

Issue 69

**24th December
2021**

HADP News Bulletin



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Welcome to issue 69 of the Highland Alcohol and Drugs Partnership news bulletin. This issue has advice on funding, training and services available over the festive season. For more services please check the Help and Support section of the [HADP website](#)

**Wishing you all a safe and happy festive season
HADP**

Special points of Interest:

Alcohol Focus Newsletter—[Click Here](#)

National Stigma Campaign—[Click Here](#)

Scottish Families Affected by Alcohol and Drugs Autumn Newsletter—[Click Here](#)

Scottish Recovery Consortium Recovery Seed Fund—[Click Here](#)

CORRA Foundation—Funding opportunities

There are a range of grants (Winter support Grant, The Promise Partnership, Drug service and micro grants) currently open to applications, plus information on opportunities from other organisations. Further information can be [found on the Corra website](#).

12 Days of Christmas—Stay Safe Messages

Highland Alcohol and Drugs Partnership have produced the 12 days of Christmas—Stay safe messages, which can be seen on facebook and twitter. Each day for the 12 days preceding Christmas a short video will give tips and guidance on how to stay safe over the festive period. Please look out for them and share them on your own networks and social media



Also running over the festive season is a series of stay safe messages on local radio station MFR. The messages are played throughout the day and include Overdose awareness, Sensible drinking, Party Season, Language matters



Bereavement Support

If you have lost someone who used alcohol or drugs, The Scottish Families Affected by Alcohol and Drugs (SFAD) bereavement service is here to support you. SFAD can chat and offer some advice and information as well as put you in touch with an accredited counsellor who is local to you. The service is free and is available across Scotland. <https://www.sfad.org.uk/support-services/bereavement>

The quickest way to contact the bereavement service is through our Helpline:

Call: 0800 10 10 11

Email: helpline@sfad.org.uk

Activities over the Festive period

We know that the Christmas period is often a particularly challenging time for people with alcohol and drug problems, people in recovery and their families.

As well as Drug and Alcohol Recovery and other support services in Highland, Scottish Families Affected by Drugs (SFAD) will continue operating its helpline over the Christmas period with a callback service in place on Christmas day, Boxing Day and the 1st and 2nd of January.

SFAD are also publishing the following on their website:

- ☐ Several blog posts going out over the next two weeks focusing on planning for Christmas, support for young people, their festive Helpline hours and looking after yourself over Christmas
- ☐ A podcast specifically on advice for looking after yourself over Christmas
- ☐ A bank of scheduled social media posts highlighting the Helpline, where to get support – a continuous stream of updates over Christmas
- ☐ A short PDF including their Helpline hours and self-care over Christmas which is available to download on their website

The Scottish Recovery Consortium (SRC) have also published a list of online and national recovery community initiatives that are running over the Christmas period. This can be found on their website ([Support – Scottish Recovery Consortium](#)) and has also been shared on social media.

Drug and Alcohol Recovery Services—More information and opening hours can be found [here](#) or you can call them on 01463 716888.

HADASS - Highland Alcohol and Drug Advice and Support Service (previously known as Harm Reduction) Will be closed on Christmas Day, Boxing day, the 1st and 2nd of January, but will be open their usual hours on the remaining days throughout the festive season. The team can be contacted on 01463717594 or pop in to have a chat and a cuppa

New Funding from The Corra Foundation

Supporting birth parents whose child(ren) have been permanently removed from their care.

Corra Foundation is administering a Scottish Government fund, which aims to improve support for birth parents who no longer have care of their children on a permanent basis as a result of child protection processes. Funding of up to £100,000 for one year is currently available.

This fund is focused on community-based organisations with significant experience in supporting parents affected by child protection proceedings and which deliver frontline services which can demonstrate that they take a relational, trauma responsive approach which is unconditional and reflective of the unique and complex needs birth parents may have.

The application details and criteria is available here <https://www.corra.scot/grants/birthparents/> and you can contact shaunagh@corra.scot for further information.

AtaLoss.Org

Coping with Grief this Christmas? Christmas is a very challenging time if you have lost someone. From the Christmas cards, to adverts, the traditions you shared and the empty place at the lunch table, there will be trigger points' everywhere. Ata-Loss.org can help you find information about bereavement services and resources to help.

For more information: [Signposting Bereaved People to Support. \(ataloss.org\)](https://ataloss.org/signposting-bereaved-people-to-support)

Narcotics Anonymous

Narcotic anonymous open

Christmas Eve and Hogmanay CYC bank Street 7pm start tea and coffee available

NA Just For Today zoom meeting 26th and 2nd January doors open 6.45 for 7pm start meeting ID 751 846 3958 password fellowship

NHS Highland—Together We Care

NHS Highland want to know; what is important to you? They are asking that you get involved and help them create a five-year plan for a better and brighter health and care service!

