

HADP News Bulletin

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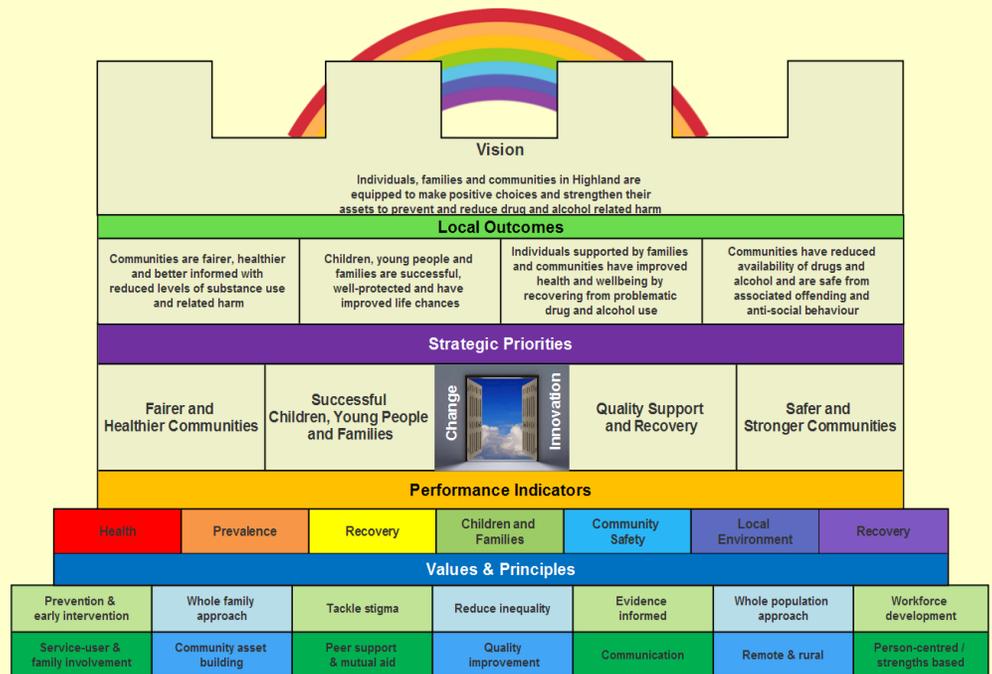
Welcome to the 19<sup>th</sup> Edition of the Highland Alcohol & Drugs Partnership (HADP) Bulletin.

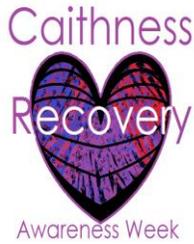
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Oor Castle:  
Highland Drug & Alcohol Strategy 2017 – 2020

*The HADP Strategy has been refreshed. It sets out the overarching plan for preventing and reducing drug and alcohol related harm. The HADP Production House or ‘Oor Castle’ (see below) uses improvement methodology to create a visual guide to key elements of the strategy.*





### Caithness Recovery Awareness Week 28<sup>th</sup> August – 1<sup>st</sup> September 2017

To see the range of [training and activities](#) on offer during the recovery week please use this link for the Caithness Forum page on our website and download their flier.

## Drug and Alcohol Training Courses

***A range of face to face and e-Learning training courses are now on offer from HADP, NHS Highland, Scottish Drugs Forum and NHS Education for Scotland.***

### **Workforce development**

*“Improving drug and alcohol outcomes for individuals, families and communities requires the delivery of quality workforce development opportunities”*

*HADP Strategy (2017)*

#### **Fetal Alcohol Harm e-Learning resource:**

<http://www.knowledge.scot.nhs.uk/home/learning-and-cpd/learning-spaces/fasd.aspx>

#### **Stimulant Overdose Awareness e-Learning resource:**

<https://evemacleod.typeform.com/to/PGfx6o>

**New Psychoactive Substances:** <http://www.highland-adp.org.uk/events/18-sep-2017-nps-new-psychoactive-substances-training>

**Introduction to Trauma:** <http://www.highland-adp.org.uk/events/21-nov-2017-introduction-to-trauma>

#### **Staying Alive - Preventing Drug Related Deaths:**

<http://www.highland-adp.org.uk/events/22-nov-2017-staying-alive-preventing-drug-related-deaths>

**Understanding and Responding to stigma:** <http://www.highland-adp.org.uk/events/26-feb-2018-understanding-and-responding-to-stigma-training>

