

# Health Improvement Services Training Brochure

**Clackmannanshire & Stirling  
Health & Social Care Partnership**



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## Introduction

Welcome to the Clackmannanshire and Stirling HSCP Health Improvement training programme.

This brochure provides information on a range of learning opportunities across key national and local priorities that will support you and your workforce to improve the health and wellbeing of individuals and communities in your area.



A number of e-learning opportunities from NES Education Scotland (TURAS) and Public Health Scotland (Learning Zone) are also promoted in this brochure.

Key strategic priorities for the Health Improvement Service team include prevention and early intervention, reducing health inequalities, and improving health outcomes. The training and learning opportunities we offer directly support these priorities.

We will continue to work closely with partners, trainers, and participants to ensure that our learning and development opportunities remain accessible and are delivered to the highest standards.

For further information or questions regarding specific programmes, please email: [fv.clacksandstirlinghitraining@nhs.scot](mailto:fv.clacksandstirlinghitraining@nhs.scot)

**Health Improvement Services**  
Clackmannanshire and Stirling HSCP

## RESOURCES: Health Information Resources



The service provides people who live and work in Forth Valley area with access to health information resources in a range of formats.

**Registration:** Please click this [link](#) and follow the on-screen instructions.

**Booking and Ordering:** Once registered, bookings and orders are done on [HPAC](#).

**Services we provide:**

- leaflets and posters (some are available to download and print)
- condoms and lubricants
- borrowable resources: books, kits, and banners.

**E-mail:** [fv.hirs-group-mailbox@nhs.scot](mailto:fv.hirs-group-mailbox@nhs.scot)



## IHDEP: Improving Health: Developing Effective Practice (IH:DEP)

(PHSKFramework A1.2, A2.1, A2.3, A4.5, A4.6, B2.4, and C1.1)



IH:DEP is a **blended** 1-week online or 4-week face-to-face onsite learning course options designed to enable Forth Valley health workforce increase their confidence in improving health and tackling health inequalities by providing a framework which will guide and encourage the development of effective and reflective practice.

**Learning outcomes:** Participants will understand the concept of health, health inequalities and determinants of health, health policy and social context, skills and tools for promoting health with individuals and communities, planning and evaluation in health projects, partnership working in practice, health improvement skills and competences, and use reflective practice as a professional.

**Registration:** Training is delivered **2 times** in a year. Please click this [link](#) and follow the on-screen instructions.



