

**Issue 68**

**30th November  
2021**

# HADP News Bulletin



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**Welcome to Issue 68 of the Highland Alcohol and Drugs Partnership news bulletin. There is information on free training courses and the Substance Aware School Award is opening for Applications (see page 2 for more information)**

**Many thanks  
HADP**

**Special points of Interest:**

**Drug Research Network Scotland: Annual Conference 2022—[Click Here](#)**

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

**Scottish Drugs Forum Training—[Click Here](#)**

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



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



## Substance Aware School Award

### Applications for the Substance Award School Award for 2021/2022 are open soon – 29<sup>th</sup> November 2021

The Substance Aware School (SAS) Award has been developed to recognise and reward consistent, ongoing approaches to prevent substance use among young people across the Highlands.

This initiative is a joint partnership between the Highland Alcohol and Drugs Partnership (HADP), the Highland Child Protection Committee, the Highland Council, NHS Highland, and Police Scotland.

By sponsoring this award we aim to:

- Support and promote evidence informed substance education and prevention in the Highlands
- Celebrate and showcase good practice of substance education and prevention in the Highlands
- Encourage and sustain healthy attitudes and behaviours among young people in the Highlands

The 2021/2022 SAS Award will be presented to three successful applicants on a tiered basis. Successful applicants will receive funding to spend on further substance education and prevention approaches, such as positive or diversionary activities, or family centred activities.

**Gold** SAS Award winners will receive a prize of £1,000

**Silver** SAS Award winners will receive a prize of £500

**Bronze** SAS Award winners will receive a prize of £250

Successful applicants must plan evaluation of their activities, for example describing the three main benefits of the activities, and who they would benefit (e.g. young people, parents / carers, the local community).

Successful applications will achieve the following criteria:

- Demonstrate how the [Highland Substance Awareness: Education and Prevention Framework](#) has informed substance prevention and / or education (e.g. use of accompanying lesson plans)
- Describe ways in which the [Highland Substance Awareness Toolkit](#) (H-SAT) has been accessed, utilised, or promoted
- Develop or review the school substance policy, ensuring it is up to date and complied with
- Encourage, support, or provide positive / diversionary activities

## Substance Aware School Award Cont...

Since 2019/2020, we have also offered presentation of a Flag Award and certificate for each school that applies with a school policy, which has been developed in conjunction with pupils.

We welcome applications from:

Primary Schools | Secondary Schools | Special Schools

How to apply: Application forms and further information are available on [this page of the H-SAT](#).

Applications will be open from Monday the 29<sup>th</sup> November 2021 to the closing date of Friday 4<sup>th</sup> March 2022. Please return applications to [aileen.trappitt@nhs.scot](mailto:aileen.trappitt@nhs.scot).

Applications will be considered by the judging panel before announcing the winners.

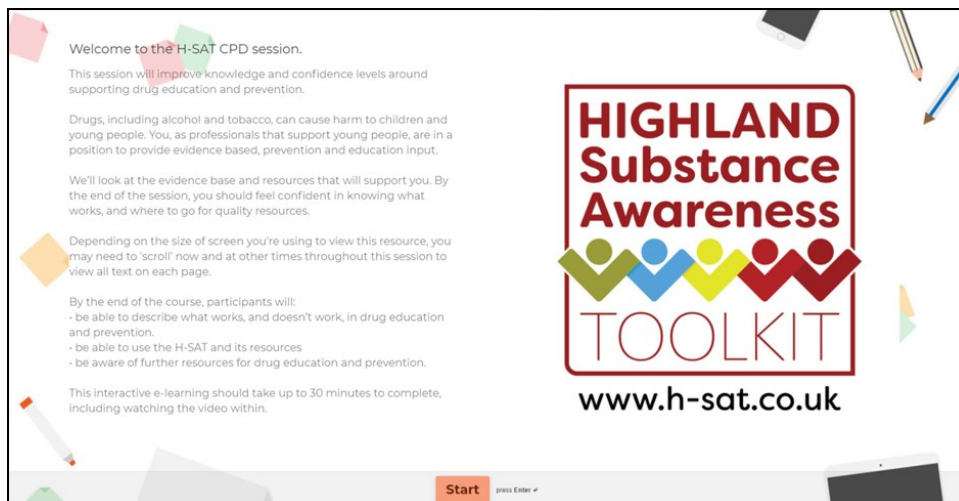
We look forward to receiving your applications. Good luck!

