

**Issue 55**

**Date 30th  
October 2020**

# **HADP News Bulletin**



Inside this issue:

Special Points of Interest	1
HADP Stakeholder Event	2
NES Workforce Development	3
Knowledge Exchange Workshop	4
Scottish Families Bereavement Service	5
FARI	6
Scottish Drugs Forum—Moving beyond People First	6
Training Opportunities	7
Care Experienced Young People Employability	7
Crew 2000 Cannabis Resource	7

**Welcome to issue 55 of the Highland Alcohol and Drugs Partnership news bulletin. This issue is full of useful resources and support information. Not to mention upcoming training and events. Don't miss the information about our own 2020 stakeholder event on page 2.**

**Best wishes  
HADP**

## **Special points of Interest:**

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

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

**UK SMART Recovery Autumn Newsletter—[Click Here](#)**

**Crew 2000 resources:-**

**Drop in, open 1-5PM Monday – Wednesday, Friday – Saturday and 3-7PM on Thursdays (closed on Sundays). email us at [dropin@crew2000.org.uk](mailto:dropin@crew2000.org.uk)**

**Harm Reduction for Students—[Click Here](#)**

**Drug Wheel—[Click Here](#)**



# CREATING COMMUNITY OPPORTUNITY Stakeholder event

**Our main event is on Thursday 26th November 2020 and will be followed by a Let's Chat event on Tuesday 8th December between 1-3 p.m.**

This year Highland Alcohol & Drugs Partnership are inviting you to join us online for our annual Stakeholder Event where we will share updates about the work we have been involved in since last year; Projects that our Partners have delivered across Highland and the new Highland Alcohol and Drugs Strategy 2020-2023. Our main event (26<sup>th</sup> Nov) will launch at 9 a.m. followed by our Let's Chat event (8<sup>th</sup> Dec) between 1-3p.m. via our website and everyone is welcome:

**#CreatingCommunityOpportunity #HighlandADP2020**

(links to our website and social media pages are provided below)

[www.highland-adp.org.uk](http://www.highland-adp.org.uk)

<https://www.facebook.com/HighlandADP>

<https://twitter.com/HighlandADP>

On the event day our website will have links to a variety of HADP updates and Partner presentations on projects and initiatives that have happened in Highland.

We hope you can join us.

**This year we are going digital!**

**When? Thursday 26th November & Tuesday 8th December 2020**

**Where? Through our HADP website**

**Why? To share updates and information about the work of HADP**

**Who? HADP, National and Community Partners**

**Working in Partnership to prevent and reduce drug and alcohol related harm**



Psychology Directorate

## Psychological Interventions Team

### Workforce Development Resources to Support Alcohol and Drug Work in Scotland: Enhancing the Skills of Person-Centred Recovery

**Facilitator:** Laura Freeman

**Seminar Dates and Times:** 26<sup>th</sup> November 2020 from 10:00 – 16:00, and  
1<sup>st</sup> December 2020 from 10:00 – 16:00

**Venue:** Remote Delivery

#### **Description:**

Rights, Respect and Recovery, the new strategy for Scottish alcohol and drug services, highlights the importance of robust workforce development planning for delivering person-centred recovery services. This seminar will provide participants the chance to explore resources underpinning robust and resilient workforce development, with a specific focus on digital and online training opportunities to support learning in the current remote delivery culture.

#### **Target Audience:**

This seminar is designed to engage a range of agencies and professions from across Scotland in exploring resources for workforce development in the alcohol and drug field. This seminar will be of interest to a range of people working in alcohol and other drug services, including practitioners, managers, and strategic leads. Participants need a basic understanding of the Scottish alcohol and drug services.

