

Issue

Date

# HADP News Bulletin



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**Welcome to Issue 65 of the Highland Alcohol and Drugs Partnership news Bulletin. It's a packed issue this month full of upcoming events and free training.**

**Many thanks  
HADP**

## Be Overdose Aware

Rectangular Snip

**#OVERDOSE  
AWARE**



## Overdose Awareness Day Cont.

A number of buildings across Scotland (<https://www.sdf.org.uk/buildings-across-scotland-lit-up-purple-for-international-overdose-awareness-day-2021/>), including Ness Bridge in Inverness were lit up in purple to remember those who have lost their lives to a drug overdose. HADP wishes to thank Lisa Johnstone, HADASS and Sarah Harwood, Osprey House for organising awareness raising in Inverness.



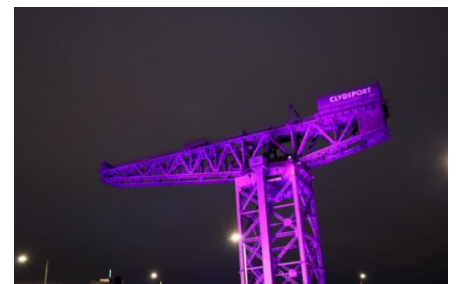
Scottish Drugs Forum have teamed up with Scottish Government to promote a nationwide marketing campaign to raise public awareness of the signs of a drug overdose and the life-saving medication naloxone which was launched on International Overdose Awareness Day on 31st August



The campaign is being rolled out over the next few weeks and will run for some months. TV and radio adverts and billboards at transport hubs and shopping centres will encourage people to go to the StopTheDeaths website to learn how to identify when someone is experiencing an overdose and how to get a naloxone kit and be trained to use it.

The campaign aims to inform the public how to respond to an overdose and provide an early intervention that could save a life and is therefore a vital part of the national mission on the drug deaths crisis.

HADP are complimenting the national campaign with local adverts to tackle stigma and encourage people in Highland to be OD Aware and download the HOPE App.



Android - <https://bit.ly/3tawMkA>

Apple - <https://apple.co/39XfjEi>

**You can find out more about the campaign at [StopTheDeaths](https://www.stophthedeaths.org/).**

<https://www.sdf.org.uk/sdf-and-government-launch-national-campaign-to-help-save-lives/>



# RECOVERY WALK SCOTLAND



SATURDAY 25TH SEPTEMBER 2021, 11AM-4PM

## P E R T H

FEATURING: ROSES CEREMONY, LIVE BANDS, CHILDREN'S ACTIVITIES, RECOVERY VILLAGE



For more information please follow our social media pages  
**Recovery Walk Scotland**



**SRC** SCOTTISH  
RECOVERY  
CONSORTIUM  
Charity No: SC041181  
[www.scottishrecoveryconsortium.org](http://www.scottishrecoveryconsortium.org)

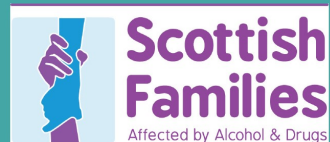
The Highland Alcohol and Drugs Partnership are committed to making recovery visible across Highland. We would like to invite people from across the Highland area who are in recovery, their family members and those who work to support recovery to join us for the National Recovery Walk in Perth on 25th September. We will be organising transport leaving from Inverness for anyone interested in attending as part of our Highland Walk Team, so please contact [Sharon.holloway1@nhs.scot](mailto:Sharon.holloway1@nhs.scot) to book your seats as soon as possible. Places on the bus will be allocated on a first come basis although we will operate a waiting list for any cancelled bookings. We appreciate that individuals and groups may wish to make their own travel arrangements too so we look forward to seeing you in Perth to celebrate recovery.



# EXPLORING *STIGMA* AND THE POWER OF KINDNESS

**RICHARD@SFAD.ORG.UK - DEBRA@SFAD.ORG.UK - WWW.SFAD.ORG.UK**  
**[HTTPS://WWW.SURVEYMONKEY.CO.UK/R/STIGMAHIGHLANDS](https://www.surveymonkey.co.uk/r/stigmahighlands)**

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



# 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."

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

## Special Points of Interest

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

Press and Journal—Hope App—[Click Here](#)

Local Licensing Forum Guide—[Click Here](#)

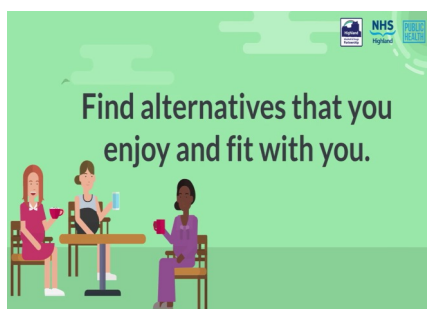
SDF September Training—[Click Here](#)



[www.h-sat.co.uk](http://www.h-sat.co.uk)

## Fetal Alcohol Spectrum Disorder Awareness Day

Fetal Alcohol Spectrum Disorder Awareness Day—9th September



# **SAVE THE DATE**

## **Let's Talk Mental Health, Inverness**

Tuesday 14<sup>th</sup> September 10:30am – 12:30pm

Interactive virtual event supported by the

**Inverness Community Planning Partnership & Mental  
Health Delivery Group**

Further information and booking details to follow.

