

## Mandatory Action Point 8:

Train relevant staff in Brief Intervention Training.

### 1. Purpose

The objective of this toolkit is to:

- Briefly describe Brief Intervention Training and its importance.
- Outline the process associated with providing Brief Intervention Training to relevant staff.

### 2. Scope

Screening for alcohol use identifies whether patients' drinking places them and others at risk. Therefore, it warrants an appropriate intervention. Brief interventions are a range of effective behaviour change interventions that are client-centred, short in duration and provided in a variety of settings. They use an empathic approach, emphasising self-efficacy, personal responsibility for change and information including details of resources available to support change. They aim to investigate a potential problem and motivate individuals to do something about their excessive alcohol consumption, either by natural, client directed means (self-change) or by seeking additional excessive alcohol consumption treatment.

### 3. Procedure

1. Identify key individuals working in student health and the student experience who you want to be trained in Brief Intervention Training.
2. The HSE has agreed to deliver this training. Therefore, contact and apply to Joseph Kirby from the Cork Local Drugs and Alcohol Taskforce. His details are as follows;

Mr. Joseph Kirby,  
Co-ordinator CLDATF / Rehabilitation Co-ordinator,  
Cork Local Drug and Alcohol Taskforce,  
Kinvara House,  
Dublin Hill,  
Blackpool,  
Cork  
**Tel:** 021 493 0102  
**Mobile:** 086 787 2495  
**Email:** [joseph.kirby@hse.ie](mailto:joseph.kirby@hse.ie)