

Directory of Substance Misuse Services in Highland



Highland Alcohol and Drugs Partnership

*C/o NHS Highland
Assynt House
Beechwood Business Park
INVERNESS
IV2 3BW*

Tel: 01463 704603
www.highland-adp.org.uk

ACTION FOR CHILDREN, GAEL OG YOUTH SUPPORT SERVICE

Description of Service:

Universal (Tier 1) intervention refers to drug and alcohol education, information and service sign posting

Targeted (Tier 2) Interventions refer to alcohol advice and advice on other substances. Information and intervention for Young People who are 'vulnerable', 'at risk'

Type of Service Provided:

Mobile Drug & Alcohol Outreach

One-to-one and Group Mentoring Support

One-to-one and Group Intensive Support

Target Group /Age Group:

Young People aged 12-18 years

Access Details:

All Young People can access the service by the ways of a Mobile Outreach Campervan. The campervan is taken into local communities targeting evening and weekends.

The Mobile Outreach Campervan is linked to our Mentoring and Intensive Support Services. This will enable Young People to access additional support through the single/multi agency child's plan.

Opening Hours:

Office hours – Mon-Fri 9am-5pm

Outreach – targeted evening and weekend support

Intensive Support – Mon-Sun 9am-10.30pm
(targeted support)

Contact Details

Address/Location:

Action for Children
1st Floor, Rail House
Station Square
Academy Street
Inverness, IV1 1LE

Contact Person: Grahame Cooper

Tel No: 01463 717227

Fax No: 01463 236335

Email: gaelog@actionforchildren.org.uk

Website: www.actionforchildren.org.uk

Any Additional Information:

Young People can also access the Mobile Outreach Campervan alongside the delivery of our Street Football activities.

ASCEND (Apex Specialist Community Engagement Northern Development)

Description of Service:

ASCEND is a programme run by Apex Highland aimed at assisting individuals who are in treatment or post treatment. ASCEND provides a highly diverse person centred programme offering support and guidance to assist individuals maintain and sustain positive recovery.

Type of Service Provided:

Post Futures Employability Assessment.

Auricular acupuncture – relapse prevention & stress management.

SMART group – Recovery maintenance group to allow self management in all stages of recovery.

Employability Awareness Courses/Training – CV/ Job application writing, interview/ telephone techniques.

Criminality & Employability Specialist Advice and Support.

Debt Awareness & Budgeting advice.

Heartstart Training – emergency life support.

Community projects, challenges & activities.

Target Group /Age Group:

Unemployed individuals aged between 18-64 years old who are or have actively engaged with treatment services within three months of the referral to service.

Access Details:

Refer through Treatment and Rehabilitation Services such as CPN's, Osprey/Beechwood House & SPS Addiction Teams.

Electronic referral system:
<https://aimhigher.meganexus.com> or website:
www.apexscotland.org.uk and follow AIM HIGHER link.

Opening Hours:

9 a.m. to 5 p.m. Monday to Friday.

Contact Details:

Sharon Finney (Outreach) & Katrina Beattie (SPS Addiction Referrals)

ASCEND Service Development

Manager: Alistair McDonald

Telephone: 01463 717033

Email: sharonf@apexscotland.org.uk

katrinab@apexscotland.org.uk

alistairm@apexscotland.org.uk

highland@apexscotland.org.uk

WEB: www.apexscotland.org.uk

Address/Location:

Apex Scotland
Unit 7, 23 Lotland Street
Inverness
IV1 1ST

ADDICTIONS COUNSELLING INVERNESS

Description of Service:

Addictions Counselling Inverness is a voluntary organisation funded by NHS Highland and Highland Council and offers free, confidential, one-to-one addiction counselling to the Inverness, Badenoch & Strathspey and Nairn area. We mainly support those with alcohol and drug problems but deal with other addictive behaviours such as gambling.

Our counselling is based on recognised Person-Centred and Cognitive Behavioural Therapy techniques and is conducted by a team of highly qualified and experienced volunteer counsellors. One-to-one sessions are available during daytime, evenings and weekends. Sessions mainly take place in our Inverness office but outreach sessions are also available.

We also provide individuals and interested organisations with information and advice on addiction and related issues.

Type of Service Provided:

Addiction Counselling

Target Group /Age Group:

Males & Female Adults 16 +

Access Details:

Self-referral – phone office on 01463 220995, call or text 07736 345257, call into the office (70 Tomnahurich Street) or email info@addictionscounsellinginverness.org to arrange assessment and appointment.

