

Newsletter –SPRING 2016

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SAVE THE DATE!

Saturday 17 September

RECOVERY WALK SCOTLAND 2016

Recovery Walk Scotland 2016 will take place on Saturday 17th September, assembling at Helix Park, Falkirk (the iconic Kelpies) and walking through the heart of Falkirk to Callendar Park.

"Recovery Comes From Within" is the theme for the whole event as it involves communities in recovery, individuals in recovery and organisations in recovery, so everyone can contribute.

It is planned that people from Angus will take part in the Recovery Walk and a small working group has been set up to organise this. If you would like to attend or be part of the group, please contact us here at the ADP support team.

For more information – please see the Scottish Recovery Consortium website. You can also see the official film of the 2015 walk

scottishrecoveryconsortium.org/

If you would like to contribute to future issues, please send your article to Angus ADP on

AngusADP@angus.gov.uk or contact us 01307 474879



FOCUS ON ALCOHOL ANGUS

CHANGING THINKING ABOUT DRINKING



FOCUS ON ALCOHOL ANGUS



@FOCUSONALCOHOL

Showcase Event

Angus ADP facilitated a drug and alcohol services showcase event on Wednesday 2 March 2016 at St Andrew's Church, Arbroath where over 70 delegates took part in workshops covering the following topics–

- SMART Recovery
- New Psychoactive Substances
- Whole Family Approach
- Naloxone and Overdose
- Methadone and other treatment options
- Harm Reduction
- Addiction and Recovery
- Alcohol
- Blood Borne Virus
- Families Affected by Alcohol and Drugs

Information stands were available over the lunchtime period which highlighted the wide range of interventions, opportunities and services that are provided by local organisations in Angus and provided a time to network. The day received very positive feedback with attendees all expressing how useful the event was -

"good introduction to services, some I have not heard of"

"found the short sessions informative and will follow up on some"

"I think the concept of today's event was superb"

"gained knowledge of services around Angus"

Alcohol, Drugs Training Available 2016

If you require bespoke training for your team, please contact us here at Angus ADP and we can arrange this –

Commonly Misused Substances, "Legal Highs" and Alcohol Misuse

This one-day course is aimed at workers and volunteers who come into contact with people who misuse alcohol, drugs and New Psychoactive Substances ("Legal Highs") or simply want to improve their knowledge in this area. Participants will gain an understanding of the effects, routes of administration and risks of misusing a wide variety of substances and alcohol; harm reduction and how to manage a drugs crisis and drugs overdose.

*Friday 26 August Room A, Bruce House, Arbroath
9.15am Coffee and Registration for a 9.30am start - 4.30pm finish*

Alcohol Misuse and Older People: Assessment and Intervention

This one-day course is aimed at professionals responsible for the assessment and care management of older people but will also be of interest to other staff and volunteers who work directly with older people. The course will provide participants with an understanding of problematic alcohol use in older people and alcohol related brain damage; introduce them to the use of the Michigan Alcoholism Screening Test and help them consider appropriate interventions, including Brief Intervention and harm reduction.

*Thursday 8 December, Room A, Bruce House, Arbroath
9.15am Coffee and Registration for a 9.30am start - 4.30pm finish*

Overdose Training

This half day course will be of interest to anyone who regularly comes into contact with people who misuse substances and may be at risk of overdose. Participants will gain a clear understanding of key evidence based overdose prevention and Naloxone messages, be able to identify the observable signs of overdose and be able to deliver emergency life support in an overdose situation including the administration of Naloxone. The course is delivered jointly with Heart Start and a Heart Start certificate will be issued to participants who successfully complete the training.

*Thursday 27 October, morning or afternoon, Room A, Bruce House, Arbroath
PLEASE STATE IF YOU WISH THE MORNING OR AFTERNOON SESSION
Morning 9.15am Coffee and Registration for a 9.30 start finishing at 12:30
Afternoon 13:30 Coffee and Registration for a 13:45 start finishing at 16:45*

Blood Borne Virus – Awareness Sessions

This is a half day training course which is aimed at workers, carers, people affected by BBV or any interested person wishing to gain an insight into Hepatitis C, Hepatitis B and HIV. Participants will gain knowledge into the life cycle of the viruses, the effected on the body and the medical intervention required to treat them. You will understand the social work's role in the patients journey, dispel any myths, identify the stigma and discrimination experienced and give insight into the ongoing management involved.

