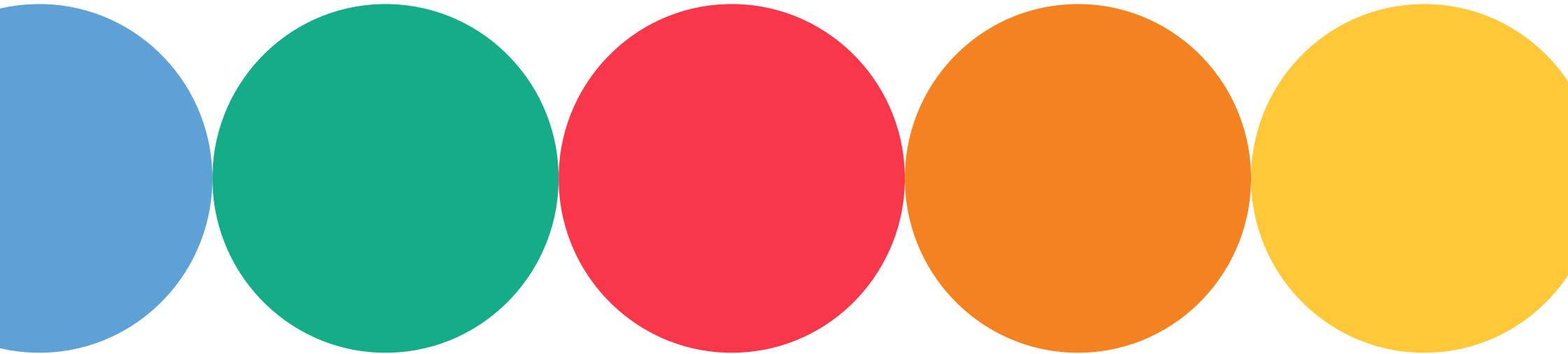


Maria Bridgeman.

Maria Bridgeman,
Head of HSE Health & Wellbeing Services,
HSE Mid West Community Healthcare.

Short Courses

4 hours or less



Short Courses 4 hours or less

Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
40 minutes	It's Time To Start Talking	Aims to encourage young people to talk with someone they trust when feeling stressed worried or down.	13 - 17 year olds	Free	Limerick	 <p>Young people's health in mind Phone: 061 974510 or Email limerick@jigsaw.ie</p>
1 hour	5 -A- Day For Mental Health	Aims to provide strategies necessary to build and take care of your own mental health.	17 - 25 year olds in 3 rd level educational settings	Free	Limerick	 <p>Young people's health in mind Phone: 061 974510 or Email limerick@jigsaw.ie</p>
1 hour	One Good Coach	Presentation that aims to promote an understanding of mental health.	Adults who coach or train any sports with young people	Free	Limerick	 <p>Young people's health in mind Phone: 061 974510 or Email limerick@jigsaw.ie</p>



Short Courses 4 hours or less

Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
1 hour	Self-Care for One Good Adult	Workshop which provides understanding and skills to help.	Adults who work or volunteer with young people in their community	Free	Limerick	JIGSAW LIMERICK Young people's health in mind Phone: 061 974510 or Email limerick@jigsaw.ie
1 hour	Supporting Young People's Mental Health	Workshop will provide an understanding of the key issues impacting on the mental health and wellbeing of young people.	Parents /guardians and other adults interested or concerned about young people's mental health	Free	Limerick	JIGSAW LIMERICK Young people's health in mind Phone: 061 974510 or Email limerick@jigsaw.ie
2 hours	My Mental Health What Helps	Interactive workshop that aims to promote an understanding of mental health.	16 - 25 year olds engaged in informal and community settings	Free	Limerick	JIGSAW LIMERICK Young people's health in mind Phone: 061 974510 or Email limerick@jigsaw.ie