Agency referral - through other agencies such as Social Work, GPs, CPNs, Osprey House, Hospitals, Police, other Voluntary Sector agencies (such as Beechwood House, Birchwood) etc.

Opening Hours:

Opening Hours: 10am – 4pm Mon – Friday;
Appointments also available evenings/ weekends by arrangement.

Contact Details

Address/Location:

70 Tomnahurich Street
Inverness IV3 5DT

Contact Person:

Elaine Fetherston
Development Officer

Tel No: 01463 220995/ 07736 345257

Fax No: n/a

Email: info@addictionscounsellinginverness.org

Website: www.addictionscounsellinginverness.org

ALCOHOL & ADDICTIONS COUNSELLING SERVICE ROSS SUTHERLAND

Description of Service:

- 1-1 Counselling
- 1-2 Couple Counselling
- 1-3 Group Counselling
- 1-4 Support for partners / family members
- 1-5 Advice & Guidance
- 1-6 Telephone Counselling
- 1-7 Harm Reduction Programmes for Schools
- 1-8 Alcohol Brief Interventions.
- 1-9 Training Provided

Type of Service Provided:

Counselling

Target Group /Age Group:

12 upwards

Access Details:

Opening Hours:

We are open 8.30am – 3.30pm. All calls received in the office after end of the day, are monitored and answered by a counsellor. We also cover weekends and early evenings.

Contact Details:

Address/Location:

St Duthus House,
St Duthus Street,
Tain
IV19 1AL

Contact Person:

Chris Cochrane

Tel No: 01862 894097

Fax No: “

Email: info@acsrs.org.co.uk

Website: www.acsrs.org.uk

ALCOHOL RELATED BRAIN DAMAGE TEAM

Description of Service:

A multi-disciplinary team.

Anticipated that the service will provide:

Assessment, clinical input, support, advice and education to statutory and non-statutory services, patients and carers.

Type of Service Provided:

Community mental health.

Target Group /Age Group:

Access Details:

Open referral system

Contact Details:

Address/Location:

RNI
Ness Walk, Inverness
IV3 5SF

Opening Hours:

Anticipated Monday-Friday, 9am – 5 pm

Contact Person:

Roddy McKenzie

Tel No: 01463 706979

Fax No: 01463 714685

Email:rodny.mackenzie@nhs.net

Any Additional Information:

This service is in the development stage and all information reflects this (i.e. anticipated and subject to change).

BEECHWOOD HOUSE

Description of Service:

Beechwood House is a Residential Rehabilitation service for individuals who require treatment for alcohol and drugs misuse.

Treatment is delivered through Group Work, Key Working sessions and support in structuring meaningful use of time.

A Community Programme is also offered. Individuals with substance misuse issues can receive treatment in the community which may or may not lead to engaging in the rehabilitation programme. Substance misusers' families can access help where the CRAFT model is implemented. Aftercare is also offered for Service Users leaving the Residential Programme who live within a reasonable travelling distance.

Type of Service Provided:

Residential Rehabilitation

Community Engagement Programme for people with Substance Misuse issues and their families.

Target Group /Age Group:

Individuals over the age of 16. There is no upper age limit.

Access Details:

GP, CPN, or any Lead Professional for Highland Council or NHS Highland.

Opening Hours:

24 hours a day, 7 days a week, 365 days a year.

Contact Details:

Address/Location:

69-71, Old Perth Road
Inverness
IV2 3JH

Contact Person:

Valerie Bell

Tel No: 01463 711335

Fax No: 01463 711544

Email: beechwood@crossreach.org.uk

Website: www.crossreach.org.uk

CMHT SUBSTANCE MISUSE SERVICE

Description of Service:

Dealing mainly with alcohol and drug problems in a community remit. Referrals taken from GPs and primary care setting, also from Mental Health services and Allied health professionals.

Type of Service Provided:

Issues related to alcohol and drug problems in a community setting.

Target Group /Age Group:

Clients experiencing substance misuse problems/ age 18 years and upwards.

Access Details:

Through primary care service mental health service and allied health professionals.

Opening Hours:

Monday to Friday 9.00am to 5.00pm

Contact Details:

CMHT.

Address/Location:

Old Health centre
East Millicent Avenue
Golspie
Sutherland
KW106TR

Contact Person: Des Gallagher

CPN Service.

