



Discussing Drugs and Alcohol with Young People

Year 4 Report

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Abstract

Background

This Year 4 *Discussing Drugs and Alcohol with Young People* report follows on from the previous annual reports. The blended learning course continues to be delivered in Highland by the *Discussing Drugs and Alcohol with Young People* training network.

Methods

The training network continued to deliver the course, although at a continued reduced capacity. The network continues to meet the training demand. Methods continue from previous years. SALSUS findings informed updates.

Results

During 2019/2020, 5 training sessions with 43 participants were completed. The course evaluated positively, both in quantitative and qualitative feedback.

Following the training all participants agreed or strongly agreed they would be confident in applying the learning from the training back in their own practice.

Qualitative feedback included “*Very good course, very enjoyable and well presented*”.

Conclusions

DDAYP will be continued to be delivered across the Highlands. Suggestions for improvements will be included in the Year 5 update, allowing for further use of examples and case studies, and skills practice.

1. Introduction

Discussing Drugs and Alcohol with Young People (DDAYP) is a blended learning course, with briefing papers shared with participants prior to the face to face session. The four hour face to face session is interactive, using a variety of learning activities, skills practice opportunities, highlighting of supportive resources and good practice example videos, to provide a positive learning experience for participants with varying learning styles.

To continue to evaluate DDAYP, this report presents the amalgamated responses to the post course evaluation which participants completed during the fourth year of DDAYP delivery. Further information on the course and outcomes can be found in previous annual reports: [Year 1](#), [Year 2](#), [Year 3](#).

2. Method

The training network continues, although again, at a reduced capacity of six trainers. However, this meets the need of the demand for the course. All trainers have agreed to deliver two training sessions per year, however this has not always been achieved and we are planning to rectify this situation.

Year 4 of DDAYP delivery comprises April 2019 to March 2020. During that time, five courses were delivered across the Highlands to 43 participants. A number of courses had to be cancelled due to low numbers.

The generic, editable evaluation form for all health improvement training courses continues to be used. This evaluation form is suggested for use within the NHS Highland Evaluation Framework and Toolkit, Appendix 2. A copy of the evaluation form, edited with the DDAYP learning outcomes, is shown in Appendix 1 of this report. A [prospectus](#) was also developed for all health improvement training, including details of DDAYP (page 27). Participants are able to book onto any of the health improvement training via LearnPro, where details of courses can be found, and booking is General Data Protection Regulation (GDPR) compliant. Details can be found at this link:

<https://www.nhshighland.scot.nhs.uk/YourHealth/Pages/HealthImprovementTraining.aspx>.

In November 2019 the Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS) 2018 was published. Materials have since been updated to reflect the content of the updated information.

Immediately following the four hour training course, participants are asked to complete the evaluation form (Appendix 1). This evaluation form asks quantitative questions regarding the trainers, before asking about the learning outcomes of the

course. Responses are based on a five point Likert scale; ranging from strongly agree to strongly disagree. Participants are also asked if they would recommend the training, and what new information they have learnt as a percentage.

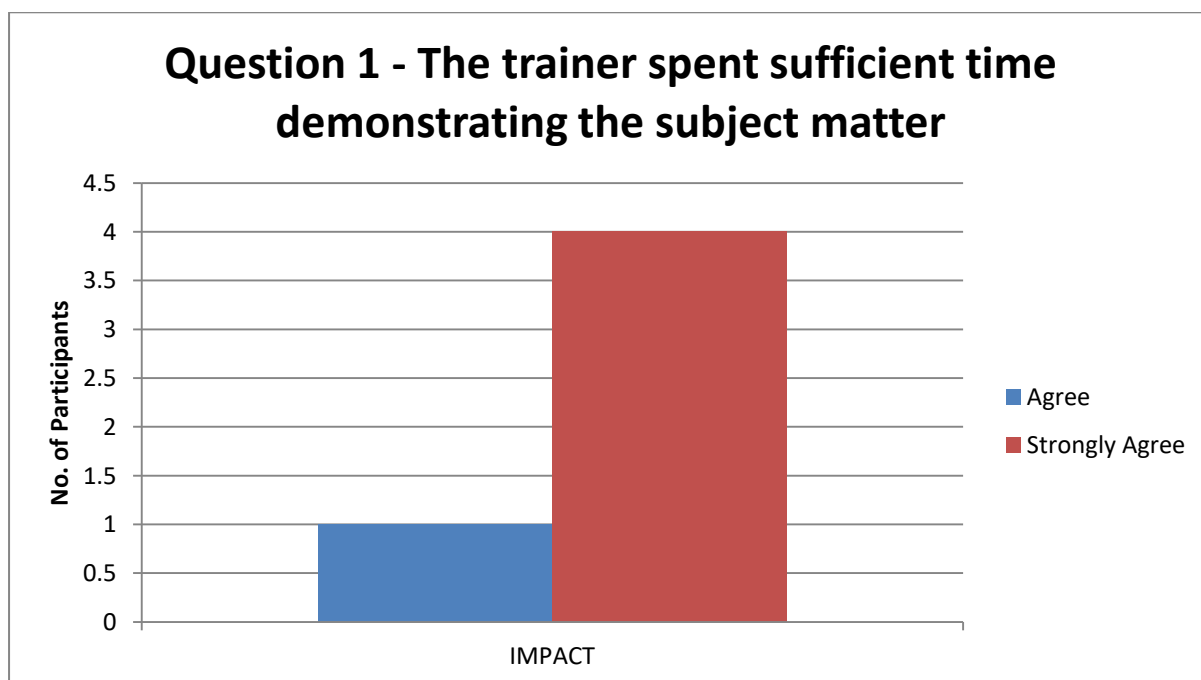
There is also the opportunity for participants to leave qualitative feedback in the free text sections. There are three of these types of questions, one of which considers action planning. The completed forms were evaluated and the results of the thematic analysis are presented below.

3. Results and Discussion

3.1 Quantitative Results

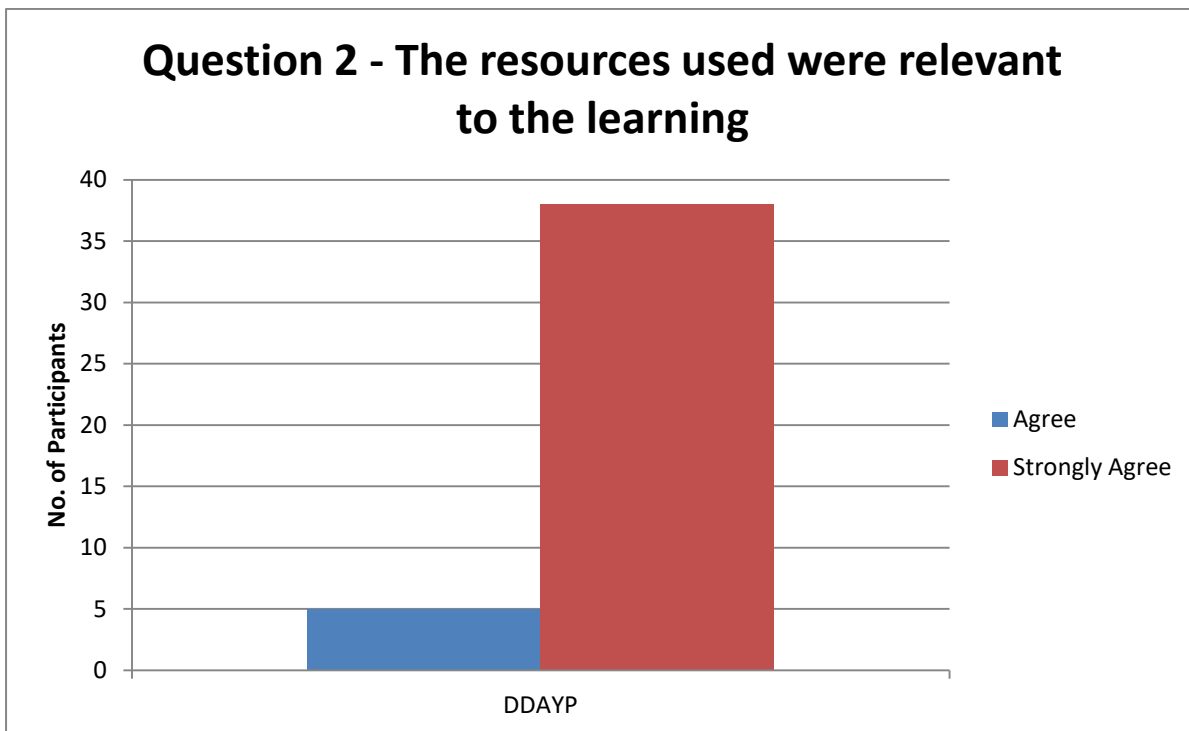
During the fourth year of DDAYP, 43 participants completed the course. All participants were asked to complete the evaluation form. These evaluations were aggregated providing overall feedback of the course.

