

HADP News Bulletin



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Welcome to Issue 15 of the HADP News. Next week is the AA Alcohol Awareness event, which is part of Alcohol Awareness week. There are some items included in the news article which you will hopefully find useful and informative.

Many Thanks

HADP



Special points of interest:

Alcohol Awareness Week

<https://www.alcoholconcern.org.uk/alcohol-awareness-week>

Alcohol Focus Scotland eNewsletter

[Alcohol Focus newsletter](#)

Scottish Drugs Forum eNewsletter

[SDF Newsletter](#)

Mikeysline

A smartphone app has been launched by Mikeysline, an Inverness based charity that offers support via text messages to young people struggling with issues such as depression, alcohol, drugs and bullying.

<http://www.mikeysline.co.uk/>

SALSUS Report Snapshot– For the full Alcohol report please see the SALSUS website
 (<http://www.gov.scot/Publications/2016/10/8264>)



SCOTTISH SCHOOLS ADOLESCENT LIFESTYLE AND SUBSTANCE USE SURVEY (SALSUS) 2015: Alcohol summary report

SUMMARY OF KEY CHANGES SINCE 2013

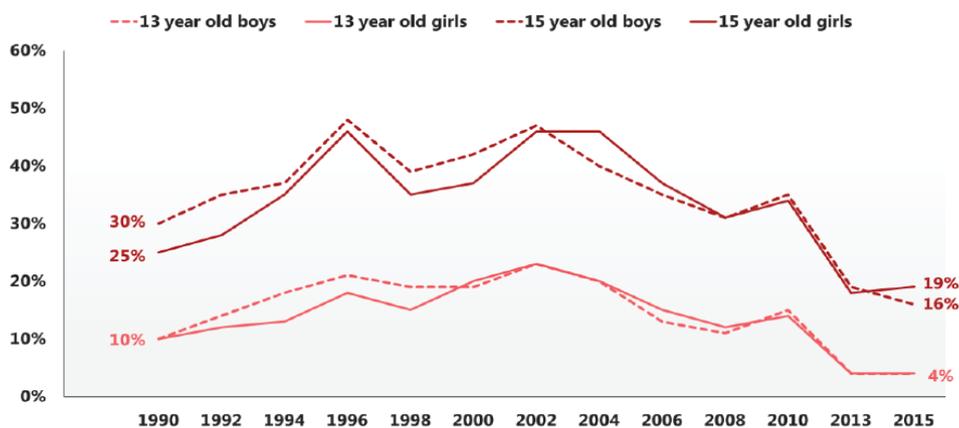
Among all groups, the proportion of pupils who have ever had an alcoholic drink has decreased again since 2013. However, there has been an increase in the proportion of 13 year old girls and boys who reported being drunk in the past week.

	13 year olds		15 year olds	
	Boys	Girls	Boys	Girls
EVER HAD AN ALCOHOLIC DRINK	↓	↓	↓	↓
DRANK IN THE LAST WEEK	↔	↔	↓	↔
EVER BEEN DRUNK	↔	↔	↓	↔
DRUNK IN THE LAST 7 DAYS	↑	↑	↔	↓

LONG TERM TRENDS

Drinking in the last week has fluctuated since 1990 but has been decreasing, for the most part, since 2002. After a large decrease in prevalence between 2010 and 2013, drinking in the last week has remained unchanged between 2013 and 2015, with the exception of a small decrease among 15 year old boys: 19% drank in the last week in 2013, compared with 16% in 2015.