This virtual event is designed for people who have an interest in the mental health and wellbeing of young people and who work or deliver services in the Inverness area.

An opportunity to find out more information; share learning and experience and learn about resources available.

For more information or to request booking details contact  
[Lynda.thomson1@nhs.scot](mailto:Lynda.thomson1@nhs.scot)

## **Badenoch and Strathspey Green Health Seminar**

This event will be an opportunity for health practitioners, link workers and service users to learn about the importance of nature connection for improved physical and mental wellbeing. It marks the first in a series of events that will work towards implementing a green prescription programme for Badenoch & Strathspey. The event is being coordinated through Think Health Think Nature, the work programme of the Highland Green Health Partnership.



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





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



**Facilitators: Kirsty MacDonald & Sharon Holloway**

**Date : 31<sup>st</sup> August and 1<sup>st</sup> 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:-

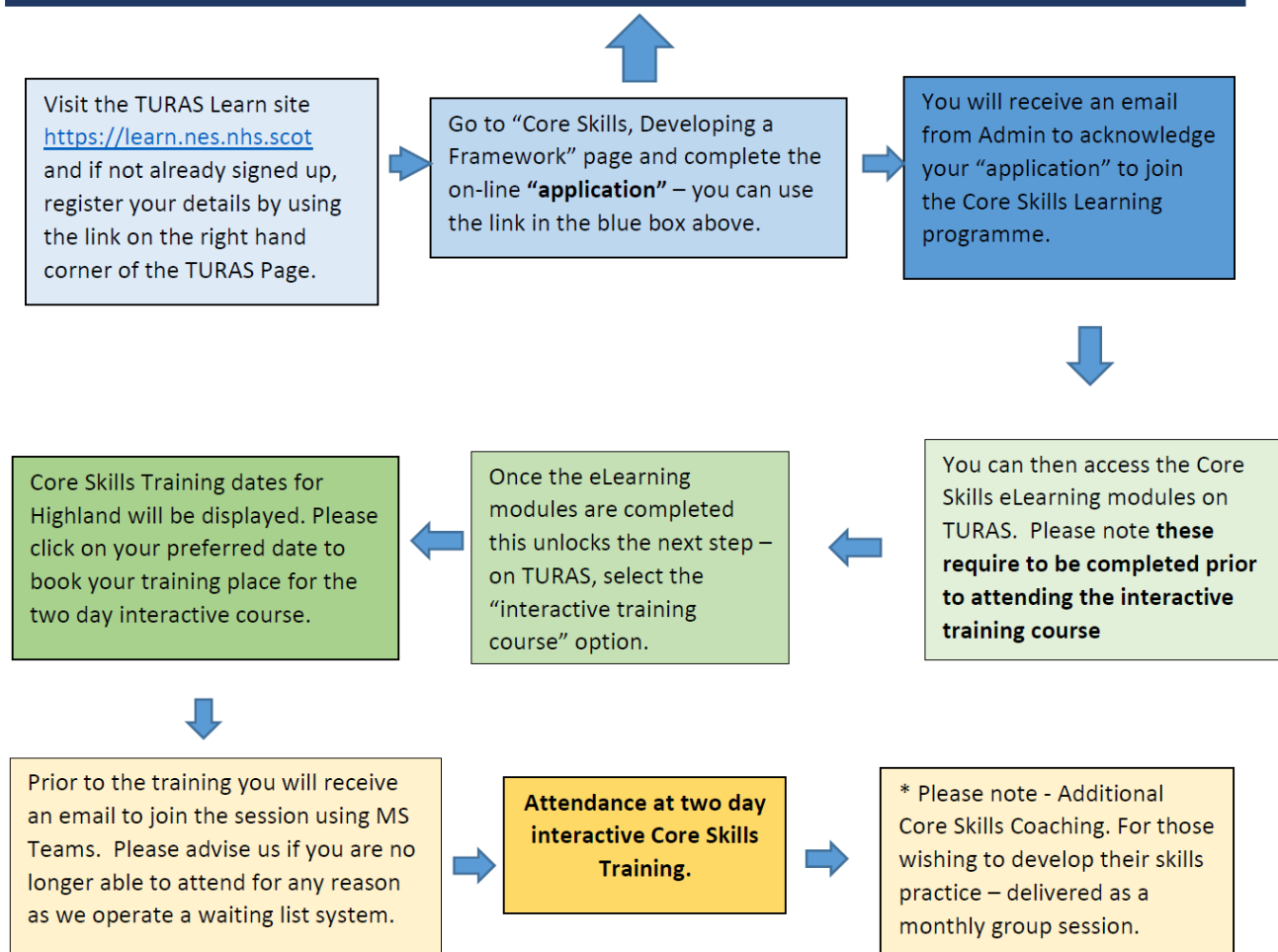
- Describe three categories of core skills that are common to effective behavioural interventions for problematic substance use.
- Explore the strategic use of a range of motivational enhancement strategies for people at different stages of engagement.
- Utilise the principles of functional analysis 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](mailto:sharon.holloway1@nhs.scot) or [kirsty.macdonald@nhs.scot](mailto: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.