

Issue 57

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2020**

HADP News Bulletin



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Welcome to Issue 57 of the HADP News Bulletin. This issue has information on; accessing support for drug and alcohol problems, seasonal messages to help people stay safe and elearning opportunities to strengthen knowledge and skills. Thank you for your support during 2020. Wishing you all a happy and safe festive season

HADP

Special points of Interest:

New! 2020 Service Directory— [Click Here](#)

Harm Reduction Response Team

HADP, NHS Highland, Scottish Ambulance Service and Police Scotland in partnership with the Inverness Community Safety Partnership will establish a Harm Reduction Response Team pilot over the festive period to respond to those in crisis either as a result of their mental health or through their use of alcohol or drugs. [Click here](#)

Scottish Families Affected by Alcohol and Drugs launch new animated film: #Love makes you family— [Click Here](#)

Highland Substance Awareness Toolkit winter newsletter—[Click Here](#)

Self Care at Christmas



Make it a memorable one for the best reasons

Good mood vibes



- Eat well
- Drink mindfully
- Be active
- Don't overspend
- Keep expectations realistic

Know your alcohol units

| | | | |
|---|---|---|---|
|  <p>4% ABV</p> <p>Normal strength beer/lager/cider 1 pint = 2.3 units</p> |  <p>40% ABV</p> <p>Spirits (25ml) single = 1 unit</p> |  <p>11% ABV</p> <p>Prosecco (125ml) 1 glass = 1.4 units</p> |  <p>12% ABV</p> <p>Wine (175ml) 1 glass = 2.1 units</p> |
|---|---|---|---|

Pregnant or trying for a baby?



When trying to conceive or if you are already pregnant, avoid alcohol - no alcohol means no risk of harm to the baby.

Driving



If you're drinking, don't drive.
If you're driving, don't drink.

Drugs



The safest option is to avoid taking drugs, but if you do choose to:

- Dose low and go slow
- Wait 2 hours before re-dosing
- Avoid mixing (including alcohol)
- Remember - drug content cannot be guaranteed by appearance

On a night out



Bar staff, door staff and street pastors can assist you if you need help.

An understanding ear



There's always someone to talk to; friends, family or someone else -
Samaritans: 116 123
Breathing Space: 0800 838 587

Take a break



Family time can be stressful. Take some time for yourself.



People First Partner Pledge



People First – Language Matters - Partner Pledge

The Highland Alcohol and Drugs Partnership's 'People First - Language Matters' Partner Pledge is an initiative to help reduce the stigma experienced by people; who have drug and alcohol problem(s), people in recovery and family members affected by problem drug and alcohol use.

Why challenge stigma?

People who experience alcohol or drug problems, either through use or by association, often experience the most stigma in our society. Negative attitudes from society, from professionals, and self-stigma can be one of the biggest barriers to accessing treatment, community services and other forms of support. HADP believes that a person should not be defined by their alcohol or drug use, as it is only one aspect of their life. HADP wishes to encourage the use of 'People First' language; that focusses on the person, as opposed to the behaviour.

For more details about the Aims of the **People First – Language Matters Partner Pledge** visit our home page www.highland-adp.org.uk where you will find **Pledge Information** containing useful links to resources and Training as well as an **Application form**. Alternatively if you use our Stakeholder Event link <http://cco.highland-adp.org.uk> there is a short presentation on the People First – Language Matters – Partner Pledge (look for the round logo above).

As part of our HADP commitment to reduce stigma listen to your local radio station to hear our Language Matters message which forms part of our festive stay safe campaign.

Scottish Families Affected by Alcohol and Drugs Stigma and Kindness Workshop

If your organisation is wondering what they could do to get involved in HADP's **People First – Language Matters – Partner Pledge** below is an idea from Scottish Families



Are you interested in coming along to our Stigma and Kindness Workshop?

We will look at what we know about stigma, how it affects us individually, our families and our communities. We will hear about some of the work to tackle stigma in Scotland and talk about how we feel about stigma, what we have experienced and what we can do together to remove stigma.

