

Issue 64

23rd July 2021

HADP News Bulletin



Inside this issue:

Special points of interest 1

Exploring stigma and the power of kindness 2

Core skills training 4

Re-Solv Training 6

Welcome to Issue 64 of the Highland Alcohol and Drugs Partnership news bulletin. There are links to news articles and information on different training and events coming up.

Many thanks

HADP

Special points of Interest:

Scottish Families affected by Alcohol and Drugs Service Directory: [Click Here](#)

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

Alcohol Focus News—[Click Here](#)

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

Scottish Families Bereavement Support—[Click Here](#)



www.h-sat.co.uk

EXPLORING STIGMA AND THE POWER OF KINDNESS



***FRIDAY 27TH
AUGUST &
FRIDAY 8TH
OCTOBER
10AM - 12***



***RICHARD@SFAD.ORG.UK - DEBRA@SFAD.ORG.UK - WWW.SFAD.ORG.UK
WWW.SURVEYMONKEY.CO.UK/R/STIGMAHIGHLAND***

Exploring stigma and the power of kindness

Friday 27th
August &
Friday 8th
October
10am – 12

Richard@sfad.org.uk
Debra@sfad.org.uk
www.sfad.org.uk

2 hour workshop where we will look at:
Stigma in Scotland
What can our response be?
Why is kindness important?

"It helped me look at the bigger picture of stigma and kindness...growth in communities in lockdown of support and care for one another the labels attached to folk even their children, developing a kindness muscle, the feel-good factor of helping others , developing a more compassionate community."

[WWW.SURVEYMONKEY.CO.UK/R/STIGMAHIGHLANDS](https://www.surveymonkey.co.uk/r/stigmahighlands)



**Core Skills for Relapse Prevention and Recovery
Management
(NHS Education for Scotland)**



Facilitators: Kirsty MacDonald & Sharon Holloway

Date : 31st August and 1st September Time: Both days 10 a.m. – 4 p.m.

Venue: MS Teams

Description:

This two day training introduces a framework to enhance the provision of relapse prevention and recovery management for people with complex substance use and mental health problems. There is an emphasis on the practice of these skills during the two days, including the use of motivational enhancement, 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.

Target Audience:

This training has been developed to support practitioners working with people who are experiencing problems from their alcohol or drug use, including those working in the NHS, Social Care, and Third Sector. The Training is designed to provide new practitioners with a basic skills framework, and experienced practitioners with the opportunity to enhance their evidence-based skills with an emphasis on reflective practice. Prior to attending participants need to complete the Core Skills eLearning modules on TURAS Learn at: <https://learn.nes.nhs.scot/19051/developing-scotland-s-substance-use-workforce> please see general booking information on page 2.