Tel No:01408 634291

Fax No: N/A

Email: des.gallagher@nhs.net

Website: NHS Highland

COMMUNITY MENTAL HEALTH TEAM (NAIRN & ARDERSIER)

Description of Service:

Our service offers community based support related to Drug and Alcohol problems. Assessment is against individual need with onward referral progressed where necessary. Varying interventions are used within a collaborative approach to care and include;

- Structured Preparatory/Psychosocial Intervention
- Community Based Detoxification/Specialist prescribing
- Acu-Detox Service

Type of Service Provided:

CPN(A)

Target Group /Age Group:

Age 16+

Access Details:

Statutory & Non-Statutory Agency referral

Contact Details:

(01667) 422786

Address/Location:

Nairn Town & County Hospital
Primary Care Centre
Cawdor Road
Nairn
IV12 5EE

Opening Hours:

9am – 5pm

Contact Person:

Elaine Clark – CPN(A)
Lisa Murray – CPN(A)

Tel No: (01667) 422786

Fax No: (01667) 422792

DUAL DIAGNOSIS SERVICE, INVERNESS (COMMUNITY)

Description of Service:

Working with individuals with a diagnosis of severe mental illness (typically schizophrenia/bipolar affective disorder), their Carers and communities

Type of Service Provided:

Community nursing, assertive outreach, care coordination, risk assessment/management. Joint working with other colleagues/agencies

Target Group /Age Group:

Adult caseload
Some training/workshops carried out in schools

Access Details:

Open referral system
Face to face, telephone, e-mail, letter etc. from any individual/agency

Opening Hours:

Normally working 0.8 WTE
Typically not available on Wednesdays
Typically 08.00 – 1600

Password protected answer machine allows for specific/detailed messages without compromising confidentiality

Contact Details:

Address/Location:

Dual Diagnosis Service, Inverness (Community),
Royal Northern Infirmary,
Ness Walk,
Inverness. IV3 5SF

Contact Person:

Jim Neville
Dual Diagnosis Nurse, Inverness (Community)

Tel No: 01463 706958

Mob: 07833400487

Email: jim.neville@nhs.net

HARM REDUCTION SERVICE

Description of Service:

Specialist Harm Reduction and Needle Exchange; provision of injecting equipment, paraphernalia and literature.
On site and outreach service.
BBV testing and immunisation.
Wound care, safer injection advice and health promotion.
Assessment and treatment of minor injury/illness.
Overdose and Naloxone training.
Referral and support to attend specialist and treatment services.
Specialist on site BBV Service
Specialist Performance & Image Enhancing Drugs Clinic

Type of Service Provided:

As above.

Target Group /Age Group:

Any age.

Access Details:

No appointment required. Drop in service.

Opening Hours:

Mon – Sat 9am – 5pm

Address/Location:

57 Church Street
INVERNESS
IV1 1DR

Contact Person: Lisa Ross

Tel No: 01463 717594

Fax No: 01463 717594

Email: lisa.ross1@nhs.net

LOCHABER COUNCIL ON ALCOHOL

Description of Service:

Offers information and advice and one to one counselling service to anybody over the age of 16 affected directly or indirectly with alcohol misuse.

Type of Service Provided:

Counselling, information and advice

Target Group /Age Group:

16+ who is affected by alcohol misuse

Access Details:

Opening Hours:

Monday to Friday
11am – 5pm

Contact Details

Address/Location:

Caol Shopping Centre
Caol
Fort William
PH33 7DR

Contact Person:

Mary MacColl

Tel No: 01397 702 340

Fax No:

Email: lca.caol@btinternet.com

Website: www.lcacaol.co.uk

**NAYDAS – NAIRN AND ARDESIER YOUNG PEOPLE'S
DRUG AND ALCOHOL SERVICE**

Description of Service:

Community based support related to Drug and Alcohol issues.

One to one work and group work undertaken with identified individuals.

Broad based education sessions delivered to Primary and secondary schools.

An individual's care is assessed against personal need with onward referral and signposting where necessary.

Emphasis is on harm reduction and education, although pharmacological interventions are considered in collaboration with GPs or Consultants

Type of Service Provided:

Substance Use Worker

Target Group /Age Group:

16 – 25yrs

Access Details:

Referral from any source including self referral

Opening Hours:

Tuesday – Friday Office hours

Contact Details:

Address/Location

C/O CMHT Nairn Town and County Hospital,
Cawdor Rd,
Nairn.
IV12 5EE

Contact Person: Jake Lee

**Tel No: 01667 422786
07824417725**

Fax No: 01667 422792

Email: james.lee3@nhs.net

SKYE AND LOCHALSH COUNCIL ON ALCOHOL

Description of Service:

SLCA offer a professional and confidential counselling service for people with substance misuse issues in the Skye and Lochalsh area.

