

Issue 60

**30th March
2021**

HADP News Bulletin



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Welcome to Issue 60 of the Highland Alcohol and Drugs Partnership news bulletin.

This issue has several items of interest and training opportunities.

**Many thanks
HADP**



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Special points of Interest:

Updated estimates of Population Alcohol Consumption— [Click Here](#)

British Liver Trust News—[Click Here](#)

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

Scottish Drugs Forum News— [Click Here](#)



Families are Recognised and Included – Scoping Project

Scottish Families Affected by Alcohol and Drugs (SFAD) is working on behalf of Highland Alcohol and Drugs Partnership (HADP) to build a better understanding of the needs of families living with drug and alcohol problems and the supports that are currently available in the Highlands. Their aim is to find the right response for families to get what they need to stay well and to keep their loved ones safe. (SFAD) is working with HADP to carry out a scoping exercise. They want to speak to families directly, and people working or engaging with families; about their experiences of alcohol or drug use and family support in the Highlands. They are keen to hear ideas for improving family support and recovery, and how best to reach local families. **The interview should take no more than 45 minutes, and it is completely anonymous and confidential.** They will not identify any individuals and will anonymise any quotes. To take part please email john@sfad.org.uk or text or call the number below to arrange a time to chat. **Please feel free to share this with your contact and anyone who might want to take part.**

CAB Support to Change

The Support for Change team comprises 2 advisers both working part time (1FTE). The team have had a recent change and now comprises of Ashley Sutherland and Robert Sullivan who are both experienced advisers. They offer people; benefit, housing, debt and energy support and advice plus advice on consumer, family and immigration issues. They can also assist with forms and a range of applications. The advisers are also able to link with specialist case workers for Welfare Rights, Money Advice, Housing and Employment within the bureau. The referral criteria relates to people who have experienced difficulties with alcohol and drugs and includes family members. The referral form is below and CAB also wish to encourage people to contact them directly. As part of the project CAB, want to support development of four Volunteer CAB General advisers over the course of the year. The opportunities will be available to people in recovery that wish to improve their employability and who have an interest in providing peer support. Currently, the project has not moved forward with this aspect due to Covid19 restrictions. Discussions with current advisers and staff who have lived experience either personally or from being a family member are ongoing to establish mentoring support for potential trainees where appropriate



Support for Change Referral form:

Microsoft Word
Document

Core Behavioural and CBT Skills for Relapse Prevention and Recovery Management

(NHS Education for Scotland)

Trainers: Kirsty MacDonald & Sharon Holloway

Course Dates: 5th and 6th May 2021

Or 8th and 9th June 2021.

Time: Both days 10 a.m. – 4 p.m.

Delivered via MS Teams

Summary

This training event introduces a core behavioural and CBT skills framework to enhance the provision of relapse prevention and recovery management interventions for people with complex substance misuse and mental health problems. This two day training is accompanied by materials to review prior to the course and a portfolio of exercises which can be used in practice to enhance consistency and structure. Evidence-based skills are introduced and practiced for use within Drug & Alcohol Services, including motivational enhancement, the prevention of relapse, and reinforcement management. This course is set within the context of Scottish alcohol and drug services, with an emphasis on the complex challenges often found within this setting.

Pre-requisite Knowledge

A basic knowledge of the physical, psychological and social impact of problematic substance use is essential. An awareness of the services offered within their area would be beneficial. An awareness of person-centred principles and comfort in establishing a therapeutic relationship are also important.

Learning Outcomes

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

Describe three categories of core skills that are common to effective behavioural interventions for problematic substance use.

Explore the strategic use of a range of motivational enhancement strategies for people at different stages of engagement.

Utilise the principles of functional analysis to better understand an individual's substance use, including the events before and the consequences afterwards.

Practice the application of structured worksheets to identify triggers related to substance use.

Describe a range of strategies for helping people manage triggers.

Utilise strategies for helping people identify lifestyle changes which could enhance their recovery and reinforce alternatives to alcohol and other drug use.

Practice linking therapeutic goal-setting to reinforcement management.

Explain the importance of utilising a variety of learning strategies within Scottish alcohol and drug services given the prevalence of co-occurring mental health, physical, and social problems.

Please register your interest in this training by emailing: Kirsty.macdonald@nhs.scot & Sharon.holloway1@nhs.scot with you preferred date option.

Thereafter further booking instructions will be provided.

Thank You.



**Applications
now open!**

A brand new exciting opportunity is coming to the Highlands!

Recovery Worker Training Project

SDF are offering people who are two years free from illicit drug use, substitute prescribing and problematic alcohol use the opportunity to get involved in a project that will train, pay and support you to get a qualification and future career helping others.

We offer -

- 9 months paid employment
- Support to gain an SVQ2 in Social Services and Healthcare
- Work based placements
- A comprehensive training package
- Supported employment

Applications close Friday 16th April 2021

All potential applicants, employment support providers or funders are encouraged to join an informal information session online on the 13th of April 2021 at 11.00am-12.00pm.

To register your interest or to find out more, please email:

recruitment@sdf.org.uk

colinp@sdf.org.uk

Or call:

0141 221 1175

