

Mental Health Support and Prevention Education Programme Plan 2026

SEMINARS FRAMEWORK PLANS				
<i>Session</i>	<i>Learning goals & benefits/outcomes</i>	<i>Content</i>	<i>Methodology</i>	<i>Duration</i>
Opening remarks	<ul style="list-style-type: none"> ▪ Range of supports the organization offers to the community 	<ul style="list-style-type: none"> ▪ Introduction and welcome <p>The opening remarks he elaborates on what they are? What they do? and why to do so</p>	<ul style="list-style-type: none"> ▪ introductory ▪ Real life experience /learning from services users ▪ encouraged Participation 	January 2026
Asking for Help Its Good rather than dying in silent.... Maintaining Recovery Training Seminar.....	<ul style="list-style-type: none"> ▪ Some people will not ask for help or information or directions regardless of the situation for sure it's very wrong. ▪ Maintaining Recovery. ▪ We want things to be easy. ▪ We want things to be happening so quickly. ▪ supportive of change 	<ul style="list-style-type: none"> ▪ challenges that people who use drugs face ▪ Impacts and stigma ▪ Factual and myth-busting ▪ Creating a safe space together to have a dialogue/healthy discussions 	<ul style="list-style-type: none"> ▪ expert and participants sharing their input at their own pace 	
How Addiction affects the whole Person	<ul style="list-style-type: none"> ▪ creating awareness on the effects of drugs the participants will be educated on how addiction would have an impact on their physical health and how substance addiction can have a severe impact not only on the individual, but those closest to them, and society as a whole ▪ education awareness on the need of seeking professional help 	<ul style="list-style-type: none"> ▪ Mental Health Awareness and addictions ▪ The experience stigmatization ▪ impact on people and how to seek help or accessing services 	<ul style="list-style-type: none"> ▪ Presentation ▪ peer learning via breaks up room in zoom or open discussion in one-to-one meetings 	February 2026
Consequences of Drug Misuse / Facts of Drugs	<ul style="list-style-type: none"> ▪ A community-based lecture/seminar to inform young people from ethnic communities how to make informed responsible choices about drugs. The lectures will detail types and effects of drugs and facts on alcohol on teens and consequences of drinking alcohol which includes criminal record, damage to career and employment, social status, health deterioration, homelessness and how it can potentially damage their finances for life and other things that will follow. 	<ul style="list-style-type: none"> ▪ nature of drug misuse ▪ dynamics of addiction, its effects on individuals, families, and communities. ▪ combat drug misuse and to analyse the effectiveness of these initiatives ▪ challenge attitudes towards drug / alcohol use and addiction 	<ul style="list-style-type: none"> ▪ Presentation ▪ peer learning via breaks up room in zoom or open discussion in one-to-one meetings 	March 2026

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Wellness	<p>Ability to care for the oneself, resources, and others</p> <ul style="list-style-type: none"> ▪ Participant will be able to acknowledge on how to care about themselves, resources, and other people 	<ul style="list-style-type: none"> ▪ Behaviour that promotes wellness ▪ Benefits of wellness ▪ Characteristic of wellness living Component of wellness 	<ul style="list-style-type: none"> ▪ Presentation ▪ peer learning via breaks up room in zoom or open discussion in one-to-one meetings 	
Resilience and wellbeing----- Risk Factors For Suicide	<p>The participants will be educated</p> <ul style="list-style-type: none"> ▪ On Identification of coping mechanism ways of taking care of yourself. ▪ This is risk factors for suicide in a person who is 	<p>Risk factors Warning Signs Set up to intervention Prevention requirements Compassion Resilience</p>	<ul style="list-style-type: none"> ▪ Presentation ▪ Roleplay ▪ Possible responses ▪ Questionnaire ▪ Survey 	April 2026
Psychosocial Support Women and drugs and how it affects the children	<ul style="list-style-type: none"> ▪ At the end of this session, participants will be able to acknowledge when they are feeling stress, anxious and depressed ▪ Participants will be able to know how to cope and normal response in this abnormal situation <p>The seminar will be geared toward education to parents especially mothers on issues relevant to women and children affected by drug misuse in Ireland. Also, how a parent's drug addiction can affect a child, how parents can help their children who are on drugs and how family members can help to support the parent on drugs</p>	<ul style="list-style-type: none"> ▪ Managing stressful experience (signs and symptoms) <p>Depression Signs of Functional Family Effects of Drug Use on Family Family roles Family Coping Behaviours Emotional responses</p>	<ul style="list-style-type: none"> ▪ presentation ▪ peer learning via breaks up room in zoom or open discussion in one-to-one meetings <p>During the presentation, participants can share their experiences talking on important and relevant outcomes: <i>In small groups, participants</i></p> <ul style="list-style-type: none"> ▪ Presentation <p>peer learning via breaks up room in zoom or open discussion in one-to-one meetings</p>	May 2026

