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Welcome to the latest edition of the Highland Alcohol and Drugs Partnership news Bulletin. This issue is full of useful information including the Child Protection Committee Conference (see below for more information) and free training events (see page 4)

Many thanks  
HADP

## Special points of Interest:

**Scottish Drugs Forum Newsletter—[Click Here](#)**

### Intranasal Naloxone

Interesting study from USA concludes:

***"Of three possible ways for people to deliver the life-saving antidote naloxone to a person experiencing an opioid overdose, the use of a nasal spray was the quickest and easiest according to research"*** <https://medicalxpress.com/news/2020-01-nasal-antidote-easiest-opioid-overdose.html>

**Scottish Families Affected by Alcohol and Drugs New Health Campaign—[Click Here](#)**

**Minimum unit pricing evaluation – children and young people's own drinking** <http://www.healthscotland.scot/publications/minimum-unit-pricing-evaluation-children-and-young-people-s-own-drinking>

## Smoking and People in Recovery Survey

In Scotland, 19% of adults smoke. However, for people with problem alcohol and or drug use, the rate is much higher. Up to 76% of people with problem alcohol and drug use smoke.

As part of the Highland Tobacco Strategy, we have developed the attached survey to help inform work with people in recovery who want to stop smoking.

The survey can be completed by anyone who is in any stage of recovery from problem alcohol and drug use, and currently smokes tobacco.

We would really appreciate it if you could support your service users to complete this survey.

The survey can be accessed at this link: <https://www.smartsurvey.co.uk/s/NHSHSmokeCessRec/>.

If you would prefer paper copies please email [eve.macleod@nhs.net](mailto:eve.macleod@nhs.net)

## Suicide Intervention Prevention Programme Facilitators

Would you or others within your organisations might be interested in becoming SIPP facilitators. In particular we are keen to recruit facilitators from West and North-West Highland.

After successfully training just over 500 people in SIPP, the Highland Community Planning Partnership have agreed the Programme should continue. To do this a "Train the Facilitator" course has been developed and a plan to recruit further trainers, particularly in some of the areas that were not covered first time (e.g. West/North- west).

Please share this invitation with anyone you know who would want to go on to deliver these sessions, and if you would like to come for a refresher session that would be great.

Please see the accompanying attached documents . The Facilitator role descriptor, which includes information on the course itself, and a "message" which includes dates and venues and how to apply.

## Count 14

The Scottish Government is running the second phase of "Count 14", our national alcohol awareness raising campaign, from **20 January until 1 March (6 weeks)**. This builds on the first phase of the campaign which ran in March 2019 for four weeks.

### What is Count 14?

The Count 14 campaign aims to increase public awareness of the 14 unit weekly maximum low-risk guidelines, as revised by the UK's Chief Medical Officers (CMOs) in 2015, and to break this message down by translating 14 units into specific alcoholic drinks. The campaign creative does this by translating 14 units to 7 pints of beer (4% ABV), 7 double measures of spirits (40% ABV) or 6 medium glasses of wine (13% ABV).

### Why is SG doing this?

We know that baseline understanding of the CMOs' guidelines and unit content for drinks is low in Scotland. There is evidence that alcohol mass media campaigns can affect knowledge and attitudes. Our research, demonstrates that **three quarters (73%)** of those surveyed after Phase One of the campaign were still unaware of the 14 units guideline. This was a significant decrease of 10% from 83% pre-campaign. Looking at drinks specifically: only 12%, 10% and 22% of those surveyed correctly identified 6 pints of beer, 6 medium glasses of wine and 7 double measures of spirits respectively as adding up to 14 units.

We also know that men and those in lower socio-economic groups were less engaged in Phase One and are less likely to correctly identify 14 units as the low-risk guideline. Only 22% of males and 20% of C2DE respondents surveyed identified 14 units as the correct limit compared to 32% of females and 35% of ABC1 respondents.

### What is the plan for Phase Two?

Due to the effectiveness of Phase One, we intend to re-use the assets we have developed and communicate through a similar set of media channels. This will include TV (live and on-demand), radio, print and digital (on websites and social media) advertising as well as partnership work with supermarkets, Health Boards and large employers. A case study of Phase One is attached showing examples of the creative assets and our approach.

Due to the results above, Phase Two includes a particular focus on men and those in lower-socio economic groups. For example, we are partnering with Manufacturing/Production companies to target C2D males in particular.

