

ADDICTION AND RECOVERY AWARENESS COURSE

Presented by the TPG & MUSIC SUPPORT

WHAT WE ARE DOING

We are all aware of how prevalent addiction can be in the live music industry. Having recently completed Mental Health First Aid Training, a number of production and tour managers who have been instrumental in the evolution of Tour Production Group identified that there is currently minimal information available on how best to support colleagues, peers and artists in recovery.

Following a discussion with Music Support, the TPG has commissioned a specific

ADDICTION AND RECOVERY AWARENESS COURSE.

The 4-hour course is designed, delivered and evaluated with involvement of people with lived experience, and facilitated by Music Support's trained group facilitator and recovery specialists..

The online session will be a mix of short lectures, group discussions and case-studies, and will be open to anybody working in live music and concert touring who is interested in understanding more about addiction, recovery and, vitally, wanting to feel more confident in helping others - from helpful conversation to recognise warning signs

There is further scope for the course to be taught not only in educational facilities, but across a multitude of industries, including film, TV and entertainment where addiction may statistically be higher.

HOW YOU CAN HELP

FUNDING

We are looking at raising a total of **£11,500**.
It will be split into a Two Stage Process.

Stage 1 – January - June 2021

The Tour Production Group has secured funding of £3,500 will go towards the cost of research and creation of content with Music Support.

We require a further **£3,500** to deliver the first three cohorts of pilot courses with 35 bursary places.

Stage 2 – July 2021 onwards

Our aim is for Music Support to run a further 12-month cycle of this training and to offer an additional 80 bursaries and to do a longer-term evaluation of the course's impact.

Addition funding of £8,000 will go towards enabling this pilot to run for 12-months.

DONATE

Please click **DONATE** to help fund this course.

Or go to this website

<https://www.justgiving.com/campaign/musicsupportaddictioncourse>

Together, we will make a difference!

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MAKE YOU DONATION GO FURTHER.

By using Gift Aid, for every pound you give to Music Support, we'll get an extra 25p from the UK Government at no extra cost to you.

For more information or if you are interested in being a Corporate Sponsor please email:

Suzi Green - suzigreen@me.com and **Nick Gosling** - nick_gosling@me.com

MORE INFORMATION

WHO WE ARE



The Tour Production Group (TPG) evolved out of the 2020 Covid-19 pandemic, more specifically from the instant decimation of global touring.

Created as a way to still connect colleagues, network with educators, and evolve touring culture as we knew it, the TPG has been working towards positive outcomes for the live music industry. As a non-judgemental collective, the TPG's Mental Welfare and Personal Wellbeing activities have resulted in the development of a brand-new Addiction and Recovery Awareness course, created in association with respected industry charity, Music Support.

WHO WE ARE WORKING WITH



Music Support is a charity that provides help and support for those in or employed by the UK music and live events industry affected by mental ill-health and/or addiction.

Founded in April 2016 by people from within the music industry with lived experienced of those conditions, Music Support provides peer- led support via a phone helpline, education and training such as "Mental Health First Aid", tech- based initiatives such as the Thrive mental health and wellbeing app, signposting to a network of vetted and accredited professionals, and crisis support personalised to meet individual needs.

ADDICTION AND RECOVERY AWARENESS COURSE

COURSE INFORMATION

- Explore societal attitudes and stigma associated with addiction.
- Learn about basic neuroscience of addiction and how substances 'hijack' the brain.
- Understand how different drugs work and link this to withdrawal needs.
- Learn the difference between substance abuse, dependence, and addiction, how to intervene and various treatment options available for guiding an individual towards recovery.
- Understand the recovery process and the core issues that an addicted individual is managing in recovery.
- Learn about the process of relapse and the phenomenon of cross addiction and learn effective ways of supporting someone in recovery.

By the end of the course attendees will be able to:

- Define what addiction and recovery is.
- Understand factors that perpetuate the cycle of addiction and those that support recovery.
- Feel more confident about recognising the signs and symptoms of addiction.
- Feel more confident about starting conversations aimed at guiding an individual towards recovery.

Everyone who completes the course will receive a workbook to refer to when needed (pdf format) and a

Certificate of Attendance

to say you have completed

ADDICTION AND RECOVERY AWARENESS

with Music Support.

The TPG and Music Support are thankful for your careful consideration in supporting this project.

Together, we will make a difference!

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