

**Issue 61**

**30th April 2021**

# HADP News Bulletin



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**Welcome to issue 61 of the Highland Alcohol and Drugs Partnership news bulletin. This issue sees the launch of the new Highland Overdose Prevention and Engagement (HOPE)APP. Please use the links provided to download and share the APP. There is also information on training courses available.**

**Many thanks  
HADP**

## Special points of Interest:



**New! Highland Overdose Prevention and Engagement App launched— For more information see page 2**

**BBC Radio interview—[Click Here](#)** (interview is from 2.15 minutes in to 3.34 minutes)

**Ross—Shire Journal HOPE App news article—[Click Here](#)**

### Other items of interest:

**Drug Death Taskforce—Harms of Benzodiazepines—[Click Here](#)**

**NHS Inform –[Click Here](#)**

**Alcohol Focus Scotland Newsletter—[Click Here](#)**

**The Highland Alcohol and Drugs Partnership has developed an app to help reduce drug-related harm and deaths across the north of Scotland.**

The Highland Overdose Prevention and Engagement (HOPE) app has been created with input from people with lived experience and a range of experts from NHS Highland and beyond.



The HOPE app is a source of information for people with drug and or alcohol problems, as well as their families or friends, which helps prevent overdose and encourages engagement with services that can help.

It contains information on what to do in an emergency overdose situation for both depressant and stimulant drugs. Harm reduction information and details on how to contact a range of support services are also available on the app.



The HOPE app is a collaborative project involving Highland Alcohol and Drugs Partnership (HADP), NHS Highland Public Health, Health Improvement, Highland Alcohol and Drug Advice and Support Service (HADASS) and Scottish Families Affected by Alcohol and Drugs (SFAD), who are all members of the Highland Drug Related Death Prevention Group. The content of the app was developed with input from a range of experts, including the aforementioned teams, plus HMP Inverness and Crew.

The HADP urges all our partners and members of the public to use the app and become overdose aware. We all have a role to play in reducing drug deaths.

The app is available to download from:

Android - <https://bit.ly/3tawMkA>



Apple - <https://apple.co/39XfjEi>



We are extremely grateful to everyone who contributed to the development of the HOPE app.

## **Core Behavioural and CBT Skills for Relapse Prevention and Recovery Management**

**(NHS Education for Scotland)**

**Trainers: Kirsty MacDonald & Sharon Holloway**

**Course Dates: 5<sup>th</sup> and 6<sup>th</sup> May 2021**

**Or 8<sup>th</sup> and 9<sup>th</sup> June 2021.**

**Time: Both days 10 a.m. – 4 p.m.**

**Delivered via MS Teams**

### **Summary**

This training event introduces a core behavioural and CBT skills framework to enhance the provision of relapse prevention and recovery management interventions for people with complex substance misuse and mental health problems. This two day training is accompanied by materials to review prior to the course and a portfolio of exercises which can be used in practice to enhance consistency and structure. Evidence-based skills are introduced and practiced for use within Drug & Alcohol Services, including motivational enhancement, the prevention of relapse, and reinforcement management. This course is set within the context of Scottish alcohol and drug services, with an emphasis on the complex challenges often found within this setting.

### **Pre-requisite Knowledge**

A basic knowledge of the physical, psychological and social impact of problematic substance use is essential. An awareness of the services offered within their area would be beneficial. An awareness of person-centred principles and comfort in establishing a therapeutic relationship are also important.

### **Learning Outcomes**

By the end of the training participants will be able to:-

Describe three categories of core skills that are common to effective behavioural interventions for problematic substance use.

Explore the strategic use of a range of motivational enhancement strategies for people at different stages of engagement.

Utilise the principles of functional analysis to better understand an individual's substance use, including the events before and the consequences afterwards.

Practice the application of structured worksheets to identify triggers related to substance use.

Describe a range of strategies for helping people manage triggers.

Utilise strategies for helping people identify lifestyle changes which could enhance their recovery and reinforce alternatives to alcohol and other drug use.

Practice linking therapeutic goal-setting to reinforcement management.

Explain the importance of utilising a variety of learning strategies within Scottish alcohol and drug services given the prevalence of co-occurring mental health, physical, and social problems.

**Please register your interest in this training by emailing:** [Kirsty.macdonald@nhs.scot](mailto:Kirsty.macdonald@nhs.scot) & [Sharon.holloway1@nhs.scot](mailto:Sharon.holloway1@nhs.scot) with you preferred date option.

