Issue 62

31/05/2021

HADP News Bulletin



Inside this issue:

Welcome to issue 62 of the Highland Alcohol and Drugs news bulletin. This issue is full of upcoming training opportunities and resources.

Special Points of Interest

Dealing with Trauma, Benzodiazepines and

Difficult Emotions:

Working Towards Recovery

3 SDF Training

SDF Online Training

Safe a Life Leaflets

Many thanks

HADP

Special points of Interest:

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Scottish Government has announced the creation of four funds worth a combined £18 million - to support improvements to drugs services.

Applications are open to not-for-profit organisations working in the drugs sector, including Integration Authorities, Alcohol and Drug Partnerships, Third Sector organisations and grassroots/community organisations. Each scheme will run for five years, and multi-year funding will be available with grants awarded on a rolling basis.

The funds are:

£5 million Local Support Fund (previously referred to as a Communities Fund) to provide resources to community and third sector organisations to increase capacity

£5 million Improvement Fund to support improvements to services for outreach, treatment, rehabilitation and aftercare, with dedicated support for women

£3 million Families and Children Fund to support children, young people and families affected by drug use

£5 million Recovery Fund for additional residential rehabilitation capacity

For more information on how to apply—Click Here

Impact of Minimum Unit pricing on alcohol purchases in Scotland and Wales

The Lancet Journal

BBC News

Alcohol Focus Scotland News letter—Click Here

Scottish Drugs Forum News—Click Here

The British Liver Trust News—Click Here

Training Opportunities

Dealing with Trauma, Benzodiazepines and Difficult Emotions: Working Towards Recovery

Training delivered by Laura Freeman, Clinical Psychologist

Two day Training Course

Dates to be Confirmed

Time: 10:00 - 4:00 p.m. each day Remote delivery using MSTeams

This Training is provided **FREE** and is suitable for anyone working in the Highlands who support people who may have experienced trauma or problematic substance use.

Descriptor:

The Scottish Alcohol and Drug Strategy, *Rights Respect and Recovery* (2018), emphasises the importance of trauma-informed, person-centred recovery services. An understanding of the fundamentals and strategies for assessment of trauma-related reactions is essential for services working with people who are using substances. Supporting people in developing skills to manage intense emotional reactions is a key part of person-centred recovery and this course introduces strategies for emotional regulation and manging disclosure.

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.

Please note that numbers for each course will be limited therefore to avoid disappointment please contact <u>Aileen.Trappitt@nhs.scot</u> stating your **preferred date option** and to book your place. Participants **must** be able to attend for both days of the Training.

HADP are operating a waiting list for this Training.

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SDF Training Calendar: June 2021

Click on the courses below or visit **sdftraining.org.uk** to find out more and to book onto a course!

Everyone has a Story: 1st **HIV and Harm Reduction** 21st -Children affected by 22nd parental substance use 4th **Drug Awareness** Sex, Drugs and 22nd -**Vulnerable Young** Overdose Prevention, 23rd People **10th** Intervention and Naloxone **Training for Trainers Understanding Stigma:** 24th**Promoting inclusive Enhancing Core** 10th attitudes and practice Communication Skills Staying Alive: Preventing 28th **Understanding Stigma: Drug-Related Deaths** 11th **Promoting inclusive** attitudes and practice **29th** Trauma and Substance Use 15th **HIV and Harm Reduction 29th HIV and Harm Reduction 21st** Chemsex in Scotland Peer led Overdose Prevention, Intervention We also have a number of 30th & Naloxone for People e-learning courses available! who use/used drugs For more information visit

Bespoke in-house sessions can also be provided.

The Scottish Drugs Forum has over 30 years experience of researching, training and supporting organisations and has developed significant expertise in the field.





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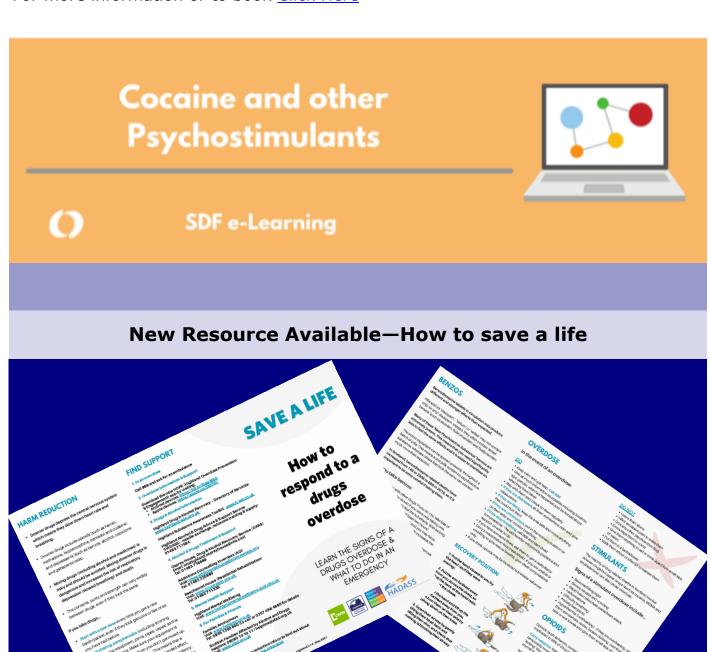
www.sdftraining.org.uk/online-learning



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Free online Training

Free e-Learning course on cocaine and psychostimulants in Scotland from SDF For more information or to book Click Here



The Save a Life leaflet has been produced by Crew and adapted for use in the Highlands. The new resource will be available to order from HIRS Soon.