

**Issue 49**

**28th April**

# HADP News Bulletin



Inside this issue:

Special points of	1
Alcohol Awareness	2
Training Opportunities	2
HIRS Library	2
Highland Substance Aware School Award	3
Highland Substance Awareness Toolkit	3
Smoking and people in recovery survey	4
Telephone delivery of ABI's	4

**Welcome to Issue 49 of the Highland Alcohol and Drugs Partnership News Bulletin. There are some interesting links below, a look ahead to Alcohol Awareness week and the announcement of this years Highland Substance Aware School Awards.**

**HADP appreciates all the work our colleagues and partners have been doing especially in these challenging times. Thank You.**

**HADP**

## **Special points of Interest:**

**Scottish Drugs Forum- COVID-19 Information Hub—[Click Here](#)**

**Alcohol Change UK Covid 19 Info Hub—[Click Here](#)**

**Coronavirus (COVID-19): support for alcohol and drug services - [Click Here](#)**

**Crew Covid 19 Survey—[Click Here](#)**

**Scottish Families: Let's be together in the distance —[Click Here](#)**

**Study finds compelling case for safe drug taking facilities—[Click Here](#)**

**Scottish Health Action on Alcohol Problems: How I got sober—[Click Here](#)**

**Scottish Health Action on Alcohol Problems: Men and Alcohol—[Click Here](#)**

**Safe Net-works April Bulletin—[Click Here](#)**

**Clear your Head—[Click Here](#)**

**Scottish Recovery Consortium Newsletter—[Click Here](#)**

**Scots urged to moderate alcohol intake and quit smoking during Lock-down— [Click Here](#)**

**Scottish Drugs Forum Covid 19 Webinar— [Click Here](#)**

# Alcohol

# Awareness

# Week

## November 2020

Alcohol Awareness Week

16-22 November 2020

The coronavirus outbreak has had a massive impact on us all. As millions of us try to adapt to the changing circumstances, we're seeing the different effects anxiety and stress can have on our drinking habits, as highlighted in our [recent research on drinking during lockdown](#).

It's a major issue and one that we'll be addressing in this year's Alcohol Awareness Week, which will take place from **16-22 November 2020** on the theme of '**Alcohol and mental health**'.

We'll be bringing you factsheets, personal stories, best practice advice and tips on how we can protect our mental health and wellbeing. We will look to improve understanding of the complex links between alcohol and mental health, tackle stigma, and signpost people to help and support

## Training Opportunities

**Please be advised that all HADP training courses have been postponed until further notice.**

## HIRS Library

HIRS is a really useful resource for leaflets, posters and other resources. They are still sending out leaflets and resources where required, It might take a little longer due to the current Covid19 situation. Please check out their website for more information

[HIRS Website](#)

---

## 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, and Police Scotland. 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 2019/2020 winners of the SAS Award were informed earlier this week.

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

The winners of the **Silver** SAS Award and £500 are **Hilton of Cadboll Primary School!**

The winners of the **Bronze** SAS Award and £250 are **Millburn Academy!**

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!



[www.h-sat.co.uk](http://www.h-sat.co.uk)

## 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)

## Telephone delivery of Alcohol Brief Interventions

In the current coronavirus pandemic, lots of face-to-face interactions have been taken away by lockdown and social distancing. Alcohol Brief Intervention (ABI) delivery might still be possible via a phone conversation.

As with face-to-face discussions, remember first to ask permission to discuss someone's alcohol use. They may not be in a place to talk about this just now, depending on how lockdown is impacting on them and their friends and family. Unless your call is routinely to discuss alcohol, you'd need a cue from the person that they are perhaps drinking above the guidance (see images below).



We know many people are using alcohol as a coping mechanism just now. Once someone agrees to talk about alcohol, the usual messages of drinking less often, drinking fewer alcoholic drinks on each occasion, and drinking smaller amounts (glass size, strength, etc) should be used. Forms for recording can be retained and sent once lockdown is over.

For full leaflet and further information please [click here](#)