



# **TRAINING REPORT**

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UTC COURSE - 01

## **Physiology and Pharmacology For Addiction Professionals**

## Executive Summary

Psychoactive substance use and substance use disorders (SUDs) remains remain to be a major problem around the world. Which is negatively effect on global health and social and economic functioning. Though people who suffer from SUDs must received treatment, the number of who actually get treatment is very low as well as non-quality of the treatment they receive is another crucial problem. Therefore enhancing of the quality of treatment is very important. One of the best solution to the above problem is to develop treatment staff's capacity by providing training to evidence-based practices.

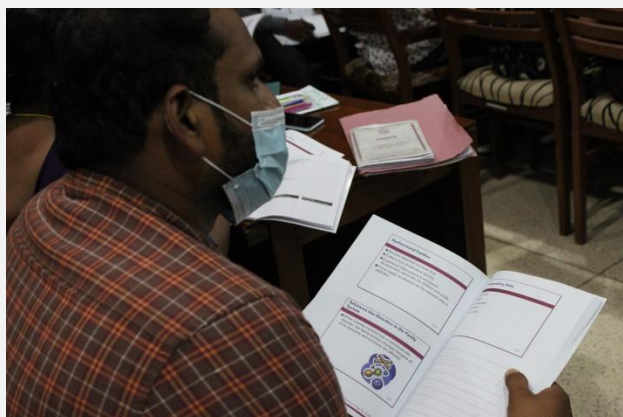
Preventive Education and Training Unit of the National Dangerous Drugs Control Board (NDDCB) organized and conducted training on psychology and pharmacology (UTC – 01) for 32 officers of the NDDCB which was held on 4<sup>th</sup> and 5<sup>th</sup> of May 2022 at NDDCB Auditorium.

In selecting officers for the workshop, criteria were considered, such as having worked in the field of drug prevention and treatment for more than two years, or at least a basic degree. Two weeks before the training, they were given initial notice and a WhatssApp team was formed to provide them with the information they needed to prepare. The organizing team had also made arrangements to provide accommodation for officers working outside Colombo. Food, refreshments and other basic necessities were also provided to each trainee.

Training was provided by UTC certified trainers and the curriculum was provided free of charge by the Colombo Plan Secretariat and the initial cost was borne by the US State Department.

Post-test of the training showed that the trainees had made significant progress in their knowledge, skills and attitudes through the training. Pre-assessment tests and post-evaluation tests were used for this and each test was performed very reliably online.





## INTRODUCTION

Preventive Education and Training Unit of the National Dangerous Drugs Control Board (NDDCB) organized and conducted training on psychology and pharmacology (UTC – 01) for 32 officers of the NDDCB which was held on 4<sup>th</sup> and 5<sup>th</sup> of May 2022 at NDDCB Auditorium.

The training exchanged the latest techniques and knowledge used in treatment, enabling the treatment centres to provide the service and treatment programs they conduct on a more productive and scientific basis. All of these trainees were of the opinion that the knowledge, skills, and attitudes gained through this training would be of great benefit to those who are actively involved in SUB treatment services.



## TRAINING GOALS

Develop the knowledge about psychology and pharmacology in substance use. To engage the staff to develop with scientific knowledge. In addition, it was hoped that the shortcomings of the traditional methods used in the long run would be rectified.



## LEARNING APPROACH

The learning approach for the training series included

- Trainer-led presentations and discussions
- Frequent use of creative learner-directed activities, such as small-group and partner to- partner interactions
- Small-group exercises and presentations
- Reflective writing exercises.
- Skills role-plays.
- Periodic reviews to enhance retention;

and Learning assessment exercises.





## THE TRAINING SPACE

Training space was attractive, well organized and large enough to accommodate all participants and small groups. The seating arrangement was small groups at round tables which saved significant time moving into and out of small groups for the exercises.

Soft music was played appropriately throughout the training programme.