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Challenges/impacts of stigma	<ul style="list-style-type: none"> ▪ At the end of this session, participants will be able to explain referral, impacts and challenges ▪ Participants will be able to effectively communicate details ▪ Participants will be able to understand on how to adhere, prevent and control 	<ul style="list-style-type: none"> ▪ What drives people to hide the illness and fail to seek health care services ▪ Psychological distress and mental health complications ▪ Discrimination undermines social cohesion, promote social isolation, and hinder behavioural change ▪ Interferes with the recovery process and community reintegration 	<ul style="list-style-type: none"> ▪ Presentation <p>peer learning via breaks up room in zoom or open discussion in one-to-one meetings</p>	
Types of drugs and Reason for Drug Misuse	<ul style="list-style-type: none"> ▪ The seminar explores why people abuse substances such as drugs, alcohol, and tobacco for varied and complicated reasons and offer information on various drug types & abuse pattern and risk to health 	<p>key phases in the process of addiction defence mechanisms information and available facilities to seek support and referrals</p>	<ul style="list-style-type: none"> ▪ Presentation <ul style="list-style-type: none"> ▪ peer learning via breaks up room in zoom or open discussion in one-to-one meetings 	June 2026
Responder self – care techniques	<ul style="list-style-type: none"> ▪ At the end of this session participants will understand the importance of relaxing, healthy diet and self care ▪ Understanding on important to mind yourself 	<ul style="list-style-type: none"> ▪ Talking therapy ▪ Practicing meditation techniques ▪ Healthy living ▪ Drawing boundaries 	<ul style="list-style-type: none"> ▪ presentation <p><i>In small groups, participants to create a series of questions</i></p>	

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Knowledge of Drugs and Categories	<ul style="list-style-type: none"> ▪ The seminar will explore the drug-related knowledge, attitudes, and beliefs of the Irish population. The seminar will expose everything you want to know about drugs, like what effects they have and what the law says. 	<ul style="list-style-type: none"> ▪ Drugs their effects and Categories ▪ CATEGORY, for example, sedative, opiate, stimulant, solvent ... ▪ EFFECTS OF USE, for example, may distort user's perception of reality, reduces pain, reduces feelings of anxiety and tension 	<ul style="list-style-type: none"> ▪ presentation ▪ <i>In small groups, participants to create a series of questions</i> 	July 2026
Maintenance of basic self-care to improve one's sense of control and endurance	<ul style="list-style-type: none"> ▪ At the end of this session, participants will be able to outline procedures in relation to challenges in life ▪ Participants will be able to identify various difficulties, concerns, and individual success 	<ul style="list-style-type: none"> ▪ Helpful way to manage stress ▪ Coexistent problem i.e., alcoholism and addiction ▪ Impulsive or high-risk behaviour that reduces stress in short-term 	<ul style="list-style-type: none"> ▪ Presentation ▪ <i>In groups, participants create questions which learners will discuss success factors and lessons learned</i> 	
Drugs and mental health/ Effects of Alcohol & Drugs	<ul style="list-style-type: none"> ▪ To become aware of the effects of alcohol and drugs both short term and long term. ▪ At the end of this session participants will reflect and deepen their understanding, on misuse and effects of drug abuse/addiction ▪ Participants will have series of questions relating to drugs 	<ul style="list-style-type: none"> ▪ Type of drugs ▪ How drugs affect our mental health ▪ Drug use factors 	<ul style="list-style-type: none"> ▪ presentation ▪ Input from facilitators ▪ Group session 	August 2026