Graph 1 – Question 1

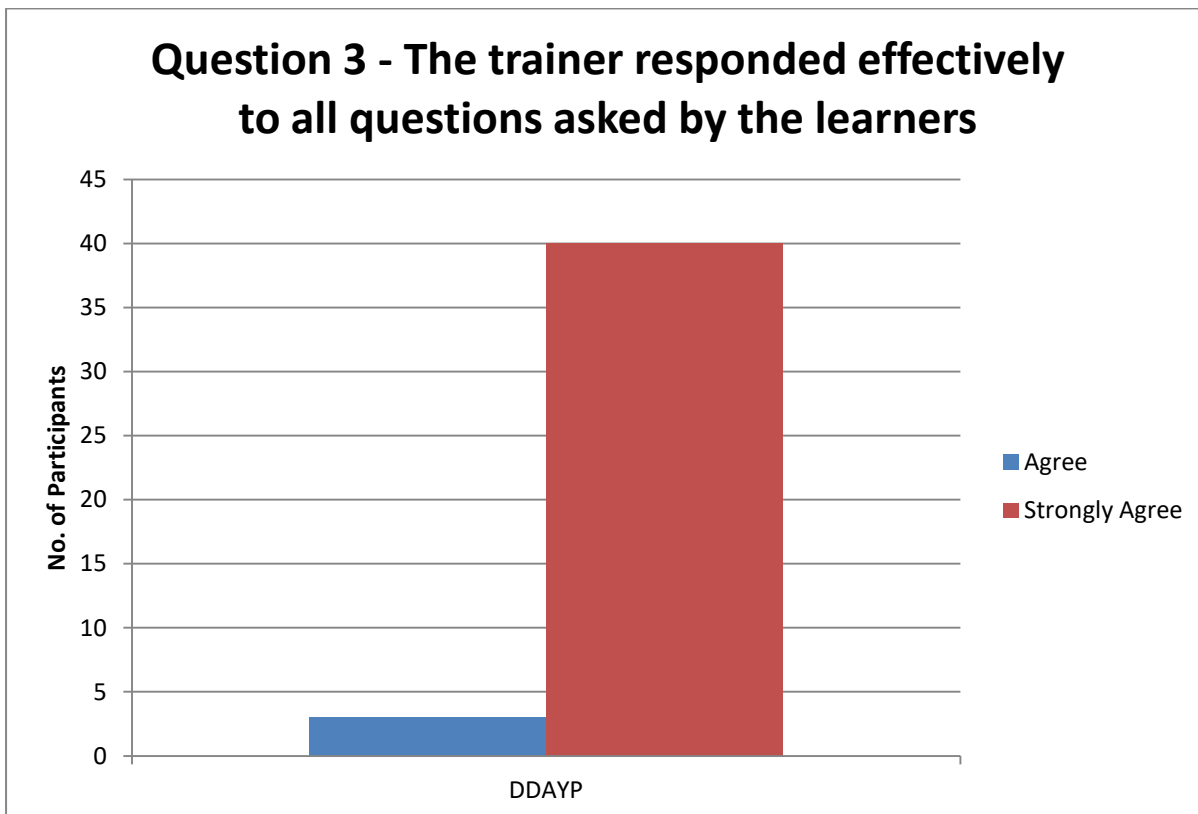


As shown in Graph 1, all participants agreed that the trainer spent sufficient time demonstrating the subject matter. Graph 2 indicates that all participants agree the resources used were relevant to learning, and Graph 3 highlights that all participants agree that the trainer responded effectively to all questions asked by the learners. Graph 4 shows that all participants agreed that enough time was allowed to enable them to practice during the session. Graph 5 shows all participants who completed this question found the course was relevant to their job role. The majority of these responses from questions 1 to 5 strongly agree to these points.