## PANEL OF TRAINERS

**Pradeep Koholanegedara** *ICAP I*

*Head of the Education and Training Division of the NDDCB*

**Priyadarshani Rathnayake** *ICAP I*

**Chamara karunathilaka** *ICAP 1*

**W. G. Supun Udana**

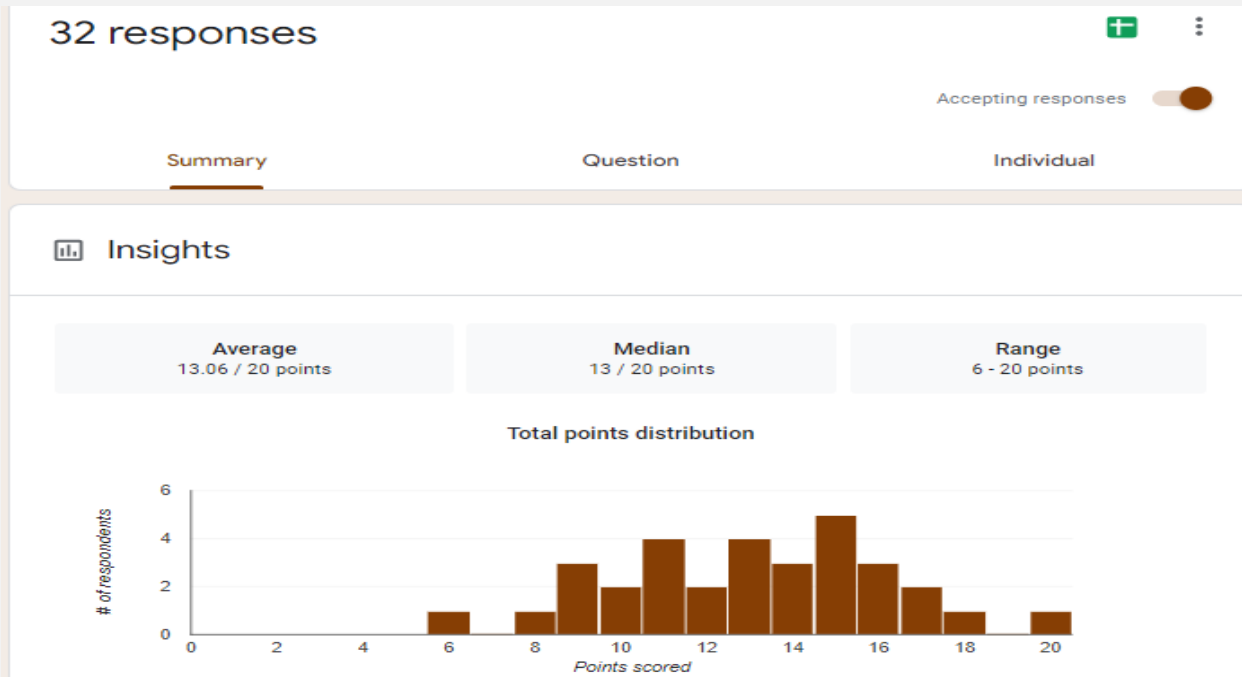
## NAME LIST OF PARTICIPANTS

No	Name	Designation
01	Ms. Iresha Sandamali	Counselling Assistant
02	Ms. R.M Kumari Rathnayaka	Counselling Assistant
03	Ms. Tharaka Weerakkody	Counselling Assistant
04	Mr. Amila Madurapperuma	Counselling Assistant
05	Mr. Nuwan Thissera	Counselling Assistant
06	Mr. Wimukthi Rupananda	Counselling Assistant
07	MS. Anjalee Rajapaksha	Counselling Assistant
08	Ms. Chandima Jayakodi	Education Officer
09	Ms. Thilini Weerasekara	Assistant Education Officer
10	Ms. Harshani Ariyaratne	Assistant Education Officer
11	Ms. Dilhara Waragoda	Assistant Education Officer
12	Ms. Chamalee Jeewanthi	Assistant Education Officer
13	Ms. Bhagya Deshapriya	Assistant Counsellor
14	Mr. Sudara Priyanath	Development Officer
15	MS. Sahangee Alwis	Education Assistant
16	Ms. Linda Anupama	Education Assistant
17	Ms. Dulshani Mahanama	Education Assistant
18	Ms. Surangi Nawalahewage	Education Assistant
19	Ms. Buddhima Nuwangee	Assistant Counsellor
20	Ms. H. G. M. C. Amarasinghe	Assistant Outreach Officer
21	Mr. W.A.D.P. Wickramaarachchi	Assistant Outreach Officer
22	Ms. Buddhi Erangika	Assistant Outreach Officer
23	Ms. Kalhari Rajapaksha	Assistant Counsellor
24	Mr. Dinesh Chathuranga Herath	Counselling Assistant
25	Ms. Sachini Bandara	Counselling Assistant
26	Ms. Nilani Renuka	Research Officer
27	Mr.S.W.P. Kumara	Research Officer
28	Ms. Nilukshi	Assistant Research Officer
29	Ms. Badhra	Research Assistant
30	Ms. Omali Samarakoon	Counselling Assistant
31	Ms. Nadeeshani Peliarachchi	Counselling Assistant
32	M.A.D.K. Madurapperuma	Counselling Assistant

