



# 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 24 officers of the NDDCB which was held on 23<sup>rd</sup>, 24<sup>th</sup> and 25<sup>th</sup> of August 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 24 officers of the NDDCB which was held on 23<sup>rd</sup>, 24<sup>th</sup> and 25<sup>th</sup> of August 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**

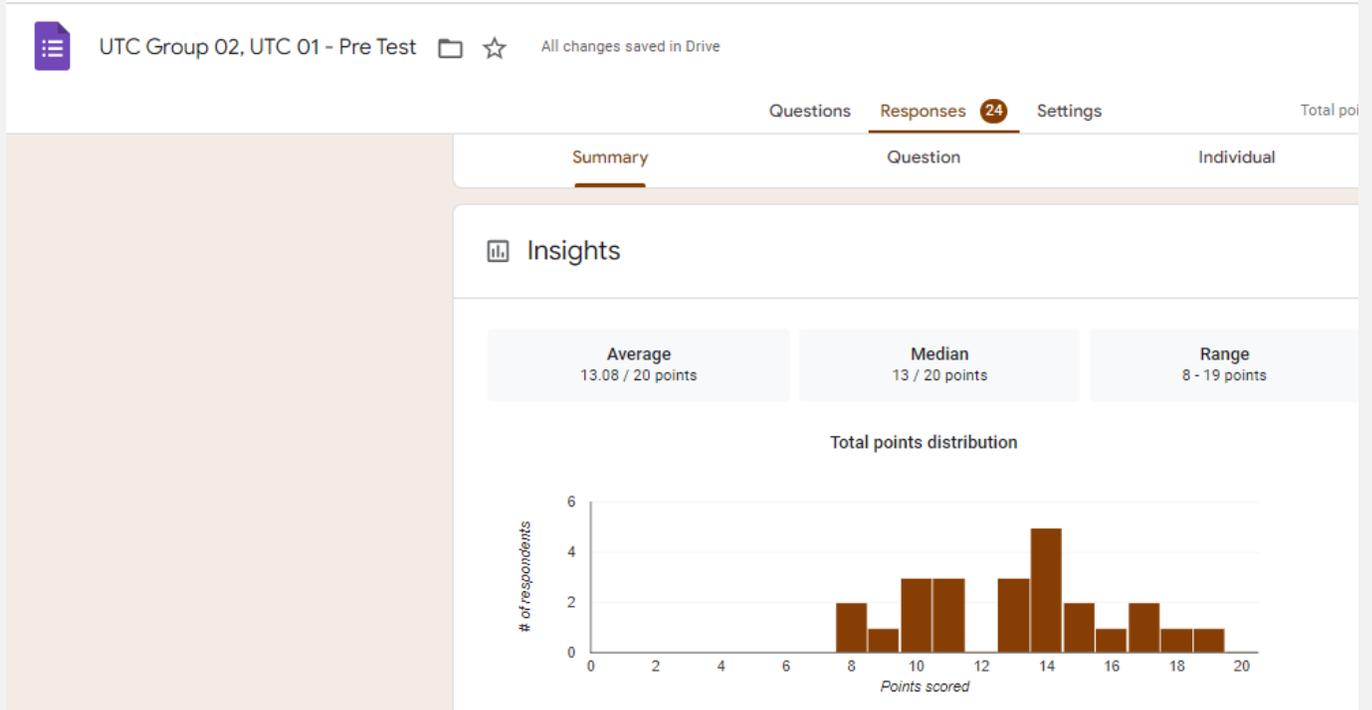
## NAME LIST OF PARTICIPANTS

No	Name	Designation
01	Ms. Saumya Palamure	Counselling Assistant
02	Ms. P.P.U. Lakmali	Assistant Counsellor
03	Mr. W. Hiran Kavinda Alwis	Counselling Assistant
04	Mr. S. P. Shyam Sadamal	Counselling Assistant
05	Ms. K. G. Tharanga Kumarathunga	Assistant Counsellor
06	Mr. Dulip Prasanka	Assistant Counsellor
07	Ms. W.M.P.P Wijethunga	Counselling Assistant
08	Ms. S.W. Subodha Prabodi	Counselling Assistant
09	Ms. Sewwandi Jayakodi	Education and Information Officer
10	Ms. Inusha Hettiarachchi	Education and Information Officer
11	Ms. Priyanthi Hewage	Assistant Education and Information Officer
12	Mr. M M.G.M. Rashard	Assistant Education and Information Officer
13	Mr. Tharindu Perusinghe	Counsellor
14	Ms. Dilini Sudarshika	Counselling Assistant
15	Mr. Danushka Dissanayake	Assistant Counsellor
16	Ms. B. P. Nihathamali Bulathsinghala	Counselling Assistant
17	Ms. Aruni Shanthi Wijekoon	Counselling Assistant
18	Ms. L. Yuni Perera	Counselling Assistant
19	MS.J.M.D.N. Jayasundara	Assistant Counsellor
20	Ms. Asanka madhuhansi	Assistant Research Officer
21	Ms. Thushari walasmullage	Assistant Research Officer
22	Ms. Dilini Madhushani	Research Officer
23	Ms. JayaniRanasinghe	Assistant Research Officer
24	N.G.D.S. Wijeesinghe	Assistant Counsellor