Learning Outcomes

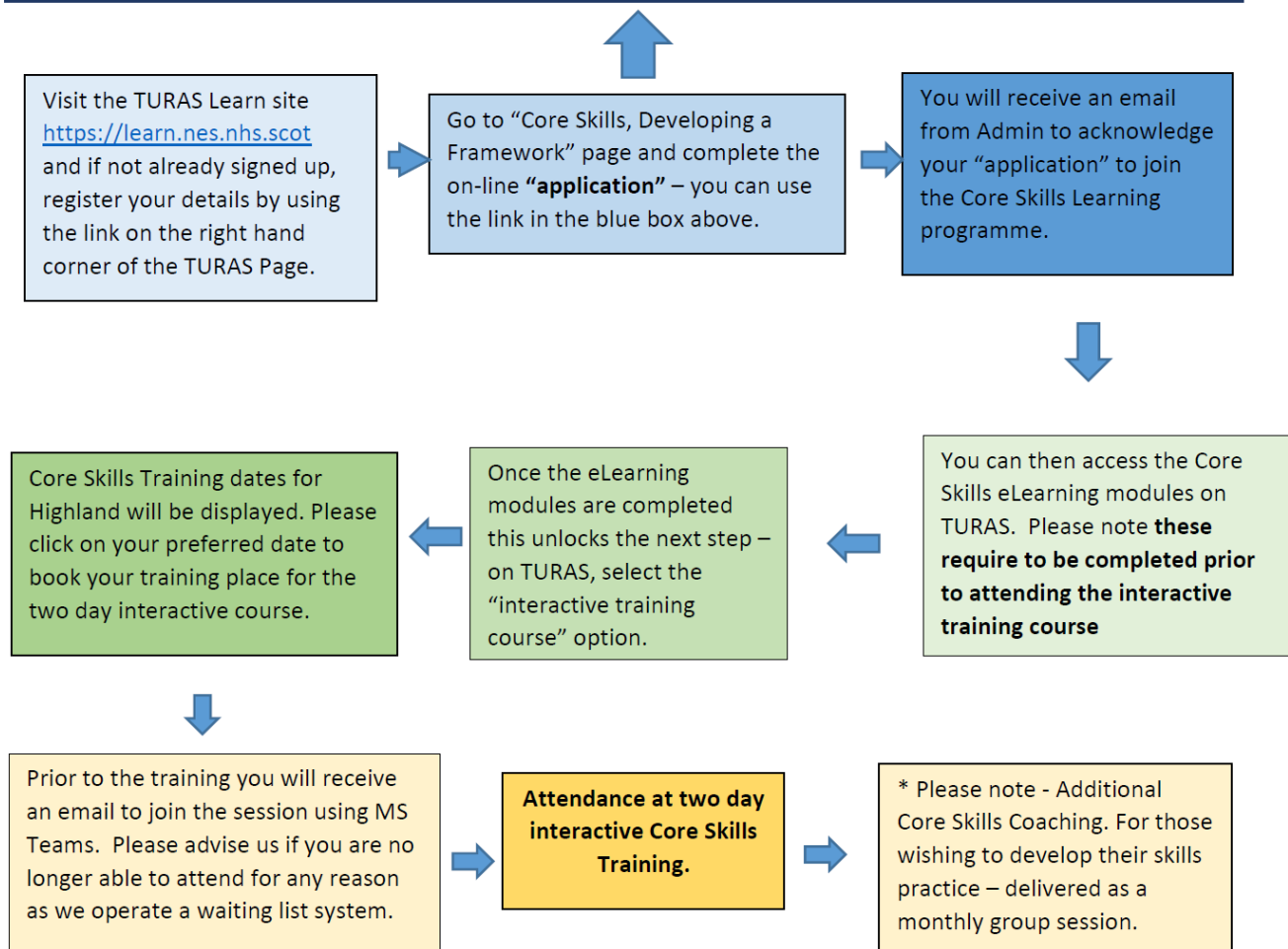
By the end of the training participants will be able to:-

- 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.

To register your interest and to complete an application for this course, please visit the NES Portal at:

<https://learn.nes.nhs.scot/20856/developing-scotland-s-substance-use-workforce/core-skills-for-relapse-prevention-and-recovery-management/developing-a-framework-for-person-centred-recovery-services>

Instructions on how to register are below.



For further information about the training and to register your interest in attending, please contact either:

Name: Sharon Holloway or Kirsty Macdonald

Email: sharon.holloway1@nhs.scot or kirsty.macdonald@nhs.scot

Follow the instructions above to complete the formal application process via TURAS.

* The additional Core Skills Coaching is subject to availability. More information will be shared during the interactive two day training course. This is not a mandatory element of the Learning Programme.



FREE VOLATILE SUBSTANCE ABUSE TRAINING

Sadly, our face-to-face training is on hold at this current time - but we can offer **Online VSA training** to support you.

Available dates:

- **Tuesday 17th August (9.30 - 12.00)**
- **Thursday 19th August (9.30 - 12.00)**
- **Tuesday 24th August (9.30 - 12.00)**
- **Thursday 26th August (9.30 - 12.00)**

Our interactive training is delivered via **Zoom** webinar. These are professional training sessions if you would like to book onto the training, please email irene.scullion@re-solv.org for details. There is a maximum of **20 spaces per webinar**. As usual, this training is free of charge in Scotland, thanks to our funders: Corra Foundation

Who is the training for?

Healthcare, counsellors, education departments, social work agencies, Trading Standards, protective services, community organisations, community groups, etc

Course Content:

- Understand what Volatile Substance Abuse (VSA) is
- Understand the broad dangers associated with VSA
- Know VSA mortality rates and trends
- Know prevalence rates as far as is possible
- Know what products are used in VSA

To book training or for further information please contact:

Irene Scullion, Training & Prevention Lead - Scotland

Email: irene.scullion@re-solv.org

The work of Re-Solv in Scotland is made possible with support provided by the CORRA Foundation CYPEIF and ALEC funds.
Re-Solv fully supports and promotes all the articles of the UNCRC, with 17, 24 and 33 being essential drivers of our activities