SLCA offer a free, confidential one to one counselling service, support for family members and practical advice and information. This service has now been expanded to youngsters of High School age.

SLCA provide alcohol awareness talks to youngsters at the area's 22 schools, starting at Primary 7. SLCA also offer educational talks to youth groups, community groups and community councils.

SLCA is a registered centre for providing Servewise training courses for licensees and bar staff in partnership with Alcohol Focus Scotland and City & Guilds.

Type of Service Provided:

Information, advice and counselling.
Education.
Training

Target Group /Age Group:

The counselling services are available to anyone over the age of 12.
Educational programme starts at Primary 7.
Servewise Training courses are available to licensees and anyone working in licensed premises.

Access Details:

Referral for counselling can be made by self, GP, Social Work, Police, Church, Employer, Court, Hospital, Prison, Relative, other Alcohol agencies.

Opening Hours:

Monday to Friday 09.00-17.00

Counselling appointments can be made for daytime or evening and some appointments are available on Saturday and Sunday.

Contact Details:

Skye and Lochalsh Council on Alcohol

Address/Location:

Victoria Cottage,
Hedgefield Road,
Portree,
Isle of Skye,
IV51 9GF

Contact Person:

Donald Beaton, Office Manager

Tel No: 01478 612633

Fax No: 01478 612633

Email: Donald.beaton@btconnect.com

Website: N/A

OSPREY HOUSE

Description of Service:

Substance misuse service available to individuals within the Highland area.

Type of Service Provided:

Counselling
Group work
Accommodation
Alcohol and Drug detox
Maintenance Drug Treatments
Groups for pregnant women using substances
Referral to other services
SMART groups on the premises

Target Group /Age Group:

Adult service for over 16 year olds who are not in education.

No upper age limit

Access Details:

Open referral system
Self referrals welcome
Referral accepted from any service/
agency

Opening Hours:

9am – 5pm
7 days a week

Contact Details:

Osprey House

Address/Location:

Raigmore Avenue
Inverness
IV2 3DZ

Tel No: 01463 716888

Fax No: 01463 716394

Email: osprey.house@nhs.net

SMART RECOVERY UK

Description of Service:

SMART Recovery is a peer led, non-profit, international organisation which provides free self help groups and related services for individuals wishing to learn more about substance or activity addiction. The SMART Recovery programme is evidence based, teaches self-empowerment, and uses cognitive behavioural and motivational enhancement techniques to help participants achieve abstinence.

Type of Service Provided:

Support Meetings

Target Group /Age Group:

Anyone with an addictive behaviour problem aged over 16

Access Details:

All of the open meetings are listed on the website

Opening Hours:

Office 9.30am – 5pm Monday to Thursday.

Meetings please see website

Contact Details

Smart Recovery UK

Address/Location:

27, Huntly Street
Inverness
IV3 5PR

Contact Person:

Carol Hammond

Tel No: 01463 729548

Email: info@smartrecovery.org.uk

Website: www.smartrecovery.org.uk

General Practitioners

GPs provide advice, information and treatment for alcohol and drug problems. Referral to appropriate agencies can also be made. Contact your local surgery.

Porterfield Prison Addictions Service

The Porterfield Team offers a range of services to the prison residents. These include: detoxification, maintenance, one-to-one support, group work, transitional care, through-care support and family groups.

Tel: 01463 229029

Youth Action Service

The Youth Action Service works in partnership with Education, Culture and Sport, Action for Children, Scottish Children's Report Administration, Northern Constabulary, NHS Highland, Child and Adolescent Mental Health Service and Criminal Justice Service. 3 Teams cover the Highlands:-

Ross, Skye & Lochaber - 01397 709830

Caithness, Sutherland & Easter Ross – 01955 605792

Inverness, Nairn & Badenoch & Strathspey – 01463 256603

Highland Young Carers Project

Information and support for children and young people whose lives are affected by substance misuse in the family. Tel: 01463 718817

Text messaging service 07950 328 264

Barnardos Springboard Service

The "Springboard" service offers support to young people leaving care in Highland to help them make a successful transition to living independently. Young people are offered advice, guidance and support including information about access to other services and opportunities.