## DRUGS & SUBSTANCE USE: Naloxone Training for Trainers (T4T) (PHSKFramework A2, A5, C2)



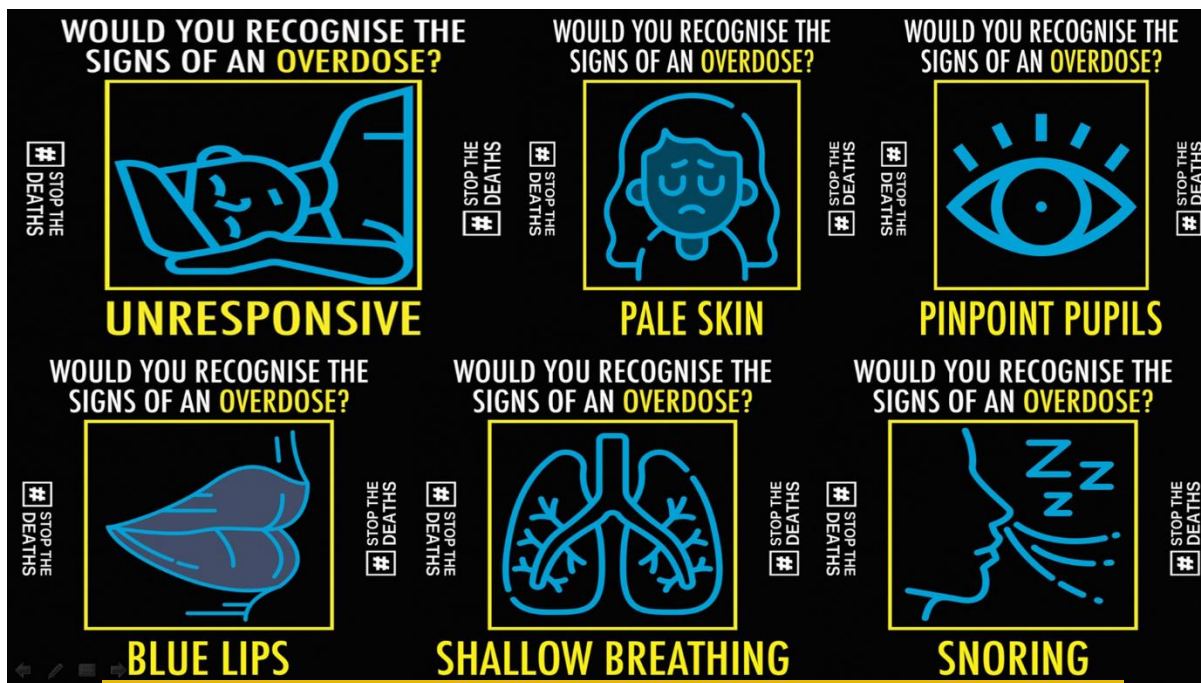
Naloxone Training for Trainers is a **face-to-face onsite** learning course designed to equip Forth Valley workforce and volunteers with the knowledge, skills and confidence to initiate a conversation about Naloxone and to deliver Naloxone training to others..

**Learning outcomes:** Participants will be aware of the nature & extent of drug overdose in Scotland, recognise their role in preventing drug related deaths, identify the most common drugs involved in an overdose and the main causes of an overdose, recognise the signs and symptoms of an overdose. They will be able to highlight effective interventions – busting myths, understand the role of Naloxone and Basic Life Saving Skills, and be able to deliver Naloxone Training to others.

**Registration:** Training is delivered **on-demand** given enough participants. Please click this [link](#) and follow the on-screen instructions.



## DRUGS & SUBSTANCE USE: Overdose Awareness and Naloxone (PHSKFramework A2, A5, C2)



### Overdose Awareness and Naloxone Training

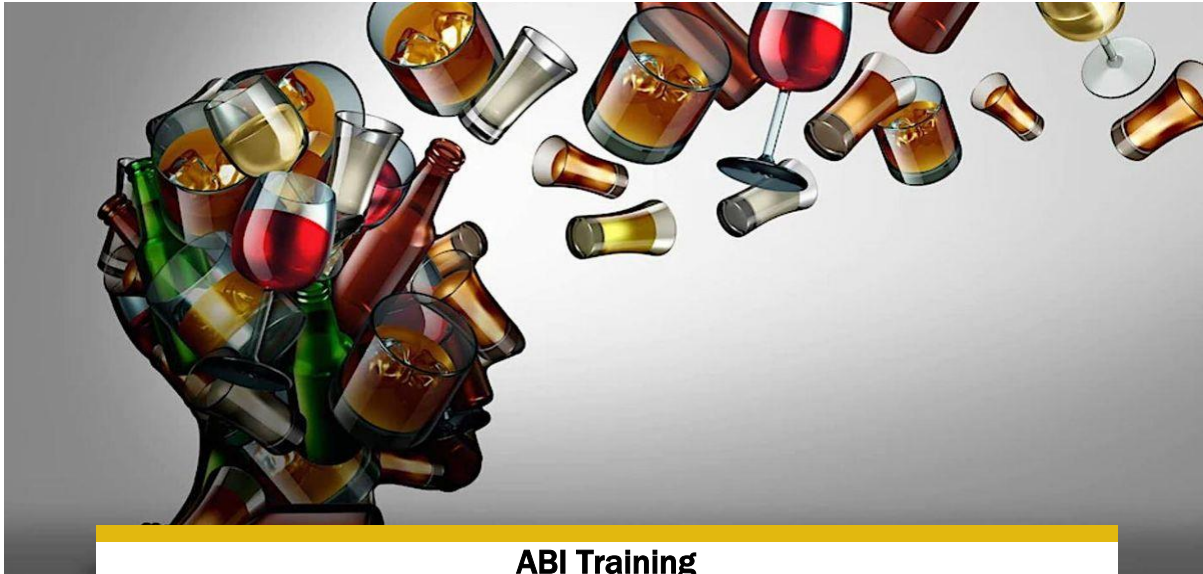
Overdose Awareness and Naloxone Training is a **face-to-face onsite** learning course designed to equip Forth Valley workforce and volunteers with the knowledge, skills and confidence in what to do in an overdose situation.