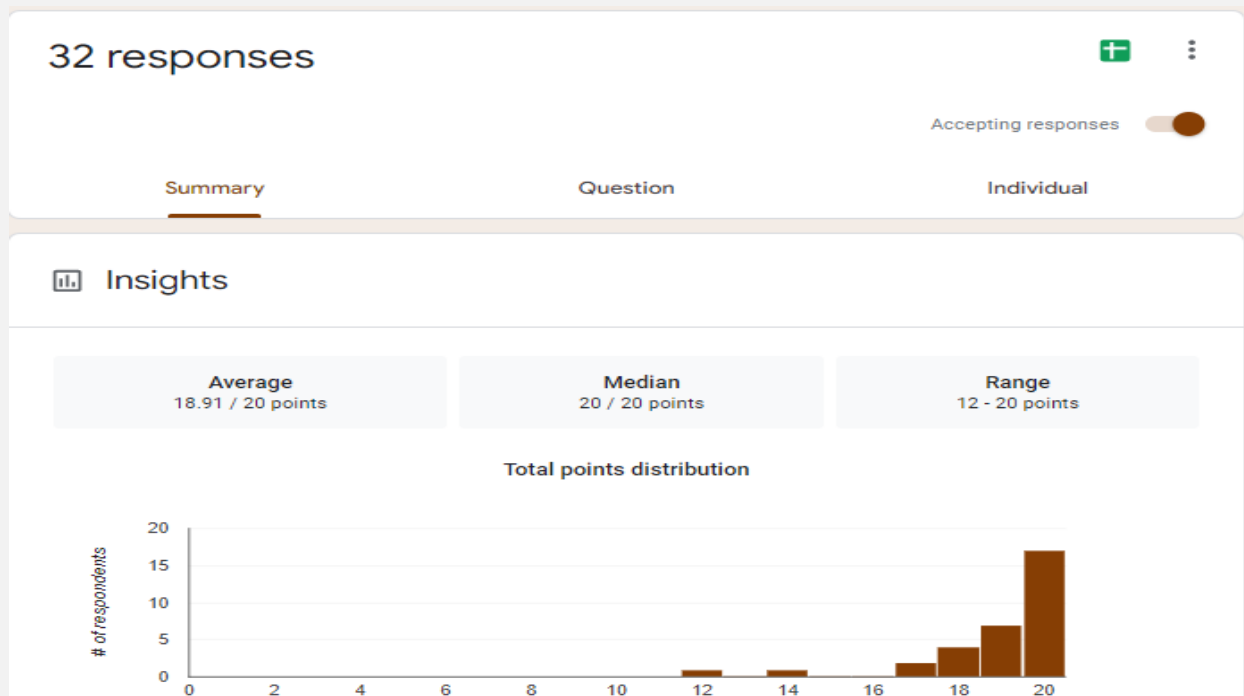
# POST- TEST

The pre and post-test were to evaluate the training programme in terms of knowledge improvement of the participants.