Thereafter further booking instructions will be provided.

Thank You.



**Applications  
now open!**

A brand new exciting opportunity is coming to the Highlands!

## Recovery Worker Training Project

SDF are offering people who are two years free from illicit drug use, substitute prescribing and problematic alcohol use the opportunity to get involved in a project that will train, pay and support you to get a qualification and future career helping others.

We offer -

- 9 months paid employment
- Support to gain an SVQ2 in Social Services and Healthcare
- Work based placements
- A comprehensive training package
- Supported employment

**Applications close : 7th May 2021**

All potential applicants, employment support providers or funders are encouraged to join an informal information session online on the 13th of April 2021 at 11.00am-12.00pm.

To register your interest or to find out more, please email:

[recruitment@sdf.org.uk](mailto:recruitment@sdf.org.uk)

[colinp@sdf.org.uk](mailto:colinp@sdf.org.uk)

Or call:

0141 221 1175





The SMART Family & Friends Programme (F&F) has used the four key points of SMART Recovery and adapted these to suit the needs of family and friends of people with a drug and/or alcohol problem. Visit [SMART Family & Friends Programme - UK SMART Recovery](#) for more information.

#### UK SMART Recovery Meetings on Zoom (Cameras Optional)

NEW !! Family & Friends Meetings on Zoom (cameras are optional)

Monday at 7.30 p.m.—9.00 p.m.

Thursday at 7.00 p.m.—8.30 p.m.

#### **Please note both meetings have different ID's**

You can access the Family and Friends meeting on **Mondays** from the following link:

<https://zoom.us/j/95607170356>

Meeting ID: 956 0717 0356

Passcode: 262605

You can access the Family and Friends meeting on **Thursdays** from the following link:

<https://zoom.us/j/99788604257>

Meeting ID: 997 8860 4257

Passcode: 306206

## Substance Aware School Award



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. This initiative is a joint partnership between the Highland Alcohol and Drugs Partnership (HADP), the Highland Council, NHS Highland, Police Scotland, and the Highland Child Protection Committee. By sponsoring this award we aim to:

Support and promote evidence informed substance education and prevention in the Highlands

Celebrate and showcase good practice of substance education and prevention in the Highlands

Encourage and sustain healthy attitudes and behaviours among young people in the Highlands

The 2020/2021 winners of the SAS Award were informed recently.

The winners of the **Gold** SAS Award and £1,000 are **Smithton Primary School!**

If you're interested in applying for the SAS Award next year, keep your eyes on the award page of the Highland Substance Awareness Toolkit, [www.h-sat.co.uk](http://www.h-sat.co.uk).

We look forward to receiving your applications. Good luck!



## **FREE VOLATILE SUBSTANCE ABUSE TRAINING**

Sadly, our face-to-face training is on hold at this current time - but Resolv can offer **Online VSA training** to support you.

### **Available dates:**

- **Wednesday 5<sup>th</sup> May (9.30 - 12.00)**
- **Tuesday 11<sup>th</sup> May (9.30 - 12.00)**
- **Thursday 13<sup>th</sup> May (9.30 - 12.00)**
- **Wednesday 19<sup>th</sup> May (9.30 - 12.00)**
- **Tuesday 25<sup>th</sup> May (9.30 - 12.00)**
- **Thursday 27<sup>h</sup> May (9.30 - 12.00)**

Our interactive training is delivered via **Zoom** webinar. These are professional training sessions if you would like to book onto the training, please email [irene.scullion@re-solv.org](mailto:irene.scullion@re-solv.org) for details. There is a maximum of **20 spaces per webinar**. As usual, this training is free of charge in Scotland, thanks to their funders: Corra Foundation

### **Who is the training for?**

Healthcare, counsellors, education departments, social work agencies, Trading Standards, protective services, community organisations, community groups, etc

### **Course Content:**

- Understand what Volatile Substance Abuse (VSA) is
- Understand the broad dangers associated with VSA
- Know VSA mortality rates and trends
- Know prevalence rates as far as is possible
- Know what products are used in VSA

**To book training or for further information please contact:**

Irene Scullion, Training & Prevention Lead - Scotland

**Email:** [irene.scullion@re-solv.org](mailto:irene.scullion@re-solv.org)

The work of Re-Solv in Scotland is made possible with support provided by the CORRA Foundation CYPEIF and ALEC funds.

Re-Solv fully supports and promotes all the articles of the UNCRC, with 17, 24 and 33 being essential drivers of our activities