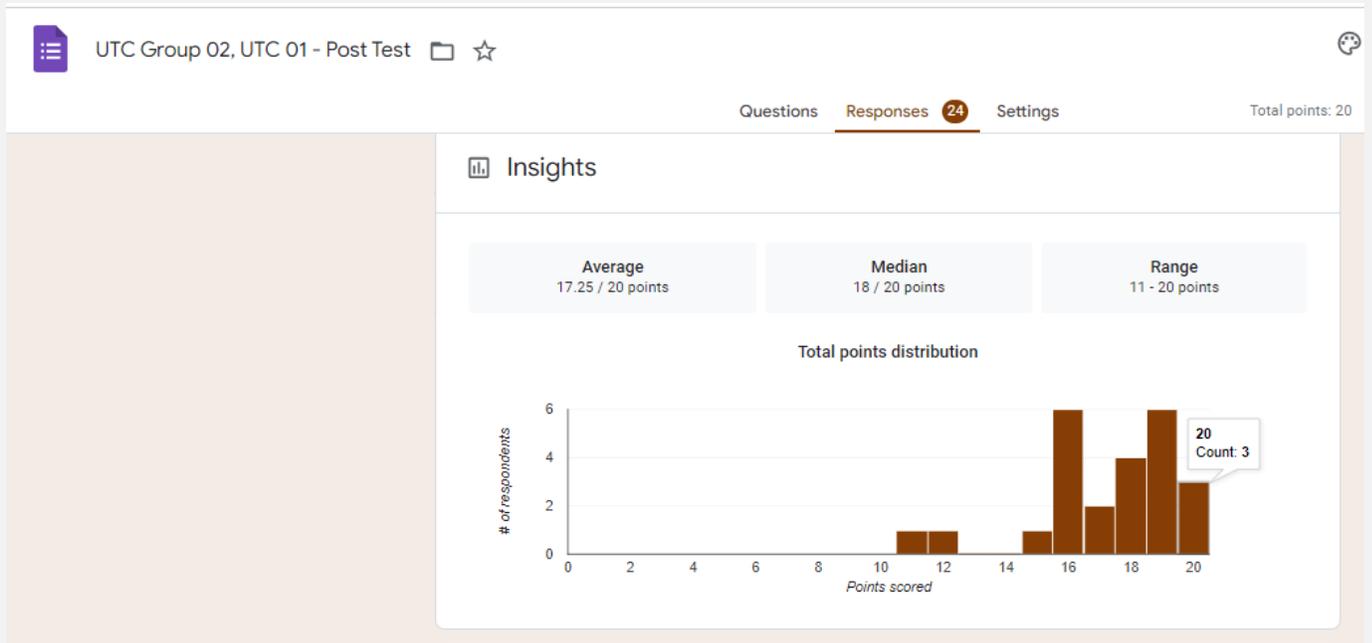
# POST- TEST

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

## Pre - Test



## Post – Test



## ***Comments***

**01.** The workshop was fruitfully conducted in the Auditorium of the National Dangerous Drugs Control Board on the 23<sup>rd</sup> of August 2022 with the objective of training officers for the international certificate examination for global treatment curriculum. Sincere gratitude should be offered to the Preventive Education and Treatment (PET) division for organizing this programme to elevate the professionalism of the officers engaged in drug addiction and treatment. In the Workshop, it was experienced that it is a must to collaborate with the knowledge of professionals related to drug addiction, management, and treatment, and its practical application as well as combine with fields such as Psychology and related treatment methods by reaching beyond the fields of Biology, Physiology, and Pharmacology, which favors to successfully treat drug-addicted persons. Further, conducting a training workshop at the discussion level with officers who possess expert knowledge in different fields, this workshop had become an event occupied with shared knowledge and experiences.

The lectures of the workshop were not stressful and unexciting and the board of lecturers should be appreciated for conducting lectures with fascinating practical activities. We anticipate the successful conduct of upcoming workshops.



**Ms. Thushari walasmullage – Assistant Research Officer**

**02.** Actually I was spend unforgettable days with this training programme. Specially it touched untouched areas of behind the substance abuse. After three days I felt that gained huge knowledge. About substance abuse “Science of Addiction” module was my heart touching area of this curriculum and it was very interesting for learning. Before participate this program I didn’t know addiction is a health problem. However now I know addiction is a chronic brain disease and also I could understand brain structure and brain function very clearly. After my university studies this was the first time again I memories biological areas of human. So it was very new experience for me.

Specially lectures were very clear and all criteria explain very well. The most important thing is explain difficult things in simply manner. It’s all respect can give dedicated lecture panel and I got this chance for thankfulness of all staff of Preventive Education and Training Unit for

arranging this valuable opportunity. Another important thing is this was very enjoyable programme like all other Preventive Education and Training Unit programmes. So well all participated energetic way and also this programme was well organized. Group activities also created enjoyable and knowledgeable ways. But I felt time limit of this training programme was not enough. However they manage it well on the other hand we didn't feel lazy or time elapse. After all, only thing I felt, I have more thing for study about substance abuse and now I have a desire for studying these things.



Finally, again I gave all credits for Chairperson of NDDCB, Preventive Education and Training Unit and Thank you all for priceless this opportunity.

**MS. Aruni Wijekoon – Counseling Assistant**