
TRAINING OF TRAINERS' PROGRAMME ON "PEER LED INTERVENTIONS"

Hosted by (Name of national counterpart)
Supported by UNODC, Regional Office for South Asia

Logistic support:

Date:

Venue:

Draft Programme Schedule

DAY 1

Theme of the day: Introduction to peer-led intervention, behaviour change communication, and skills for peer-led interventions

| Time | Session | Topic |
|--------------|---------|--|
| 8.30- 9.00 | | Registration / Pre-training exercise |
| 9.00-10.00 | | Inauguration Overview of the peer led intervention/ research design for reducing HIV related risk behaviour amongst young drug users Network for service provision |
| 10.00-10.30 | Tea | |
| 10.30-11.00 | | Pre- training exercise |
| 11.00- 11.50 | | Meeting Strangers |
| 11.50- 12.30 | | Introduction to behaviour change communication |
| 12.30- 1.00 | | Objectives of the training programme |
| 1.00- 2.00 | Lunch | |
| 2.00- 2.45 | | Profiling a community |
| 2.45- 3.30 | | Resource and vulnerability mapping |
| 3.30- 3.45 | Tea | |
| 3.45- 4.30 | | Mapping the network of substance users |
| 4.30- 5.15 | | Observation and listening skills |
| 5.15- 5.30 | | Winding up and feedback |

DAY 2

Theme of the day: Skills for peer-led interventions

| | | |
|--------------|-------|---|
| 9.00- 9.30 | | Recap and preliminaries |
| 9.30- 10.15 | | Explanation of peer led intervention- phase I |
| 10.15- 10.45 | | Preparing an observation checklist |
| 10.45- 11.15 | | Preparing an interview checklist |
| 11.15- 11.30 | Tea | |
| 11.30- 12.15 | | Effective Questioning |
| 12.15- 1.05 | | Barriers to effective communication |
| 1.05- 2.05 | Lunch | |
| 2.05- 3.00 | | Rehearsals by trainers (on assertive skills) |
| 3.00- 4.00 | | Outreach and types of outreach |
| 4.00- 4.15 | Tea | |
| 4.15- 5.00 | | Practice session on outreach |
| 5.00- 5.15 | | Winding up and feedback |

DAY 3

Theme of the day: Risks and risk reduction

| | | |
|--------------|-------|---|
| 9.00-9.30 | | Recap and preliminaries |
| 9.30- 10.30 | | Basics of Infection |
| 10.30-11.00 | | Basics of HIV/AIDS |
| 11.00- 11.15 | Tea | |
| 11.15- 11.50 | | HIV and associated risks |
| 11.50- 12.30 | | Use of condoms and condom demonstration |
| 12.30- 1.00 | | Practice of using a condom and demonstrating its use |
| 1.00- 2.00 | Lunch | |
| 2.00- 2.40 | | Associated risks- Injecting drug users, alcohol and sex |
| 2.40- 3.25 | | Knowledge, attitude and skills required by peer outreach worker (POW) |
| 3.25- 3.40 | Tea | |
| 3.40- 5.10 | | Practising outreach through a transect walk |
| 5.15- 5.30 | | Winding up and feedback |

DAY 4

Theme of the day: Life skills

| | | |
|--------------|-------|--|
| 9.00-9.30 | | Recap and Preliminaries |
| 9.30- 11.00 | | Designing half day training sessions in phase II of intervention |
| 11.00- 11.30 | Tea | |
| 11.30- 11.55 | | Decision making process |
| 11.55- 12.30 | | Respecting different view points |
| 12.30- 1.30 | Lunch | |
| 1.30- 2.15 | | Stress management |
| 2.15- 3.15 | | Identifying and managing emotions |
| 3.15- 3.45 | Tea | |
| 3.45- 4.30 | | Identification of a leader and leadership skills |
| 4.30- 5.00 | | Explaining the concept of hunger |
| 5.00- 5.15 | | Winding up and feedback |

Day 5

Theme for the day: Accessing help, support systems, self-help groups

| | | |
|--------------|-------|---|
| 9.00- 9.30 | | Recap and Preliminaries |
| 9.30- 10.15 | | Concept of volunteerism |
| 10.15- 11.15 | | Accessing help |
| 11.15- 12.00 | Tea | |
| 11.15- 12.00 | | Overview of the peer led intervention |
| 12.00- 12.45 | | Monitoring mechanisms in peer-led intervention |
| 12.45- 1.45 | Lunch | |
| 1.45- 2.30 | | Problem solving |
| 2.30-3.15 | | Empathy |
| 3.15- 3.30 | | Winding up and feedback |
| 3.30- 3.50 | | Post training exercise |
| 3.50- 4.05 | Tea | |
| 4.05- 5.00 | | Administrative matters for out-station participants |