Trends in drinking in the last week, by age and sex (1990-2015)



SALSUS Report Snapshot– For the full Drugs report please see the SALSUS website
 (<http://www.gov.scot/Publications/2016/10/9688>)



SCOTTISH SCHOOLS ADOLESCENT LIFESTYLE AND SUBSTANCE USE SURVEY (SALSUS) 2015: Drugs summary report

SUMMARY OF KEY CHANGES SINCE 2013

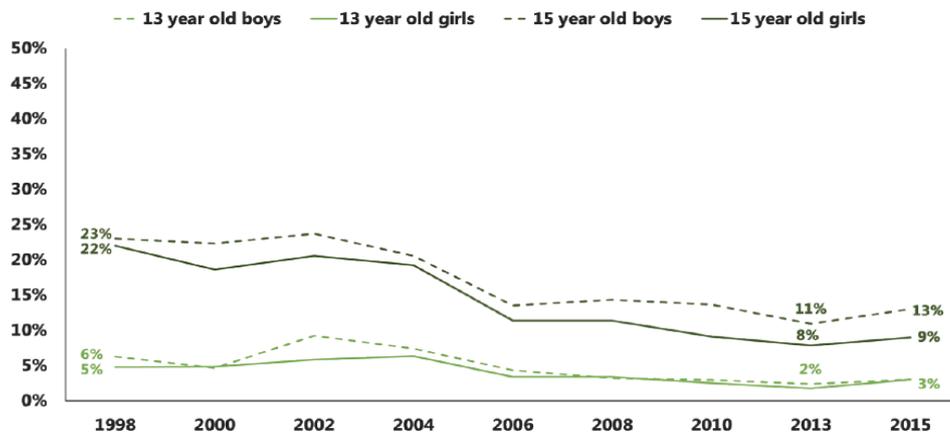
While drug use prevalence has remained stable between 2013 and 2015, with the exception of 15 year old boys, there appears to have been an increase in the availability of drugs since the last wave of the survey. There have been increases in the proportion of pupils who have been offered drugs and the proportion who say they would find it easy to obtain drugs if they wanted to.

	13 year olds		15 year olds	
	Boys	Girls	Boys	Girls
USED DRUGS IN THE LAST MONTH	↔	↔	↑	↔
EVER BEEN OFFERED DRUGS	↑	↑	↑	↑
EASE OF OBTAINING DRUGS	↑	↑	↑	↑

LONG TERM TRENDS

Drug use in the last month has been gradually decreasing since 2002. However, between 2013 and 2015, there has been a small increase in the proportion of 15 year old boys who took drugs in the month prior to the survey. Drug use among 13 year olds and 15 year old girls has remained stable.

Trends in drug use in the last month, by age and sex (1998-2015)



European HIV-Hepatitis Testing Week 2016

Hello everyone,

As you are aware European HIV-Hepatitis Testing week 2016 is running from 18th-25th November. Hepatitis Scotland are happy to support local areas with any initiatives. If you require and information or support please do not hesitate to contact Carissa Chan Communication and Information Support at Hepatitis Scotland (carissac@hepatitisscotland.org.uk). Hepatitis Scotland will also have a new patient leaflet available in the next few weeks which will be available to download from our website. Also there are some very powerful patient video's which can be found at <http://hepcscot.org/myhepcstory> which may be helpful.

Sign-up is now open for European HIV-Hepatitis Testing Week 2016



Now in its fourth year and the second time hepatitis testing has been included, European HIV-Hepatitis Testing Week will take place from 18-25 November 2016.

Testing week is spanning the length and breadth of the continent with partners participating from over 50 European countries. Check out the live feed to see the latest organisations that have signed-up to implement testing week activities in their country. Sign-up now to put your organisation on the map! <http://www.testingweek.eu/>

Many Thanks

Trish

Patricia Tracey

Hepatitis Scotland/Scottish Drug Forum

National Development Officer (Harm Reduction and Death Prevention)

Waverley Care

Waverley Care Highland are supporting and promoting HIV Testing Week Scotland (and European HIV and Hepatitis Testing Week) which takes place between the 18th and 25th November 2016. Locally, we provide HIV Rapid Testing (results in 20 minutes) as well as Dried Blood Spot (DBS) testing which tests for HIV, Hepatitis B and Hepatitis C. During Testing Week, we will be promoting the benefits of testing and providing opportunities across the area for people to test in a range of different ways. For more information on our testing services locally, please visit our website: http://www.waverleycare.org/waverley_care/testing/

Please see the below information from the HIV Testing Week Scotland planning group:

HIV Testing Week Scotland – 18-25 November 2016

Positive or negative, everyone has an HIV status. Now a new Scottish campaign is asking people 'Do you know yours?'