## Pre - Test



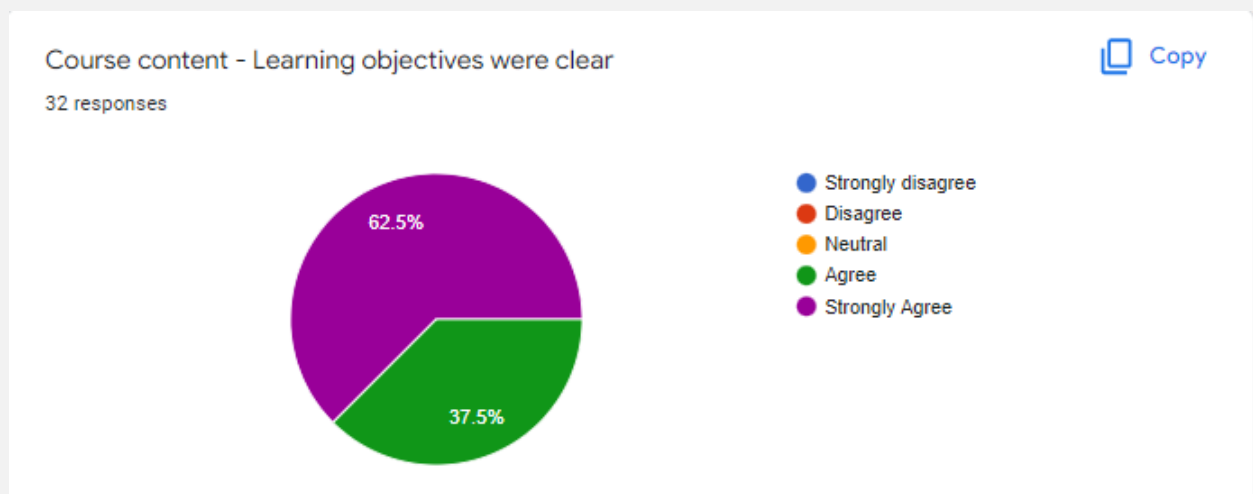
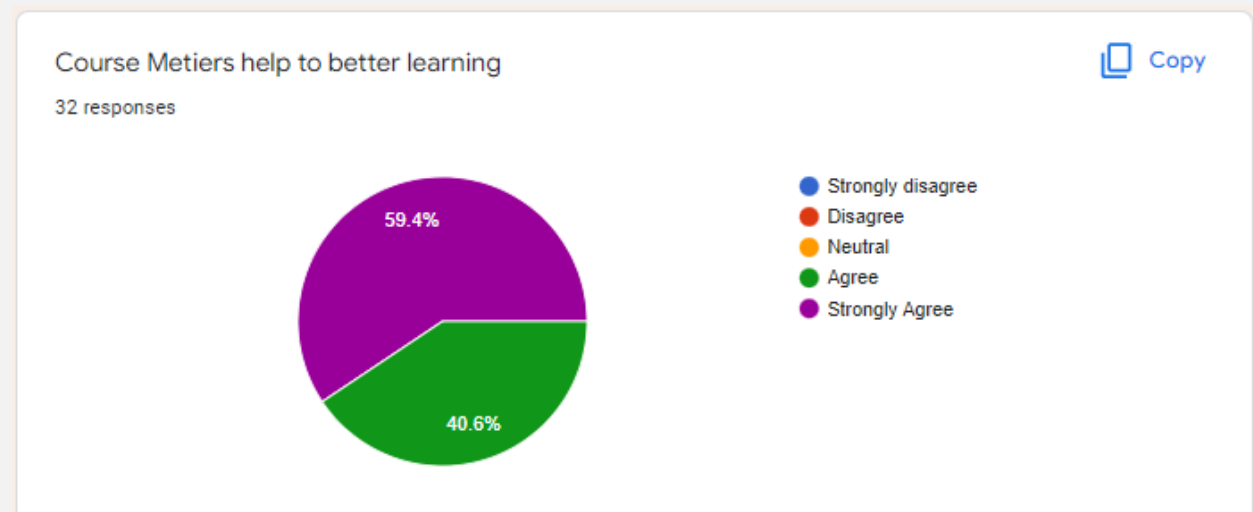
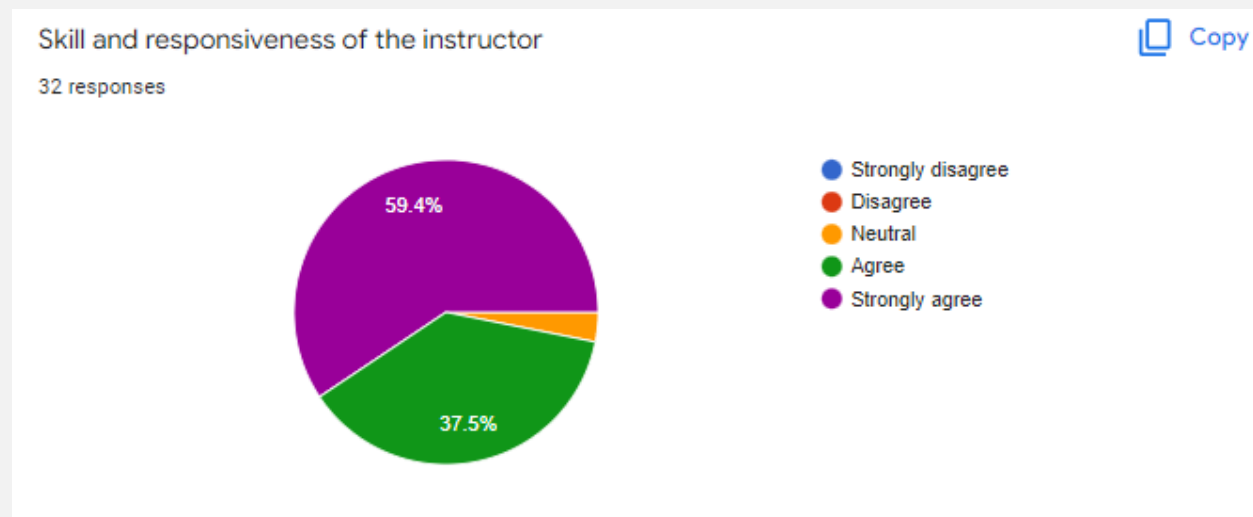
## Post – Test



## ONLINE EVALUATION OF THE OVERALL TRAINING

The online evaluation and pre/ post-test were conducted to assess the overall success of the training.