Watch the video to find out more and how you can get involved: [Together We Care - YouTube](#)

Or visit their website: [Service Redesign \(scot.nhs.uk\)](https://scot.nhs.uk/service-redesign)

Take part in their survey at <https://forms.office.com/r/519bjRi4Sb>

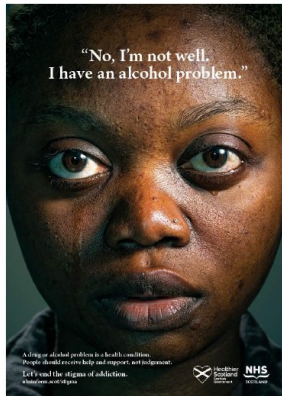
You can also email them at: nhsh.listening@nhs.scot or write for free to: Freepost RUAK-JGSH-TUUL, Clinical Governance Team, NHS Highland, Together We Care, Assynt House NHS Highland, IV2 3BW

Scottish Government Stigma Campaign Launched

The Drug and Alcohol Stigma Campaign aims to **help end the stigma of problematic substance (drug and alcohol use)**. This campaign launched on Monday, 6th December, and will be running across TV, press, PR, digital and social media channels. ➤ [View the Drug and Alcohol Stigma TV ad via YouTube here](#)

Drugs and Alcohol Stigma

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Key messages

- ▶ People across Scotland are being urged to play their part in helping end the stigma of addiction.
- ▶ A drug or alcohol problem is a health condition, and people struggling with it should receive help and support, not judgement.
- ▶ The less people judge, the more chance those struggling will seek treatment and help to recover.
- ▶ Those who have lived or living experience of drug or alcohol problems, and their families, have shared their experiences in a bid to highlight the negative impact of stigma on recovery, and why moments of kindness and compassion matter.
- ▶ More information is available at www.nhsinform.scot/stigma

How You Can Help

- Please **share** these assets with your audiences, and via your social media channels
- You can **support** the campaign by showing static social assets with supporting texts
- Please **include** editorial copy within your newsletters
- If you don't already, please **follow** SG channels across

[Facebook](#), [Twitter](#) and [Instagram](#) and share and retweet content

Stakeholder Toolkit

The Drug and Alcohol Stigma Stakeholder Toolkit attached includes the following assets:

- Campaign information
- TV ad
- Campaign research
- Target audience information
- Key messages
- Media strategy
- Social media assets and suggested copy
- Editorial Copy

Drug and Alcohol Stigma Campaign Assets

All campaign assets can be downloaded via the links contained in the Stakeholder Toolkit, which have been organised in the following categories, and can be downloaded from the link below:

- [Download all Drug and Alcohol Stigma assets via Dropbox here](#)
- [Download all Drug and Alcohol Stigma assets via WeTransfer here](#)

Drugs and Alcohol Stigma

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Social media

Those struggling with a drug or alcohol problem should receive help and support, not judgement. Together we can help end the stigma of addiction. Find out more: www.nhsinform.scot/stigma

"I have a drug problem, would you still help me?" Let's end the stigma of addiction. Find out more: www.nhsinform.scot/stigma

A drug or alcohol problem is a health condition. The less people judge, the more chance those struggling will seek treatment and help to recover. Find out more about the impact of stigma: www.nhsinform.scot/stigma

The way we judge people with a drug or alcohol problem can stop them getting the treatment and help they need. Moments of kindness and compassion matter. Help end the stigma of addiction: www.nhsinform.scot/stigma

Those struggling with a drug or alcohol problem should be treated fairly, with respect and understanding, like any other person. Let's end the stigma of addiction. Find out more: www.nhsinform.scot/stigma



ASK OUR AMBULANCE CREW FOR NALOXONE

Together we can prevent drug deaths

Our ambulance crew can support you to identify the signs and symptoms of a drug overdose and show you how to administer naloxone

"Naloxone can be that tool that shows people do care, it can get better and recovery is possible. However the only way that can happen is if I am kept alive" - patient quote

**SAVE
SOME
NALOXONE**

**NALOXONE
AVAILABLE HERE**

**# STOP THE
DEATHS**

We can prevent drug deaths

Dealing with Trauma, Benzodiazepines and Difficult Emotions: Working Towards Recovery

Training delivered by Laura Freeman, Clinical Psychologist

Two day Training Course

10th and 11th February 2022

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 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.