**Irish Bishops’ Drugs Initiative – Pastoral Response to Substance Abuse**

**Programmes available for Schools & Parishes**

**Programme (A) – Parents Programmes (A – D for Parents) Programme (E – G Young People)**

**1 Night Information Session for Parents of Confirmation children (Duration: 90 Minutes)**

This Information aims to give parents new information, awareness and knowledge of ways parents can prevent risky behaviour. It is divided in two parts – Part one, information / Knowledge giving on how to help prevent risky behaviour i.e. alcohol and drug misuse with our children. We also provide parenting tips on communicating and setting boundaries with teenagers. The second part of the programme is a brief motivational intervention that triggers thoughts and conversation on parents journey through Christian Initiation, explore ways to find a personal relationship with Christ and the ways the Holy Spirit can help us and our children in their everyday lives.

**Programme (B) - Parents**

**1 Night Information Session on Alcohol and other drugs and supports**

An awareness night to that provides parents with basic knowledge in relation to drugs with a main emphasis of looking at information and knowledge of alcohol, cannabis and prescribed medication. Those in attendance will also receive a parent prevention pack that will offer further support on the subject.

**Programme (C) - Parents**

**Teen Scene Programme 4 x 90mins Sessions**

This programme aims to provide parents with a better understanding of the following areas which can help in preventing alcohol / drug misuse, help prevent or reduce difficult or risky behaviour or issues that affect relationships within the family. The subjects covered are communication, setting boundaries, conflict resolution and alcohol and drugs.

**Programme (D) - Parents**

**Family Focus Programme 6 x 2hr Sessions for Parenting Programme**

A six session programme that provides parents with new information, knowledge and awareness of alcohol and other drugs while providing skills that help in preventing problems or reducing harm in relation to drug use. This programme is done in partnership with CAD - Dublin

**Programme (E) – Youth 10-13y olds**

**Healthy Lifestyle Programme – 2 x 2 hour sessions for 5th / 6th Class Students**

A popular programme that works in partnership with parishes, schools and families in helping to reduce or prevent smoking, alcohol or other drug use while working with young people to provide new skills to help in the refusal of substances and problem solving skills that help with decision making. Young people also look at knowledge and alternative natural highs that help in prevention.

**Programme (F) Youth 10-13y olds**

**Attitudes / Values and Assertiveness in relation to Alcohol and other drugs 1 x 90mins**

A fun filled interactive session that provides new information and skills through role plays, quiz, and roaming debates that address issues of alcohol misuse while increasing confidence building and assertiveness.

**Programme (G) Peer 4 Peer Leadership Programme**

The Peer leaders are often in Transition Year (or 15y-17y) in school or are Leaders in a Youth Club or teenagers from a parish.They enter in to a scheduled training programme over 2-3 days or 8 Sessions

**The training programme involves**

* Facilitation & Presentation Skills
* How Groups develop
* Self Esteem in young people
* Values & Attitudes
* Conflict Resolution / Problem Solving
* Information & Facts on substance misuse
* Legal & First aid
* Four session Healthy Life style Programme
* Role Play & interactive work

The Peers then work together in chosen groups / pairs and prepare to facilitate the younger students

**For more Information and enquiries please contact John or Darren on 01-5053044**