Short Courses 4 hours or less

Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
2 hour, 4 hour or full day workshops available	Mental Health & Wellbeing Workshops & Courses	Advice and training on supporting your mental health.	Any person or group within a community	Cost for most of these courses is minimal or is subject to budget.	Limerick	 <p>3 Sexton Street Limerick Phone: 087 2485742/ 061 446786or Email: info@limerickmentalhealth.ie www.limerickmentalhealth.ie</p>
2 hours	Cyber-safety Talk	Aims to equip participants with practical tools to stay safe online.	Secondary students or it can also be tailored for parents	Free	Limerick	 <p>Maurice Walsh Phone : 086 8239000 Website: www.limerickyouthservice.com</p>
2 hours	Five Ways to Wellbeing Workshop	Workshop will equip participants with the knowledge required to understand and implement actions to support their own mental health and wellbeing.	Over 18 years, community groups and workplaces	Free to community groups €250 for workplace groups	Limerick, Clare, North Tipperary	 <p>Phone: 01 2841166 or Email: training@mentalhealthireland.ie www.mentalhealthireland.ie</p> <p>Mid West Development Officer John Mc Elhinney Phone: 085 8768522</p>

Short Courses 4 hours or less

Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
4 hours	Mental Health and Wellbeing Workshop (Community Settings)	Workshop will equip participants with the knowledge and understanding necessary to foster and enhance mental health and wellbeing.	Over 18 years & community groups, maximum number for groups is 25	Free to community groups	Limerick, Clare, North Tipperary	 Mental Health Ireland Phone: 01 2841166 or Email: training@mentalhealthireland.ie www.mentalhealthireland.ie Mid West Development Officer John Mc Elhinney Phone: 085 8768522
4 hours	Mental Health and Wellbeing Workshop for Managers	This interactive workshop for managers will equip participants with the knowledge and understanding necessary to foster and enhance mental health and wellbeing in the workplace.	Workplace managers, maximum number for groups is 25	€500	Limerick, Clare, North Tipperary	 Mental Health Ireland Phone: 01 2841166 or Email: training@mentalhealthireland.ie www.mentalhealthireland.ie Mid West Development Officer John Mc Elhinney Phone: 085 8768522

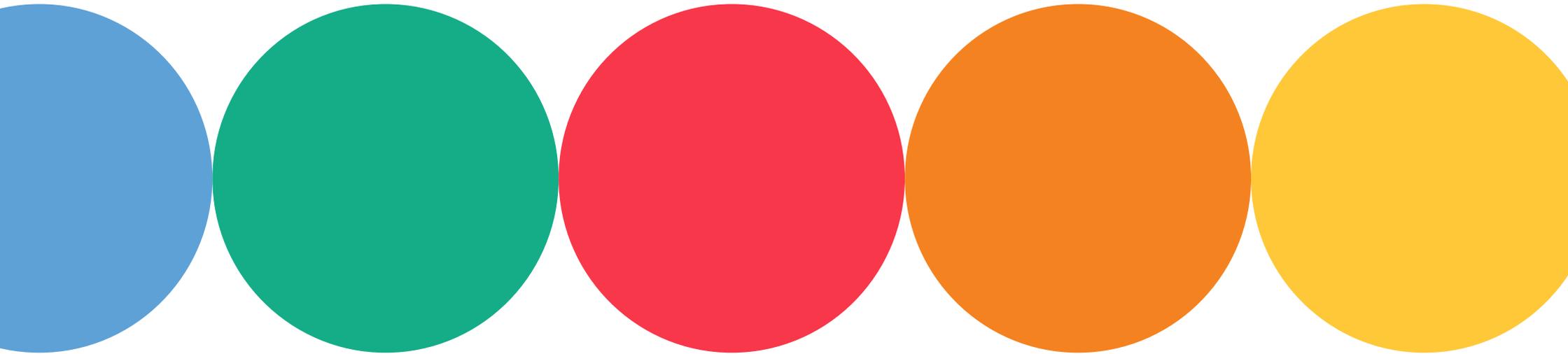


Short Courses 4 hours or less

Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
4 hours	Mental Health and Wellbeing Workshop for Employees	This interactive workshop for employees will equip participants with the knowledge and understanding necessary to foster and enhance mental health and wellbeing in the workplace.	Workplace employees, maximum number for groups is 25	€500	Limerick, Clare, North Tipperary	 Mental Health Ireland Phone: 01 2841166 or Email: training@mentalhealthireland.ie www.mentalhealthireland.ie Mid West Development Officer John Mc Elhinney Phone: 085 8768522
4 hours	safeTALK	Alertness training which prepares anyone, regardless of prior experience or training, to become a suicide-alert helper.	Everyone 18 years + who has not been recently bereaved by suicide.	Free	Limerick, Clare, North Tipperary	 Rose Kennedy Office for Suicide Prevention St. Joseph's Health Campus Mulgrave St., Limerick Phone: 061 461454 Email: rose.kennedy@hse.ie

