



Sharing knowledge, supporting change with views of London's skyline

The **Royal College of Occupational Therapists** invites members to a **free CPD and networking** evening. Engage in a talk by *Mr. Paul Escott*, titled:

Occupational therapists helping people make changes to their drug and alcohol use

Wednesday 31st May 2017

Time: 18:00 – 20:00

Venue: Robens Suite, 29th Floor, Tower Wing, Guy's Hospital, Great Maze Pond, London, **SE1 9RT**

A few of the most common types of dual diagnosis
(Health and Social Care Information Centre, 2014)



75% of people using drugs services

85% of people using alcohol services



Experience a psychiatric disorder in the last year (DrugScope, 2015).

Paul Escott is an Occupational Therapist working in an acute inpatient mental health service within an economically deprived borough of London.

His experience includes working in a London prison as an assistant psychologist, where he facilitated a nationwide, accredited, cognitive behaviour therapy harm minimisation programme. By amalgamating this experience into his previous activity coordinator and current occupational therapist roles, he has designed and facilitated Substance Awareness group interventions.

Paul is passionate about occupational therapy's role in supporting people to make positive changes to their drug and alcohol use, and helping individuals lead more socially integrated and fulfilled lives.

CPD Certificate Awarded

Learning outcomes:

- How substance misuse affects both daily living and the recovery process of individuals with a mental illness.
- The need for occupational therapists to support individuals with a dual diagnosis.
- The competencies that occupational therapists possess in working with individuals with a dual diagnosis.
- Occupational therapists can help individuals make positive changes to their drug and alcohol use through:
 - Substance Awareness; *making an informed choice*
 - Harm Minimisation; *safer using, reducing harm to the individual and community*
 - Coping with Cravings; *managing triggers and high risk situations*
 - Managing Emotions; *activities that promote mood management*
 - Problem Solving; *implementing strategies*
 - Relationships and their Impact on Change; *how do the people in our lives influence change*
 - Change and Goals; *including breaking down goals into manageable steps*
 - Relapse Prevention; *including signposting to support available*

RSVP: <https://rcot-london-region-cpd-310517.eventbrite.com>

Please include your BAOT membership number in the 'Last Name' field when booking your place. E.g. John SmithBT081864