



National Alcohol and Drugs Conference

**Evidence-based best practice in alcohol and drugs education -
Empowering young people to make healthy choices**

Date: 19th October 2016

Venue: Middlesex University London

A day for professionals to hear from leading experts on the latest research on alcohol and drugs prevention, attend a choice of workshops on evidence-based programmes, and receive planning & evaluation advice for effective PSHE.

About the conference

On 19th October 2016 two charities, The Alcohol Education Trust and Mentor UK, are bringing together a group of experts to showcase evidence-based and effective good practice that can be used in education settings across the UK for alcohol and drugs education and prevention.

This conference and selection of workshops will offer teachers, PSHE leads, Local Authorities and those working in the field of alcohol and drugs with young people the opportunity to learn about the most highly trialled and rigorously tested programmes that are available across the UK.

Alcohol and drugs are taught at a basic level through the science curriculum in schools, but the life and resilience skills that young people need to prevent drug use and enable them to make healthy choices about drugs and alcohol as they get older can be better developed through Personal Social Health and Economic (PSHE) education or other teaching opportunities. Schools, local authorities and educators in non-formal education settings can benefit from guidance regarding effective, evidence-based alcohol and drugs prevention programmes, as well as support to improve training, content and delivery.

The morning session is dedicated to exploring drinking and drug use trends among young people in the UK, Government and Public Health priorities for preventative and early intervention work in drugs and alcohol in England and about evidenced-based programmes. The morning will conclude with a Q+A session where delegates will be invited to share their questions and experiences around drugs and alcohol education to a panel of experts.

The afternoon will offer delegates an opportunity to attend workshops on: effective PSHE planning for alcohol and drugs education; bespoke approaches for children with special educational needs; and meeting OFSTED criteria. The afternoon will also include taster training sessions for evidence-based programmes such as Talk About Alcohol, SHARHP, Unplugged and the Good Behaviour Game.

Delegates will leave with resources and have and access to training PowerPoints.

To find out more:

- Email helena@alcoholeducationtrust.org or call 07876 593 345
- Email michael.otoole@mentoruk.org or call 020 7553 9920

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www.mentoruk.org.uk
www.alcoholeducationtrust.org



CONFERENCE PROGRAMME

9:30 AM – Registration begins

10:00 AM – Start

Opening remarks from our host and sponsors (10 mins)

- 1. Setting the scene:** examining alcohol and drug use trends among young people, including motivations and protective factors.
Dr. David Regis – Research Manager, The Schools Health Education Unit (SHEU)
- 2. “Intoxicated Youth: Can education fix Britain’s youth drinking problem?”** Medical Experts from *The London Forum for Science and Policy at Imperial College* present their paper on the important role of alcohol and drug education as an investment in a healthy future.
Jordan Abdi – Chair, London Forum for Science and Policy at Imperial College London
Dr Arrash Arya Yassae BA (Cantab) MBBS Barts Health NHS Trust, Think Tank Lead (TSG) - Faculty of Medical Leadership and Management
- 3. Evidence-based practice in prevention:** the importance of a holistic, evidence-based approach to prevention and building resilience in order to prevent alcohol and drug misuse among young people.
Michael O’Toole – Chief Executive, Mentor UK (15 mins)
- 4. Reaching young people before a crisis:** Engaging young people before they begin drinking, building their resilience to risky situations and supporting parents and teachers.
Helena Conibear – CEO, Alcohol Education Trust (15 mins)

BREAK (20 mins)

- 5. Keynote (invited): Karen Bradley, MP Parliamentary Under Secretary of State (Minister for Preventing Abuse, Exploitation and Crime)**
On the government’s current approach to alcohol and drugs education and prevention (20 mins)
- 6. What works for prevention in schools?**
The National Foundation for Education Research’s senior evaluator on what makes an effective alcohol and drug prevention programme for schools and how to evaluate the key factors.
Sarah Lynch – Senior Evaluator, The National Foundation for Education Research
- 7. Mapping evidence-based programmes for schools and the community**
A look at the Centre for Analysis of Youth Transitions and the growing repository of impact studies for prevention programmes with proven positive effects in schools and community settings.
Jamila Boughelaf – Programme Manager, Mentor UK (15 mins)

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8. Q & A panel (20 mins)

- **Helena Conibear** – CEO, Alcohol Education Trust
- **Jenny Barksfield** – Deputy CEO, PSHE Association
- **Michael O’Toole** – Chief Executive, Mentor UK
- **Janet Palmer** – PSHE Lead, Ofsted
- **Professor Harry Sumnall** – Professor in Substance Use at the Centre for Public Health and ACMD Member
- **Professor Betsy Thom** – Drug and Alcohol Research Centre at Middlesex University

LUNCH 1:15 PM – 2:00 PM

2:00 PM – 4:00 PM – Training information workshops

There will be 4 workshops running concurrently, each lasting 1 hour.