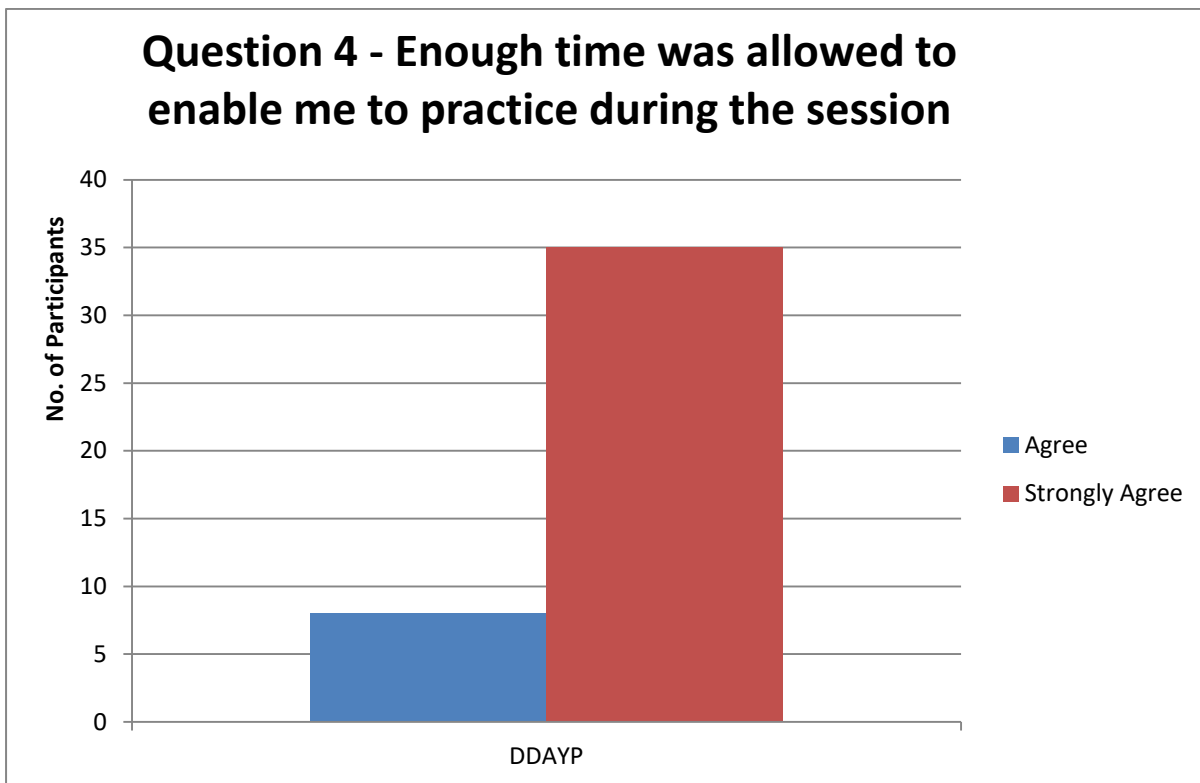
Graph 2 – Question 2



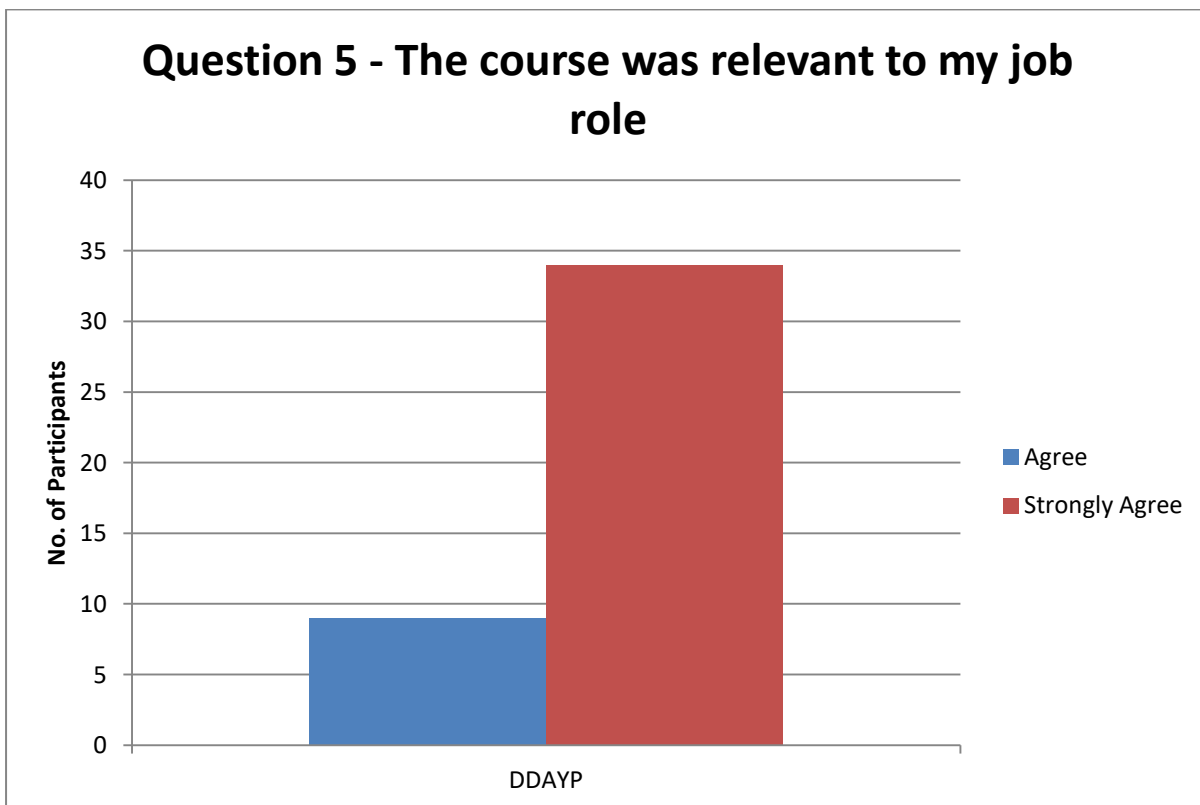
Graph 3 – Question 3



Graph 4 - Question 4

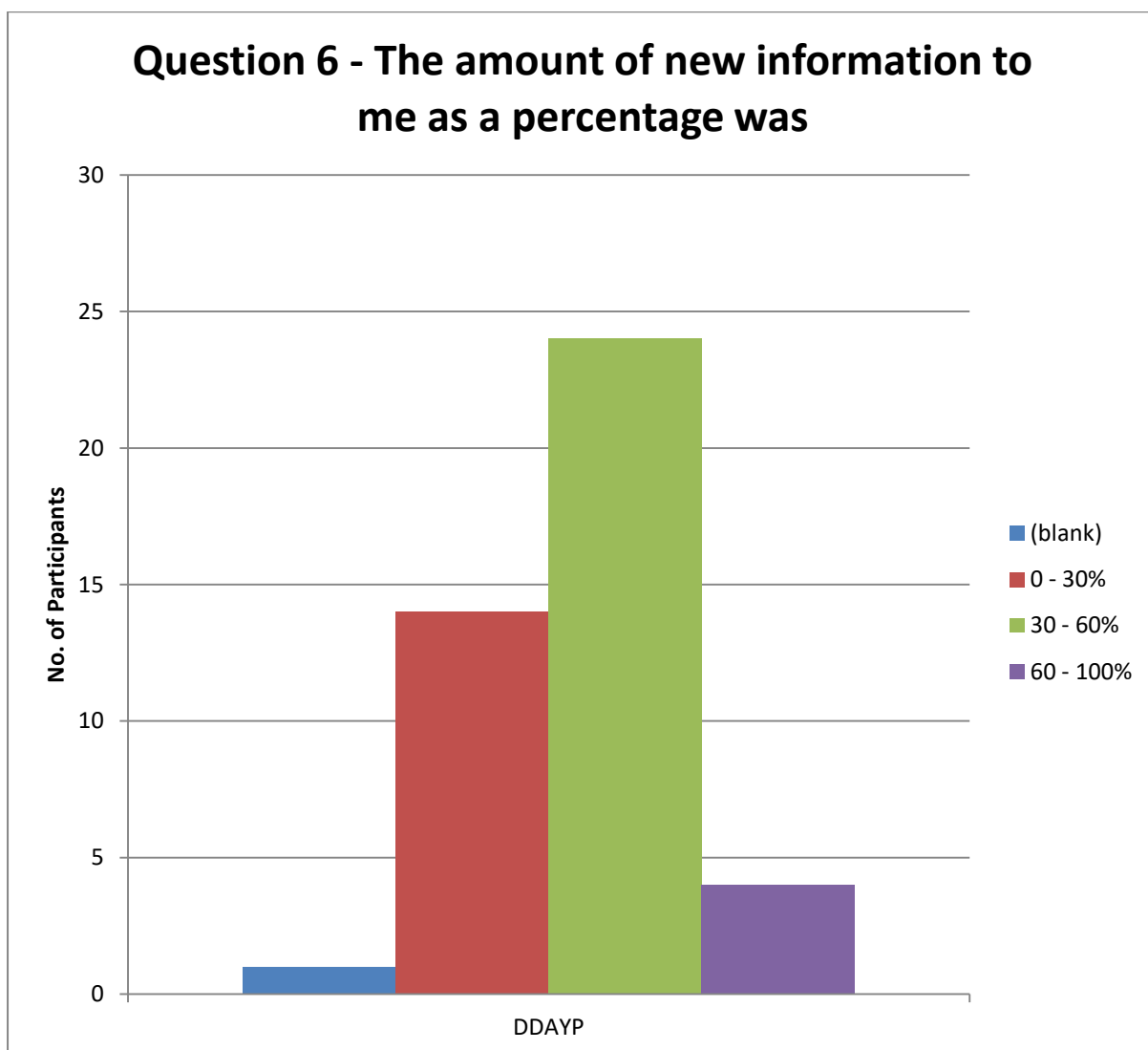


Graph 5- Question 5



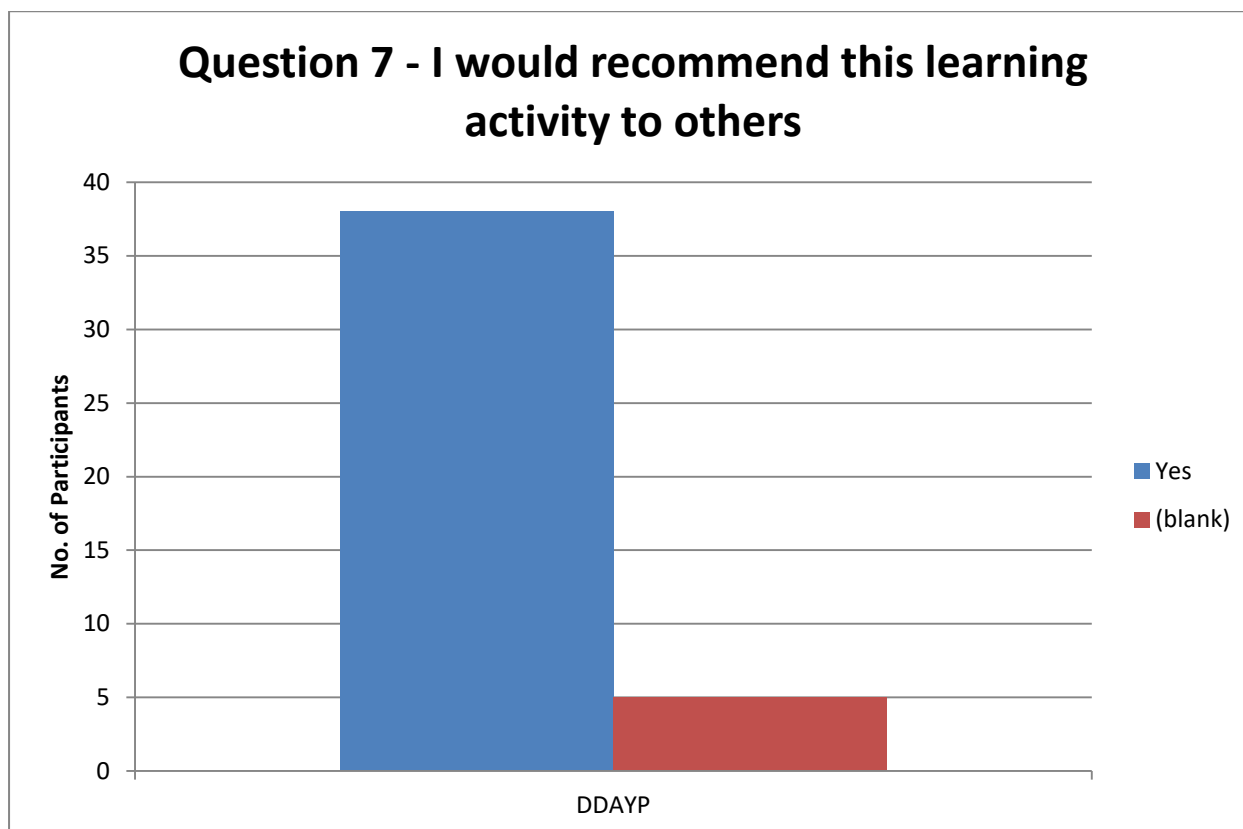
Question 6 seeks to identify how much new information is learned by participants during the course. One participant didn't answer this question. Fourteen participants learnt 0-30% new information. The majority of respondents (24) learned 30-60% new information, while 4 participants learned a lot; 60-100%, of new information. It is appreciated that different participants will come to the training with varying levels of knowledge and understanding, and it is reassuring that although the some responders learned a little (0-30% new information), the course still evaluates well.

