

Alcohol Brief Intervention training

How to deliver Identification and Brief Advice (IBA)

What?

- IBA is a simple but effective '*brief intervention*' for people whose alcohol use may be harmful to their health without them often realising.
- For smoking, 'brief advice' can also be effective for engaging smokers with stop smoking services.

Who is the training for?

- The training is suitable for health professionals or any front line roles in contact with people.
- The training is particularly suited to:
- GPs, practice nurses, HCAs, midwives, sexual health staff, health visitors, school nurses, A&E staff, youth workers, community safety roles and more.

Why?

- Around 25% of all adults drink at levels that could be placing their health or well-being at risk
- IBA helps to identify risky drinking before it becomes a more serious problem such as dependency – prevention is better than cure!
- Alcohol harm costs society around £35 billion each year!

Is it evidence-based?

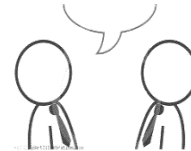
- Yes! There is a very large body of research evidence supporting alcohol brief interventions
- NICE recommends NHS professionals routinely carry out both wherever an opportunity presents

Course outcomes

By completing an IBA training course, participants will have developed an understanding of:

- A background to the way alcohol is used in UK society and the range of harms it can cause
- Understanding your role in IBA and smoking advice
- Delivery of IBA to reduce risky or harmful alcohol use
- Knowing how and when to refer someone to services
- Key engagement and motivational skills

Please note: The training is free to access but no-shows or cancellations within less than 48 hours of the session may result in a £50 fee to your service.



FREE half-day training workshops online:

Upcoming 2025 dates:

Fri 12th September 09:30 -13:30

<https://www.eventbrite.co.uk/e/oxfordshire-alcohol-brief-intervention-training-tickets-1410747075479>

Wed 15th October 09:30 -13:30

<https://www.eventbrite.co.uk/e/oxfordshire-alcohol-brief-intervention-training-tickets-1410753665189>

Wed 12th November 09:30-13:30

<https://www.eventbrite.co.uk/e/oxfordshire-alcohol-brief-intervention-training-tickets-1410760585889>

Mon 8th December 09:30 -13:30

<https://www.eventbrite.co.uk/e/oxfordshire-alcohol-brief-intervention-training-tickets-1410765982029>

Your Trainer:



Dr James Morris

James has 20 years experience in the alcohol field and advised on brief intervention delivery for the World Health Organization and Department of Health. He is a Research Fellow at London South Bank University and host of 'The alcohol "problem" podcast'.



**OXFORDSHIRE
COUNTY COUNCIL**