Tel: 01463 718436

NEEDLE EXCHANGE CENTRES

<p>ROSS-SHIRE OUTREACH NEEDLE EXCHANGE SCHEME County Community Hospital, Invergordon Thursdays 1-5 <i>Tel: (01349) 853854</i></p> <p>Service provided by CPNs on an outreach basis in Ross-Shire. Happy to receive TEXTS or phone calls from clients on mobile number 07881 8006343. Service on Thursday's only at Muir of Ord from 09.15 till 11.30am and Invergordon 13.00 – 16.30 Thursdays only.</p>		
<p>TAIN National Co-operative Chemists, 23-25 High Street IV19 1AE</p>	<p>Mon-Fri 8.30-1.30 / 2-6 <i>Tel: (01862) 892002</i></p>	<p>Sat closing 5.00</p>
<p>ALNESS National Co-operative Chemists, 96-98 High Street IV17 0SG</p>	<p>Mon – Fri 9-1/ 2-6 <i>Tel: (01349) 882233</i></p>	<p>Sat 9-1</p>
<p>INVERNESS Harm Reduction Centre 57 Church Street, Inverness, IV1 1NB</p>	<p>Mon – Sat 9 - 5 <i>Tel: (01463) 717594</i></p>	<p>Closes 5pm daily</p>
<p>Boots the Chemist 2 Southside Road, Inverness, IV2 3AU</p>	<p>Mon – Fri. 9 - 6 <i>Tel: (01463) 231192</i></p>	<p>Sat 9-1</p>
<p>Boots the Chemist 11/1 Eastgate Shopping Centre, Inverness IV2 3PP</p>	<p>Mon – Sat 9 – 6 <i>Tel: (01463) 225167</i></p>	<p>Sun 11 - 5</p>
<p>NAIRN Lloyds Pharmacy, 1 High Street, Nairn IV12 4AG</p>	<p>Mon, Tues, Fri. 9 - 6 Wed 9 - 5.30 <i>Tel: (01667) 453100</i></p>	<p>Sat 9-1</p>
<p>WESTER ROSS, LOCHALSH AND SKYE Kyle Pharmacy, Station Road, Kyle of Lochalsh, IV40 8AE</p> <p>D A MacLeod, 5 Wentworth St. Portree, IV51 9EJ</p>	<p>Mon-Sat. 9 – 5.30 <i>Tel: (01599) 534206</i></p> <p>9-1 / 2.15 – 5.30 Mon, Tues, Wed, Fri. <i>Tel: (01478) 612100</i></p>	<p>Closed on Thursdays</p>
<p>CAITHNESS Sutherland's Pharmacy 13 Traill St. Thurso KW14 8EJ</p> <p>Boots the Chemist, 58-64 High St., Wick, KW14 4NE</p>	<p>Mon – Sat. 9 – 5.30 <i>Tel: (01847) 892011</i></p> <p>Mon – Sat. 9 – 5.30 <i>Tel: (01955) 603199</i></p>	<p>No Pharmacist between 1.30 2.30pm Closed over lunch from 1-2pm</p>
<p>LOCHABER Lloyds Pharmacy, 52-54 High, St. Fort William PH33 6AH</p> <p>A & E Dept, Belford Hospital, Fort William PH33 6BS</p> <p>Doctor's Surgery, Kearan Rd, Kinlochleven, PH40 4QU</p>	<p>9-1/ 2.15 – 6.00 <i>Tel: (01397) 702031</i></p> <p>Mon – Sun. 9am-9pm <i>Tel: (01397) 702481</i></p> <p>Mon, Tues, Thurs, Fri 9-1 / 2-6 <i>Tel: (01855) 831225</i></p>	<p>Sat 9-5.30</p> <p>Wed 9-1</p>

Other Useful Contacts

Brook Helpline	0800 0185023
Citizens Advice Bureau	01463 713928
Childline	0800 441111
Family Mediation Highland	01463 712100
Highland Alcohol and Drugs Partnership	01463 704603
Highland Youth Voice	01463 702026
NHS 24	08454 242424
Northern Constabulary	01463 715555
Rape and Abuse Line	01349 865316
Samaritans	01463 713456
Women's Aid	01463 220719

National Helplines

'Know the Score' Drug Line	0800 5875879
Samaritans (National)	08457 909090
Alcoholics Anonymous	0845 769 7555
Narcotics Anonymous	0300 999 1212
Families Anonymous	0845 1200 660 (lo-call)