Day Courses

1 day or more



Day Courses 1 day or more

Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
1 day workshops available	Peer Support, Volunteer Advice and Training	Advice and training on Peer Support.	Projects that work on peer support in the community or anyone interested in peer support	Cost for most of these courses is minimal or is subject to budget	Limerick	 <p>3 Sexton Street Limerick Phone: 087 2485742/ 061 446786 or Email: info@limerickmentalhealth.ie www.limerickmentalhealth.ie</p>
Full day	Understanding Youth Mental Health	This interactive workshop will give participants a deeper understanding of mental health and the factors that influence its development.	For those who work with or volunteer with young people	Free	Limerick	 <p>Young people's health in mind</p> <p>Phone: 061 974510 or Email limerick@jigsaw.ie</p>
Full day	Minding Youth Mental Health	Follow on from Understanding Youth Mental Health which gives participants a greater understanding of upstream and downstream approaches to youth mental health.	For those who work with or volunteer with young people	Free	Limerick	 <p>Young people's health in mind</p> <p>Phone: 061 974510 or Email limerick@jigsaw.ie</p>



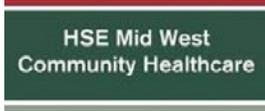
Seirbhís Sláinte Níos Fearr á Forbairt
Building a Better Health Service

Day Courses 1 day or more

Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
Full Day	Introduction to Youth Mental Health	To increase community awareness and understanding of Youth Mental Health and strengthen the knowledge and confidence of people who work with or volunteer with young people.	People who work with or volunteer with young people	Free	Clare & North Tipperary	 <p>Parkview House, Pery Street, Limerick. Phone: 061 483218 Email: vivien.kennelly@hse.ie</p>
Full day	Zippy's Friends	To teach 5 – 7 year olds of all abilities how to cope with everyday difficulties, to identify & talk about their feelings & to explore ways of dealing with them. It also encourages children to help other people with their problems.	Primary School Teachers who teach 5 – 7 year olds	Free (substitution cover is available for a maximum of two teachers per school)	Limerick, Clare, North Tipperary	 <p>Parkview House, Pery Street, Limerick. Phone: 061 483218 Email: vivien.kennelly@hse.ie</p>
Full Day	MindOut Mental Health Promotion Programme	To promote positive mental health in young people in post-primary schools.	Secondary School Teachers and Youthreach Staff teaching Senior Cycle students	Free (substitution cover is available for a maximum of two teachers per school)	Limerick, Clare, North Tipperary	 <p>Parkview House, Pery Street, Limerick. Phone: 061 483218 Email: vivien.kennelly@hse.ie</p>



Day Courses 1 day or more

Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
Full Day	Mind Your Wellbeing Programme	To support staff to care for their own mental wellbeing & to promote positive mental health in their workplace setting.	HSE Staff & Connecting for Life Mid West Partners	Free	Limerick, Clare, North Tipperary	 <p>Parkview House, Pery Street, Limerick. Phone: 061 483218 Email: vivien.kennelly@hse.ie</p>
Full Day	Movin' on Up Transition Programme	Delivered in partnership with secondary schools aimed at helping students transition from primary to secondary school.	6th class students, Primary School	Programmes have a minimal cost which is negotiable	Limerick	 <p>Maurice Walsh Phone : 086 8239000 Website: www.limerickyouthservice.com</p>
Full Day	Understanding Self-Harm	Interactive awareness training which aims to develop participants' knowledge and understanding of self-harm e.g. self-cutting and the reasons underlying self-harm behaviour.	Suitable for anyone over 18 years who supports, works with or are likely to encounter individuals who engage in self-harming behaviour.	Free	Limerick, Clare, North Tipperary	 <p>Rose Kennedy Office for Suicide Prevention St. Joseph's Health Campus Mulgrave St., Limerick Phone: 061 461454 Email: rose.kennedy@hse.ie</p>