*Thursday 2 June– Room A St Margaret's House, Forfar
Wednesday 2 November – Room A, Bruce House, Arbroath
9.15am coffee & registration – 9.30am start – 1pm finish*

Children Affected by Parental Substance Misuse: Assessment and Intervention

This is a research based 3 day course (run over 3 months) and is aimed at professionals who work directly with children and their families where substances misuses is an issue. However, it will also be of interest to other staff and volunteers who are regularly involved with children whose parents misuse substances.

- **Day One** will provide participants with an understanding of how parental substance misuse impacts on the developmental needs of children, how to identify and assess parental substance misuse; the uses and limitations of drugs testing and how to use validated assessment tools.
- **Day Two** will introduce participants to current research on the most effective interventions for families affected by substance misuse and the core skills required to achieve better outcomes for both children and their parents.
- **Day Three** will focus on how workers can promote the development of resilience in children affected by parental substance misuse.

Participants will need to have their line manager's agreement to release them to attend all three days, be willing to participate in experiential learning and use and reflect on the skills gained between sessions. Completion of this course will provide participants with three days PRTL in relation to vulnerable children.

When applying, please state the name of your line manager and indicate that they have agreed to your place on the training.

Wednesday 20 September, Training Rooms A&B, Angus House, Forfar

Thursday 20 October, Training Rooms A&B, Angus House, Forfar

Friday 25 November Training Rooms A&B, Angus House, Forfar

9.15am Coffee and Registration for a 9.30am start - 4.30pm finish

How to book your place:

Please **E-MAIL** Elaine Bailey, Administrative Assistant, Angus Alcohol & Drugs Partnership, baileyei@angus.gov.uk with:

- name,
- job title,
- organisation,
- contact telephone number
- state the name and date of the course you would like to attend.

If you would like further information on the courses and their content please contact:

- **Ian Stillwell**
Workforce Development Officer
Alcohol, Drugs and BBV Service
on 01241 435821
or email Stillwelli@angus.gov.uk



Well Bean Cafe

Community Café, Thursday 2.30pm—4.30pm Melville South Church, 100 Castle Street, Montrose

The Well Bean Café offers a safe, alcohol and drug free venue to meet and socialise. Self-help and local service information and resources are available within the café and workshops and activities will also be run with the aim of improving wellbeing. Volunteering opportunities are available for people in recovery who are keen to provide peer support to others and learn new skills. The Well Bean café offers affordable drinks and snacks and is family friendly. All income generated will go back into the café and activities that support wellbeing.

Scottish Families Affected by Alcohol & Drugs

Scottish Families Affected by Alcohol & Drugs is a national organisation commissioned by the Scottish Government and they have a confidential helpline for carers to use if they are concerned about someone's alcohol/drug use.

The confidential helpline: 08080 10 10 11

open Monday to Friday from 9.00am – 11.00pm / Saturday & Sunday from 5.00pm – 11.00pm



UK SMART Recovery runs free mutual support meetings where through open and confidential discussion we help ourselves and each other recover from any kind of addictive behaviour.

www.smartrecovery.org.uk

SMART MEETINGS IN YOUR AREA:

Monday

11.00-13.00 – YM, 98 Murray St, **Montrose** DD10 8JG

11.00-13.00 – SMART STOP (Drop-in for advice and support and information around SMART Recovery) – The Vault, 15A Glengate, **Kirriemuir**, DD8 4HD

17.00-18.00 – Forfar Community Church, Wellbraehead, **Forfar**, DD8 3AY

Tuesday

17.15-19.00 – Tayside Council on Alcohol, 22-24 Catherine Street, **Arbroath**, DD11 1RL

Thursday

13.00-14.45 - Tayside Council on Alcohol, 22-24 Catherine Street, **Arbroath**, DD11 1RL

Friday

13.00-15.00 – East and Old Parish Church, East High Street, **Forfar**, DD8 2EG

For further information contact: Laura Ogilvie, Development Officer,
Angus Alcohol & Drugs Partnership (01307 476492) or OgilvieL@angus.gov.uk



WHOLE FAMILY APPROACH

“Getting it Right for Every Family”

The Whole Family Approach Evaluation of the pilot phase event was held on Thursday 21st January to showcase the journey so far..... This included what has worked well, what has not worked so well and what can be improved upon. During the past year, a shared understanding of the Whole Family Approach has begun to emerge and partners have found new ways of working.

These include:

- Services that have not traditionally worked together now meet fortnightly and focus on the needs of the whole family.
- Services are now more family focused and better co-ordinated taking account of the needs of the family as a whole, their immediate relatives, partners, parents, friends and the wider community
- A wide range of services have become involved and there has been easier access to several services.