Graph 6 – Question 6



Question 7 asks a binary question, if participants would recommend DDAYP. 38 participants would recommend this activity. Five participants have left this question blank. Perhaps they didn't want to not recommend the course on paper, or it could be that this question was missed on the form due to the positioning and layout, as other health improvement trainers have noticed on other courses.

Graph 7 – Question 7



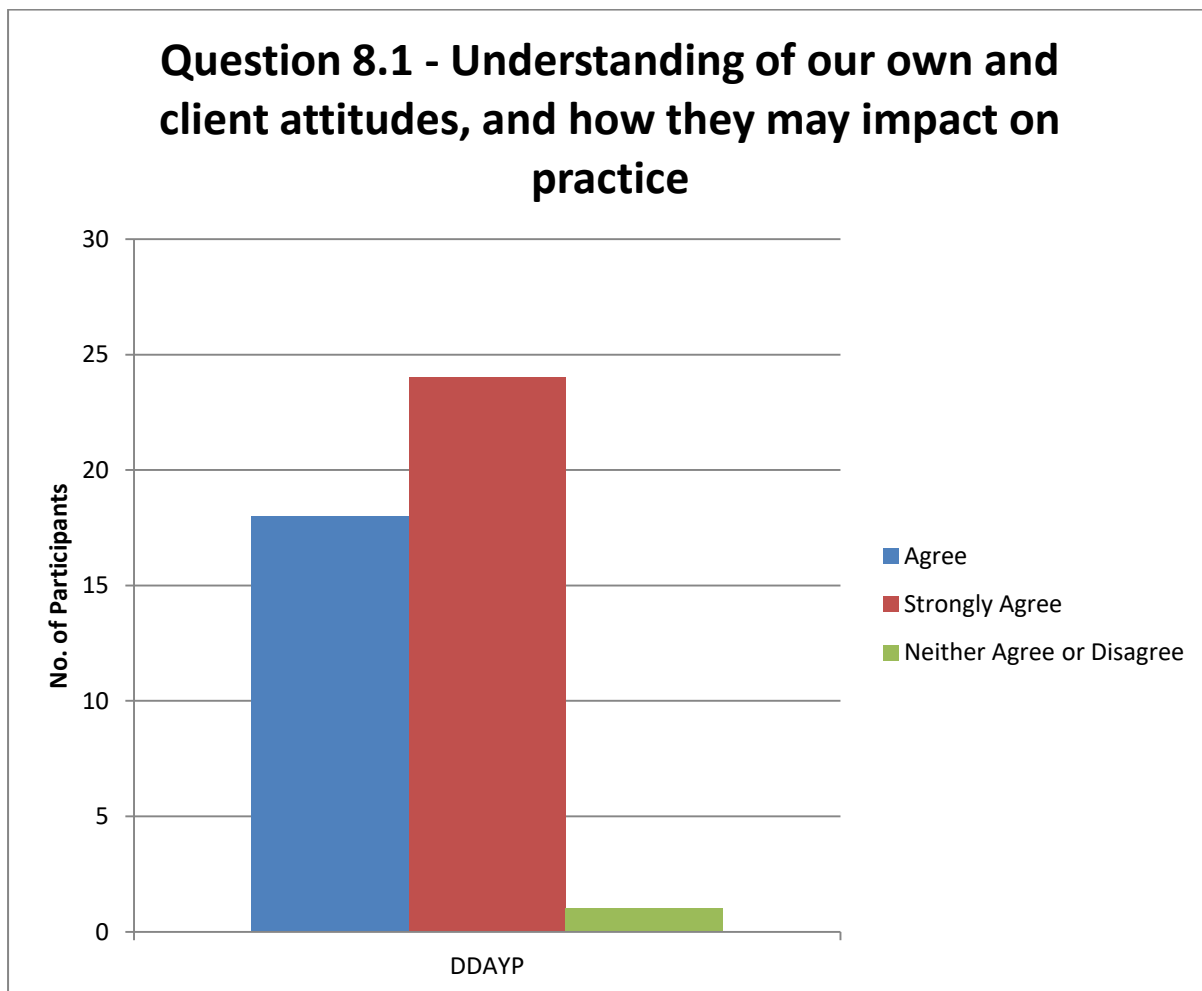
The following questions in the evaluation form are specific to the learning outcomes of DDAYP. Participants are asked to *“please mark the box that best represents your view; this leaning activity has helped me to:”*. The scale is as the first section of the form; strongly agree, agree, neither agree or disagree, disagree, strongly disagree.

