



Mental Health and Substance Misuse

About Us

We're a passionate, lived experience-led team delivering training and consultancy across health and social care.

With over 30 years' experience, our teams have worked with organisations such as the NHS, local authorities, and large care groups to develop and roll out training programmes, safeguarding strategies and more.

Our training is shaped by those who know care best. Every member of our training team brings a unique depth of insight, either through active roles on the social care frontline or through personal lived experience. This brings authenticity, empathy, and relevance to every session, making learning practical and deeply impactful.

We don't just deliver training. We partner with organisations to understand their needs, support workforce development, and drive meaningful change in practice.

Our mission is to empower people, shift cultures and drive quality.

Quality assured care learning that is current, accessible, real and engaging



2,600

Care staff trained



200+

Courses delivered



94%

Average course rating

EXCELLENT



Based on 52 reviews

Google



Sue Middleton

9 April 2025



Just had Oliver McGowan training with one stop training. very engaging and easy to understand, easy to follow but



Laura Templeman

8 April 2025



We had Jenny and the team come to my workplace and carry out the training for Tier 2 Oliver McGowan, we all found the

Commitment to Quality

We're proud to hold a number of nationally recognised quality marks that reflect our commitment to delivering safe, inclusive, and impactful training across health and social care. These endorsements are more than just badges. They represent our dedication to meeting national standards, championing lived experience, and continuously improving the way we support learners and services.

Each [Quality Mark](#) we hold has been earned through rigorous assessment and reflects the trust placed in us by organisations such as the Department of Health and Social Care, Skills for Care, Highfield, and the Hertfordshire Care Professional Academy.

We value 1Stop as an independent business and organisation, who are able to really understand our needs. They are an excellent partner of ours and we really value working with them – Druglink

Funding for Training

1Stop Training are proud to be a Hertfordshire Care Professional Academy Quality Assured Training Partner for the year 2025/2026.

If you are a care service based in Hertfordshire, and you are an [HCPA Member](#), you can access funding for social care training.



Training subjects that can be funded include: Adult safeguarding and capacity, Care Planning and Recording, Caring for individuals living with Dementia, Fire safety, Food hygiene, Infection prevention and control, Medication administration, Mental Capacity, Moving and Assisting people, Supporting Autistic individuals and Supporting individuals with a Learning Disability. Terms and conditions apply. [Click here to find out more.](#)



**Department
of Health &
Social Care**

Eligible adult social care employers in England can also claim staff training costs from the Adult Social Care Learning and Development Support Scheme, provided by the DHSC. The LDSS is available for non-regulated care staff, including deputy and Care Quality Commission-registered managers and agency staff, within the adult social care workforce.

[View funded training courses and qualifications here.](#)

Funded opportunities include the Oliver McGowan Training and the Level 2 Adult Social Care Certificate. You can read more about the LDSS scheme and eligibility criteria [here](#).

Course List

Course	Overview	Delivery Method	Duration	Maximum Number of Learners
Alcohol Awareness	This course examines the impact of alcohol on physical and mental health, relationships, and community safety. Participants will learn to identify signs of problematic drinking, deliver brief interventions, and understand referral options. The 6-hour version includes motivational approaches and safeguarding considerations.	Virtual	3 hours (Basic) 6 hours (Advanced)	16
Cognitive Behavioural Therapy	This course introduces the core principles of Cognitive Behavioural Therapy (CBT), including the relationship between thoughts, feelings, and behaviours. Participants will learn how to apply CBT-informed techniques to support individuals experiencing anxiety, depression, or stress. Emphasis is placed on practical tools that can be used in frontline roles to promote resilience and recovery.	Virtual	6 hours	16
Coroners Court Including Court Skills	Prepare for giving evidence in Coroners Court with this practical course covering legal processes, report writing, and courtroom conduct. The extended	Virtual	3 hours (Basic)	16

	version includes mock court scenarios and feedback on presentation skills. Ideal for health, social care, and emergency services staff involved in serious incident reviews or inquests.		6 hours (Advanced)	
County Lines	This course provides an overview of county lines drug trafficking and its impact on vulnerable children and adults. It covers grooming tactics, risk indicators, and the role of public sector professionals in prevention and intervention. Participants will gain confidence in identifying and responding to exploitation in line with safeguarding frameworks.	Virtual	3 hours	16
Cuckooing	This safeguarding-focused course explores the exploitation of vulnerable individuals whose homes are taken over for criminal activity. Participants will learn how to identify signs of cuckooing, understand the psychological impact on victims, and respond using multi-agency safeguarding procedures. Suitable for housing, social care, and community-based staff.	Virtual	3 hours	16
Developing a Psychologically Informed Environment	This course supports organisations in creating environments that promote psychological safety, emotional wellbeing, and engagement. Participants will explore the principles of PIE (Psychologically	Virtual	6 hours	16

	Informed Environments), including reflective practice, staff support, and trauma-informed design. Ideal for housing, health, and social care settings.			
Dual Diagnosis (Mental Health and Addiction)	Explore the complex relationship between mental health conditions and substance misuse. This course equips staff to recognise co-occurring disorders, understand the challenges of engagement, and apply integrated care principles. The 12-hour (4 half day) version includes in-depth case planning, risk management, and collaborative working across services.	Virtual	3 hours (Basic) 6 hours (Intermediate) 12 hours (Advanced)	16
Mental Capacity and Brain Injury	Understand how acquired brain injuries affect cognition, communication, and decision-making. This course explores the application of the Mental Capacity Act in complex cases, including fluctuating and executive capacity and best interest decisions. The extended version includes case studies and multidisciplinary approaches to assessment.	Virtual	3 hours (Basic) 6 hours (Advanced)	16
Mental Capacity and Self-Neglect	This course examines the challenges of assessing capacity in individuals who self-neglect, including those who refuse care or support. Participants will explore legal and ethical considerations, safeguarding duties, and practical tools for	Virtual	3 hours (Basic) 6 hours (Advanced)	16