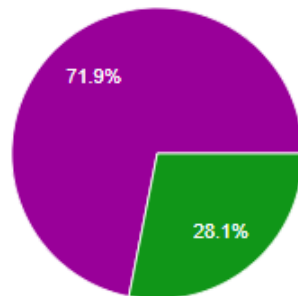
Result of the online evaluation is as follows



### Course content was organized and well planned

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32 responses

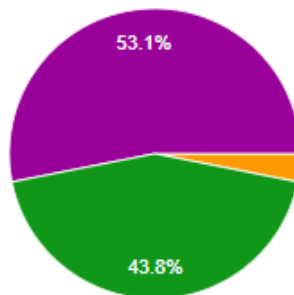


- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

### Course workload was appropriate

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32 responses

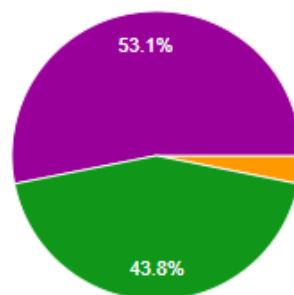


- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly Agree

### Course organized to allow all participants to participate fully

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32 responses

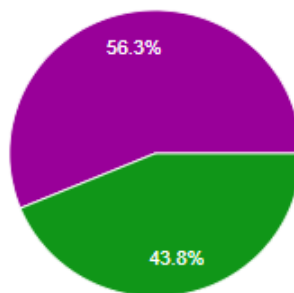


- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly Agree

### Class room environment arrangement

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32 responses



- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly Agree



## ***Comments***

01. Thank you for the training held on physiology and pharmacology for Addiction Professionals (UTC 01)- Universal Treatment Curriculum Training Program Series. As an enthusiastic Counseling Assistant at National Dangerous Drug Control Board, and a learner I feel this was a great session needed for me to boost my change in mindset and working practice with a clearly defined scientific explanatory background with universal evident based knowledge.

While working in Substance use prevention, treatment and rehabilitation sector we need to have an updated knowledge which can be applied to the clients as well as for our own knowledge. So, this two-day program helped me in covering the course 01 training modules showing more ways to gain and share knowledge needed in minimizing physical, mental, biological, and social issues associate with substance use disorders with an international aspect to develop the insight in a multi-dimensional view. And this provides us a clear knowledge of psychology of addiction as a brain disease and defines about the pharmacology of psychoactive substances which was a great piece of information which is an added value in every step of addiction counseling.

Moreover, I just wanted to let you know how much I appreciate your structured approach to such a wide curriculum with some fantastic take always which we can put into practice to develop skills, confidence, personality and competence within our career as well as personal side of view. Often, we say we have to get down to the shoe of our client and many of us could not understand its scientific base. But, many thanks for your insight, input and support to gain that experience within such a short time. I must say it was a pleasure to attend, and you all helped us to articulate our professional roles well and consider new aspects of what we already know with a universal sight. I will be able to carry the lessons learnt there going forward having different perspectives. I cannot thank you enough for your time, effort. This was a thought-provoking session which pitched the audience well!



**Ms. Anjalee Rajapaksha - Counseling Assistant**

02. This UTC training workshop is one of the most useful and effective programs for professionals in this field. Furthermore, this up-to-date scientific knowledge and understanding of practicality is essential to maintain the professionalism of our profession as well as to provide superior service to our clients.

I would like to thank all those who provided all the materials and support needed for this workshop.

And I would like to thank Dr. Priyangi Amarabandu, the Honorary Chairperson of our Institute, for providing us with such a useful training workshop. Special thanks also go to Mr. Pradeep Koholanegedara, Director of Education, our institute, for his dedication to this workshop, and for his guidance and technical knowledge in conducting the workshop in a proper standardized manner. And many thanks to Mr. Supun Udana for his hard work in organizing this workshop and to all the members of the PET unit who assisted in this workshop.

**Ms. Nadeeshani Peli Arachchi**

**Counseling Assistant**



03. I would like to thank you for your inspired guidance for your colleges. This training programme provides us scientific basis knowledge on pharmacology and physiology .It is helpful for our staff members to enhance and update their knowledge.

I would be much thankful to providing and arranging such a valuable training for us.

**Ms. Chandima Jayakodi**

**Education and Information Officer**