All responses in this section (Questions 8.1 to Question 8.7) agree or strongly agree with meeting the learning outcomes, with the exception of two questions. Question 8.1 asks about understanding of our own and client attitudes, and how they may impact on practice. One respondent neither agreed nor disagreed, 18 respondents agreed, while the remaining respondents (24) strongly agreed. This is one area of the course that has been addressed for updating for Year 5 of DDAYP. Question 8.7 asks about options for harm reduction, cutting down, and coping strategies. Two participants neither agreed nor disagreed, 14 respondents agreed, while the remaining respondents (27) strongly agreed. In the Year 5 update, we plan to

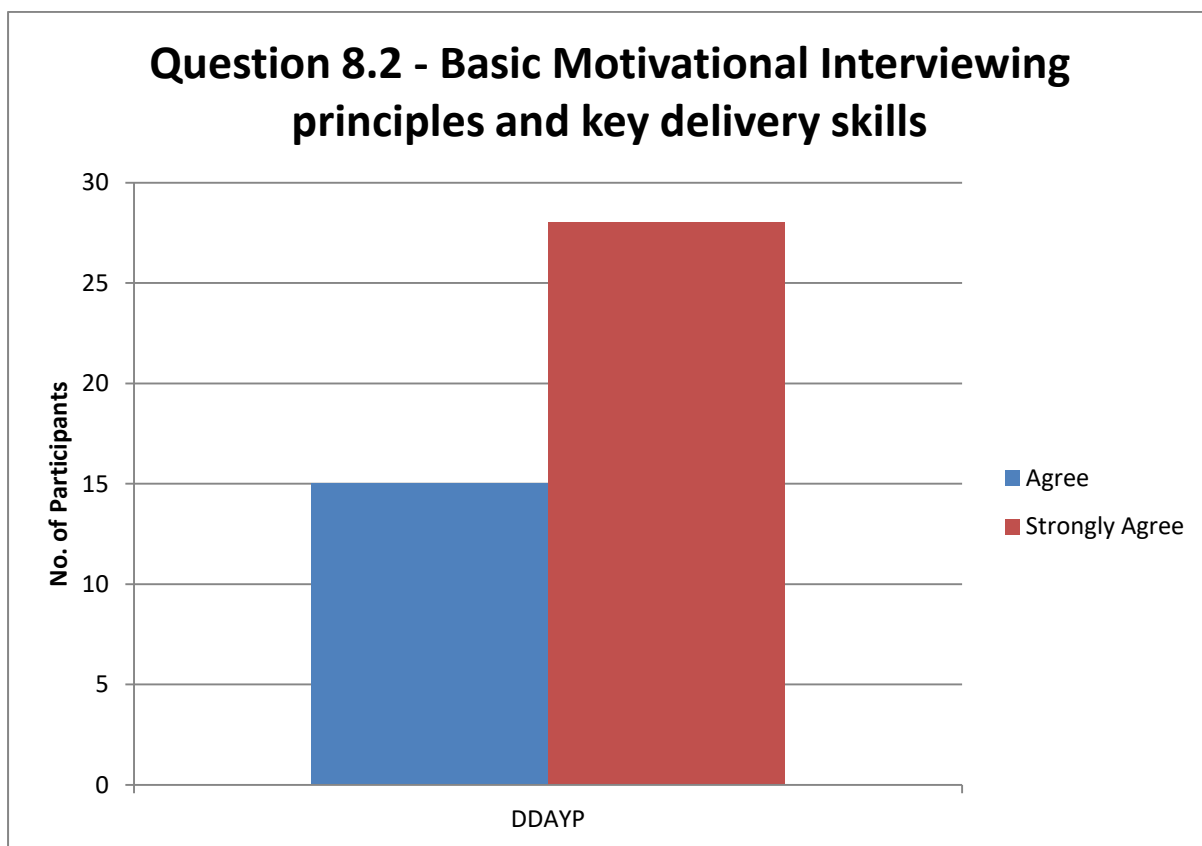
increase the length of the course, which will allow for extra time to consider these sections of the brief intervention.

Overall, however, the responses to these questions are positive, indicating the course achieves the learning outcomes.

