

Drug & Alcohol Dependency

FINALLY LEARN HOW TO SEE DEPENDENCY THROUGH THE EYES OF THE USER

**Strategies for Those Living and
Working with Drug & Alcohol
Dependents**



Walk to Freedom

There is a massive need for courses such as The Walk to Freedom's Drug and Alcohol Awareness programmes for drugs and alcohol workers and for people in the community affected by the substance abuse of others.

Without these courses people will continue to lack the understanding required to help a drug user deal with the challenges they face. It is not until you are able to see through the eyes of the user that you will have the awareness that is necessary for improved outcomes, whether in the home or in the workplace.

For so long there has been a need to address the barrier between a service user and a worker/supporter who has never been a user, a barrier that The Walk To Freedom considers an impediment to an effective working relationship as people face up to their issues.

This unique course opens channels of communication between the worker and the service user and thus clears the way to more successful outcomes for both.

History tells us the many stories of people and families who live with a user and suffer the effects of the user's dysfunctional lifestyle - often leading to family breakups, relationship breakdowns, money problems, ill health and psychological and emotional crises. Caring for or loving a user can have an enormous negative effect.

Individuals and families are suffering due to their lack of understanding of how to deal with the issue of substance abuse in the home.

The Walk To Freedom Drug and Alcohol Courses for both people in the community and workers on the frontlines of drug and alcohol dependency inspires and empowers those taking the course to have the confidence and knowledge to take back control of their home and their lives. It also gives workers improved confidence in helping support a user in becoming responsible for their own lives and facing the challenges ahead.



**WE WOULD
LIKE TO
SHARE OUR
SOLUTIONS
WITH YOU**

Drug & Alcohol Awareness For Users In The Home

Today, families and relationships are being torn apart by the chaos that is brought about when there is a person in the home who uses drugs and/or alcohol excessively. The Walk To Freedom Drug and Alcohol Awareness Course will help you to understand the user and start addressing the issues. This is a course that has been designed to help you to learn how to engage with the user on their level, therefore taking away any prejudge mental issues or presumptions you may have about the use of drugs or alcohol.

Drug & Alcohol Awareness Course

Today, workers in the service of drugs and alcohol dependency who have never been dependent on either have to face the unspoken barrier of their clients looking at them as people who will never understand where they are coming from, or where they are in their using, and this can sometimes be discouraging and disadvantageous for both parties.

This course aims to help such workers overcome this disadvantage by giving them new insight and awareness about a user with potential or ongoing issues with drug and alcohol dependency

Within this new, innovative one day intensive or two day course you will be trained by qualified practitioners who have previously struggled with the challenges of dependency; you will learn from a module that combines the generic aspects of drugs and alcohol training with insightful and thought-provoking perceptions of the user.

To raise the awareness and personal development of learners around the complex issues and challenges a user has to face, each course will investigate, examine, discuss and even role play such topics as:

Drug and alcohol dependency for young people the why?

Prescription medication,
the unseen issues

Intervention awareness

Intervention awareness

Drug and alcohol
dependency vs.
mental health

The four stages of using,
the journey of a user toward
dependency

Stigma in society for the user and the
worker

The reality of denial

User engagement
(the art of conversation)

Legal highs, the changing
trend in drug use

A quick look at the history of drugs and alcohol
and the association today's society

And more!!



These courses are underwritten and certificated by the National Open College Network to further your personal development needs



Course Outline

What makes the Walk To Freedom unique is that it has not only been built on the life experiences of the founding director but also the life experiences of every dependent service user he has worked with, their families, and the experiences of other practitioners in the service who themselves were drug or alcohol dependent.

Through the director's life as a former user and now as a practitioner, he discovered that when it came to support for families or organisations who have dependency issues within their community there was a lack of understanding and help for them in empathising with the user, and teaching people how to engage with a user on either a community level or a personal one. Faced with this dilemma he took up the challenge and designed courses that would address both issues.

Whilst on this course learners will be able to map the life of a user and the complex issues that ensue. By using such learning methods such as; discussions, role play, worksheets and above all hearing the real life stories of users and ex users, each learner will come away with a newly revised perception and a deeper empathy for their client or family member.



On Completion You Will

Have a clearer understanding and revised perception of drug and alcohol dependency.

