

## **FARR Training Academy Fact Sheet**

### **Background**

South Africa (SA) is facing a huge burden of morbidity and mortality related to substance abuse and dependency. Furthermore, SA has one of the highest occurrence of Fetal Alcohol Spectrum Disorders (FASD) in the world. The Foundation for Alcohol Related Research (FARR) aims to prevent FASD and other problems related to alcohol-abuse in SA through rigorous scientific research, delivery of prevention programmes and comprehensive training.

During 2008 FARR established a dedicated Training Academy. The Training Academy is accredited by the HWSETA.

The purpose of FARR Training Academy is to

1. raise awareness on substance abuse and its effects,
2. raise awareness about fetal alcohol spectrum disorders, and
3. build capacity of health care providers, teachers, social workers, undergraduate students and other relevant stakeholders to identify pregnant women at risk and offer suitable interventions to stop alcohol usage in pregnancy, and make appropriate referrals for diagnosis, and offer comprehensive management.

### **Who should attend?**

The Training Academy offers courses to a variety of stakeholders including

- General public including home-based carers
- Undergraduate students
- School teachers, social workers, therapists, nurses and doctors at primary care level
- Specialised professionals – teachers with children with special needs
- Medical specialists

### **Course Format**

A combination of didactic and interactive sessions is used during the workshops. The participants are encouraged to openly ask questions and raise issues for discussion as their own knowledge and experience will contribute to the learning outcomes. Each participant will be provided with a workbook and learner's guide, and additional reading.

### **Contact Details**

For more information about the Training Academy or any enquiries related to training please contact the FARR office.

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- Website: [www.farr.org.za](http://www.farr.org.za)

## Courses Offered

Training programme	Objectives	Duration*
Effects and management of substance abuse and addiction	<p>This workshops aim to create an awareness of the effects of substance abuse and addiction, and to provide information of where help can be obtained.</p> <p><i>At the end of the workshops participants will be able to:</i></p> <ul style="list-style-type: none"> <li>○ Describe substance abuse and the process towards addiction</li> <li>○ Identify the most frequently abused substances and their short-term effects</li> <li>○ Describe the long-term effects of substance abuse on the individual and others</li> <li>○ Explain how to access support structures in the community</li> </ul>	2 days
FASD: a psychosocial approach	<p>This workshop aims to provide in-depth knowledge to understand the epidemiology of FASD, and impart the skills to plan and implement prevention strategies for FASD.</p> <p><i>At the end of the workshop participants will be able to:</i></p> <ul style="list-style-type: none"> <li>○ Describe the epidemiology and features of FASD</li> <li>○ Identify women at risk of having children with FASD</li> <li>○ Plan preventative strategies for FASD</li> </ul>	2 days
FASD: focus on primary health care**	<p>This workshop, targeted at the health care workers at primary health care level, aims to provide in-depth knowledge to understand the epidemiology of FASD, prevention, diagnosis and management of FASD.</p> <p><i>At the end of the workshop participants will be able to:</i></p> <ul style="list-style-type: none"> <li>○ Describe the epidemiology and features of FASD</li> <li>○ Identify women at risk of having children with FASD</li> <li>○ Plan preventative strategies for FASD</li> <li>○ Make appropriate referrals for diagnosis and comprehensive management of FASD</li> </ul>	2 days
FASD: essentials for teachers	<p>This unit standard, targeted at the teachers, aims to provide in-depth knowledge to understand the epidemiology and features of FASD, how it can be prevented, diagnosed and managed with a specific focus on strategies to use in the class room.</p> <p><i>At the end of the workshop participants will be able to:</i></p> <ul style="list-style-type: none"> <li>○ Describe the epidemiology and features of FASD</li> <li>○ Describe preventative strategies for FASD</li> <li>○ Explain how the diagnosis is made and how FASD is managed</li> <li>○ Plan teaching strategies for children with FASD</li> </ul>	2 days

\* The ideal duration for each workshop is reflected. The duration can however be adapted to suit the needs of the training request / requirement.

\*\* CPD accredited with the SACSSP - 6 CPD points

\*\* CPD accredited with the HPCSA – 10 general and 2 ethical points