

DANOS AH10 Employ techniques to help individual adopt sensible drinking behaviour

This unit is about working with individuals to help them recognise risky drinking behaviour and provide support and guidance to help them address this. It addresses identifying who may be appropriate to receive brief interventions and providing interventions which allow people to identify and reduce the risk to their health posed by problematic drinking behaviour.

Name of applicant:

I confirm that I am the line manager / supervisor for the above named.

I have assessed the applicant's competence in relation to each of the numbered items listed overleaf and have placed my initials against each numbered item to indicate my satisfaction that the applicant has demonstrated the competence to which it refers (see notes below).

My assessment of the applicant's competence in this unit is based on the following (see notes below):

Name:

Signed:

Date:

Notes

You should 'sign off' the applicant's competence in relation to each of the items listed below only where you have *clear evidence* that they have demonstrated the appropriate knowledge or skills in *real life* settings. Your assessment should be based on one or more of the following: observation of the applicant's practice, your supervision of the applicant, evidence provided by an appropriate third party (such as clients / colleagues / previous supervisor/line manager). Note - completion of a training course does NOT itself provide evidence of competence in a particular area.

In some cases the applicant will not have the opportunity within their existing position to demonstrate all of the required competences. Where this is the case arrangements will need to be made for their competence to be assessed in an alternative setting (such as on placement), or, where applicable, for it to be confirmed by a supervisor / line manager from a previous post.

Performance criteria

To perform to the standard you must ensure that:

1. you create an environment suitable for frank, confidential discussion
2. you explain why you have an interest in the individual's drinking
3. you initiate discussions about risky drinking behaviour and you respond to individuals who express concern about their drinking levels
4. identify, using recognised screening tools or techniques, individuals who are:
 - a) drinking at risky levels and may respond to brief advice
 - b) dependent drinkers or drinkers with complex problems who need referral for specialist help
5. collect and record information about an individual's drinking behaviour
6. provide accurate information and feedback about the risks associated with current alcohol use
7. provide a menu of alternative strategies for changing drinking behaviour, including specialist help for those with established alcohol dependence and/or serious alcohol related problems
8. support the individual in:
 - a) setting drinking goals
 - b) identifying and overcoming barriers to changing their drinking behaviour
9. check the individual's understanding of the impact of their drinking behaviour and whether they want to change this behaviour
10. provide relevant supplementary information leaflets or resources and signpost local specialist services if the individual wishes to seek further help
11. arrange for a follow-up appointment to review drinking behaviour (when appropriate)
12. keep an accurate record of your intervention and the information and advice you gave

Knowledge and Understanding

To perform competently in this unit, you need to apply:

Alcohol

1. a working knowledge of how alcohol, as a drug, affects the body and mind, how this can affect behaviour
2. a working knowledge of the characteristics of dependence
3. a working knowledge of legal implications of alcohol use in specific circumstances, including road traffic legislation and issues around consent while intoxicated
4. a working knowledge of the risks alcohol can present to an individual's health and wellbeing, including:
 - a) the immediate risks that can arise from being drunk
 - b) the potential health and social risks associated with longer term risky drinking
5. a working knowledge of the unit system of measuring alcohol content and what constitutes safe, hazardous, harmful and dependent drinking as defined by the World Health Organisation
6. a working knowledge of the changes which can be made to drinking behaviour to improve health, wellbeing and personal safety

Organisational context

7. an in-depth understanding of the extent and limit of your own role and expertise in relation to alcohol interventions

FDAP Drug & Alcohol Professional Certification
Workplace Assessment

8. a working knowledge of the relevant national, local, professional, and organisational requirements relating to equal opportunities, discrimination, health and safety, security, confidentiality, and data protection

Providing interventions

9. a working knowledge of how to administer and interpret results from an appropriate screening tool (AUDIT or AUDIT-derivative)
10. a working knowledge of the principles of active listening, and how to apply them
11. a working knowledge of how to present and explore options with different individuals
12. a working knowledge of how to present information and advice fully, accurately, concisely and in ways appropriate to people's needs
13. a working knowledge of how the cultural background of the individual can affect the working relationship
14. a working knowledge of the cycle of change model and how to help individuals make and review decisions and establish priorities.
15. a working knowledge of how to identify how alcohol might contribute to current risk situations
16. a working knowledge of the importance of brief interventions to enable individuals who do not need specialised treatment to change their drinking behaviour
17. a working knowledge of the services available to treat individuals with alcohol problems