

Steroids & IPEDs Agenda

Learning Objectives, Agenda & Capability Framework Alignment

A 3 hour online course providing an overview of steroids and performance and image enhancing drugs (IPEDs/PIEDs) — types, effects, cycles, looksmaxxing, health implications, harm reduction and post-cycle treatment

Trainer: Tony D'Agostino

Company: TD Consultancy

Delivery: Online — 3 hours

Edition: 2026

Aims & Objectives of the Course

- Increase knowledge and awareness of the issues relating to steroids and other performance and image enhancing drugs (IPEDs/PIEDs)
- Increase knowledge of how steroids and IPEDs are used, including cycles, stacks and SARMS
- Understand the concept of looksmaxxing and its relationship to IPED use among young people
- Understand how steroids and IPEDs work — pharmacology and effects on physiology and neurology
- Understand the possible effects on physical health and mental health, including dependency
- Increase knowledge of harm reduction approaches and safer injecting guidance for steroid users
- Understand post-cycle treatment (PCT) and available resources and referral pathways
- Increase confidence and capability development in working with this client group

Session Agenda

Steroids & IPEDs: Types, Pharmacology, Health Implications & Harm Reduction

10:00am Start — Welcome & Course Overview

10:10am Different types of steroids and IPEDs — anabolic steroids, peptides, SARMS, HGH

10:35am How steroids and IPEDs are used — routes, cycles and stacks

10:55am What is looksmaxxing? — body image, online culture and IPED use in young people

11:15am Break (15 minutes)

11:30am How steroids work — pharmacology, neuroscience and endocrine effects

11:55am Health & psychiatric implications — cardiovascular, hormonal, liver and mental health risks

12:20pm Harm reduction & safer injecting for steroid users — NSP, BBV and injection technique

12:35pm Post-cycle treatment (PCT) and resources — supporting clients through cessation

12:50pm Working with this client group — referral pathways and service responses

1:00pm Close & Q&A

Capability Framework Alignment

This course aligns with the *Capability Framework for the Drug and Alcohol Treatment and Recovery Workforce (NHS England/ OHID, 2024)*, which underpins the *10-Year Strategic Plan for the Drug and Alcohol Treatment and Recovery Workforce 2024–2034*.

Capability Domain (NHS England / OHID, 2024)	Framework Section
Knowledge of the nature, prevalence and patterns of steroid and IPED/PIED use in the UK, including anabolic steroids, SARMs, peptides and human growth hormone, and emerging trends among gym and fitness communities	<i>Drug and Alcohol Worker: Application of Knowledge</i>
Knowledge of how steroids and IPEDs work — including pharmacological, endocrine and neurological effects — and the implications for physical and mental health	<i>Drug and Alcohol Worker: Application of Knowledge</i>
Knowledge of the health risks associated with steroid and IPED use, including cardiovascular damage, hormonal disruption, liver toxicity, dependency and psychiatric effects	<i>Drug and Alcohol Worker: Application of Knowledge</i>
Knowledge of looksmaxxing culture and its relationship to body dysmorphia, online influencer communities and IPED use among young men	<i>Drug and Alcohol Worker: Application of Knowledge</i>
Ability to provide evidence-based harm reduction advice for steroid users, including safer injecting guidance, NSP access, BBV prevention and monitoring of health markers	<i>Drug and Alcohol Worker: Harm Reduction, Treatment and Recovery</i>
Ability to provide information and support around post-cycle treatment (PCT) and to refer clients to appropriate endocrine, GP and specialist services	<i>Drug and Alcohol Worker: Harm Reduction, Treatment and Recovery</i>
Ability to engage sensitively and without stigma with steroid and IPED users, who may not identify with traditional drug treatment services	<i>Drug and Alcohol Worker: Engagement, Assessment and Care Planning</i>
Recovery-oriented approach — supporting steroid and IPED users to build health literacy, reduce risk and access appropriate support	<i>Underpinning Principle: All Roles</i>
Challenging stigma — recognising the unique stigma experienced by IPED users and how this can be a barrier to accessing needle exchange and other services	<i>Underpinning Principle: All Roles</i>

Underpinning Principles Embedded in This Course

Trauma-informed care • Recovery-oriented approach • Evidence-based practice • Person-centred working • Forming a working alliance • Therapeutic optimism • Challenging stigma • Co-occurring needs and multidisciplinary working

Note: National Occupational Standards (DANOS/NOS) are retained within the National Occupational Standards library but are no longer the primary workforce development reference for the drug and alcohol treatment and recovery sector. This course uses the NHS England / OHID Capability Framework (2024) as its primary alignment standard.