Across Scotland, there are an estimated 6,150 people living with HIV, one in six of whom are unaware of their infection. Due to the effectiveness of HIV treatments, the majority of new infections in Scotland today are linked to someone who doesn't know they have the virus in the first place.

HIV Testing Week Scotland, which runs from 18-25 November, is about increasing awareness of HIV testing, highlighting the range of options available and encouraging people to test regularly. During HIV

Testing Week, sexual health clinics, GPs and community testing venues across Scotland will be offering additional testing to help people find the test that's right for them.

The campaign is highlighting how testing can put people in control of their HIV status. Where a test is positive, effective treatments mean people can live a long, healthy life and are highly unlikely to pass on the virus. Regardless of test result, testing also helps make people HIV aware, giving them the facts and confidence to prevent new infections, and ultimately putting an end to HIV.

You can find out more about the campaign, and what's going on locally, by visiting www.HIVTestWeek.scot. You can also add your support to the campaign by adding the HIV Testing Week Scotland Twibbon to your social media profiles and by sharing #TestWeekScot tweets.

I'd be grateful if you could share this information through your organisations and networks to encourage HIV testing in your local areas, during Testing Week and beyond.

Many thanks,

SCHOOL OF HEALTH & SOCIAL

Edinburgh Napier
UNIVERSITY



Substance use, families and society

Overview of the course

This is a new **Master's level module** (SCQF 40 credits), delivered over **two trimesters** (26 weeks). It starts in **January 2017** and finishes in **August 2017**.

The module can be undertaken as a **standalone course** (for CPD or revalidation) or it can be undertaken as part of a **post graduate certificate or diploma**, or a **master's level degree** (e.g., MSc in Advanced Practice)

What will you learn on this course?

You will learn about critical issues and recent advances in the conceptualisation of substance use, misuse and dependence and their effects across the lifespan on individuals, families and communities.

You will explore evidence within the context of policy development, legislation, public protection and inequalities. An emphasis is placed on enhancing your knowledge of effective prevention and treatment approaches, including multi-disciplinary and interagency working, whilst developing your skills to apply within health and social care environments. You will be expected to critically evaluate your own values and practice and demonstrate awareness of the impact of wider social, cultural and political factors on the care of people who use alcohol and/or drugs and their families.

What are the teaching and learning methods?

The module includes a combination of face-to-face, online and work-based learning activities. You will be required to attend one introductory day at the start of the course and a total of six class based study days over the two trimesters (8 month period). The online component is delivered via our virtual learning environment MOODLE. You will be encouraged to tailor your learning so that your assessment work, skills

Who teaches this module?

The course is delivered by a multi-disciplinary team of researchers, lecturers and clinicians who are all keen to see you succeed! In addition, the course includes input from people with lived experience of alcohol and drug-related problems. Students are encouraged to attend seminars and events organised by the University's *Substance use and Society* research group.

Who is this module designed for?

Health and social care practitioners working with individuals and families affected by alcohol and drug problems (e.g. social workers, early years/youth workers, adult/learning disability/mental health nurses, midwives, neonatal nurses, health visitors, GPs, psychologists and occupational therapists).

Managers/policymakers/commissioners of alcohol and drug services as well as specialist alcohol/drug workers who would like to further develop their knowledge and skills would also be ideal candidates.

What do I need to consider prior to applying for the course?

You must have a recognised health or social care qualification or degree in a related subject and/or equivalent experience. Please ensure you can commit to all the module class-based tutorials, on-line and self-directed learning activities and course assessments.

How much will the course cost?

This Masters module is 40 credits and costs £1140 per candidate.