Moving forward/Next steps

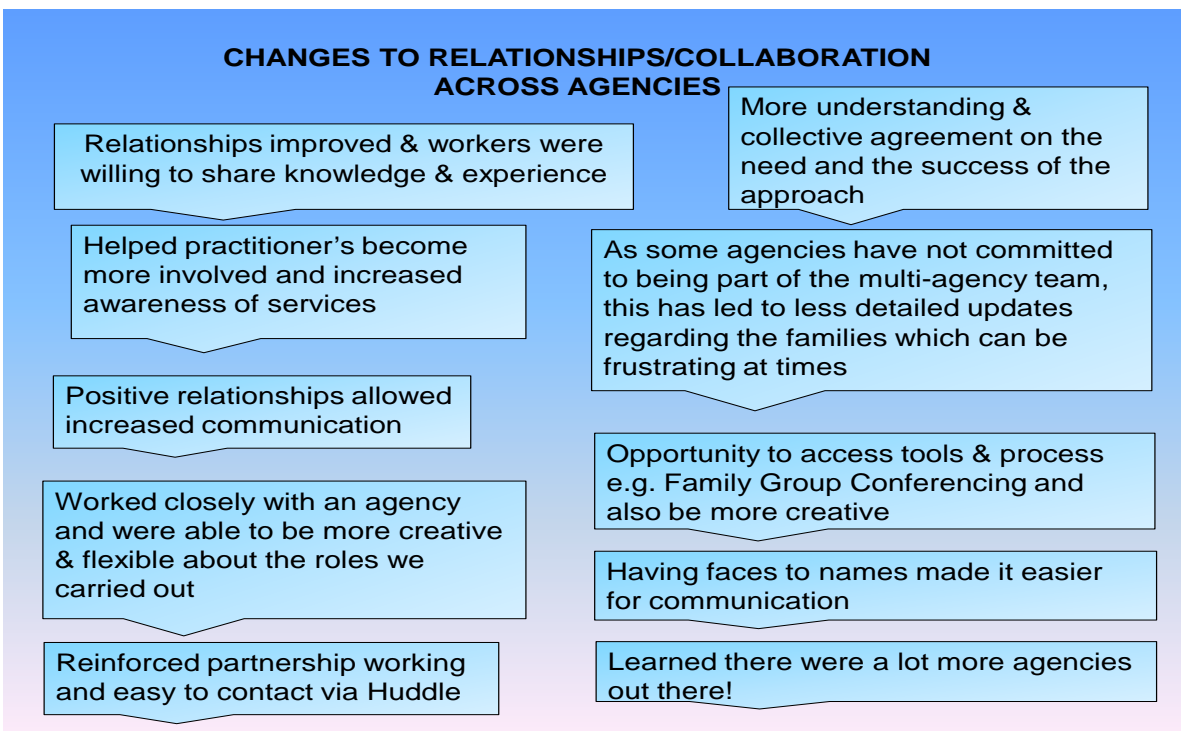
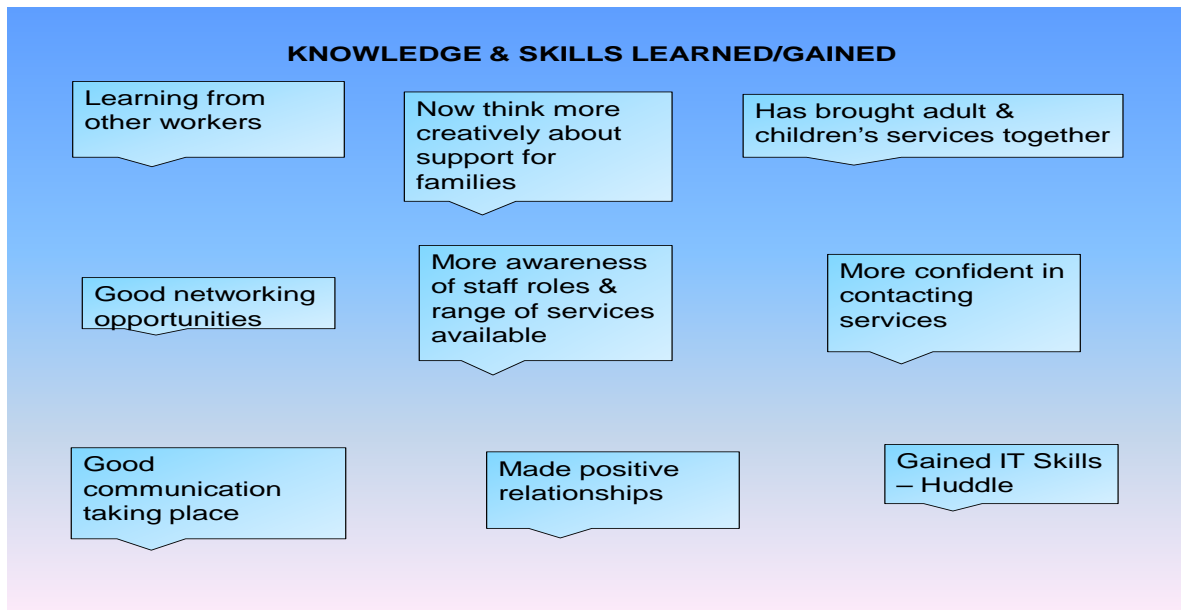
Following the pilot evaluation, the Whole Family Approach steering group agreed that the Whole Family Approach is now at a stage to be rolled out across all localities.

