

## About Dr Adam Winstock...

Dr Adam R Winstock MBBS, BSc, MSc, MD  
MRCP MRCPsych FChAM

Adam is a Consultant Addiction Psychiatrist at the South London and Maudsley NHS Trust and Honorary Senior Lecturer at the Institute of Psychiatry, Kings College London. He is also Director of Global Drug Survey and architect of the brief intervention and screening alcohol app the Drinks Meter [www.drinksmeter.com](http://www.drinksmeter.com)

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## Organised by...

*North Dublin Regional Drug & Alcohol Task Force*  
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*Drug and alcohol issues affect us all. We work in partnership with the local community and services to respond to this issue in North Dublin & Fingal*

For more information or to REGISTER email [karen@ndublinrdtf.ie](mailto:karen@ndublinrdtf.ie)

Community Solutions to Community Problems



**NORTH DUBLIN**  
Regional Drug & Alcohol Task Force

# TWO

*exciting*

## ALCOHOL Educational Events

with *Dr Adam Winstock*

&

*The North Dublin Regional  
Drug & Alcohol Task Force*

Portmarnock Hotel & Golf Links

October 8<sup>th</sup> & 9<sup>th</sup> 2015

CONFERENCE

**Thurs, Oct 8<sup>th</sup> 2015**

*Alcohol Through the Ages –  
From the Cradle to the Grave*

CLINICAL MASTERCLASS

**Fri, Oct 9<sup>th</sup> 2015**

**Alcohol – Assessing,  
Monitoring, & Managing  
Dependence & Withdrawal**

# October 8<sup>th</sup> - Conference

## **CONFERENCE: Alcohol Through the Ages: 'From the Cradle to the Grave'**

**When?** THURSDAY Oct 8<sup>th</sup> 9.30am to 5pm  
**Where?** Portmarnock Hotel & Golf Links  
**WHO?** **Service providers that work with people who are impacted by alcohol use.**

### Overall Aims:

To increase knowledge of the health impact of alcohol use in a lifetime, from pre-birth to old age, and evidence supported effective interventions.

<b>9.30am</b>	<b>REGISTRATION</b>
<b>10am</b>	<b>Dr Adam Winstock, Chair &amp; Keynote</b> Global Drug Survey & Irish drinking behaviours
<b>10.25</b>	<b>Dr Suzi Lyons, Health Research Board</b> National Alcohol Data: Treatment & Impacts
<b>10.45</b>	<b>Dr Chris Luke, Consultant in Emergency Medicine</b> Alcohol & Emergency Medicine: Treatment Challenges in Emergency Medicine Settings
<b>11am</b>	<b>Aoife Dermody, Community Alcohol Treatment Prog.</b> Community Intervention: an example of a Community Alcohol Treatment Programme (CARE).
<b>11.15</b>	<b>BREAK</b>
<b>11.30</b>	<b>Dr Gerry McCarney, SASSY Under 18s Service</b> Adolescents & Alcohol Use.
<b>11.50</b>	<b>Megan OLeary, National Family Support Network</b> Alcohol & Family members & Carers
<b>12.05</b>	<b>Monica Hynds &amp; Robert Dunne, Barnados</b> Parental Alcohol Use & the Impact on Children
<b>12.15pm</b>	<b>Dr Adam Winstock</b> <b>Alcohol Through The Ages: 'From the Cradle to the Grave'</b>
<b>1pm</b>	<b>LUNCH</b>
<b>2pm</b>	<b>Dr Adam Winstock</b> <b>Alcohol 'From the Cradle to the Grave' – continued</b>  Physical complications from alcohol.  Diagnosing dependence/taking the 'typical day' history.  Brief screening & intervention using iPads/drinks meter
<b>5pm</b>	<b>CLOSE</b>

# October 9<sup>th</sup> - Training

## **CLINICAL MASTERCLASS: Alcohol: Assessing, Monitoring & Managing Withdrawal**

**When?** FRIDAY Oct 9<sup>th</sup> 9.30am to 3pm  
**Where?** Portmarnock Hotel & Golf Links  
**WHO?** **Treatment Providers & GPs.**

### Overall Aims:

Raise clinicians' knowledge and skills regarding assessing dependence, monitoring, managing alcohol withdrawal and maintaining sobriety using alcohol anti craving medications.

### OUTLINE:

<b>9.30am</b>	<b>REGISTRATION</b>
<b>10am</b>	<b>Dr Adam Winstock – Overview &amp; Welcome</b>
<b>10.15am - 12.15pm</b> <b>Alcohol Withdrawal - Assessment &amp; Management</b>	
<ul style="list-style-type: none"><li>• The Spectrum of alcohol withdrawal.</li><li>• Where and when to detox.</li><li>• How to monitor withdrawal.</li><li>• Medications.</li><li>• In patient v Out patient</li><li>• Managing the poly-dependent drinker.</li><li>• Complications and concerns, including the DTs.</li></ul>	
<b>12.15pm – 1pm</b> <b>BREAK</b>	
<b>1pm - 3pm</b> <b>After Detox Comes The Hard Part</b>	
<ul style="list-style-type: none"><li>• How to choose and use alcohol pharmacotherapies in the maintenance of abstinence</li><li>• Antabuse</li><li>• Acamprosate</li><li>• Naltrexone</li><li>• Nalmefene</li><li>• Baclofen</li><li>• Antidepressants</li><li>• Sleep hygiene and AA</li></ul>	
<b>3pm</b>	<b>CLOSE</b>

**REGISTER!!!**

**REGISTRATION**  
is **REQUIRED** to  
attend!!

Please email  
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