For further information about the training, please contact:

**PE Name:** Laura Freeman

**Email:** Laura.Freeman@nes.scot.nhs.uk

For assistance with the Portal and application process, please contact:

**PI Team Administrator:** Susan Hackett

**Email:** Susan.Hackett@nes.scot.nhs.uk

**Deadline for Applications:** 2 November 2020

**To register your interest and receive an application for this course, please visit the NES Portal at:**

<https://www.portal.scot.nhs.uk>

**Instructions on how to register on The Portal** can be found on the Psychological Interventions team website:

<https://www.nes.scot.nhs.uk/education-and-training/by-discipline/psychology/multiprofessional-psychology/adult-mental-health/training-programme-2019-20.aspx>

## Knowledge Exchange Workshop

You may be aware that the Drink Wise, Age Well Programme that had been running successfully for the last 5 years in Glasgow and across four other areas of the UK came to an end in March this year. We gained so much learning from this programme that we would like to share this knowledge with as many services as possible across Scotland.

One of the headlines that we are proud of is that on exiting from Drink Wise, Age Well Direct Engagement most individuals had not only reduced their drinking days by over 50% but had also reduced the number of units consumed each day. Significantly, when we followed up with individuals after 6 months we found that this reduction has been sustained which highlights the value of tools learned through our Resilience Programme.

We are really pleased that the National Lottery Fund is now supporting National Legacy Coordinators in Scotland, England and Wales over the next year so that we can:

- **Share** our evidence based learning from practice and research.
- **Empower people** who have used our service to share their experience and talk about why age-inclusive practice is important to them.
- **Challenge stigma** against older people including those who struggle with alcohol.
- **Move** towards a society in which older people are valued, respected, visible and ambitious.

We would like to invite you and your team, as well as key stakeholders, partners and people using your service, to attend a Knowledge Exchange Workshop with us.

Our workshops are interactive and include many practical examples of good practice on working with older people around alcohol. They are based on our experience, research and involve experience from people who have used Drink Wise, Age Well. For obvious reasons, these workshops will be conducted for the time being via the digital platform Zoom.

**We have arranged a series of Scotland wide dates running between October and December 2020. The first two dates are listed below:**

- **Monday 19th October - 1:45pm - 4:15pm**
- **Wednesday 28th October - 9:45am to 12:15pm**

**If you would like to book a place to attend, enquire about other dates or would like further information please contact **Abby Rodden**, Drink Wise, Age Well National Legacy Coordinator (Scotland) on **07773489694** or by email **legacyevents@drinkwiseagewell.org.uk****



## Scottish Families Bereavement Service

Our bereavement service is available for anyone who is impacted by an alcohol or drug-related death and our service is and has been fully operational throughout the Coronavirus lockdown. Please disseminate this information to anyone it may be of interest or benefit to

Our bereavement service offers support at any stage of the grieving process. We can offer over the phone support and up to 6 sessions with a qualified counsellor, where appropriate. Our counsellors are located all over Scotland and are currently providing counselling via phone or online (Zoom/Skype etc.)

There are a number of ways to refer into our service. The quickest way to make a self-referral is through our helpline:

Call: **08080 10 10 11**

Email: [helpline@sfad.org.uk](mailto:helpline@sfad.org.uk)

Chat on our live webchat via our website: [www.sfad.org.uk](http://www.sfad.org.uk)

If you are making a referral on behalf of someone else you can fill out our online referral form: <https://www.sfad.org.uk/professionals/referral>

If making a referral please ensure you have the permission of the person being referred.

You can find a printable leaflet on this service here: <https://www.sfad.org.uk/content/uploads/2018/03/Bereavement-Leaflet.pdf> For hard copies of this, or any of our other leaflets, please contact [info@sfad.org.uk](mailto:info@sfad.org.uk)

### What happens when you contact Scottish Families Bereavement Service?

One of our helpline advisers will take your contact details and ask you where you live so that we can find the closest counsellor to you. They will then pass your information to our bereavement support staff who will contact you to offer support and explore with you the options for counselling. They will also answer any questions or concerns you may have on the counselling process.

The counsellor will then contact you themselves and will arrange a suitable time, place and day for your counselling sessions. Our service is for anyone aged 16+ but if you are under this age we can help find suitable support for you.

