

Issue 71

**31st March
2022**

HADP News Bulletin



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Welcome to issue 71 of the Highland Alcohol and Drugs Partnership news bulletin. This issue is full of links to useful information

**Many thanks
HADP**

Special points of Interest:

Opioid substitution therapy (OST) implicated deaths and prescribing: evidence review - [Click Here](#)

Benzodiazepine use: current trends: evidence review - [Click Here](#)

Tackling the drug problem in the UK and Portugal – with Dame Carol Black and Dr João Castel-Branco Goulão (health.org.uk) - [Click Here](#)

MUP's impact on alcohol consumption and behaviour of homeless and street drinkers - News - Public Health Scotland—[Click Here](#)

Alcohol sales and harm in Scotland during the COVID-19 pandemic - News - Public Health Scotland—[Click Here](#)

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

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

Covid-19 Vaccine Hesitancy Linked to Childhood trauma—[Click Here](#)

Scottish Families Kiltwalk—[Click Here](#)

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



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REACH ADVOCACY© ACCREDITED TRAINING & EDUCATION

ONE DAY AWARENESS WORKSHOPS: APPLYING MAT STANDARDS WITHIN A HUMAN RIGHTS BASED APPROACH

1st June, 15th June, 29th June, 27th July and 3rd August

REACH Advocacy© are a human rights based organisation who deliver education and training on human rights based approaches to advocacy. Deriving initially from their own lived experience of substance use, mental health and the difficulties in navigating systematic barriers when accessing support, they work to create lasting cultural change through education and promoting equal opportunities for all.

In line with their partnership with the MAT Standards Implementation Support Team (MIST), REACH deliver Awareness workshops on the Medication Assisted Treatment (MAT) Standards and how they can be implemented as part of a wider human rights based framework to ultimately reduce drug deaths and related harms within Scotland. Key topics covered in the workshops include; socioeconomic factors contributing to Substance Use Disorder as a health condition; Human Rights legislation; practical educational frameworks to use when applying a Human Rights Based Approach; as well as MAT Standards (1- 10) themselves and how they all aim to ensure that the human rights of individuals are upheld, fulfilled and protected.

The workshops will be delivered online from 10:00 – 16:00 (breaks included) with a maximum of 15 participants per workshop.

SQA ACCREDITED REACH ADVOCACY PRACTICE AWARD© (SCQF LEVEL 7)

In addition to the Awareness workshops, REACH have also developed, devised and deliver their SQA accredited REACH Advocacy Practice Award© (SCQF Level 7 – equivalent to SVQ 3 Health & Social Care or HNC level) which is a 12 – 14 week course on how to apply Human Rights Based approaches to advocacy. Following a two week induction period composed of six teaching modules, candidates will undertake a period of 'self study' alongside a dedicated assessor whereby they will be asked to develop a portfolio of their own anonymised case studies deriving from their own working roles/ personal experiences. Candidates will illustrate the knowledge and understanding gained from the teaching modules by applying the educational tools of a Human Rights Based Approach to their case histories. Throughout the 12 – 14 week programme, candidates will develop a comprehensive understanding of the tools utilised within a Human Rights Based framework, relevant Human Rights legislation and Advocacy skills and will be able to apply this to their own working practice and personal experiences. The next Award cohort is commencing 29th April 2022 and will be delivered online.

Please contact your local ADP representative for more information and to book training.

Aileen Trappitt: aileen.trappitt@nhs.scot

Xanax

Xanax (also known as Alprazolam) is a benzodiazepine. It is commonly seen 2mg bars, which can vary in colour: white, black/grey, green, yellow, red or pink.

Xanax has reported effects of pleasure, relaxation and bodily comfort, disinhibition and reduction in anxiety. Other effects may include:

- drowsiness, feeling tired;
- slurred speech, lack of balance or coordination;
- memory problems; or
- feeling anxious early in the morning.



[The Drugs Wheel](#)

Harm reduction advice for individuals:

- Wherever possible, do not use on your own.
- Dose low, go slow. Alprazolam is 20 times the potency of diazepam. Try a small test amount (e.g. 0.25mg) and wait at least 1 hour before deciding whether to take any more.
- Injecting crushed tablets in a solution is very dangerous as the tablets contain high amounts of filler. This can lead to collapsed veins and cause serious vascular and tissue damage.
- The risk of overdose is much higher when Alprazolam is taken together with alcohol, opioids or any other depressant drugs (poly drug use).
- Naloxone will not reverse the effects of benzodiazepine drugs like Alprazolam, but it will reverse the effects of any opioid drugs that have also been taken. If unsure what has been taken, Naloxone should still be administered. Dial 999 and ask for an ambulance.

If someone is feeling unwell following consumption of Xanax tablets or Alprazolam in any other form, medical attention should be sought immediately. If someone is unresponsive or experiencing symptoms causing concern **dial 999 and ask for an ambulance**.

If you are concerned about your own drug use or that of someone else, [support services](#) are available across Highland. NHS Highland Drug and Alcohol Recovery Service can be contacted on 01463 716888 or Highland Alcohol and Drug Advice Support Service (HADASS) on 01463 717594.

