

Issue 62

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HADP News Bulletin



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Welcome to issue 62 of the Highland Alcohol and Drugs news bulletin. This issue is full of upcoming training opportunities and resources.

**Many thanks
HADP**

Special points of Interest:

Scottish Government has announced the creation of four funds worth a combined £18 million - to support improvements to drugs services.

Applications are open to not-for-profit organisations working in the drugs sector, including Integration Authorities, Alcohol and Drug Partnerships, Third Sector organisations and grassroots/community organisations. Each scheme will run for five years, and multi-year funding will be available with grants awarded on a rolling basis.

The funds are:

£5 million Local Support Fund (previously referred to as a Communities Fund) to provide resources to community and third sector organisations to increase capacity

£5 million Improvement Fund to support improvements to services for outreach, treatment, rehabilitation and aftercare, with dedicated support for women

£3 million Families and Children Fund to support children, young people and families affected by drug use

£5 million Recovery Fund for additional residential rehabilitation capacity

For more information on how to apply—[Click Here](#)

Impact of Minimum Unit pricing on alcohol purchases in Scotland and Wales

[The Lancet Journal](#)

[BBC News](#)

Alcohol Focus Scotland News letter—[Click Here](#)

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

The British Liver Trust News—[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

Dates to be Confirmed

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 are operating a waiting list for this Training.

SDF Training Calendar: June 2021

Click on the courses below or visit sdftraining.org.uk to find out more and to book onto a course!

1st **HIV and Harm Reduction**

21st - 22nd **Everyone has a Story: Children affected by parental substance use**

4th **Drug Awareness**

22nd - 23rd **Sex, Drugs and Vulnerable Young People**

10th **Overdose Prevention, Intervention and Naloxone Training for Trainers**

24th **Understanding Stigma: Promoting inclusive attitudes and practice**

10th **Enhancing Core Communication Skills**

11th **Understanding Stigma: Promoting inclusive attitudes and practice**

28th **Staying Alive: Preventing Drug-Related Deaths**

15th **HIV and Harm Reduction**

29th **Trauma and Substance Use**

21st **Chemsex in Scotland**

29th **HIV and Harm Reduction**

We also have a number of e-learning courses available!

For more information visit

www.sdftraining.org.uk/online-learning

30th **Peer led Overdose Prevention, Intervention & Naloxone for People who use/used drugs**

Bespoke in-house sessions can also be provided.

The Scottish Drugs Forum has over 30 years experience of researching, training and supporting organisations and has developed significant expertise in the field.



0141 221 1175
enquiries@sdf.org.uk



Free online Training

Free e-Learning course on cocaine and psychostimulants in Scotland from SDF
For more information or to book [Click Here](#)

Cocaine and other Psychostimulants



SDF e-Learning

New Resource Available—How to save a life

SAVE A LIFE
How to respond to a drugs overdose

HARM REDUCTION

- Downer drugs depress the central nervous system which means they slow down heart rate and breathing.
- Downer drugs (including alcohol and medicines) is methadone, buprenorphine (brand) and codeine and tramadol (such as tramal, alcohol, cocaine and paracetamol).
- Mixing drugs (including alcohol and medicines) is risky and should be avoided. Mixing downer drugs and stimulants increases the risk of respiratory depression (slowed breathing) and death.
- The contents, purity and strength can vary widely between drugs, even if they look the same.

FIND SUPPORT

1. In an overdose
Call 999 and ask for an ambulance
2. Overdose information & support
Download the new HADP Overdose Prevention & Engagement app for training
Find out more: <https://www.hadp.co.uk>
App: <https://www.hadp.co.uk>
3. Drugs & Alcohol Information
Highland Drug & Alcohol Recovery - Directory of Services: www.hadp.co.uk
<https://www.hadp.co.uk>
4. Alcohol & Drug Treatment & Support
Highland Alcohol & Drug Recovery - Directory of Services: www.hadp.co.uk
01462 711944
5. Family Support
Orkney House, Drug & Alcohol Recovery Service (DARS)
110027711944
01850 720099
01850 720099
01850 720099
6. Mental Health Support
Orkney House, Drug & Alcohol Recovery Service (DARS)
110027711944
01850 720099
01850 720099
7. Crew
For more drug harm reduction info or to find out about Crew's services, visit www.hadp.co.uk

LEARN THE SIGNS OF A DRUGS OVERDOSE & WHAT TO DO IN AN EMERGENCY

BENZOS

OVERDOSE

RECOVERY POSITION

STIMULANTS

OPPIOIDS

The Save a Life leaflet has been produced by Crew and adapted for use in the Highlands. The new resource will be available to order from HIRS Soon.