Day Courses 1 day or more

Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
2 Days	ASIST	2 day intensive and interactive workshop, participants learn and practice intervention skills while helping to prevent the immediate risk of suicide and increasing the support for a person at risk.	Suitable for formal and informal caregivers who are over 18 years of age from health workers, Gardai and teachers to those supporting family, friends and co-workers. It is recommended that participants allow at least two years before attending ASIST if they have been bereaved by suicide	Free	Limerick, Clare, North Tipperary	 <p>Rose Kennedy Office for Suicide Prevention St. Joseph's Health Campus Mulgrave St., Limerick Phone: 061 461454 Email: rose.kennedy@hse.ie</p>

2 days (12-hour course)	Mental Health First Aid	An internationally recognised, evidence based course that teaches people how to recognise when someone is experiencing a mental health problem and how to help and signpost to appropriate supports and services if required.	Adults	Free	Limerick, Clare North Tipperary	 <p>Phone: 061 333600 Email: info@limericksports.ie Website: www.limericksports.ie Contact Ciara or Liam for information.</p>
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Day Courses 1 day or more

Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
1 - 3 days, depending on the needs of the client/group	Narrative 4 Story Exchange Facilitator Training	Narrative 4 works to equip young people to use their stories to build emotional resilience, explore empathy, shatter stereotypes, break down barriers and ultimately make the world a better place. This training supports educators and youth leaders to run the Narrative 4 story-exchange programme in their community.	Schools and organisations working with young people	Cost dependent on nature of training	Limerick, Clare , North Tipperary	 <p>NARRATIVE 4 Share Today. Change Tomorrow.</p> <p>58 O'Connell Street, Limerick Phone: 061 315656 Email: info@narrative4.ie</p>
6 Days of 6 workshops (run either across consecutive days, weeks or months)	The Ease Project	Preventative interventions aimed at building understanding, resilience and regulation techniques around anxiety and other mental health issues. The programme uses music and creative arts as tools for engagement and retention.	Primarily targets teenagers, but can also adapt for adult participants	Free to participants, although there is a contribution paid by the school or other host organisation	Limerick, Clare & Tipperary	 <p>EASE</p> <p>Email : office@easeproject.ie Website: www.easeproject.ie</p>



