Alcohol & Substance Abuse Prevention Training Course

Professional Development Training Course Outline

Category	Public Health	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Alcohol and substance abuse continue to impact workplaces, schools, communities, healthcare systems, and families across the globe. Rising cases of addiction, mental health disorders, overdose incidents, workplace impairment, youth substance misuse, and prescription drug dependency have made prevention education more critical than ever. Alcohol & Substance Abuse Prevention Training Course is designed to equip participants with evidence-based prevention strategies, behavioral intervention techniques, recovery support approaches, and risk reduction practices to create safer and healthier environments. This comprehensive program integrates modern public health frameworks, trauma-informed care, mental wellness promotion, relapse prevention strategies, and community engagement models aligned with current global prevention standards.

This industry-relevant training focuses on emerging trends such as opioid crisis prevention, workplace substance abuse management, youth intervention programs, digital addiction awareness, stress management, emotional resilience, and psychosocial support systems. Participants will gain practical knowledge on identifying early warning signs, conducting prevention campaigns, implementing employee assistance strategies, supporting recovery-oriented systems of care, and promoting substance-free lifestyles. Through interactive case studies, real-world scenarios, group discussions, and preventive action planning, learners will develop the skills needed to reduce substance-related risks, strengthen organizational wellness, and improve public health outcomes.

Programme Curriculum

Alcohol & Substance Abuse Prevention Training Course

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Course Duration

5 days

Course Objectives

By the end of this training, participants will be able to:

1. Understand the latest trends in alcohol and substance abuse prevention.
2. Identify behavioral, psychological, and social risk factors linked to addiction.
3. Apply evidence-based prevention and intervention strategies.
4. Recognize early warning signs of substance misuse and dependency.
5. Promote mental health awareness and emotional resilience.
6. Develop workplace substance abuse prevention policies and compliance measures.
7. Implement trauma-informed care and psychosocial support practices.
8. Enhance youth prevention and community awareness initiatives.
9. Address opioid misuse, prescription drug abuse, and emerging synthetic drugs.
10. Strengthen relapse prevention and recovery support mechanisms.
11. Improve crisis intervention, referral, and counseling coordination skills.
12. Create wellness-focused, drug-free organizational cultures.
13. Design sustainable prevention campaigns using digital health and community engagement strategies.

Target Audience

1. HR Professionals and Workplace Wellness Officers
2. Healthcare Professionals and Nurses
3. School Counselors and Educators
4. Social Workers and Community Leaders
5. Occupational Health & Safety Personnel
6. NGO and Public Health Professionals
7. Law Enforcement and Rehabilitation Staff
8. Youth Program Coordinators and Mental Health Advocates

Course Modules

Module 1: Fundamentals of Alcohol & Substance Abuse Prevention

- Understanding addiction, dependency, and substance misuse
- Global trends in alcohol and drug abuse
- Risk factors, protective factors, and social determinants
- Public health impact of substance abuse
- Prevention frameworks and best practices
- **Case Study:** Analysis of a community prevention program that reduced youth alcohol abuse through early intervention and awareness campaigns.

Module 2: Psychological & Behavioral Aspects of Addiction

- Mental health and substance abuse connection
- Trauma, stress, anxiety, and addiction risks
- Behavioral warning signs and high-risk behaviors
- Emotional resilience and coping mechanisms
- Stigma reduction and supportive communication
- **Case Study:** Review of an employee assistance program that successfully supported workers dealing with stress-induced substance misuse.

Module 3: Workplace Substance Abuse Prevention

- Drug-free workplace policies and compliance
- Workplace impairment recognition
- Employee wellness and mental health programs
- Occupational safety and productivity risks
- Incident reporting and intervention procedures
- **Case Study:** Evaluation of a corporate wellness initiative that lowered absenteeism and substance-related incidents.

Module 4: Youth & Community Prevention Strategies

- Adolescent substance abuse prevention
- School-based awareness campaigns
- Peer pressure and social media influence
- Community outreach and engagement models
- Family support and parental involvement
- **Case Study:** Examination of a school prevention campaign that improved student awareness and reduced vaping incidents.

Module 5: Opioid, Prescription Drug & Emerging Substance Risks

- Opioid crisis awareness and prevention
- Prescription medication misuse
- Synthetic drugs and vaping trends
- Harm reduction and overdose prevention
- Public health emergency response strategies
- **Case Study:** Discussion of a healthcare intervention program addressing opioid dependency through integrated support services.

Module 6: Intervention, Counseling & Referral Systems

- Early intervention and screening techniques
- Motivational interviewing approaches
- Referral pathways and rehabilitation services
- Crisis communication and de-escalation
- Recovery-oriented support systems
- **Case Study:** Analysis of a rehabilitation referral framework that improved treatment access and recovery outcomes.

Module 7: Relapse Prevention & Recovery Support

- Recovery management strategies
- Relapse triggers and prevention planning
- Peer support and mentorship programs
- Wellness recovery action planning
- Long-term behavioral change techniques
- **Case Study:** Review of a peer recovery initiative that increased long-term sobriety success rates.

Module 8: Prevention Leadership & Action Planning

- Building prevention-focused organizational culture
- Leadership roles in wellness promotion
- Designing awareness campaigns and digital outreach
- Monitoring, evaluation, and impact measurement
- Sustainable prevention action planning
- **Case Study:** Assessment of a multi-stakeholder public health campaign that improved community substance abuse awareness.

Training Methodology

This course employs a participatory and hands-on approach to ensure practical learning, including:

- Interactive lectures and presentations.
- Group discussions and brainstorming sessions.
- Hands-on exercises using real-world datasets.
- Role-playing and scenario-based simulations.
- Analysis of case studies to bridge theory and practice.
- Peer-to-peer learning and networking.
- Expert-led Q&A sessions.
- Continuous feedback and personalized guidance.

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

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Email: info@fineskilltrainingcenter.com | Website: www.fineskilltrainingcenter.com