**Learning outcomes:** Participants will be aware of the nature & extent of drug overdose in Scotland, recognise their role in preventing drug related deaths, identify the most common drugs involved in an overdose and the main causes of an overdose, recognise the signs and symptoms of an overdose. They will be able to highlight effective interventions – busting myths, understand the role of Naloxone and Basic Life Saving Skills.

**Registration:** Training is delivered **on-demand** given sufficient number of participants. Please click this [link](#) and follow the on-screen instructions.



## ALCOHOL: Alcohol Brief Intervention (ABI) (PHSKFramework A2, A5, C2)



### ABI Training

Alcohol Brief Intervention is an e-learning ([TURAS](#)) and an **online and onsite** learning course designed to equip Forth Valley workforce with the knowledge, skills, and confidence to initiate a conversation about alcohol and to deliver alcohol brief interventions.

**Learning outcomes:** Participants will be able to understand what a brief intervention is; explore the evidence base and policy background for ABI; examine the attitudes to alcohol and how those attitudes impact on practice; explore the obstacles to the implementation of ABI and barriers resolution; recognise good practice and key skills for effectively delivering and evaluating a brief intervention; understand units measurements, guidelines, and common terms; utilise screening tools to accurately assess the health risks and giving appropriate feedback.

**Registration:** Training is delivered **on-demand**. Please click this [link](#) and follow the on-screen instructions.





## TOBACCO: Very Brief Advice (VBA) on Smoking (PHSKFramework A2, A5, C2)

# VBA

## Very Brief Advice on Smoking (VBA+)

### 30 seconds to save a life

#### VBA on Smoking

Very Brief Advice on Smoking is an **online and onsite** learning course designed to support the Forth Valley workforce in a wide range of settings with knowledge and skills required when having interactions with people who smoke.

**Learning outcomes:** Participants will be able to use the Very Brief Advice acronyms: Ask, Advise, and Act (AAA) in 30 seconds to support individuals who use their services; explain the purpose and benefits of VBA; reflect on your own role and be aware of the support and services available to help people to stop smoking.

**Registration:** Training is delivered **on-demand**. Please click this [link](#) and follow the on-screen instructions.



## TOBACCO: IMPACT of Smoking Cessation (PHSKFramework A2, A5, C2)

<p><b>20 minutes</b> Your increased heart rate will start to calm down</p> <p><b>8 hours</b> Your oxygen levels will start to recover</p> <p><b>48 hours</b> Your sense of taste and smell start to improve</p> <p><b>72 hours</b> You will notice it is easier to breathe</p>		<p><b>2 weeks</b> Your circulation will improve</p> <p><b>3 months</b> Your lung function increases by up to 10 per cent</p> <p><b>1 year</b> Your risk of heart attack will have halved</p> <p><b>10 years</b> Your risk of death from lung cancer will have halved</p>
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### IMPACT Training

IMPACT is an **online and onsite** learning course designed to provide guidance and skills to staff and volunteers in Forth Valley who are supporting people with mental health problems about the effects of smoking on mental health.