We know that the mass-media campaign in itself is unlikely to be effective in contributing towards reducing health inequalities unless information is specifically tailored to the needs of these groups and supported by additional face to face support by a professional. This is where we see a particular role for local NHS Boards, DPHs and ADPs in driving the campaign forward, alongside our field and partnership work. Local activity e.g. stands distributing materials (unit calculators and measuring cups) at a variety of communities settings delivered, alongside informed conversations, can therefore help to improve the effectiveness of the campaign. A number of local areas did this during Phase One and are planning to do so again, we have supplied pop up stands to support this.

Other examples of valuable local activity include sharing of our activity on local social media channels and display of branded posters in GP surgeries, pharmacies, etc. NHS Boards, DPHs and ADPs have ordered resources and these will be distributed in January.

We have been working with local Public Health leads as well as Alcohol and Drugs Partnerships to amplify the campaign locally and welcome your support in continuing to do so. Please get in touch with any questions or to discuss this further.

[Count 14 Case Study—DsPH](#)

## SMART Training



**UK SMART RECOVERY  
TRAINING**

### Self Management And Recovery Training

The **SMART Recovery 4 point programme** helps participants decide whether they have a problem, builds up their motivation to change and offers a set of proven tools and techniques to support recovery.

Group Facilitators see remarkable changes in many of the people who attend meetings, and know that although recovery is an individual's choice and responsibility, as a SMART Recovery Facilitator they have been able to help make a difference.

Two day Facilitator Training **Wednesday 11<sup>th</sup> & Thursday 12<sup>th</sup> March 2020.**

Times: 9.30 a.m. to 4 p.m. (Please note that lunch cannot be provided)

Venue: TBC

This opportunity is supported by the Highland Alcohol & Drugs Partnership. For more information or to book a place on the training please email:

[sharon.holloway1@nhs.net](mailto:sharon.holloway1@nhs.net) or telephone 07815 694338.

## NHS Education Scotland Training

### NHS Education Scotland Seminars

*Coaching for Coaches*

Tuesday, 25 February 2020 (1:00-4:00) at NES Offices, 2 Central Quay, 89 Hydepark Street, Glasgow , G3 8BW. For more information or to book—[click here](#)

## Trauma and Emotions Training

*Trauma and Emotions Training*

Thursday 19th-20th March 2020 (9.30am—4.30pm) Inverness, Venue TBC

### Learning Outcomes

- Explore the range of experiences which may be involved with trauma reactions and the factors to consider.
- Understand the role of emotions in trauma reactions.
- Explore strategies for helping people identify emotions and their intensity.
- Practice strategies to help people learn how to better manage intense feelings.
- Explore strategies for increasing the effectiveness of recovery-orientated treatment within a Scottish context, including motivational enhancement for lifestyle change.

For more information or to book a place—[Click Here](#)



## Child Protection Committee Highland Conference—Life through a lens

Friday 28th of February 2020, 10am to 4pm, Smithton—Culloden Free Church, Inverness.

This event aims to address the issues from childhood which can impact on people's lives as they enter adulthood and beyond.

By listening to, and hearing people's personal stories, we begin to understand the issues and complexities which surround individuals, families and communities. You will hear individual accounts of domestic abuse, substance use, child abuse and the justice system. Hosted by the Community Justice Partnership and Highland Child Protection Committee this event is open to all practitioners working with children, young people and adults who may have been affected by any of these issues.

For more information and to book [click here](#)

## VOX Liminus

Join us for two days of group song writing! On this Vox Session we will explore the theme of 'recovery' through song writing.

**If you have experience of substance use or recovery, work in the sector, or are involved in supporting others in their recovery ... we'd love to have you as part of this creative project!**

You'll be one of around 10 participants, interacting together in groups to write and record original songs with leading Scottish musicians. As part of the Distant Voices project, in partnership with

Highland Alcohol and Drug Partnership, we aim to support community responses to reducing alcohol and drug related harm, including by engaging local public in conversations about recovery and reintegration through the songs we write.

**Tuesday 4th & Wednesday 5th February 2020. For more Information—[Click Here](#)**

## Highland Substance Aware School Award

The Substance Aware School Award applications are now open!

The Substance Aware School (SAS) Award has been developed to recognise and reward consistent, ongoing approaches to prevent substance use among young people across the Highlands.

The 2019/2020 SAS Award will be presented to three successful applicants on a tiered basis. Successful applicants will receive funding to spend on further substance education and prevention approaches, such as positive or diversionary activities, or family centered activities.

- **Gold** SAS Award winners will receive a prize of £1,000
- **Silver** SAS Award winners will receive a prize of £500
- **Bronze** SAS Award winners will receive a prize of £250

All the details can be found at this link: <https://www.highlandsubstanceawareness.scot.nhs.uk/substance-aware-school-award/>

If you know of, or are working with, any schools who are might be interested please highlight the award to them.

