

**Issue 58**

**29th January  
2021**

# **HADP News Bulletin**



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**Welcome to Issue 58 of the Highland Alcohol and Drug Partnership News Bulletin. This issue contains information of interest and up coming events as well as links to training opportunities.**

**Many thanks  
HADP**

## **Special points of Interest:**

**Drugs Policy Update—Statement by the First Minister—[Click Here](#)**

**Scottish Injecting Equipment Provision (IEP) Guidelines – Consultation launch and workshops—[Click Here](#)**

**National Wellbeing Hub [www.promis.scot](http://www.promis.scot) provides a range of resources and webinars to support and empower all staff working in health and social services in order to enhance personal resilience during the pandemic.**

**Alcohol Focus Scotland January Newsletter—[Click Here](#)**

**Violence against Women Training programme—for more information—[Click Here](#)**

## Scottish Families Bereavement Helpline

The bereavement service is available for anyone who is impacted by an alcohol or drug-related death and the 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

The bereavement service offers support at any stage of the grieving process. SFAD can offer over the phone support and up to 6 sessions with a qualified counsellor, where appropriate. The 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 the service. The quickest way to make a self-referral is through the helpline:

Call: **08080 10 10 11**

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

Chat on the live webchat via the SFAD 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 the 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 the SFAD's other leaflets, please contact [info@sfad.org.uk](mailto:info@sfad.org.uk)

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

One of the helpline advisers will take your contact details and ask you where you live so that they can find the closest counsellor to you. They will then pass your information to the 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 they can help find suitable support for you.

Your counselling sessions will last around 50 minutes. SFAD usually offer up to six sessions but if you need less or more they 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 SFAD on: [bereavement@sfad.org.uk](mailto:bereavement@sfad.org.uk)

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## Launch of a new Drug and Alcohol Information System in Highland

A new national database for gathering information about specialist Drug and Alcohol treatment, from services across Scotland, is due to go live in Highland from 1st April 2021. For anyone who uses alcohol and drug treatment services, the information gathered, will be used to monitor the treatments provided, understand the outcomes from treatment and make plans to ensure the best quality care is provided in future.

There are a number of benefits of using the Drug and Alcohol Information System including:

- a better understanding of the person's journey during treatment;
- better sharing of information leading to improved delivery of person centred care;
- a reduction in multiple requests for the same information from the person;
- better continuity of care between different providers across the country, including Prison settings;
- giving support to the referrals process between different service providers; and
- it will help identify or confirm trends in drug and alcohol use.

The information will also be useful more widely, to support local and national decision making, inform national policy and practice, and provide timely information to support local service delivery, improvement and planning. The development of the system has been undertaken by Public Health Scotland.

## Substance Aware School (SAS) Award 2020/2021



Applications are open, closing on Friday 5<sup>th</sup> March 2021.

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), Highland Child Protection Committee, the Highland Council, NHS Highland, and Police Scotland. By sponsoring this award we aim to:

- Support and promote evidence informed substance education and prevention
- Celebrate and showcase good practice of substance education and prevention

Encourage and sustain healthy attitudes and behaviours among young people.

The 2020/2021 SAS Award will be presented to three successful applicants on a tiered basis. Successful applicants will receive funding to spend on further substance education and prevention approaches, such as positive or diversionary activities, or family centred activities.

- **Gold** SAS Award winners will receive a prize of £1,000
- **Silver** SAS Award winners will receive a prize of £500
- **Bronze** SAS Award winners will receive a prize of £250

For details visit: [www.highlandsubstanceawareness.scot.nhs.uk/substance-aware-school-award/](http://www.highlandsubstanceawareness.scot.nhs.uk/substance-aware-school-award/)

We look forward to your entries – good luck!

## Training Opportunities

# ONLINE TRAINING DRUG TRENDS



Crew is a Scottish drugs charity specialising in psychostimulants and harm reduction. This 2.5-hour digital course is designed to expand worker knowledge and confidence in the area of new drug trends.

During the presentation we share current and credible information on drug use, introduce some of the most commonly used drugs (including cannabis, MDMA, cocaine, benzos and other psychoactive drugs), give information on how to identify legality and discuss basic harm reduction techniques.

### Course Objectives

By the end of the training, participants will be able to:

- Recall trends in drug use, including the impact COVID-19 has had on drug use, markets and services
- Name the typical effects and side effects of key substances
- Identify the issues surrounding dose, availability and legality
- Recognise the signs and symptoms of overdose

Book today: [online-training-drug-trends-highland.eventbrite.co.uk](https://www.eventbrite.co.uk/online-training-drug-trends-highland)

Places are limited. Joining instructions will be sent to ticket holders 1 week before the training. Please download [Zoom video conferencing](#) in advance.

### Highland Session 1

**Date: Thurs, 25th Feb 2021**

**Time: 09.30pm-12.00pm**

### Highland Session 2

**Date: Mon, 15th March 2021**

**Time: 1.00pm-3.30pm**

Please note that the 25th of February date is fully booked following the promotion of the course on our social media pages. If demand is high we will look at running the course again. To see early notification of courses and events please follow us on [Facebook](#) or [Twitter](#)