**Learning outcomes:** Participants will be able to understand the effect of smoking on mental health medications; confidently engage in discussions about smoking and mental health; provide information on vapes and local services available to help people stop smoking.

**Registration:** Training is delivered **on-demand** given sufficient number of participants. Please click this [link](#) and follow the on-screen instructions.



## TOBACCO: Cost of Smoking Training

(PHSKFramework A2, A5, C2)



Cost of Smoking training is an **online and face-to-face onsite** learning course designed to increase public awareness of the financial impact of tobacco and related products on individuals and households.

**Learning outcomes:** Participants will be able to increase their knowledge about the financial benefits of quitting smoking for the people they support, raise their confidence to start conversation on the issue of smoking with the people they support, and increased their awareness of where and how to signpost people to stop-smoking service support.

**Registration:** Training is delivered **on-demand** given sufficient number of participants. Please click this [link](#) and follow the on-screen instructions.



## **MENTAL HEALTH: Mentally Healthy Workplace Training for Managers/Supervisors** (PHSKFramework A2.5)



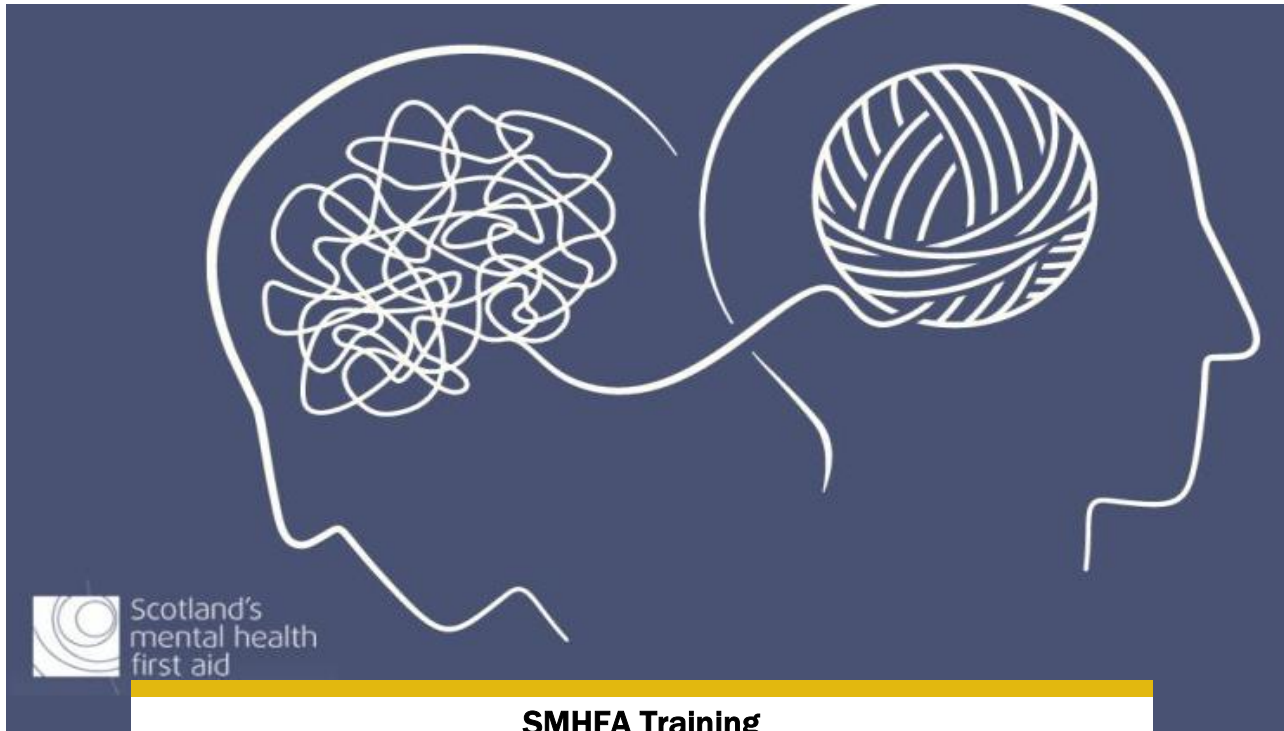
Mentally Healthy Workplace training is an **online** learning course designed to equip managers and supervisors in Forth Valley area to take forward work and practices that will provide a mentally healthy workplace and to initiate supportive conversations with colleagues about their mental health and wellbeing.