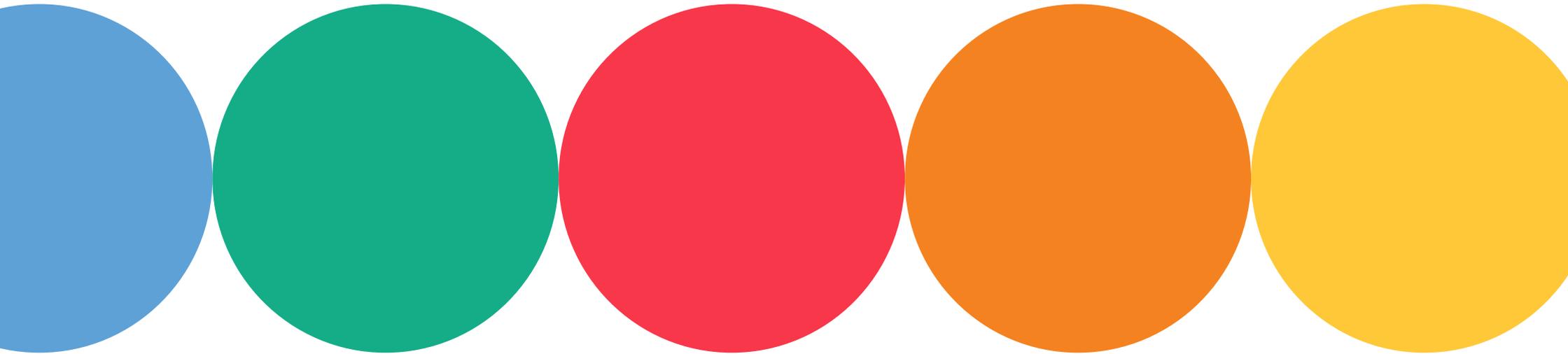
Day Courses 1 day or more

Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
Courses vary from 1- 8 sessions of various durations (all requests considered)	Drug Awareness	Familiarisation of groups with alcohol and drug issues relevant to their area. To inform them about service and help options.	Parents, community, workplaces, sports clubs, schools & universities	Free	Limerick, Clare, North Tipperary	 <p> North Tipperary : Nina Smyth, Phone: 067 46512 Limerick : Sancha Power, Phone: 061 318633 Clare: Anna O'Neill, Phone: 065 6865852 </p>
		Specific needs are explored with the requesting group. Includes mental health impact of substance use.				



Weekly Courses

various times



Weekly Courses various times

Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
Programmes vary	Older Adults Programmes	An extensive range of activities including Swim Lessons , Aqua Aerobics, Group and Community Talks, Go for Life Games , PAL's Workshops and much more.	People over 55 years	Cost subsidised and kept to a minimum	Limerick City and County	 <p>Phone: 061 333600 Email: info@limericksports.ie Website: www.limericksports.ie Contact Ciara or Liam for information.</p>
One hour per week	Older Adults Physical Activity	To increase levels of health enhancing physical activity amongst older adults.	Older adults 50+	€5	Clare	 <p>Clare Sports Partnership Phone: 065 6865434 Website www.claresports.ie</p>
2 workshops, delivered over two weeks in succession, 1st week parent only, 2nd week parent/guardian and student	“Let’s Learn about Drugs and Alcohol Together” Programme	Afterschool programme allows parents and young people to learn more about drugs and raise alcohol awareness.	2nd year post - primary parents and students	Free	Limerick, Clare and North Tipperary	 <p>Sancha Power, Corporate House, Mungret Street, Limerick City. Phone: 087 1927127 Email: sancha.power@hse.ie Website: www.lladat.ie</p>

Weekly Courses various times

Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
Run over 4 weeks in 1 hour sessions	Snow White & The Seven Mental Health Helpers	A Peer led Mental Health Awareness workshop, understanding what mental health is and the importance of talking to someone about what is troubling them.	5th & 6th Class Students	Organisers invite schools to pay a donation	North Tipperary	 <p>Youth Work Ireland Tipperary Phone: 0504 23426 or website: www.youthworktipperary.ie</p>
4 weeks, 2.5 hours sessions each week	SHEP Personal Development – Connecting with yourself through songs and music	Experiential, non-academic course in a small group. Build self-confidence, look at our ways of relating to others in a safe friendly and enjoyable environment.	Adults	Free or minimal cost	Limerick, Clare North Tipperary	 <p>Anita O'Shea Phone: 086 1451408 or email: Anita.oshea@socialandhealth.com</p>
Run over 6 weeks in 2 hour sessions	Sports Talk	An initiative combining taster sessions in a number of different sports with facilitated group workshops on topics such as Bullying, Suicide Awareness, Stress and Anxiety.	16 - 25 year olds	Free	Limerick City and County	 <p>Phone: 061 333600 Email: info@limericksports.ie Website: www.limericksports.ie Contact Ciara or Liam for information.</p>



Weekly Courses various times

Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
6 week programme or a training residential	Involvement Training	Aims at developing youth leadership skills.	For young people aged 15 - 18 years	Programmes have a minimal cost which is negotiable	Limerick	 <p>Maurice Walsh Phone: 086 8239000 Website: www.limerickyouthservice.com</p>
8 week programme	Youth identity programme	Aimed at exploring identity whilst also increasing confidence and self-esteem.	For girls aged 15 - 18 years	Programmes have a minimal cost which is negotiable	Limerick	 <p>Maurice Walsh Phone: 086 8239000 Website: www.limerickyouthservice.com</p>

