



CADAS – Community Alcohol Awareness Training

10.00	Introduction	What is CADAS? What do we do? Definition of a drug. Different type of drugs Categories and characteristics of drugs. Introduce drug users.
10.15	Exercise 1	It's your round! To consolidate existing knowledge of alcohol and to learn something new. – Questions?
11.00	Tea/Coffee	
11.15	Presentation	Alcohol: The Basic Facts – Social impact Health issues. Statistics. -- Questions?.
12.15	Presentation	How we absorb and dispose of alcohol. How a detox works. – Questions?
12.45	Lunch	
13.30	Presentation	Alcohol Psychological effects Withdrawal symptoms
14.00	Exercise 2	Why do people use Alcohol and Drugs? To understand that there are a wide range reasons why people use and misuse.
14.30	Presentation	Addictions supply and needs. Maslow's Hierarchy – Alcohol in comparison with different drugs, physical. Psychological and emotional needs. Cycle of Addiction, Risks, Supply and demand
15.00	Tea/Coffee	
15.15	Presentation	Alcohol in Perspective Brief history of drug use, policies, laws, prevention initiatives. The place of alcohol in our culture. Can we change our drinking culture?
16.00	Review	Questions? Clarification, discussion
16.30	Close	



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