**Learning outcomes:** Participants will gain awareness of the differences between mental health and mental health problems, the impact of attitudes, values and culture on mental health in the workplace, what stress is, what can cause it and how it can be managed effectively, the legal implications of the Equality Act 2010 and other legislation on employees and employers, and an understanding of how to promote their own and other people's mental health at work.

**Registration:** Training is delivery **TBC**. Please click this [link](#) and follow the on-screen instructions.



## MENTAL HEALTH: Scotland's Mental Health First Aid (SMHFA) Training (PHSKFramework A2.6, A3.5, B2.5)



### SMHFA Training

SMHFA is a **face-to-face onsite** learning course designed to provide Clackmannanshire and Stirling participants and workforce with the knowledge and skills to identify, understand, and respond effectively to persons in distress.

**Learning outcomes:** Participants will be able to apply the 5 steps of SMHFA, respond if they believe someone is at risk of suicide, give immediate help until appropriate or professional help is available, know what to do in a crisis situation, know the importance of good listening skills, practice listening and responding, understand recovery from mental health problems, and learn about common mental health problems.

**Registration:** Training is delivered **6 times** in a year. Please click this [link](#) and follow the on-screen instructions.



## MENTAL HEALTH: Self-Harm Training (PHSKFramework A2.6, A3.5, B2.5)

A purple graphic with a white hand icon and a heart shape. The text 'Self-harm Alertness' is in white. Below it are four items with icons: 'Getting informed' (green circle with 'i'), 'Cycle of self harm' (orange triangle with exclamation mark), 'Coping Strategies' (red circle with shield), and 'Safe Plan' (green circle with checkmark). A yellow bar at the bottom contains the text 'Self-Harm Training' in black.

### Self-harm Alertness

- Getting informed
- Cycle of self harm
- Coping Strategies
- Safe Plan

#### Self-Harm Training

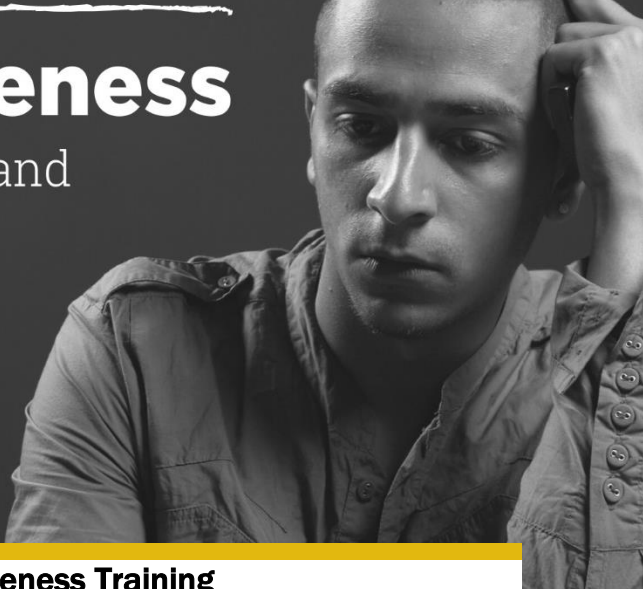
Self-Harm training is a **face-to-face onsite** learning course designed to increase Clackmannanshire and Stirling workforce and participant's knowledge, skills, and empathy to support people who self harm.