We encourage everyone to download the Highland Overdose Prevention & Engagement (HOPE) App.

The HOPE App contains information about what to do in an overdose situation, plus harm reduction information and contacts for support services.

Download for free:

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

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





Substance Aware School Award

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 winners of the SAS Award are:

The winners of the **Gold** SAS Award and £1,000 are **Smithton Primary School!**

The winners of the **Silver** SAS Award and £500 are **Golspie High School!**

The winners of the **Bronze** SAS Award and £250 are **Wick High School!**

As there were a number of applications this year that showcased prevention and education activities we wish to support and encourage continuation of this work and so have introduced a **Commendation** SAS Award with £150 prize money.

The winners of the **Commendation** SAS Award and £150 each are:

Hilton of Cadboll Primary School!

Thurso High School!

Tain Royal Academy!

Congratulations to all schools.

If you're interested in applying for the SAS Award next year, keep your eyes on the award page of the Highland Substance Awareness Toolkit, www.h-sat.co.uk.

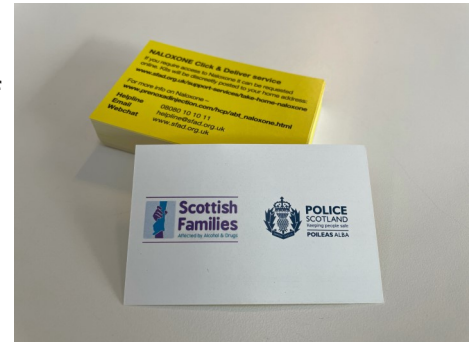
We look forward to receiving your applications. Good luck!



Click and Collect Naloxone

Scottish Families Affected by Alcohol and Drugs offer a national postal click and deliver naloxone service. The unique point of their service is that they offer a choice of Prenoxad or Nyxoid kits and can reach the wider public. The service as an addition to what is already available on a locality level and perhaps the service can help beat some of the barriers around access.

They have small business card size info cards that provide information on how to access a kit and links to more info around Prenoxad and Nyxoid.



For more information please contact [Scottish Families Affected by Alcohol and Drugs](https://www.sfad.org.uk/support-services/bereavement)

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

Governance in High Stakes – Leading your Organisation in Challenging Times

For public service providers, be they in the public or third sectors, the challenges and complexities brought about by a pandemic have added to the service pressures that already existed. How Boards and Executive Teams perform their governance and management roles during this period will often be informed by how they manage 'high stakes' and high pressure situations.

The course provides learners with around 6 hours Continuous Professional Development and features a mix of short video classes, as well as a range of activities and discussions with experts from across Scotland.

For more information visit:

www.policyhubscotland.co.uk/learning-courses/governance-in-high-stakes/

DO YOU HAVE A HISTORY OF DRUG & ALCOHOL USE?

Interested in Social Care?

Do you want to become a
Trainee Recovery Worker?



SDF
Scottish Drugs
Forum



**LITERACY & IT
SUPPORT**



**NO EXPERIENCE
REQUIRED**



**PAID
OPPORTUNITY**



**SVQ
QUALIFICATION**



**GAIN SUPPORTED
WORK EXPERIENCE**

If you are interested in joining the Recovery Worker Training Project or are an organisation who would like to support trainees, please visit www.sdf.org.uk or contact the email address/phone number listed below.



lewisb@sdf.org.uk

www.sdf.org.uk

0141 221 1175



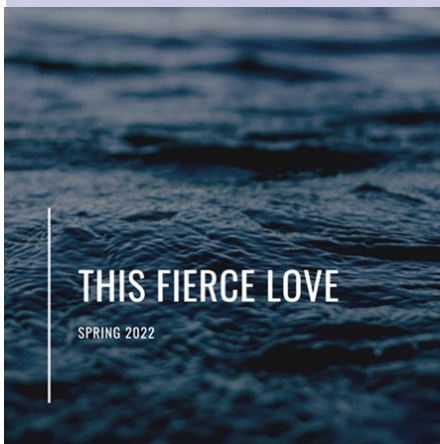
Hepatitis ABC Awareness Sessions

Hepatitis

SCOTLAND

Our information sessions on Hepatitis A, B and C will be co-facilitated by a peer research volunteer. Sessions last one hour and will be online or in the community if restrictions allow.

For more information, contact Billy:
billyh@hepatitisscotland.org.uk
07776693178



Scottish Families have a big ambition: No more hidden families.

This Spring we are hosting a series of events to share **This Fierce Love**: a family member's story of living with problematic alcohol and drug use. This is a workshop event where we will listen to this story, discussing and reflecting on what we have heard together.

Scottish Families are raising awareness of families' experiences and creating opportunities for families to be seen and heard. We believe that recognising, supporting, and including families is the change we need to see in Scotland to reduce alcohol and drug-related harm.

Inverness Event Information:

Wednesday 4th May 2022, 2pm – 5pm
Spectrum Centre, 1 Margaret Street, Inverness, IV1 1LS

To attend please register here: <https://www.surveymonkey.co.uk/r/R9N2RLZ>

Find out more: <https://vimeo.com/641512516/62d431ce58>

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