Weekly Courses various times

Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
<p>8 weeks for 2/3 hours or 2-3 full days</p> <p>Can be adapted to meet the needs of the group</p>	<p>Wellness Recovery Action Plan® or WRAP®</p>	<p>Wellness Recovery Action Plan® is an evidenced based programme for persons living with mental health difficulties or illness. To learn self-manage our mental/physical health through experiential learning on an evidence-based programme.</p>	<p>The programme can be adapted to suit any target group's needs</p>	<p>Minimum to cover transport</p>	<p>North Tipperary</p>	 <p>Phone: 0504 23426 or website: www.youthworktipperary.ie</p>
			<p>Persons living with mental health illness and/or have difficulty coping and their supporters</p>	<p>Cost for most of these courses is minimal or is subject to budget.</p>	<p>Limerick</p>	 <p>3 Sexton Street Limerick Phone: 087 2485742 / 061 446786 Email: info@limerickmentalhealth.ie www.limerickmentalhealth.ie</p>
			<p>Community Groups/ Special Interest Groups (maximum 16)</p>	<p>Free</p>	<p>Limerick urban area</p>	 <p>PAUL PARTNERSHIP LIMERICK <i>Turning the tide of unemployment</i> <i>Ag túsáil tuaidle na dífhostalochta</i> PÁIRTÍOCHT PAUL LUIMNEACH Michelle Hannan, PAUL Partnership Phone: 061 419388</p>

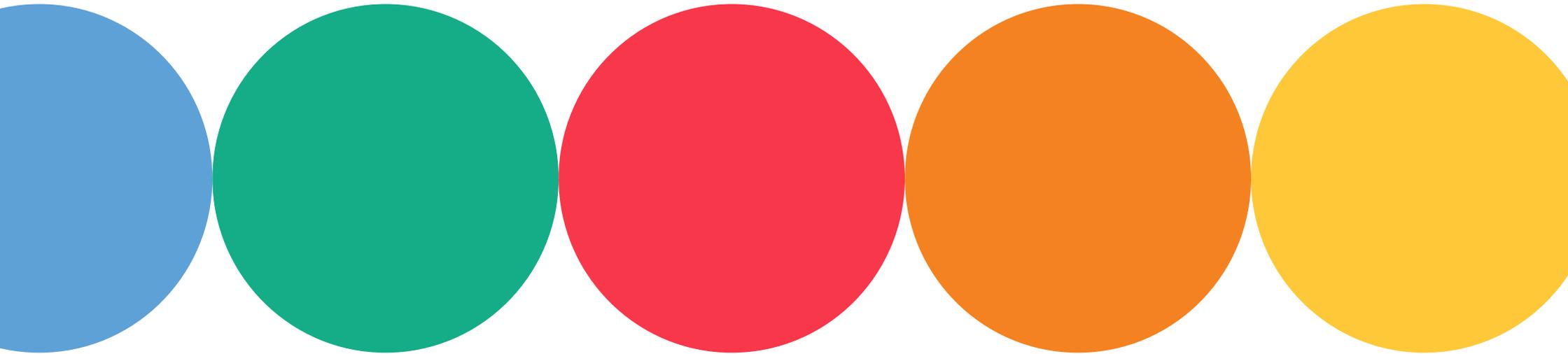
Weekly Courses various times

Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
8 weeks (8 modules; each approx. 2hrs in duration)	Fit for Work & Life	Aims to increase participant's knowledge and competence to live a healthy life and to use these skills in the context of their family, working life and communities.	Adults	Free	Limerick	 <p>Phone: 061 333600 Email: info@limericksports.ie Website: www.limericksports.ie Contact Ciara or Liam for information.</p>
8 modules run over the summer	Ways to Wellbeing	To offer young people the opportunity to promote & protect their mental health over the summer holidays, using the 5 Ways to Wellbeing – Give, Be Active, Keep Learning, Connect, Take Notice.	12 - 18 year olds	Minimal dependent on activities chosen	North Tipperary	 <p>Phone: 0504 23426 or website: www.youthworktipperary.ie</p>