**Learning outcomes:** Participants will be able to promote good mental health and wellbeing; tackle mental health inequalities, stigma, and discrimination; support people in distress or crisis; promote resilience and recovery; prevent self-harm or suicide; improve the quality and length of life for people living with mental ill health.

**Registration:** Training is delivered **on-demand**. Please click this [link](#) and follow the on-screen instructions.








## MENTAL HEALTH: Suicide Awareness Training (PHSKFramework A2.6, A3.5, B2.5)



# Suicide Awareness

Learn more about suicide and what we can all do to help

-  Getting informed
-  Being Aware
-  Asking Directly
-  Listening Carefully
-  Building Support

### Suicide Awareness Training

Suicide Awareness training is a **face-to-face onsite** learning course designed to provide Clackmannanshire and Stirling workforce and participants with knowledge, basic skills, and awareness of suicide prevention.

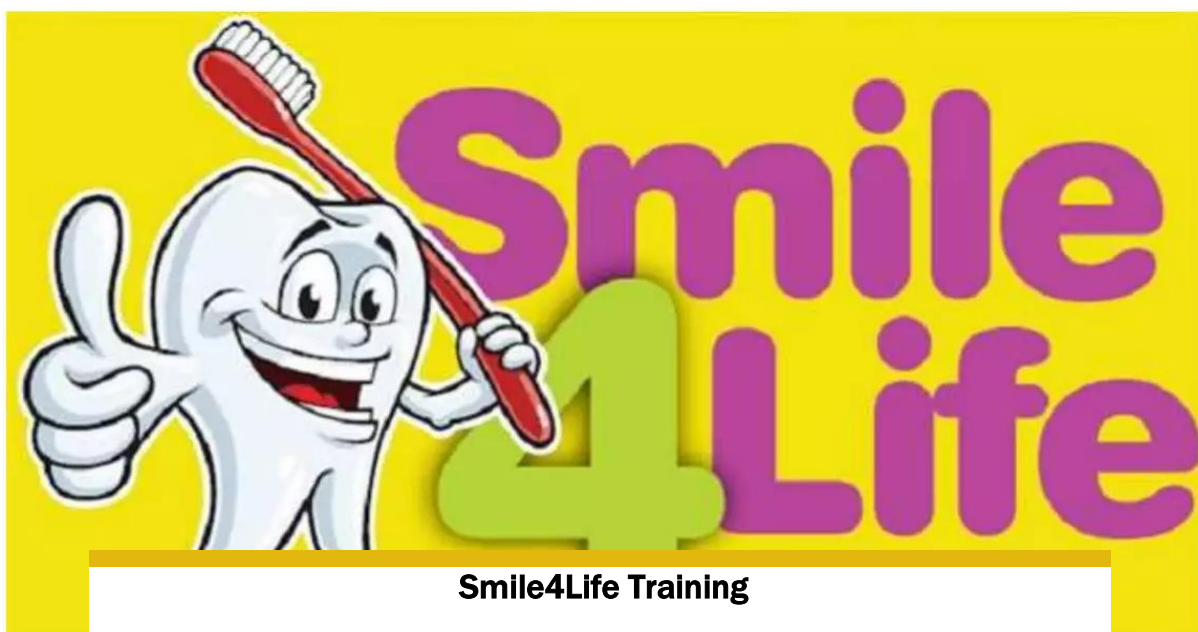
**Learning outcomes:** Participants will be able to promote good mental health and wellbeing; tackle mental health inequalities, stigma, and discrimination; support people in distress or crisis; promote resilience and recovery; prevent self-harm or suicide; improve the quality and length of life for people living with mental ill health.

**Registration:** Training is delivered **on-demand**. Please click this [link](#) and follow the on-screen instructions.



## ORAL HEALTH: Smile4Life Training

(PHSKFramework A2, A5, C2)



Smile4Life training is an **online and onsite** learning course designed to raise awareness on oral health (OH) and equip Forth Valley staff and volunteers with knowledge and skills to support oral health improvement and facilitate signposting to local dental services.

