SCALA

Scale-up of Prevention and Management of Alcohol Use Disorders and Comorbid Depression in Latin America

Training Package

Booster session

Date

Refresh

Notes for trainers
Elicit from participants what they remember from the training session and briefly recap the 3 areas covered in S1 – General ideas about drinking and risk, SCALA screening and detection of risky alcohol consumption, brief advice for alcohol.
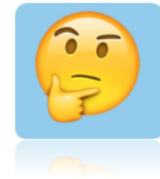
Time = 5 mins

Trouble shooting

Time = 5 mins

Trouble shooting - individual

- Individuals: write down…
  - What have you found difficult in carrying out the SCALA SBI techniques (make a list)
  - Write a short description of the main difficulty & give it a title

Trainers' notes:
- Individual task: Ask professionals to reflect individually for 1 minute on what they have found difficult in carrying out the SCALA SBI techniques with real patients (they can jot these down to remember them) – remind them that they have been asked about this also in the barriers and facilitators online questionnaire. (1 min)
Ask professionals to now pick the main difficulty or barrier that they experience, and write a short description of it (1-2 sentences). To add humour (always good for the atmosphere), you could ask them to give the problem a film title to characterize it (e.g. 'Lost in translation' to describe a difficulty in explaining clearly the system of standard drinks).
If some have more than one problem, this is ok – ask them to write 2 brief descriptions/titles. (2 mins)

Time = 3 mins

Trouble shooting – Small groups

- Small groups: write down…
  - Each present your main difficulty to your group (1 min each) and offer suggestions if you have them
  - As a group, discuss and pick the most common or challenging problem to present to the whole group

Trainers' notes:
- Put professionals into mixed groups of 5-6
- Each should present and explain their main difficulties (1 minute each explanation + 1 minute for immediate peer feedback)
- The group then has 5 minutes to decide on the most frequently occurring or tricky problem to solve.

18 mins

Trouble shooting – voting and clarifying

- Whole group
  - Each small group presents their key problem
  - All vote on the problem they would most like to address in the group
  - The person proposing the winning topic gives further details and definition to the challenge (with questions from the group)

Trainers' notes:
Each group should present their most tricky problem to the whole group (1 min each), while the trainer notes the title and 2-word description on a board as a memory aid (use words the group have said)
The whole group then votes on the problem they would most like to see addressed in the session (you can do this simply by showing hands or by giving all stickers to vote – which takes longer) (8 mins)
Ask the person who proposed the problem to describe the difficult situation in a little more detail and allow a few questions from members of the whole group to clarify any doubts
(the trainer has to time-manage this to avoid unnecessary in-depth explanations – the problem should resonate with many people, so remind them that we are trying to address the general problem, not specific situation)
4 mins

Trouble shooting – peer solutions

- ## Whole group
  - Make (respectful) suggestions to help your colleagues to deal with this problem

Proposing group
  - Try to receive and evaluate teh suggestions non-defensively

Trainers' notes:
Members of the whole group can then suggest ways to avoid or work around the problem identified
– instruct those making suggestions to be brief, respectful and practical/constructive and to base their suggestions on their own experience where possible
– remind those receiving suggestions not to be defensive or try to justify why they experience the problem. The suggestions are aimed to help ALL in the group.
10 mins

Wrap up

What are the main points or take home messages?

TRAINERS NOTES →

Summarise the main suggestions made and ask the whole group to evaluate their usefulness.

Take 1-2 other comments on this specific problem at this point, before returning to wrap up the session.

2 mins

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