



**Title:** Hampshire Brief Interventions Training

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**Date published:** 2010

**Funding body:** Hampshire Drug and Alcohol Action Team

**Document available to download at:** <http://www.hubcapp.org.uk/GWQU> (accessed July 14th 2010) NB.

**SCS topic headings:** Personal Safety, Home Safety, Evaluation and Monitoring, Safety in Public Spaces (ASB), Partnership Working

[This web site information is a synopsis and background information regarding effective intervention training.](#)

## Summary of the intervention's aim

The intervention is training focused to provide up-to-date information about alcohol and its effects and to introduce interventions that can be used with clients who are drinking hazardously.

The project primarily targets groups such as practice nurses, GPs, health visitors, social workers and others working in community settings who may have contact with hazardous drinkers. Training is provided free to people working within the Hampshire area, with a series of one day courses being run at venues across the borough.

## Outcomes

IN developing this training, there was a general recognition that there had been no alcohol-related training available for frontline staff in the county and there was emphasis to develop projects that would have a local impact. It was designed around suggestions from national data in publications such as 'Choosing Health' that brief interventions had an evidence-base to support their effectiveness.

The project aimed to ensure that by the end of the training participants:

- are confident in talking to clients about alcohol units, recommended guidelines for consumption and the effects of drinking above these guidelines
- are familiar with alcohol screening tools and their use in identifying levels of drinking
- understand how brief interventions can be used with clients who are drinking hazardously

- The course introduces the theory behind brief interventions with a handout provided with further information. Delegates are trained in the use of three screening tools- AUDIT, FAST and Drink Diaries. They are then trained in delivering different types of brief interventions, with a case study exercise used to stimulate discussion about the appropriateness of different brief interventions in different contexts.

These training sessions seek to encourage delegates to consider the potential barriers to raising issues of drinking both as clients and workers in the field and equips them with strategies to help overcome them.

Participant questionnaires reported positive feedback from the course, including:

- The majority of respondents found the training beneficial and none reported that it was not helpful
- It was useful as it had helped refresh their memory of what knowledge they already had
- It was useful to learn about the tools that could be used
- It was useful in helping them relate to their clients more
- It was good to meet with other agencies and learn from them as well as the training itself
- Less than half the respondents had been able to use the tools since completing the course. Of the tools that were used the most popular ones were:
  - the weekly drink diary
  - the AUDIT screening test
  - The positives and negatives of drinking matrix
  - Creating your habit breaking plan.

### Summary of evaluation conclusions

Since March 2007 Hampshire Drugs and Alcohol Action Team (DAAT) has provided alcohol brief intervention training to over 150 frontline staff from a variety of organisations across the statutory and voluntary sector.

This initiative has been delivered at no cost. This has been achieved thanks to the Alcohol Strategy Co-ordinator providing the training sessions within his own work plan. The goodwill created by providing training free of charge led key partners to provide complimentary venue hire and lunches for the project in Local Authority areas.

The DAAT's presence in the Hampshire multi-agency local Alcohol Partnership group also played an important part in delivering the project. Community safety managers were keen to have the initiative delivered in their localities.

The findings of the evaluation questionnaire indicated key learning could inform the project's future development. Recommendations included to:

- continue to deliver the training to a wider variety of organisations
- alter the content slightly by taking into account the suggestions made by respondents i.e. a list of useful agencies
- provide some follow up training perhaps 3 to 6 months after completion of the initial course
- target staff that are in the best position to use the training with clients
- follow up training would be very useful
- there should be more information about local resources and a list of useful agencies to take away at the end of the course
- the training should be much more widespread and delivered in a number of locations

#### **How the evaluation gathered information for findings and conclusions**

Valid and usable questionnaire responses from 22 out of 88 participants between 2005 and 2007 were collated to summarise feedback about the training course. A 25% response rate is acceptable and expected with self-completion questionnaires (returned via mail) and is satisfactory from which to ascertain general trends and conclusions regarding the questions asked. However, it is not known about the range of staff experience and organisational positions of these respondents which may help to understand the responses further.

**Further details about the SCS evaluation of this report are available on request.  
Date added to the SCS website: July 2010 (RC)**