For further information contact Dr Anne Whittaker
A.Whittaker@napier.ac.uk

To **apply** for the **MSc Advanced Practice (part-time)** please [click here](#)

To apply for the module as a **stand-alone module** please [click here](#)

Applications should be submitted by 30 November 2016, 5pm.

Alcoholics Anonymous

Highlands & Islands Region in Co-operation with Highland Alcohol and Drugs Partnership are Hosting An Awareness Event as follows

Date: Wednesday 16th November 2016

Time: 10.45 - 14.30

Venue: Kingsmills Suite
Inverness Caledonian Thistle Football Club
Tulloch Caledonian Stadium
IV1 1FF

Programme of Events

- 10.45 - 11.15** Registration. Tea & Coffee
- 11.15 - 11.30** Welcome & Introduction by Chairperson
Mr Sandy McV Highlands & Islands Board Member for Alcoholics Anonymous, GB
- 11.30 - 12.00** Dr Ashraf Kahn - Consultant Psychologist
Non Alcoholic Trustee - Alcoholics Anonymous, GB
- 12.00 - 12.20** Alcoholics Anonymous Speaker - Ruth M
The AA twelve step recovery programme works for me
- 12.20 - 13.00** Lunch and Networking
- 13.00 - 13.20** Ms Natalie Beale
Chairperson of Highland Alcohol & Drug Partnership
Governor HMP Porterfield
- 13.20 - 13.35** Al-Anon Family Groups Speaker - Steve/Aberdeen
- 13.35 - 14.00** Dr Hugo van Woerden
Director of Public Health & Health Policy
NHS Highland
- 14.00 - 14.30** Question & Answers
- 14.30** Event Closure

www.alcoholics-anonymous.org.uk

Alcohol & Families Alliance – call for written evidence as part of research

Sent on behalf of Alcohol Focus Scotland

Dear Colleague,

Alcohol & Families Alliance – call for written evidence as part of research

Alcohol Focus Scotland (AFS), the Institute of Alcohol Studies and Adfam, are collaborating as members of the Alcohol Families Alliance UK, to undertake a new research project into the impact of parental drinking on children and young people.

The research will build on a range of previous studies - Untold Damage (SHAAP and ChildLine), Unrecognised and under-reported: the impact of alcohol on people other than the drinker in Scotland (AFS), Everyone Has a Story (Lloyds TSB Foundation in Scotland) and Silent Voices (Children's Commissioner for England).

Recognising that many studies have given insight into the impact of dependent drinking on children, this study will seek to gather information on the impact of different levels of consumption and patterns of drinking, with a particular emphasis on the impact of drinking at the less severe end of the spectrum.

A number of research methods are being used to gather information and at this stage in the study we would like to invite practitioners and professionals who are working with children and families from a range of backgrounds to submit written evidence as part of this project.

We are keen to hear from a wide range of workers: frontline practitioners, those working in universal services and policy makers and researchers. Please visit <http://www.alcoholandfamiliesalliance.org/our-inquiry.html> to download a consultation form.

The deadline for submission of written evidence is Wednesday 7th December 2016. If you would like any further information about the study please contact Jennifer Curran, Programme Lead Jennifer.curran@alcohol-focus-scotland.org.uk or 0141 572 6281.

Kind Regards,

Jennifer

Jennifer Fingland

Policy Officer

Scottish Health Action on Alcohol Problems (SHAAP)

12 Queen Street

Edinburgh EH2 1JQ



SDF
Scottish Drugs
Forum

Workforce
Development
Programme

Highland ADP

Forthcoming Professional Development Event: Essential Skills for Working With People Who Use Substances

Date: 11 November 2016 - 9.30am – 4.30pm.

Venue: Inshes Church, Inshes Retail Park, Sir Walter Scott Drive,
Inverness IV2 3TW.

Aim

The aim of this training is to allow health workers, youth workers, drug workers and other professionals to effectively respond to, treat, support and engage with people who use drugs and alcohol. It would be particularly helpful to those who are not specialist drug or alcohol workers, or are new to the substance use field.