## New e-learning resource



The H-SAT CPD e-learning has launched!

We've adapted the content of the [What works in drug education and prevention](#) government report to highlight this valuable information in an interactive way, before guiding participants through the [Highland Substance Awareness Toolkit \(H-SAT\)](#) and its various supportive resources.



### Learning Outcomes

By the end of the course, participants will:

- be able to describe what works, and doesn't work, in drug education and prevention.
- be able to use the H-SAT and its resources
- be aware of further resources for drug education and prevention.

The course will take about 30 minutes to complete. Visit the H-SAT CPD course [here](#).

# 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](mailto:Aileen.Trappitt@nhs.scot) 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.*

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# Peer led Overdose Prevention, Intervention and Naloxone for People who use / used drugs



Scottish Drugs Forum Training

**PLEASE NOTE THIS TRAINING IS FOR PEOPLE WHO USE OR HAVE USED DRUGS**

## Overview

This short session will cover:

- Overdose risk factors
- Identifying and responding to an overdose situation
- Administering Naloxone to save a life
- Myths and misconceptions
- Open discussion and Q&A

We are offering some free training in overdose response exclusively for people who use or have used drugs.

PWUD are exceptionally well placed to save lives and often appear to be overlooked when training is offered.

We hope that offering sessions for people who use/used only people may be more inclined to attend.

This will be an opportunity for learning how to recognise and help someone experiencing an overdose as well as a platform for discussion and debate around issues faced by PWUD being more central to the harm reduction initiatives in Scotland.

## Learning Objectives

By the end of this course, participants will be able to:

- Summarise drug-related deaths in Scotland
- Identify an overdose
- Explain how to prevent an overdose
- Describe naloxone and its use

## Target Audience

**People who use or have used drugs.**

**Next Dates: 29th December 2021**

**Times: 1.45pm—4pm**

To book [Click here](#).

## Independent Research Study on Making a Change

Public Health Scotland have recently commissioned an independent research partner, Scott Porter Research, to undertake an evaluation of 7 different public facing resources. Included in the 7 resources is the alcohol resource [Making a Change](#). We are looking to engage with healthcare professionals who know of, and use Making a Change.

The research study aims to understand healthcare professionals' views, use of health information resources produced by Public Health Scotland, and the value of the formats in which they are provided. To do this the research partners wish to conduct a series of informal interviews. Interviews are likely to take place in January, online using Zoom, and will take approximately 60 minutes. No prior preparation is required. If you are interested in taking part in the study please contact [lynn.railston@phs.scot](mailto:lynn.railston@phs.scot) by the end of November to register your interest and one of the researchers will contact you directly to arrange a convenient time in January.

This research is being conducted on a strictly confidential and anonymous basis as set out by the Market Research Society Code of Conduct. This means that anything that you say during the interview will be treated confidentially. Scott Porter Research is bound by the Market Research Society's Code of Conduct and the Data Protection Act 2018. No specific answers relating to your views will be reported back to PHS in a way that can identify you or your organisation.

We are hoping to gauge interest by the end of November with field work interviews taking place in January.

## RE-SOLV Training

# Re-Solv

### VSA Professional and Peer Mentor Training

Re-Solv delivers training on volatile substance abuse ('VSA') to health, social care, housing, education and other services and support groups across the UK. We have over 35 years' experience working in this field, which involves the misuse of gases such as butane and nitrous oxide, and solvents such as petrol.

#### [Live Zoom training](#)

Live Zoom Training will be delivered by Dan Gibbons on Tuesday 7th December from 9.30am – 12.30pm. There are 25 places on a webinar session, allocated on a first-come, first-served basis. Please phone 01785 817885 or email [info@re-solv.org](mailto:info@re-solv.org) to book your place.