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Welcome to issue 59 of the Highland Alcohol and Drugs Partnership News Bulletin. There are lots of upcoming training opportunities, not to be missed. Also included in this issue are some links to interesting articles and surveys. Don't forget to follow us on facebook and twitter for updates and current information.



**Many thanks
HADP**

Special points of Interest:

Public Health Scotland study in Alcohol Sales and Consumption during COVID pandemic—[Click Here](#)

International Women's day with Scottish Women's Aid—[Click Here](#)

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

Drug Research Network Scotland News / Events— [Click Here](#)

Training Opportunities

Dealing with Trauma, Benzodiazepines and Difficult Emotions: Working Towards Recovery

Training delivered by Laura Freeman, Clinical Psychologist

Two day Training Course

Option 3 : 28th and 29th April

Option 4 : 11th and 12th May, 2021

Time: 10:00 - 4:00 p.m. each day

Remote delivery using MSTeams

*This Training is provided **FREE** and is suitable for anyone working in the Highlands who support people who may have experienced trauma or problematic substance use.*

Descriptor:

The Scottish Alcohol and Drug Strategy, *Rights Respect and Recovery* (2018), emphasises the importance of trauma-informed, person-centred recovery services. An understanding of the fundamentals and strategies for assessment of trauma-related reactions is essential for services working with people who are using substances. Supporting people in developing skills to manage intense emotional reactions is a key part of person-centred recovery and this course introduces strategies for emotional regulation and managing disclosure.

Learning Outcomes

- Explore the range of experiences which may be involved with trauma reactions and the factors to consider.
- Understand the role of emotions in trauma reactions.
- Explore strategies for helping people identify emotions and their intensity.
- Practice strategies to help people learn how to better manage intense feelings.
- Explore strategies for increasing the effectiveness of recovery-orientated treatment
- within a Scottish context, including motivational enhancement for lifestyle change.

*Please note that numbers for each course will be limited therefore to avoid disappointment please contact Aileen.Trappitt@nhs.scot stating your **preferred date option** and to book your place. Participants **must** be able to attend for both days of the Training.*

HADP will operate a waiting list if interest is high for this Training.

Training Opportunities Cont.....

Scottish Drugs Forum elearning course— "What's happening on the streets with benzos?" aims to raise awareness and increase knowledge around Benzodiazepine use in Scotland. For more information or to book a place go to www.sdftraining.co.uk

Scottish Families Affected by Alcohol and Drugs Training

Family Inclusive Practice (FIP) & the Whole Family Approach (WFA)

12th March 2021, 10am– 12noon

Bereavement Training

8th & 15th March 2021, 1pm-3pm. **This training takes part over two sessions and attendees must commit to attending both sessions**

For more information or to book a place [click here](#)

Group Facilitation Training

23rd & 30th March, 10am—12noon. **This training takes part over two sessions and attendees must commit to attending both sessions**

For more information or to book a place [click here](#)

CREW—Drug Trends

Due to high demand Highland ADP have arranged two further training dates. Book today!

Highland 3 - Date: Tues, 30th of March, Time: 1.30pm-3.30pm. Location: Zoom

Highland 4 - Date: Thurs, 1st of April, Time: 09.30am-12.00pm. Location: MS Teams (please note this session will be run using Microsoft Teams to accommodate those who cannot access Zoom).

For more information or to book [click here](#)

Clear Your Head



Healthy ways to clear your head

- If you've got more time on your hands right now, instead of reaching for alcohol try picking up a hobby to boost your mood.

or

- Instead of pouring a glass of alcohol, try listening to a podcast or some music to feel good in the evenings.

8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

1

Know how to spot the signs

If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.

**2**

Talk to your child

If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them.

**3**

Create structure and routine

Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.

**4**

Give children a sense of control through information

Look online with your children to find useful information and resources that help children feel they have control.



Scottish Families Affected by Alcohol and Drugs Scottish Highlands Community Experience Survey

Scottish Families Affected by Alcohol and Drugs (SFAD) is working with Highland Alcohol and Drug Partnership (ADP) to understand more about the experiences of individuals, families and the wider community in relation to drug & alcohol use.

SFAD knows that many people are concerned about someone else's drug or alcohol use. However they also know that people can feel too embarrassed, ashamed or afraid to talk to anyone else about this. Working together, they want to identify and reach families who are affected by alcohol and drugs, in particular those who are not already in touch with services.

They will use the findings of this survey to inform future work with families across the region and to support the development of more family inclusive opportunities. Please help them by filling in this electronic survey which is **open to anyone living or working in the Highlands**. It should take no more than 10 minutes.

Please help them reach as many families as possible by sharing this link with your friends, neighbours and relatives and post on social media to reach anyone who may be interested in sharing their views: <https://www.surveymonkey.co.uk/r/SFADHighlan>



Scottish Highlands Community Experiences

Take our survey & help us understand more about the experiences of individuals, families and the wider community in relation to drug & alcohol use



www.h-sat.co.uk