Your counselling sessions will last around 50 minutes. We usually offer up to six sessions but if you need less or more we can sort this out. If you can't make one of your sessions, please give your counsellor 24 hours' notice so that it can be rescheduled. If you miss a session without telling your counsellor it will count as one of your sessions.

If you have any questions about the Bereavement service please do not hesitate to contact us on: [bereavement@sfad.org.uk](mailto:bereavement@sfad.org.uk)

## Families are recognised and Included (FARI)

Scottish Families Affected by Alcohol and Drugs is working on behalf of Highland Alcohol and Drugs Partnership (HADP) to build a better understanding of the needs of families living with substance use problems and the supports that are currently available in the Highlands.

Our aim is to find the right response for families to get what they need to stay well and to keep their loved ones safe. As part of this work we are establishing a network of supporter panels to help inform, shape and direct our work.

We want to hear from people who live in the Highlands with an interest in helping us with their local knowledge, experience and insight. We are keen to hear from those with experience in the following areas:

- Family members (16+) supporting a loved one currently using alcohol or other drugs
- Family members (16+) supporting a loved in their treatment or recovery journey
- Staff working in services supporting people who use substances and/or their families
- Staff/volunteers offering family support to children/young people and other family members
- Community support workers, faith-based leaders and those who can help us reach people not currently involved in services.

The panel will meet monthly – if you, or someone you know would like to join or to find out more please email [John@sfad.org.uk](mailto:John@sfad.org.uk) or call 07444 413866

## Scottish Drugs Forum—Moving Beyond 'People First Language'

Scottish Drugs Forum is pleased to announce the publication of a new resource which will be of interest to stakeholders across the substance use field in Scotland.

*Moving Beyond 'People First Language' – a glossary of contested terms in substance use* is free and available now via download at –

<http://www.sdf.org.uk/wp-content/uploads/2020/10/Moving-Beyond-People-First-Language.pdf>

*The Glossary* supports a consensus on some key concepts and terms in substance use by defining and explaining the cause and nature of contention and suggesting better practice in terms of the language choices we make. The central aim is to improve understanding and address the stigma betrayed in some common terms and concepts current within the field.

## Training Opportunities

Waverley Care will be offering the following online training through Zoom:

**Tuesday 3<sup>rd</sup> November 2020 (10.00am-1.30pm) Diversity and Inclusion – Lesbian, Gay, Bisexual and Transgender (LGBT) Awareness (This session is only available to professionals who work in The Highlands)**

*This session will provide an awareness of the needs of people with diverse sexual orientations and gender identities. We will cover an overview of definitions and language, an exploration of some of the issues faced by LGBT people (including coming out, discrimination, homophobia, etc), LGBT equality and diversity including the Equality Act, and how to create an LGBT inclusive service.*

*To book a space on this session, please complete the application form [here](#)*

These sessions are suited to members of staff from a range of disciplines e.g. housing, homelessness, employability, young people's services, health, education, etc, as well as many others across the voluntary and statutory sector.

Training is **free of charge** and available on a first come, first served basis. Please pass on this invitation to others in your organisation/networks who would be interested in attending.

Information on how to access the online session will be sent to you when your space has been confirmed.

## Care Experienced Young People Employability

The Scottish Fire and Rescue Service (SFRS) are delighted to be hosting an event for care experienced young people (CEYP), on the 27<sup>th</sup> of October from 4pm. The event aims to discuss barriers to employment for CEYP and get their expert opinion on how organisations can help remove these.

*The information gathered from this session will go on to shape and inform "Employability Workshops" which aim to support and mentor CEYP in employability skills.*

*If you know anyone between the ages of 16 and 27 who is care-experienced and may be interested in attending, [please sign up by clicking here](#).*



**Download our  
new resource**

**[www.crew.scot  
/cannabis-resource](http://www.crew.scot/cannabis-resource)**