

Implementing PLAT in Sri Lanka

Training Report

**Three
Day
Teacher
Training
Program**

Educational Zone – Monaragala

15th –17th March 2023

National Dangerous Drugs Control Board

With

Ministry of Education

Prepared by W. G. Supun Udana

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. When we are paying attention for most vulnerable group for doing substance, adolescents are the most vulnerable for experiment for substance as shown by researchers.

In Sri Lankan education system, there are over 10 146 Schools established under 99 educational zones and over 4 118 781 Students are involved. Implementing PLAT groups in school is really important and essential for the effective and sustains the substance prevention for adolescents.

Preventive Education and Training Unit of the National Dangerous Drugs Control Board (NDDCB) organized and conducted training for 29 student Counselors and 04 teacher counselors in Monaragala Education Zone which was held on 15th, 16th and 17th of March 2023 at Zonal Education Auditorium - Monaragala. For organizing the training Mr. Mahesh Lankadhera and Mr. Asitha Gnanasiri who is involving with NDDCB as the Volunteers in Monaragala District gave their support.

Training was provided by UPC, RC and 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.



TRAINING SCHEDULE

Day One

Time	Topic
08.45a – 09.00a	Training Registration
09.00a – 09.30a	Training Inauguration (Rules, Objectives and Pre-Test)
09.30a – 10.15a	Introduction about Global and National Situation about Substance Abuse
10.15a – 10.30p	Morning Tea Break
10.30a – 12.30p	Introduction to Psychoactive Substance and Substance Addiction
12.30a – 01.30p	Lunch
01.30p – 03.15p	Introduction to Prevention Science (Micro and Macro Environment and how it influence)
03.15p – 03.30p	Evening Tea Break
03.30p – 04.15p	Introduction to Prevention Science – Theory of Naturel History of Substance Use
04.15p – 04.30p	Recap the day one and end of the day one

Day Two

Time	Topic
08.45a – 09.00a	Recap Day one
09.00a – 09.30a	Roles of Schools in Prevention
09.30a – 10.15a	Building Teams for Comprehensive School-Based Prevention
10.15a – 10.30p	Morning Tea Break
10.30a – 12.30p	Building Teams for Comprehensive School-Based Prevention
12.30a – 01.30p	Lunch
01.30p – 03.15p	Creating Drug Prevention Polices and Climate in Schools
03.15p – 03.30p	Evening Tea Break
03.30p – 04.15p	Creating Drug Prevention Polices and Climate in Schools
04.15p – 04.30p	Recap the Day Two and End of the Day Two

Day Three

Time	Topic
08.45a – 09.00a	Recap Day one
09.00a – 09.30a	Recap Day one
09.30a – 10.15a	Action Planning to Create to Comprehensive Substance Use Prevention Initiative
10.15a – 10.30p	Morning Tea Break
10.30a – 12.30p	Action Planning to Create to Comprehensive Substance Use Prevention Initiative
12.30a – 01.30p	Lunch
01.30p – 03.15p	Action Planning to Create to Comprehensive Substance Use Prevention Initiative
03.15p – 03.30p	Evening Tea Break
03.30p – 04.00p	Discussion about Implementing PLAT in Schools
04.30p – 04.30p	Pre Test and Closing Ceremony

TRAINING INTRODUCTION

Preventive Education and Training Division of the National Dangerous Drugs Control Board planned to establish PLAT groups in schools under the School Based Prevention.

As the first phase of that, Preventive Education and Training Unit of the National Dangerous Drugs Control Board (NDDCB) organized and conducted training for 29 student Counselors and 04 teacher counselors in Monaragala Education Zone which was held on 15th, 16th and 17th of March 2023 at Zonal Educational Auditorium - Monaragala

TRAINING GOALS

Establish the Prevention Leadership Volunteer Teams in the schools and develop the knowledge about substance use prevention among the counseling teachers. 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.

PANEL OF TRAINERS

Pradeep Koholanegedara *ICAP – Treatment / Prevention / Recovery*
Head of the Education and Training Division of the NDDCB