We will look at the concept of kindness and its value in displacing stigma through positive acts of kindness. Why is kindness important? Is there any evidence it makes a difference? What does it mean to be kind to myself and how can that affect my family, neighbours, friends and community?

To register: <https://www.surveymonkey.co.uk/r/StigmaHighlands>

HADP Stakeholder Event 2020



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

CREATING COMMUNITY OPPORTUNITY - Stakeholder event

Highland Alcohol & Drugs Partnership - Digital Stakeholder Event 2020

<http://cco.highland-adp.org.uk>

Please use the link above to visit our Stakeholder event page where you will find updates on our new Highland Drug & Alcohol Strategy 2020-2023 and a selection of 17 Presentations from Local and National Partners on Projects and initiatives they have been delivering in Highland to reduce drug and alcohol related harm. These are still available to view for a short time.

Seasonal Stay Safe Messages


From Tuesday the 20th of December, through to the new year. MFR will be playing seasonal stay safe and people first messages. So don't forget to listen in.

We will also be posting stay safe messages on social media:

This Festive Season

- Remember that drug contents will vary, what you see isn't always what you get.
- Avoid taking drugs when alone, seek help if you need it and be honest about what you have taken.
- Take care of yourself and your friends this festive season, call 999 to get help if someone is unwell and be honest about what someone has taken.
- Make sure you are well rested, have eaten and are well hydrated.
- Drugs and Diabetes – if you are spending time with friends, make sure that the people you are with know that you have Diabetes, know the symptoms of a hypo and know what to do in an emergency. Wear a medical alert bracelet or carry a diabetes card in your purse or wallet.
NHSinform.scot/illnesses-and-conditions/diabetes
- Remember that some drugs, including alcohol, can potentially impact on your mental well-being. Taking breaks between nights out will give your body and mind time to recover.


#stayhydrated #staysafe



Low Risk Drinking

- To keep the risks from alcohol low, reduce your units, don't drink more than 14 units a week spread over at least 3 days.
- Having a few alcohol free days a week. Lowering the amount you drink can help reduce alcohol related harm.
- Avoid mixing alcohol with other drugs including prescribed medication as this can make the effects unpredictable and increase harm.
- Switch from a *higher* alcohol content to a *lower* one.
- Drink water in between alcoholic drinks to avoid dehydration.
- Reducing how much you drink may help reduce related health risks and complications linked to coronavirus. Alcohol can reduce the immune system's ability to fight off infectious diseases and have an impact on the health of your heart and lungs.


#stayhydrated #Count14 #reduceharm #staysafe



Drug Overdose:

- Drug overdose deaths are preventable, call 999 if you see any of the signs and symptoms of an overdose.
- Overdose of depressant drugs often involve breathing difficulties, while overdoses of stimulant drugs can involve heart attacks or fits. If someone is unconscious, but still breathing normally, put them in the recovery position and call an ambulance.
- Naloxone is a medication that temporarily reverses the effects of an opioid overdose, the Highland Alcohol and Drug Advice and Support Service offers overdose training and Naloxone supplies for people at risk, their friends and family members. Call 01463 717594 for more information.

#stopthedeaths #savealife #lifematters



Language Matters – People First Campaign

The way we talk about people with alcohol and drug problems can create stigma which can become a barrier to treatment and support for recovery.

We can all help to reduce stigma by using People First Language where we focus on the person first, rather than behaviour, and use the term "people with alcohol or drug problems".

Please join the Highland ADP in becoming a People First Language Matters Partner – visit us at highland-adp.org.uk for more information about the Pledge and an Application form.

Language matters because people matter – reduce stigma by putting people first.

Compassion supports recovery.



Training Opportunities



Coming to you soon - Online Training on Drug Trends - Crew2000 will be providing some FREE training for anyone living in Highland around substance use and drug trends - see our next newsletter in January for dates in early 2021.

New! Scottish Drugs Forum elearning course: HIV: Preventable and Treatable—[Click Here](#)

New! Scottish Drugs Forum elearning course: New Drugs, New Trends? A Worker's Toolkit for NPS—[Click Here](#)