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Alcohol abuse	<ul style="list-style-type: none"> ▪ At the end of this session participants will have an understanding on harm and impacts of alcohol to an individual and to the society 	<ul style="list-style-type: none"> ▪ Effect of alcohol abuse ▪ Effects when used with other drugs(combinations) ▪ Stages of alcohol use 	<ul style="list-style-type: none"> ▪ Presentation ▪ Reflective exercise 	
Drugs, homeless and addiction	At the end of this session, participants will be able to identify the external influences on drugs abusers' behaviour and attitudes	<ul style="list-style-type: none"> ▪ Influences: of drugs addiction to homeless and effects to the community, society. 	<ul style="list-style-type: none"> ▪ Presentation ▪ Participants to reflect on their own lives and of their love ones and identify positive and negative influences on their behaviour and attitudes 	
Developing & Understanding of Addiction	The seminar will highlight why or how other people become addicted to drugs. We will explore the full understanding of the factors that contribute to developing an addiction.	<ul style="list-style-type: none"> ▪ Definition of addiction ▪ What is an addiction Model? ▪ Model of Addiction ▪ Interventions which flow from Models ▪ Drug, Set and Setting ▪ Natural recovery 	<ul style="list-style-type: none"> ▪ Presentation ▪ Reflective exercise 	September 2026
Loneliness and Low Self Esteems Self-kindness	<ul style="list-style-type: none"> • How to Practice self-kindness in difficult moments it's very important. • • Connect in real life with other people in your community. • Rethink how you spend your spare time well not on your own in the room. • Do more things to the other people e.g., to volunteer giving homeless food etc.? 	<ul style="list-style-type: none"> ▪ Self-awareness, identity, and it benefits ▪ confidence and respects 	<ul style="list-style-type: none"> ▪ Presentation ▪ Reflective exercise 	October 2026
A Safe Space	<ul style="list-style-type: none"> • Peer and Facilitator Support • Empowerment programs and referrals 	<ul style="list-style-type: none"> ▪ safe talk ▪ encouragement ▪ assessment 	<ul style="list-style-type: none"> ▪ survey ▪ presentation ▪ Group Discussions ▪ way forward 	November 2026

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Empowerment	<ul style="list-style-type: none"> ▪ At the end of this session participants will be able to identify and outline their needs to be empowered to develop and sustain their own wellbeing 	<ul style="list-style-type: none"> ▪ Introduction to community development ▪ Principles and core objectives 	<ul style="list-style-type: none"> ▪ Presentation ▪ Input from facilitators ▪ Group session 	
Mindfulness and Self Compassion And evaluating strength and soft spots	<p>How mindfulness can help to manage negative emotions. Personal development</p>	Purpose of personal development, theme, and focus	<p>Feedbacks Self-reflection Free writing Journal writing</p>	December 2026

	<ul style="list-style-type: none"> ▪ At the end of this session, participants will be able to assess and evaluate individual training 	<ul style="list-style-type: none"> ▪ Activity 	<ul style="list-style-type: none"> ▪ <i>In small groups participants to create a series of questions in relation</i> 	
	<ul style="list-style-type: none"> ▪ At the end of this session participants will highlighted potential difficulties in delivering ▪ Participants to provide feedback on way forward and recommendation 	<ul style="list-style-type: none"> ▪ Review 	<ul style="list-style-type: none"> ▪ Group session 	
	<ul style="list-style-type: none"> ▪ At the end of this session all outstanding issues will be addressed 	<ul style="list-style-type: none"> ▪ Final thoughts ▪ Review of the programme 	<ul style="list-style-type: none"> ▪ Group Session 	
END OF PROGRAMME				