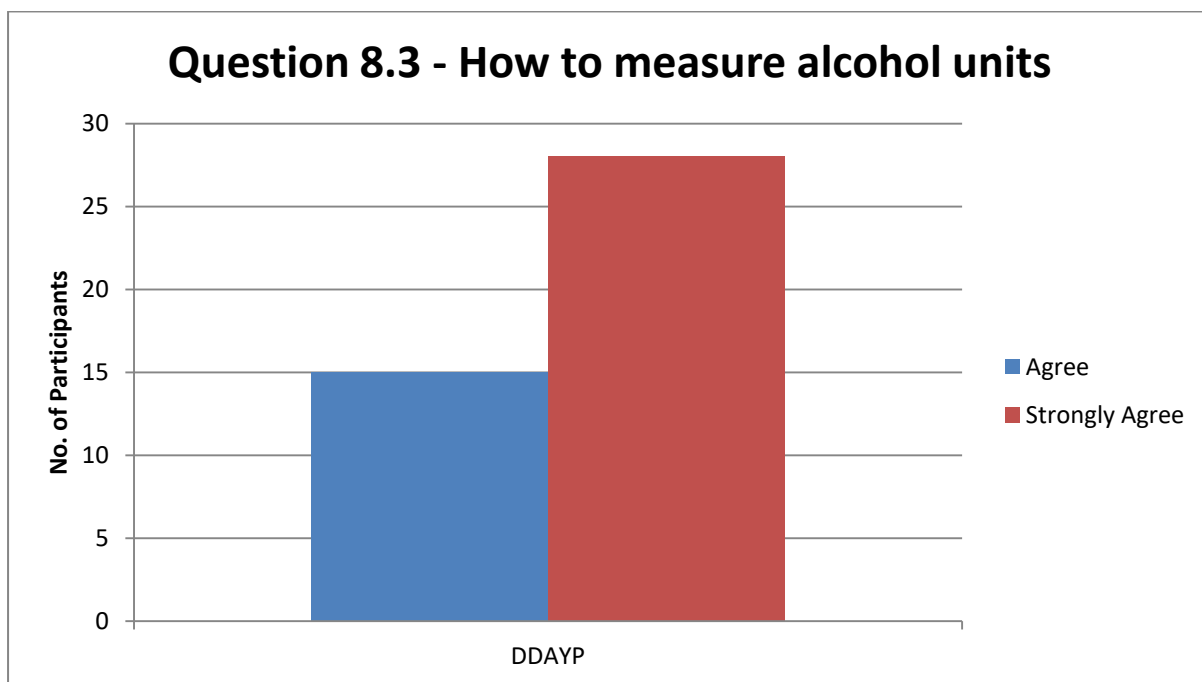
Graph 8 – Question 8.1



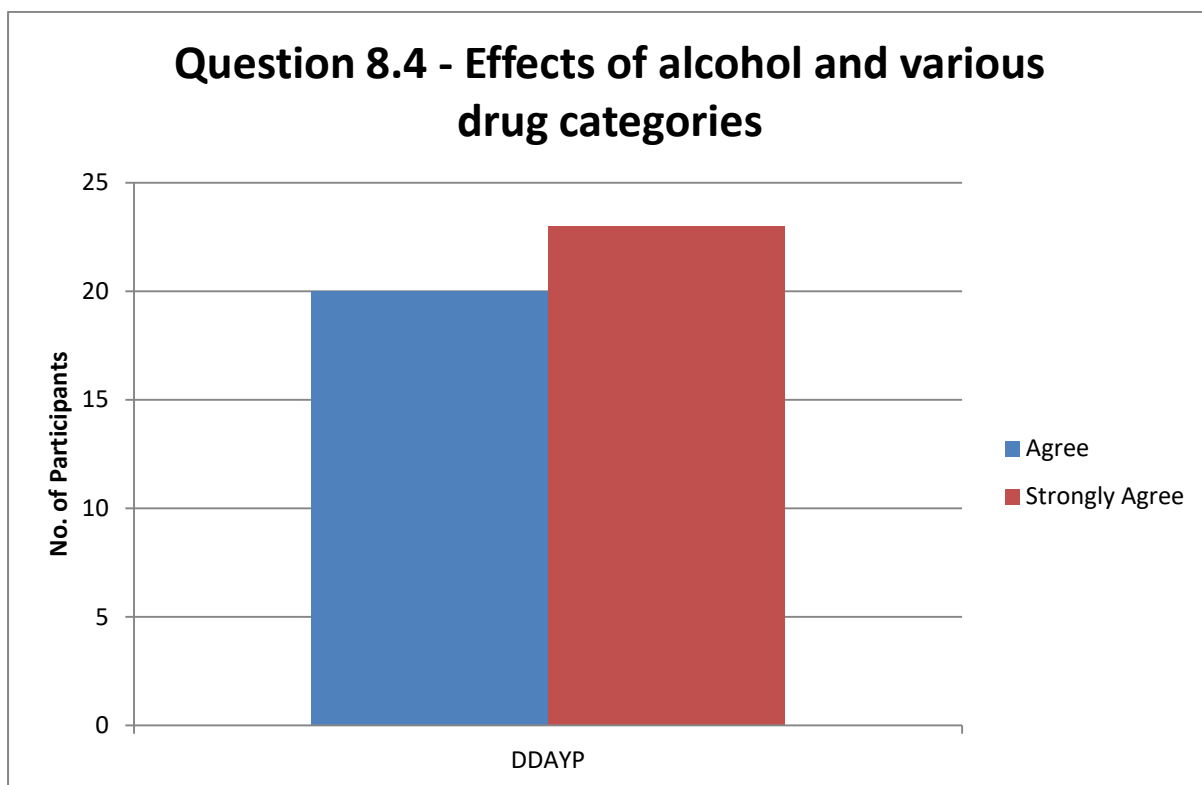
Graph 9 – Question 8.2



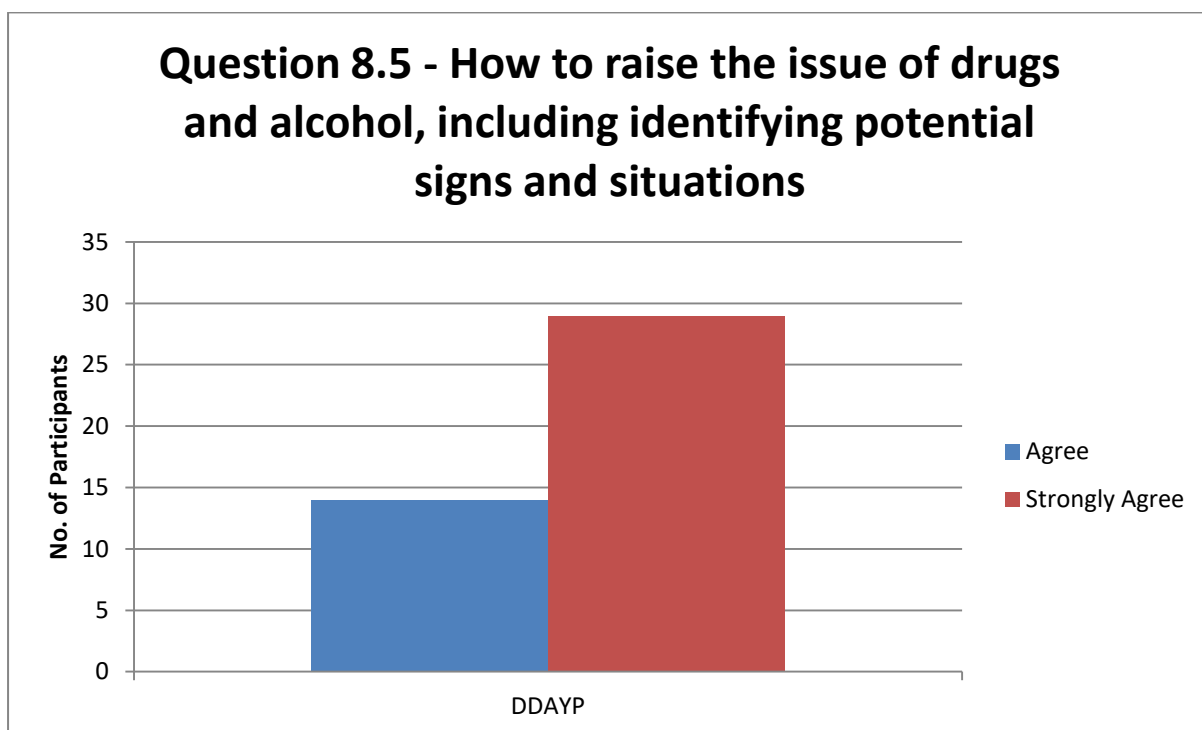
Graph 10 – Question 8.3



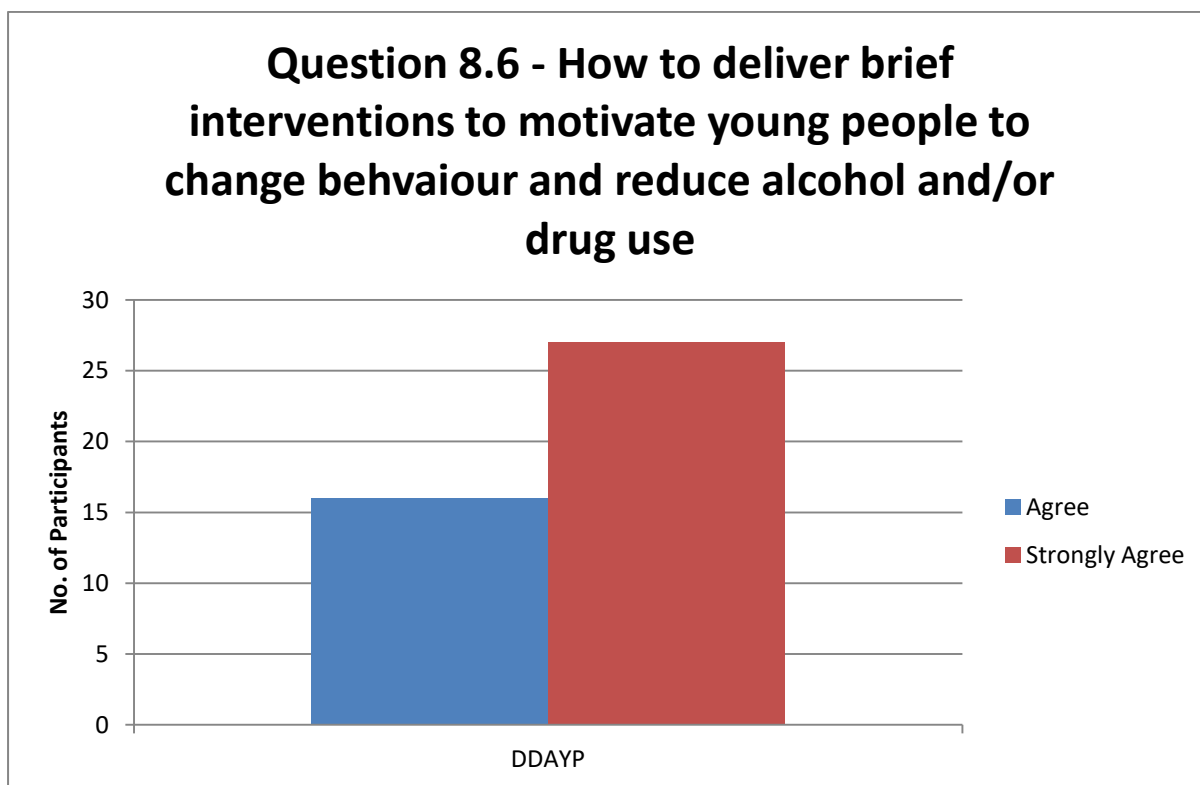
Graph 11 – Question 8.4



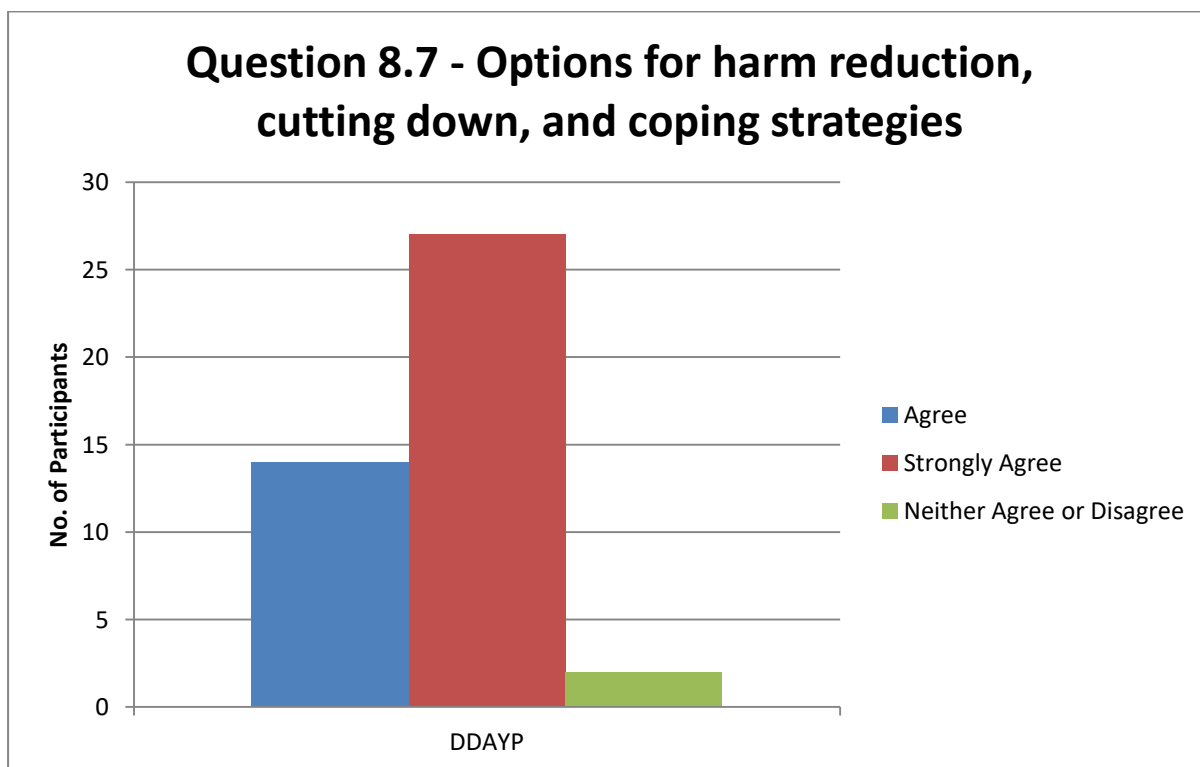
Graph 12 – Question 8.5



Graph 13 – Question 8.6

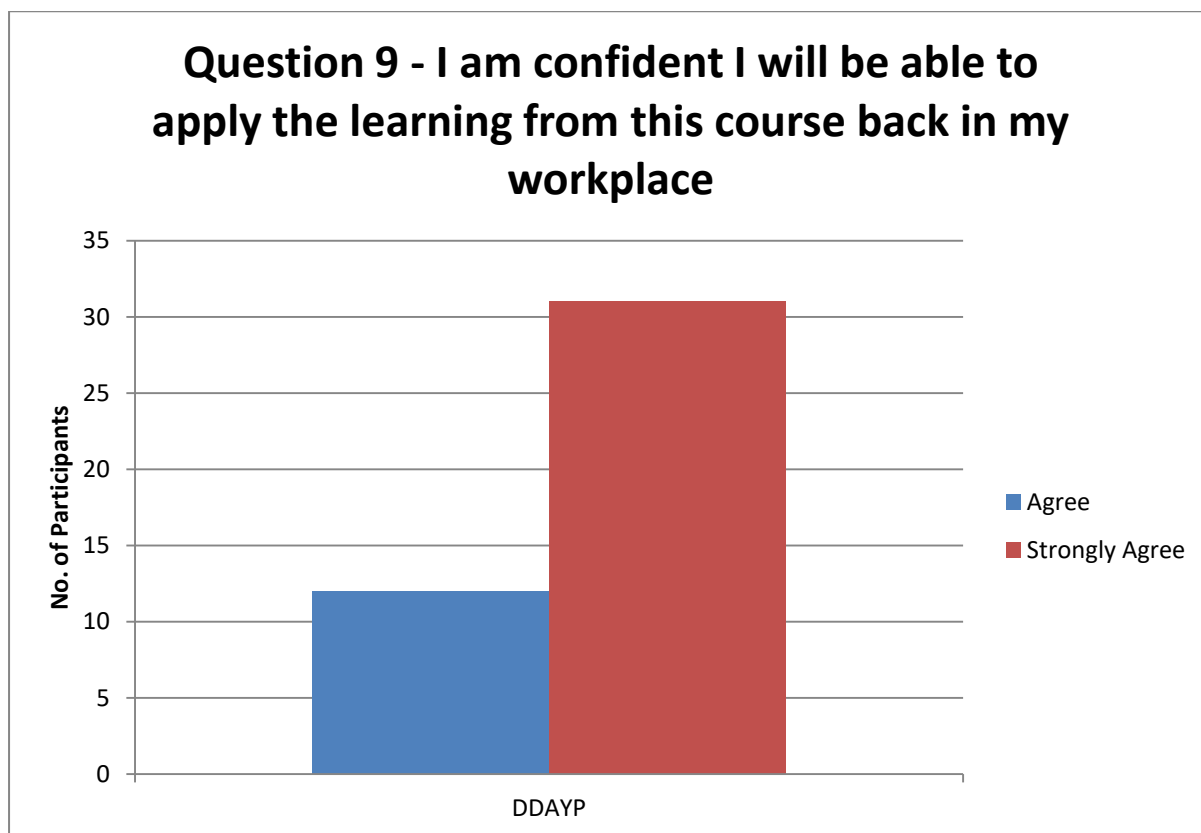


Graph 14 – Question 8.7



The evaluation form then returns to generic questions, including the final quantitative question, as shown in Graph 15.

Graph 15 - Question 9



All participants agreed they were confident to apply the learning from DDAYP in their workplace. This feedback seems to suggest that the blank responses for Question ; I would recommend this learning activity to others, were indeed left blank in error, rather than the respondent not wanting to provide a negative response.

3.2 Qualitative Results

Participants were able to leave free text comments in three areas of the evaluation form. Examples of these comments have been themed, and will be shown through this section in italics, indented and in purple font.

Question 10 – How could the course be improved?

Twenty seven comments were provided for this question. There were nine comments related to course practicalities, with three comments suggesting a longer

session, and two comments referencing internet availability at the training venue. For Year 5, we plan to increase the length of the course. We endeavour to access internet at the various training venues, although this is not always possible. There were also nine comments relating to general praise about the course, for example:

“Course was good, felt at ease to speak and be open”

“I love visuals and feel it has a bigger impact to me and understand it more”

There were eight comments of suggestions for improvement. The most frequent were to show examples or case studies, and to have more skills practice in the form of role play. Examples are used currently within the training, however often time runs out to allow sufficient time for the case studies to be considered. Extending the length of the course will ensure these are included in each course, and allow for further skills practice. Finally, there were four comments which stated there was nothing to improve.

Question 11. Planned Actions

In the next two weeks I will..... So that....

Thirty seven responses were left in these free text boxes. They have been thematically categorised to more clearly show participants planning intentions, as per Graph 16. The most common response was that participants would practice skills (16) within the next two weeks. The most common ‘So that’ response (17) was to enhance the experience of the young people the participants are working with.