Learning Outcomes

By the end of the session participants will be able to:

- Identify the key qualities needed to effectively support people who use substances.
- Describe the role of non-verbal communication.
- Recognise the core conditions.
- Demonstrate application of key skills for supporting people who use substances, including paraphrasing and active listening.
- Name the stages of behaviour change.
- Identify techniques they can apply when working with people who use substances.

To book your place please visit: www.sdfworkforcedevelopment.org.uk
and look for "Core Courses".

Please contact SDF Administration Team on: 0141 221 1175 or email: enquiries@sdf.org.uk
if you have any general queries about these events.

Scottish Drugs Forum Charity No. SC008075.



SDF
Scottish Drugs
Forum

Workforce
Development
Programme

Highland ADP

Forthcoming Professional Development Event: Understanding Stigma: Promoting Inclusive Attitudes and Practice

Date: 25 November 2016 - 9.30am – 4.30pm.

Venue: Inshes Church, Inshes Retail Park, Sir Walter Scott Drive, Inverness IV2 3TW.

Overview

Stigma can have a profound impact upon the lives of people who use alcohol and other drugs or those who have a history of substance use. The impact of stigma can permeate numerous aspects of a person's life such as their health and wellbeing, relationships, education and employment prospects and socioeconomic status.

Through developing a greater awareness of the wider context that the cycle of stigma fosters and exploring our own role in reinforcing and challenging stigma, participants can identify new approaches for fostering enhanced relationships with service users.

Aim

This one day training will give participants a distinct set of knowledge and skills to help them understand and address alcohol and drug-related stigma.

Learning Outcomes

By the end of the course, participants will be able to:

- Recall the meaning of stigma and the theory relating to stigma.
- Identify and understand the specific stigma attached to people who use substances, people in treatment or in recovery from substance use.
- Describe the consequences of the cycle of stigma.
- Identify our own attitudes and beliefs towards treatment options and treatment outcomes for substances
- Identify language and practice which de-stigmatises people affected by substance use
- Challenge stigma attached to people who use substances, people in treatment or in recovery from substance use.

To book your place please visit: www.sdfworkforcedevelopment.org.uk
and look for "Core Courses".

Please contact SDF Administration Team on: 0141 221 1175 or email: enquiries@sdf.org.uk
if you have any general queries about these events.

Scottish Drugs Forum Charity No. SC008075.

The In Care Survivor Support Fund

The In Care Survivor Support Fund opened in September 2016 to support those who were abused or neglected as children while they were living in care in Scotland. Recently, we've been holding some engagement events with survivors to share how the Fund could help them and to gather their feedback.

We plan to host an information session in Inverness for professional support organisations and agencies, so you can find out more about the Fund, how it could provide support to individuals that may be known to you, and to meet the people who are managing the Fund on behalf of the Scottish Government.

Date: Monday 14 November

Time: 1pm-3pm

Location: Centre for Health Science,

Phase 1, first floor

Old Perth Road Inverness IV2 3JH

If you or one of your colleagues would like to attend please email us at engagement@icssf.scot

If you are unable to attend but would like to find out more please also contact us using engagement@icssf.scot We will be looking to organise more events in the future.

In the mean time you can read more about the Fund below or at www.icssf.scot

Thank you

Zoe

Communications and engagement team

IN CARE SURVIVOR SUPPORT FUND

The In Care Survivor Support Fund is for people who were abused or neglected as children while living in care in Scotland. 'In care' includes living in residential or foster care, living in a boarding school (state, private or independent), having a long-term stay in hospital or spending time in a Young Offender's Institution. Even if the survivor no longer lives in Scotland, support can still be received.

To register for the Fund, only basic contact details are required - a name, contact details and location are the only information needed. The individual will not be asked to provide any personal history.

If they do not wish to contact the Fund directly themselves, then with their permission, others can