Have learned strategies to encourage clients to take deeper ownership of the challenges facing them

Be better able to improve outcomes when engaging with clients and users in the home.



What Makes These Course Unique?

The Walk to Freedom is built on the belief that there is no exact science when dealing with problematic using - there are many different formulas within the different services and help that is available. The Walk To Freedom's approach is that you are dealing with different individuals from different backgrounds and different cultures.

These courses are uniquely designed to challenge the approaches of normal generic courses which are currently available. They identify the aspects in the human condition as well as those in society that aren't addressed in drug and alcohol awareness training today. This in fact limits the ability of those attempting to connect even more proficiently when engaging the a user.

The Walk to Freedom Drug and Alcohol Courses finally achieve this by addressing these very important subject matters, not only the benefit of those supporting users but for also the benefit of users themselves.



Why is the Walk to Freedom Needed?

The Walk To Freedom understands through independent research that there are certain aspects of a person finding their freedom and independence from substance abuse that some services don't cover that are essential to maintaining that freedom and independence.

Again, through the director's personal experiences as a user and as a practitioner, he found that when it came to support for families or organisations who have dependency issues within its members, there was a lack of understanding and help for them in understanding the user and how to engage with one on either a community level or a personal one. This experience extends to the young people he meets through his community ties with other organisations, that in this day and age there needed to be a much more direct and rigorous approach to the issues that young people are facing today.

**THIS
EXPERIENCE
EXTENDS TO
THE YOUNG
PEOPLE**

For Young People

The Walk to Freedom Drug and Alcohol Awareness Talks take on the challenge of raising awareness in its thought provoking and challenging delivery. With real life stories and startling statistics this presentation already has young people coming away thinking about their own situations and the situations of other people they may know.

This 1 hour highly engaging, empowering and motivational talk will raise awareness with its listeners by investigating and exploring such topics as:

- Why People really abuse drugs and alcohol
- Why people like using drugs and alcohol
- The history of drugs and alcohol and the relevance to today's problems
- The consequences of abusing drugs and alcohol for the innocent too
- Different drugs and what they really do
- The truth about legal Highs
- The reality of using the cannabis of today
- And Much More!!

Cost

Cost for these invaluable courses and talks

One day intensive course: £75 per learner

Two day practical and investigative course: £100 per learner

**Drug and Alcohol Awareness Talk for young people and Adults £140
for sixty minute session**

5% Discounts for group bookings of 5 or more

10% Discounts on in house training

**These courses have the stamp of approval from the National Open
College Network for your personal development needs**



The History & Founder



**Mark
Clarke**
Founding Director

For twenty years founding director Mark Clarke had life-controlling issues with many different drugs, primarily heroin and crack cocaine. He lived a life caught in the system, also as a methadone and a service user; it was an occupational hazard being involved with the police and staying in many different police stations and prisons around the UK.

Mark suffered deeply the psychological effects of his using and he spent time in mental institutions being treated for suicidal depression. As a user he attended many different statutory and voluntary run rehabilitation and therapy services where he would repeatedly find himself lost in the system.

In a final attempt - as far as he was concerned - he entered in to a well-known rehabilitation programme in south Wales, where he did sixteen months of what should have been a nine-month programme. Mark discovered what his purpose in life was when he was free and independent from his using: he found he had rekindled a passion to help others who were like himself.

This led him to becoming a volunteer and then a staff member at the rehabilitation programme. In his spare time he would volunteer with many different organisations that helped drug and alcohol users. In an effort to know more about different types of treatment in different countries Mark lived in Kazakhstan for six months in a rehabilitation centre.

But in the back of Mark's mind he felt that something was missing from the different kinds of treatments he had been through. With this in mind Mark began educating himself - he studied many personal improvement texts and attended many seminars about the human condition and behavior.

He then educated himself around the issues of drug and alcohol using and freedom from using. He also became a graduate of the teaching school he studied at that taught foundational life principles and applications to living life. He then attended many different rehabilitation studies in his time at the treatment centre's school of ministry, which also looked in depth at life-controlling problems, substance misuse and counseling.

Mark then took all that he had experienced in his personal life and in his professional capacity, coupled with what he had learnt from engaging with users, ex-users and practitioners in the field, and founded The Walk To Freedom.





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