I will... *Practice my open questions*

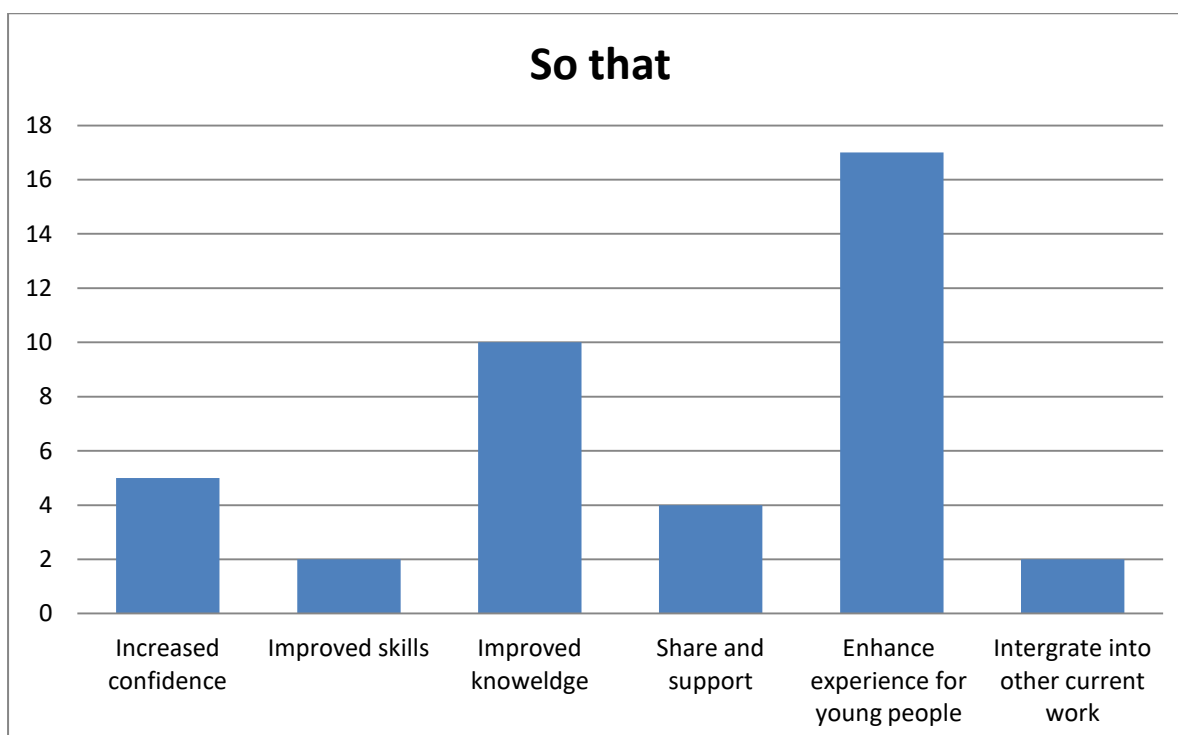
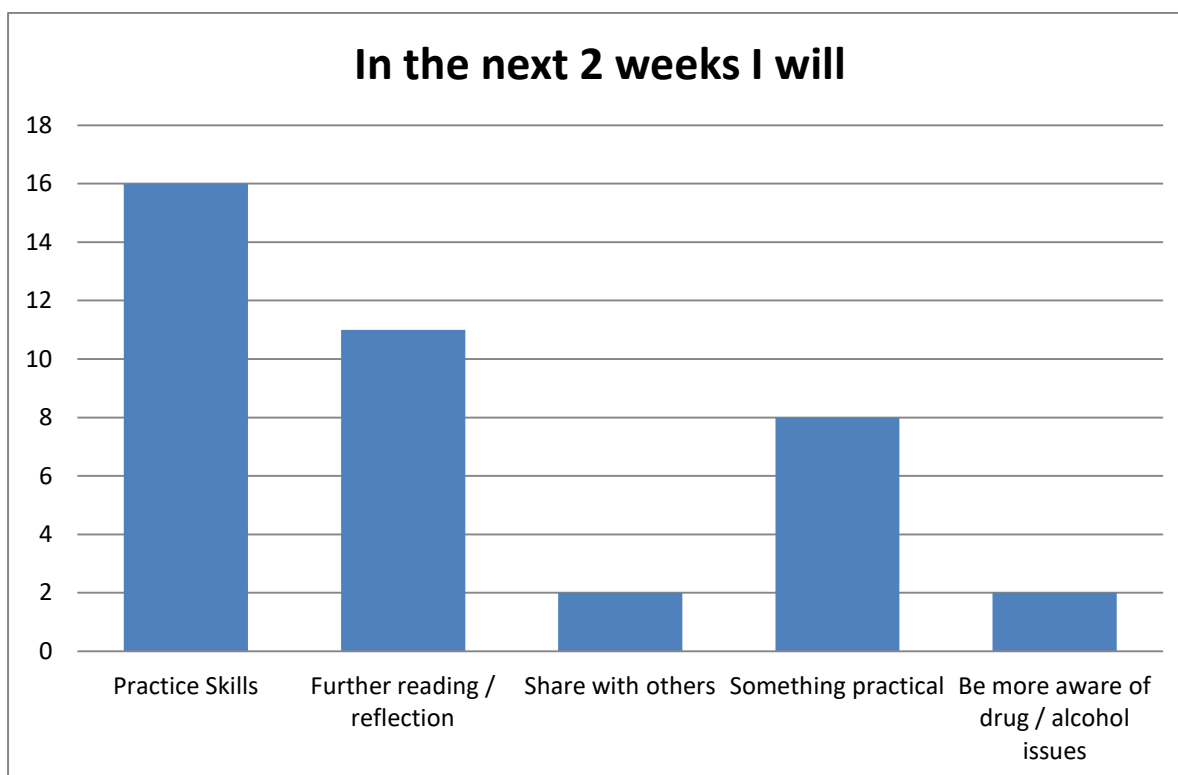
So that... *I feel confident in getting the best info out of my young persons answers*

I will... *When speaking with pupils one to one, will use some of the techniques learnt today (I am new to this post)*

So that... *I can get the best info and solutions / next steps from pupils*

Within the Graph 16, the totals will exceed the 37 responses, as some of the responses contained various pieces of information, which applied to more than one category. The responses are shown in no particular order.

Graph 16 – Question 11



Question 12. Any other comments or suggestions?

Seventeen comments were left by respondents in this final free text section. Most (9) comments were general praise or thanks. There were positive comments left for the style of delivery (5) and regarding the trainers (2).

Very good course, very enjoyable and well presented

I loved the scented pens. I am a visual learner so I really enjoyed the course as it was very interactive! Thanks

The activities were great, made the learning visual and feel practical rather than theatrical

Two comments mentioned looking into further training on Motivational Interviewing, and two comments stated they had no further comment.

4. Conclusion

In conclusion, DDAYP continues to evaluate positively. The responses have highlighted some areas for improvement, which will be incorporated into the Year 5 update. DDAYP will continue to be offered in Highland to support and equip professionals that work with young people to have structured conversations about reducing the harm from alcohol and drug use.

5. Recommendations

- Within the Year 5 programme, the course will be lengthened. This will allow for sufficient time to consider further examples and case studies and with that, skills practice. There will also be the opportunity to consider language and attitudes in more detail.
- Currently, the need is being met and therefore a future Training for Trainers course is not required at this time.
- Ensure trainers complete two sessions per year, in order to ensure skill retention. This has been detailed further with the trainers to allow for this.

Appendices

Appendix 1: Evaluation form

Appendix 2 - Learning and Engagement					
The information completed on this form will be used to improve the quality and effectiveness of this learning activity in the future.					
Course Title	Discussing Drugs and Alcohol with Young People				
Delegate Name:		Date:			
Job Title:					
Please mark the box that best represents your view	Strongly Agree	Agree	Neither Agree or Disagree	Disagree	Strongly Disagree
1. The trainer spent sufficient time demonstrating the subject matter					
2. The resources used were relevant to the learning					
3. The trainer responded effectively to all questions asked by the learners					
4. Enough time was allowed to enable me to practice during the session					
5. The course was relevant to my job role					
6. The amount of new information to me as a percentage was	0 – 30%		30 – 60%		60 - 100%
7. I would recommend this learning activity to others				Yes	No
8. Please mark the box that best represents your view; this learning activity helped me to:	Strongly Agree	Agree	Neither Agree or Disagree	Disagree	Strongly Disagree
8.1 Understanding of our own and client attitudes, and how they may impact on practice					
8.2 Basic Motivational Interviewing principles and key delivery skills					
8.3 How to measure alcohol units					
8.4 Effects of alcohol and various drug categories					

	Strongly Agree	Agree	Neither Agree or Disagree	Disagree	Strongly Disagree
8.5 How to raise the issue of drugs and alcohol, including identifying potential signs and situations					
8.6 How to deliver brief interventions to motivate young people to change behaviour and reduce alcohol and/or drug use					
8.7 Options for harm reduction, cutting down, and coping strategies					
9. I am confident I will be able to apply the learning from this course back in my workplace					
10. How could the course be improved?					
11. Planned Actions					
11.1 In the next 2 weeks, I will do...			11.2 So that...		
12. Any other comments or suggestions?					

Thank you for taking the time to complete this form.