Weekly Courses various times

Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
8 weeks, 2.5 hours sessions each week	SHEP Introduction to Personal Development	Experiential, non-academic course in a small group. Build self-confidence and discover more about self and relating to others.	Adults	Free or minimal cost	Limerick , Clare North Tipperary	 <p>Anita O'Shea Phone: 086 1451408 Email: Anita.oshea@socialandhealth.com</p>
8 weeks, 2.5 hours sessions each week	SHEP Effective Communication for Better Relationships	Experiential, non-academic course in a small group. Recognising our patterns and types of communication, saying "No" & exploring feelings.	Adults	Free or minimal cost	Limerick , Clare North Tipperary	 <p>Anita O'Shea Phone: 086 1451408 Email: Anita.oshea@socialandhealth.com</p>

Longer Courses



Longer Courses

Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
12 week Programme	Men on the Move: the best MOVE you will ever make	Aim is to increase the level of physical activity amongst men over 30.	Men aged 30+ who want to get back into physical activity in a fun social setting	€25 for 6 weeks	Different locations in Limerick City and County	 <p>Phone: 061 333600 Email: info@limericksports.ie Website: www.limericksports.ie Contact Ciara or Liam for information.</p>
			Men aged 35 +	Free for the first 12 weeks	Clare	 <p>Clare Sports Partnership Phone: 065 6865434 Website www.claresports.ie</p>
20 week programme	Boxing Clever	Educational substance use recovery and fitness programme that aims to support participants to develop more resilient identities , while encouraging educational achievement , physical wellness and reduction in harmful or risky behaviours.	For people who are in recovery from drug and alcohol misuse	Free	Limerick	 <p>Phone: 061 333600 Email: info@limericksports.ie Website: www.limericksports.ie Contact Ciara or Liam for information.</p>

Longer Courses

Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
Courses vary	Mid West Advancing Recovery in Ireland Education Service (ARIES)	An inspirational and inclusive educational programme on recovery and wellbeing.	Anyone aged 18years + with an interest in mental health and recovery	Free	Limerick, Clare, North Tipperary	 <p>Eileen Cunningham (Education, Training and Development Officer) Phone: 085 8589546 or Email eileen.cunningham4@hse.ie Mike O'Neill (Peer Education, Training and Development Officer) Phone: 085 8768517 or Email michael.oneill8@hse.ie www.hse.ie/mwaries</p>
9 months, 2.5 hours each week plus 7 full days over weekends	SHEP Foundation in Personal Development	<p>Experiential, non-academic course in a small group of 16 participants.</p> <p>Take a journey of self-discovery, explore life choices and learn to accept yourself and others.</p>	Adults	€790, concessionary fee €250, with a limited number of fully funded courses (less deposit €50) Fees may be paid by instalment over duration of course.	Limerick City	 <p>Anita O'Shea Phone: 086 1451408 Email: Anita.oshea@socialandhealth.com</p>

Longer Courses

Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
<p>One academic year. Every Weds morning, with one full day per month (also Weds), from October to May</p>	<p>Certificate in Addiction Studies, (Limerick venue)</p>	<p>To give an overview of key theoretical frameworks, contemporary issues in Ireland and develop basic helping and intervention skills. NUI Maynooth, Level 7.</p>	<p>Staff and volunteers of addiction, health, education, justice and other related areas where substance use issues arise. Those with personal experience of addiction must be 2 years in recovery</p>	<p>€500 (subsidies available)</p>	<p>Midwest</p>	 <p>Anna O'Neill, Course Organiser & Tutor; Phone: 065 6865852</p> <p>Nina Smyth, Tutor Phone: 067 46512</p> <p>Sharon Lavery, Course Secretary, Phone: 065 6865852</p>
<p>One academic Year, Sept – May, (Tuesday evenings and every 2nd Saturday)</p>	<p>Level 7 Diploma Drug & Alcohol Studies</p>	<p>The course aims to build personal and professional growth of individuals working in community, voluntary, statutory and non-statutory organisations who are actively engaged in responding to drug and alcohol issues, across the spectrum from prevention and education to treatment and rehabilitation. University of Limerick.</p>	<p>Individuals actively engaged in management of drug and alcohol misuse and dependency or those working with at risk groups e.g. health professionals, social care professionals, teachers, prison officers, Gardaí, probation officers and community workers among others</p>	<p>€1675 (Fee for AY19/20)</p>	<p>Midwest</p>	 <p>Email: sancha.power@ul.ie Website: www.ul.ie/cpe/node/207</p>