	assessment. The 6-hour version includes in-depth case discussions and multi-agency planning.			
Mental Health Act	A practical introduction to the Mental Health Act, including key sections, criteria for detention, and the rights of individuals. The 3-hour version provides essential awareness, while the 6-hour version includes case law, professional responsibilities, and multi-agency working. Suitable for staff involved in care planning, safeguarding, or crisis response.	Virtual	3 hours (Basic) 6 hours (Advanced)	16
Mental Health Bill 2025	This course provides an up-to-date overview of the proposed Mental Health Bill reforms, including changes to detention criteria, patient rights, and advocacy. Participants will explore the implications for practice and how to prepare for implementation. Designed for professionals working in mental health, social care, and legal contexts.	Virtual	3 hours	16
Motivational Interviewing	This skills-based course introduces the principles of motivational interviewing (MI) to support behaviour change in areas such as substance use, health, and housing. Participants will learn how to use open questions, affirmations, and reflective listening to enhance motivation. The 12-hour version includes	Virtual	6 hours 12 hours	16

	advanced techniques, opportunity to practice skills, and work with feedback.			
Parental Substance Misuse	Focused on the impact of substance misuse within families, this course explores how parental addiction affects children's development, safety, and wellbeing. Participants will learn how to assess risk, engage families compassionately, and work within safeguarding frameworks. The extended version includes multi-agency planning and case reviews.	Virtual	3 hours (Basic) 6 hours (Advanced)	16
Solution Focused Therapy	Learn how to apply solution-focused techniques to empower individuals to identify strengths and set achievable goals. This course is ideal for staff supporting change in mental health, housing, or social care contexts. The extended version includes structured practice and supervision strategies for embedding the approach in daily work.	Virtual	3 hours (Basic) 6 hours (Advanced)	16
Substance Use and Misuse	This course provides an overview of the physical, psychological, and social effects of drug and alcohol use. Participants will explore patterns of misuse, harm reduction strategies, and referral pathways. The extended version includes case studies and multi-agency approaches to supporting individuals with complex needs.	Virtual	3 hours (Basic) 6 hours (Advanced)	16

Understanding and Working with Eating Disorders	This course covers the signs, symptoms, and psychological underpinnings of eating disorders including anorexia, bulimia, and binge eating disorder. It explores the role of trauma, control, and body image, and equips staff with tools to support individuals compassionately while navigating referral pathways and safeguarding responsibilities.	Virtual	6 hours	16
Understanding and Working with Personality Disorders	This course explores the characteristics and classifications of the 10-types of personality disorder, including borderline, antisocial, and narcissistic types, and their development. Participants will learn how these conditions affect behaviour, relationships, and service engagement. Strategies for communication, and support are provided, with a focus on trauma-informed, non-judgemental approaches and practical interventions for social care professionals.	Virtual	6 hours	16
Understanding and Working with Trauma	Explore the psychological and physiological effects of trauma, including complex and developmental trauma. This course equips staff with trauma-informed approaches to support individuals sensitively and effectively. It includes practical strategies for creating safe environments and avoiding re-traumatisation in service delivery.	Virtual	6 hours	16

Understanding Anxiety	Participants will explore the spectrum of anxiety disorders, including generalised anxiety, panic, and phobias. The course covers physiological and behavioural signs, coping mechanisms, and when to refer for specialist support. The 6-hour version includes interactive exercises and deeper analysis of complex presentations such as health anxiety and OCD.	Virtual	3 hours (Basic) 6 hours (Advanced)	16
Understanding Depression	This course examines the symptoms, causes, and impact of depression across diverse populations. Participants will learn how to recognise signs of low mood, suicidal ideation, and functional decline, and how to respond appropriately. The extended version includes case studies and practical tools for supporting individuals in both clinical and community settings.	Virtual	3 hours (Basic) 6 hours (Advanced)	16
Understanding Hoarding and Self-Neglect	Focused on safeguarding and mental health, this course explores the psychological, social, and environmental factors behind hoarding and self-neglect, and its impact on self and others. Participants will learn how to identify risk, engage compassionately, and work within legal frameworks such as the Care Act and Mental Capacity Act.	Virtual	6 hours	16

	Suitable for housing, social care, and health professionals.			
Understanding Mental Illness	Designed as a foundational overview, this course introduces a range of common mental health conditions including mood, anxiety, and psychotic disorders, and explores the differences between mental disorder, mental illness and mental wellbeing. The 3-hour version focuses on awareness and early identification, while the 6-hour version includes deeper exploration of causes, stigma, and multi-agency response strategies. Suitable for all frontline and support staff.	Virtual	3 hours (Basic) 6 hours (Advanced)	16
Understanding Psychiatric Medication	A practical guide to the most commonly prescribed psychiatric medications, including antidepressants, antipsychotics, and mood stabilisers. The course explains how these medications work, potential side effects, and how to support adherence. The 6-hour version includes case-based discussions and considerations for multidisciplinary working, as well as consideration of the concept of consent and mental capacity.	Virtual	3 hours (Basic) 6 hours (Advanced)	16
Understanding Psychosis	This course provides an introduction to the understanding of the psychotic experience, and outlines symptoms and diagnostic criteria with a	Virtual	3 hours (Basic)	16

	focus on schizophrenia and related conditions. It explores the impact of psychosis on individuals and families, and how to respond with empathy and professionalism. The longer version includes risk assessment, recovery models, and legal considerations under the Mental Health Act.		6 hours (Advanced)	
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