- Continue to test referral route for Whole Family Approach.
- Continue with IT communication via Huddle (A secure cloud platform that can be used to support communication and collaboration across different organisations).
- Address gaps in service provision and engage with other organisations.
- Consider how to test and spread into other services.
- Explore links with the Health and Social Care Integration locality teams. In Angus, social care and education services will be organised into four localities: Brechin/Montrose’ Forfar/Kirriemuir, Arbroath and Carnoustie/Monifieth.
- Draft a model to support the whole family approach in each locality.

Are you working with families who would benefit from a Whole Family Approach?

[Contact any of the Multi-Agency Team](#)

Murray McGregor (Family Support Team) 01241 870163 mgregorm@angus.gov.uk
Jill Waldie (Just play) 01241 435018 waldiejh@angus.gov.uk
Ailsa Deasley (CP) 01241 435450 DeasleyAJ@angus.gov.uk
Ali McGurty (TSMS/MH) 01241 435820 A.McGurty@nhs.net
Alita Spink (Schools & Learning) 01307 476150 SpinkA1@angus.gov.uk
Joanna Poor (ADBBV) 01241 435821 poorje@angus.gov.uk
Pauline McIntosh (ECLIPS) 01382 200532 pauline.mcintosh@cairscotland.org.uk
Jackie Taylor (ECLIPS) 01382 200532 Mob: 0773 9542 449 Jackie.Taylor@cairscotland.org.uk
Elaine Johnson (TCA) 01241 872989 elaine.johnson@alcoholtayside.com
Gilda Morrison (TSMS) 01241 435820 GildaMorrison@nhs.net
Lorraine Duncan(ADBBV) 01241 435821 duncanL@angus.gov.uk
Susan Bruce (CMHT) 01241437200 BruceSR@angus.gov.uk
Arlene Munro (Barnardos) 01241 873146 Arlene.munro@barnardos.org.uk



If you have any thoughts, ideas, existing groups or forums that will support the development of this approach to all adult or children services involved with substance misuse please contact:-

Alison Cormack, Whole Family Approach, Project Manager.

Email: alisoncormack@nhs.net or

Telephone 01307474822/Mobile 07748660020

Community Recovery Service

Formally known as ECLIPS, the Community Recovery Service deliver a quality service to support individuals to build on their strengths and develop strategies to initiate and maintain their own recovery from problematic drug and alcohol use.

The Community Recovery Service will provide:

- Tailored **one-to-one support** to help people develop their personal recovery assets
- **Peer support** groups and **mutual aid** groups to help people to develop new hobbies and interests as well as helping to support each other
- **Peer Mentor opportunities** for people in recovery to help people use the skills they have developed to help others

If you would like further information please contact the Community Recovery Team on the contact details below.

*Community Recovery Service
Cair Scotland Head Office
The Cairn Centre
12 Rattray Street
Dundee
DD1 1NA*

TEL: **01382 200532**

Mob: **0773 9542 449**

Email: jackie.taylor@cairscotland.org.uk



Sexual Health & Blood Borne Virus Education Day 2016
Tuesday 17 May 2016
The Steeple Church, Dundee

The event will cover the following topics -

- **Health Behaviour Change Interventions in People who Inject Drugs**
- **An update on New Psychoactive Substances**
- **Stigma**
- **Workshops – Trafficking & Commercial Sexual Exploitation**
(Facilitated by Trafficking Awareness Raising Alliance)
- **Experiences of Stigma from people living with BBV**
(Facilitated by the Viral Hepatitis Team and THT Scotland)
- **Make it Good – Insight Gathering**
(Facilitated by Graeme Cockburn, Health Promotion Officer)
- **Exhibition stands (reps and local organisations) and chance to network**
- **MCN Superstars Award Ceremony**

To attend contact - Becky Bolger SHBBV MCN, Public Health, Kings Cross, Dundee,
Email: bbvmcn.tayside@nhs.net Telephone: 01382 424186