Chamara karunathilaka *ICAP 1*

W. G. Supun Udana *icap – Prevention / Recovery*

Sudara Priyanath – *icap – Prevention / Recovery*

NAME OF THE PARTICIPANTS

No	Name of the Teacher	Name of the School
01	Ms. W. M. Amarawathi	Teacher Counselor – Educational Zone, Monaragala
02	Ms. K. D. Palliyagoda	Teacher Counselor – Educational Zone, Monaragala
03	Ms. R. M. Samantha Kumari	Teacher Counselor – Educational Zone, Monaragala
04	Ms. R. A. Premalee Jayawardana	Teacher Counselor – Educational Zone, Monaragala
05	Mr. G. H. T. K. Kalum Thushara	Pallewela National School – Monaragala
06	Ms. W. Anusha Dilrukshi	Madurukatiya M.V – Monaragala
07	Ms. W. H. G. N. Shiroma	Kalawelaragama K.V - Monaragala
08	Ms. K. M. I. Madhubashini	Debaddekiula K.V – Monaragala
09	Mr. M. H. S. A. Jayalath	Nissanka National School – Monaragala
10	Ms. K. Nadeeka Dilrukshi	Maligathanna M.V – Monaragala
11	Ms. H. M. Prasangee Swarnamali	Madugasmulla K.V – Monaragala
12	Mr. N. M. Samantha Rathnayake	Higurukaduwa M.V – Monaragala
13	Ms. A. M. Sunanda Aththanayake	Pakgnananda M.V – Monaragala
14	Ms. R. R. Manel Chandrika	Madiriya Cnetral Collage – Monaragala
15	Ms. Chandani T. S. Senivirathna	Thissapura K.V – Monaragala
16	Ms. A. K. G. L. Jayanthi	Henagallanda M.V – Monaragala
17	Ms. B. Kokilawadani	Sarashwathi Tamil Vidyalaya – Monaragala
18	Ms. W. M. N. Madhubashini Wanasinghe	Magandhanamulla K.V – Monaragala
19	Ms. L. P Ashinsa Madhushanki	Royal Collage – Monaragala
20	MS. K. M. D. Kumuduni	Gallaba K.V – Monaragala
21	Ms. G. M. Somalatha	Meegahayaya K. V - Monaragala
22	Mr. S. K. Wickramathunga	Bohitiya K. V – Monaragala
23	Ms. D. G. S. Kumari	Vidyaloka M. V – Monaragala
24	Mr. D. M. C. Asantha	Muthukeliyawa M. V – Monaragala
25	Mr. K. M. P. D. Kondadeniya	Dobagahawela M. V – Monaragala
26	Mr. K. M. N. S. Chandrapala	Mahakalugolla K. V – Monaragala
27	Ms. N. Tayanthey	Thiruvalluvar Tamil School – Monaragala
28	Ms. K. S. T. Chandani	Waliyaya Mauragiri K. V – Monaragala
29	Ms. H. M. Dhammika Nilanthi	Siyabanduwa M. V – Monaragala
30	Mr. H. M. S. Bandula	Guruhela K. V – Monaragala
31	Mr. M. A. Piyasena	Thenagallanda M. V – Monaragala
32	Ms. A. M. Gayani Deepika	Kotigalhela M.V – Monaragala
33	Ms. M. Priyadarshani	Vykumbura Tamil School - Monaragala

TRAINING EVALUATION

Contacted Pre and Post Tests for Evaluate the Training

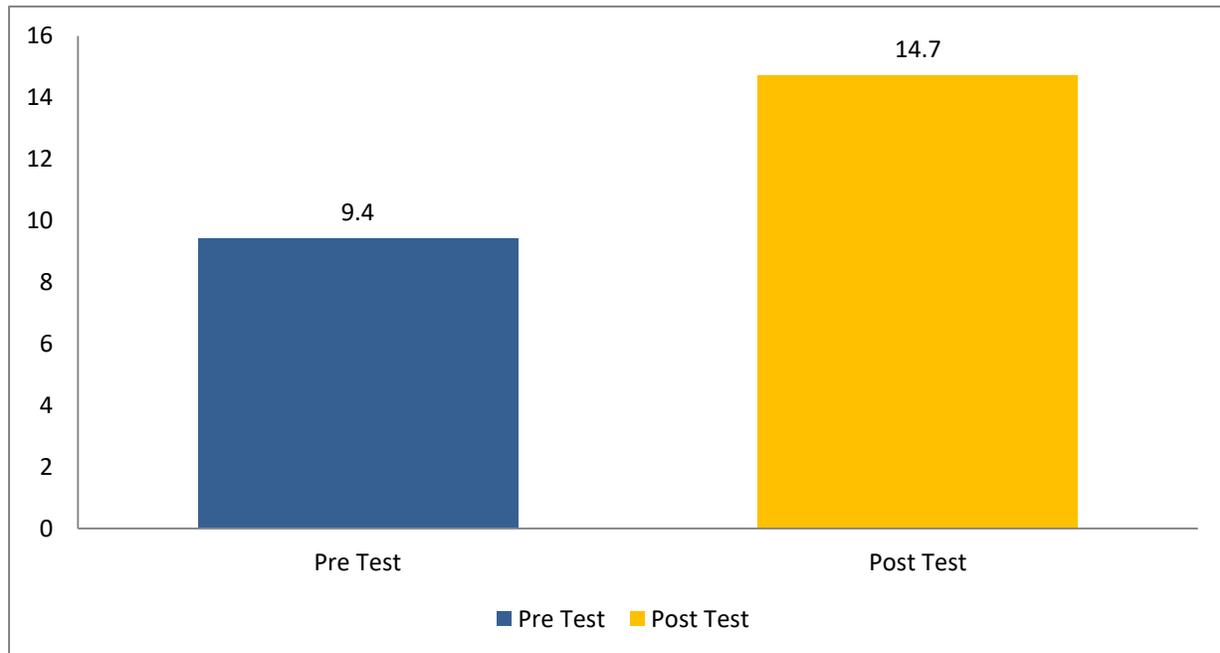


PHOTO GALLERY



Three Day Teacher Training Program – Implementing PLAT in Sri Lanka



With Presentations and Roll Plays