**Alcohol Brief Interventions – Contact:** [helen.broughton@nhs.net](mailto:helen.broughton@nhs.net)

**Discussing Drugs and Alcohol with Young People – Contact:** [helen.broughton@nhs.net](mailto:helen.broughton@nhs.net)

Festival Fun

We wish that all festival goers have a great time this summer. For [safe festival info](#)



*“Harm reduction interventions; reduce the relative risks associated with different types of drug use including poly-drug and NPS use”*

HADP Strategy 2017

### Stimulant Overdose Awareness

It is acknowledged that some people who attend festivals or other music events will use 'party drugs'. These drugs can cause harm, and even death in a small number of cases. Stimulants are usually the most common 'party drugs' although other drug types including depressants and hallucinogens (e.g. valium, ketamine and cannabis) may also be used in a variety of combinations by some festival goers.

In order to raise awareness of stimulant overdose, an [eLearning resource](#) has been developed and can be accessed by any worker who wishes to enhance their basic knowledge and skills. All those completing the course will receive a certificate for professional development purposes.

### Pregabalin: How to Reduce the Risks

This pregabalin [guidance](#) produced by Extern and the Public Health Agency in Northern Ireland is useful to practitioners throughout the UK. It gives information on the effects, reasons for use, potential risks, pointers on what workers can do and harm reduction advice.

### Clinical Guidelines for Drug Misuse and Dependence

The revised [Clinical Guidelines](#) for Drug Misuse and Dependence (also known as the Orange Guidelines) have now been published by the UK Government's Department of Health. The newly updated guidelines endorse much of the previous guidelines (from 2007), but there is a stronger emphasis on recovery and on a holistic approach to the issues and interventions that can support recovery. Key additions and reinforced messages for 2017 include: incorporation of clinical guidance on prison-based treatment, new psychoactive substances (NPS) and club drugs, mental health co-morbidity, misuse of prescribed and over-the-counter medicines, smoking cessation, and preventing drug-related deaths, including naloxone provision.

### Alcohol Related Deaths

Mortality among a cohort of heavy drinkers in Edinburgh & Glasgow': New [report](#)

### Alcohol Brief Interventions (ABI's)

Practices and attitudes of GPs in the delivery of ABIs in Scotland: New [report](#)

### Alcohol Research UK: Small Grants Programme

The [programme](#) provides up to £8,000 for exploratory projects that address emerging issues in alcohol research, employ novel theoretical or methodological approaches, or pilot new work in treatment or service delivery.

### Alcohol Minimum Unit Pricing (MUP)

Scottish Health Action on Alcohol Problems ([SHAAP](#)) and others are awaiting the Supreme Court decision on MUP, which would mean that no alcohol could be sold in Scotland at less than 50 pence per unit. Although, the Scottish Parliament passed MUP into law 2012, it has yet to be implemented due to a series of legal challenges, funded by global alcohol producers, fronted by the Scotch Whisky Association (SWA). Currently in Scotland, 22 people die every week due to drinking, many of them in their early fifties. The SHAAP position that implementation of MUP would effectively help to reduce alcohol related harm, is supported by HADP and most doctors and health professionals.

### SMART Recovery



New SMART group: Beechwood House, 69/71 Old Perth Road, Inverness  
**Every Tuesday at 3.30 p.m.** – open group - please note no drug or alcohol use on day of attendance. For other [local groups](#) please use this link.

The Scottish Government Drug & Alcohol [Bulletin](#) issued June 2016 contains lots of interesting articles, an update on the DAISy (Drug and Alcohol Information System) as well as an article (page 26) about how HADP has been developing mutual aid and SMART recovery in Partnership with HMP Inverness and UK SMART (UKSR).

## Recovery Walk Scotland 2017 – Dundee



This year we will again join thousands of people in recovery and their families and friends on Saturday 30<sup>th</sup> September 2017 in Dundee to participate in the [Recovery Walk Scotland](#) event.

Our Highland walking team is gearing up making arrangements and gathering donations to ensure everyone is kept hydrated and fed over the day. So far we have over 60 people signed up from Highland to attend the walk. To see films we made of previous recovery walks please use this link: <http://new.highland-adp.org.uk/recovery> or <http://youtu.be/esPfwLpQ1gs>

If you would like further information then please do not hesitate to contact [sharon.holloway1@nhs.net](mailto:sharon.holloway1@nhs.net)



### Recovery is;

*“a process through which a person addresses their problem drug and/or alcohol use to become an active and contributing member of society”.*

*Quality Principles (2014)*

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