**Learning outcomes:** Participants will be knowledgeable on oral health issues, risk factors, and barriers to accessing care experienced due to homelessness or other inequalities; understand OH care messages and be competent in providing tailored OH information to clients; aware of how and where people can access dental care; competent in giving basic health advice on diet, smoking, alcohol, drugs and methadone; know the structure and application of Smile4Life intervention, how to assess clients readiness to change using assessment tools, and basic motivational interviewing techniques when interacting with clients.

**Registration:** Training is delivered **on-demand**. Please click this [link](#) and follow the on-screen instructions.





## SEXUAL HEALTH: Relationships, Sexual Health & Parenthood (RSHP) Training

(PHSKFramework A2, A5, C2)



### RSHP Training for Primary School Staff

RSHP training for Primary School Staff is a **face-to-face onsite** learning course designed to provide an overview of RSHP and to introduce the National RSHP Resource.

**Learning outcomes:** Participants will be able to understand research evidence on sexual health and young people, explore good practice in RSHP, identify resources to use in school with a focus on the national RSHP resource, and raise awareness of children and young people's rights and needs to RSHP education.

**Registration:** Training is delivered **2 times** in a year. Please click this [link](#) and follow the on-screen instructions.



## SEXUAL HEALTH: Blood-Borne Virus (BBV) Awareness Training (PHSKFramework A2, A5, C2)



BBV Awareness training is a **face-to-face onsite** learning course designed to provide an introduction to BBV, including testing and treatment, Injecting Equipment Provision (IEP) update, practical Dry Blood Spot (DBS) testing demonstration.

**Learning outcomes:** Participants will be able to increase their understanding of BBV transmission, preventing transmission, know updates on IEP and condoms, understand potential barriers to BBV testing and treatment and how to overcome them, know updates on currently available BBV testing and treatments..

**Registration:** Training is delivered **4 times** in a year. Please click this [link](#) and follow the on-screen instructions.



**PUBLIC HEALTH SCOTLAND: PHS v-Learning Courses**  
(PHSKFramework A2, A5, C2)

# Public Health Scotland



## Public Health Scotland v-Learning

PHS courses are available on the **v-learning** website with certification on completion. Please use the following links to register and access training: [Self-directed Learning](#), [Health at Work](#), & [PH Workforce](#)

### Health Inequalities

- Breaking barrier to reduce inequalities
- Challenging poverty, stigma, and discrimination
- Demonstrating your impact on health inequalities
- Effective partnership working to reduce inequalities
- Advocacy to reduce inequalities

### Physical Activity

- Encouraging and enabling physical activities

### Health Behaviour Change

- MAP of Health behaviour change (Levels 1 & 2)

### Mental Health

- Mental Health Improvement, Self-harm, and Suicide Prevention

### Health at Work

- Health risks at work
- Managing health and safety: the basics
- Mentally healthy workplaces training
- Stress and the workplace
- Improving workplace health (Suite)

**Registration:** Courses are available all year round. Please click this [link](#) and follow the on-screen instructions.

## NHS EDUCATION SCOTLAND: NES Turas Learn Courses (PHSKFramework A2, A5, C2)



### Turas Learn Courses

Local and national NES health improvement courses are available on **Turas Learn** website with certification on completion. Please use the following links to register, search, and access training: [Turas Login](#)

#### **Alcohol and tobacco**

- Alcohol brief intervention (ABI)
- Raising the issue of smoking

#### **Health Behaviour Change**

- MAP of Health behaviour change (Levels 1 & 2)

#### **Mental Health**

- Protecting the psychological wellbeing of staff & team
- Taking care of your staff
- National trauma training programme

#### **Reducing inequalities**

- Reducing inequalities (oral health)
- Introduction to equality, diversity and human rights

**Registration:** Courses are available all year round. Please click this [link](#) and follow the on-screen instructions.