Delegates will be able to attend **two workshops** in the afternoon session.

Workshops:

Let’s talk about...Talk About Alcohol

The Alcohol Education Trust’s Talk About Alcohol programme equips schools with the resources and training staff need to be able to offer a comprehensive alcohol education curriculum to their pupils aged 11-18 years old. Fully evidence based, the programme is recognised by the Early Intervention Foundation as well as by the evidence-based European Platform for Investing in Children (EPIC). It has a 3/3 CAYT ranking for effectiveness. The workshop will showcase interactive and digital teaching methods, social norms approaches, games and attendees receive a 100 page teacher workbook.

Workshop led by The Alcohol Education Trust

Digital interventions: innovative approaches for children with SEND

Children and young people with special educational needs and disability (SEND) face unique needs and risks, which must be taken into account when planning alcohol and drugs education. This workshop will showcase engaging and sensitive teaching methods around a bespoke set of SEND resources that can be used in all schools. Schools, communities and Local Authorities can use digital and online technologies to support these young people and strengthen their resilience and safer decision making.

Workshop led by The Alcohol Education Trust with SEND specialists from Image in Action.

Engaging and effective prevention games and student led activities

Explore effective but fun activities that enliven lessons and ensure student participation and engagement around alcohol and drug education. Using PSHE CPD techniques, these activities can be used in both classrooms and informal learning environments and bring PSHE learning to life.

Workshop delivered by Kate Murphy, PSHE & Drug Education Consultant School Improvement & Achievement Service People & Community Department B&NES who leads on PSHE CDP training.

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Life skills education in secondary schools

It is becoming increasingly important for schools to help facilitate the development of the life skills necessary for children and young people to build confidence and self-efficacy, enabling them to identify the resources they need to cope in an increasingly challenging world. Evidence has shown that prevention programmes using a life skills approach are more effective at building young people's resilience and helping them navigate risks successfully. This workshop will look at the key elements of two such programmes, Boys & Girls PLUS and Unplugged.

Workshop led by Jamila Boughelaf, Programme Manager for Mentor-ADEPIS and CAYT at Mentor UK.

Pro-social learning in primary schools

The Good Behaviour Game (GBG) is a classroom behaviour management strategy for primary-aged children with more than 40 years of research showing its effectiveness at improving the immediate behaviour and long-term wellbeing of young people. Mentor is currently leading a national randomised controlled trial of GBG. This workshop will take participants through the basics of the Game as well as examining its wealth of evidence.

Workshop led by Lauren Bond, Lead Coach for the Good Behaviour Game, and Alessandra Podestà, Project Officer for the Good Behaviour Game at Mentor UK.

Quality-assured education resources for schools and practitioners

The Alcohol and Drug Education and Prevention Information Service (ADEPIS) is publicly acknowledged as the UK's leading source of evidence-based information and tools for alcohol and drug education and prevention for schools and practitioners. This workshop will explore effective ways to use existing prevention standards to further improve alcohol and drug education.

Workshop led by Jamila Boughelaf, Programme Manager at Mentor UK.

The principles of good PSHE

Quality PSHE education can help young people develop the knowledge, skills and resilience they need in order to successfully navigate risky situations. In this workshop, participants will learn methods for planning and evaluating PSHE provision and develop strategies for meeting Ofsted criteria for effective PSHE education in schools.

Workshop led by Janet Palmer, PSHE Lead for Ofsted.

Case studies in schools-based interventions: SHARHP and STAMPP

Leading substance researchers take a closer look at Australian programme SHARHP (the School Health and Alcohol Harm Reduction Project), and UK-based STAMPP (the Steps Towards Alcohol Misuse Prevention Programme) trial from Scotland and Northern Ireland.

Workshop led by Dr. Michael McKay, STAMPP Co-ordinator at the Centre for Public Health at Liverpool John Moores University, and Professor Harry Sumnall, Professor in Substance Use at the Centre for Public Health and ACMD Member