

SAADAT Welcomes new National Substance Use Liaison Officer (Drugs)



SAADAT is delighted to announce that Ian Smillie has been appointed as the new National Substance Use Liaison Officer, with special interest Drugs. This post was formerly held by Mike McCarron.

Ian will be well known to many of you already as the Alcohol Drug Partnership co-ordinator with Perth and Kinross for the past 6 years.

Ian has been involved in the substance misuse field for the last fourteen years and started in this field when he was a prison officer in Aberdeen Prison running group work sessions with prisoners around drug education and harm reduction work. During this period he started training with the local Council on Alcohol in Aberdeen as a volunteer counsellor and finally a practice supervisor. Whilst working in prison an opportunity arose for someone to work with a member of a local drug agency within the prison, Ian was successful in his application to do this work. In a short time he had created a small team of prison staff who worked with medical staff and external agencies to provide detoxification and support to the prison population.

Ian was key in introducing the SMR24 reporting system to the prison. It was the only prison in Scotland to take part in this initiative which clearly evidenced the relationship of drug use and deprivation within Aberdeen City. Aberdeen Drugs Team was highlighted by the then prison inspectorate as a "beacon of best practice" in this area. The team were nominated for a Butler Trust Award for their innovative work within prison settings. Ian latterly was also nominated for an individual award for his work in this area. Ian eventually took on the role as Drug Strategy Co-ordinator for Aberdeen Prison and worked closely with all three DAAT's in Grampian. He was also part of the development team in the Scottish Prison Service in creating new assessment processes and support networks to prisoners.

He has also taken part in delivering various substance misuse related training in various areas and has continued to increase his own personal development, through academic training in health, social welfare, social policy, criminology, leadership and change management.

Ian left the Scottish Prison Service to take up the post of co-ordinator for Perth & Kinross Drug & Alcohol Action Team in December 2002. During this period he has been involved in various national working groups in substance misuse field. Ian has taken the lead in transforming the local DAAT structures and processes to ensure that they were "fit for purpose" to carry out the DAAT's business. This process has led to the introduction of governance, strategies outcome frameworks and accountability and responsibility framework for members. As part of this process Ian reviewed the role and the remit of DAAT and its partners through a consultation process which reviewed the links the DAAT had with the Community Planning Partnership strategically. Ian has taken a proactive role in reviewing and shaping the DAAT outcomes in line with the Single Outcome Agreement and HEAT Targets.

Ian looks to bring this experience to his SAADAT role and looks forward to meeting the new challenges that Delivery Reform Group recommendations bring and support ADP staff to achieve these in the future.

Its good to share!!!!

Information Sharing Requests

- **Highland DAAT**

I was wondering if any other ADAT areas could provide information about how they are implementing outcomes based frameworks. In particular, I am interested in learning from other areas regarding methods they are using to measure outcomes from services – tools, logic models, reporting processes, performance contracts etc...

Shona Wright
Development Officer - Performance Management

- **Forth Valley SAT**

For the purpose of a committee report I have calculated spend per head of population in relation to Drugs and Alcohol Direct Spend as calculated from Falkirk Council submission to Audit Commission. Has any other area done this and if so would/could they share their result i.e., amount per head of population in their local authority area on direct spend as reported to Audit Commission.

Caird Forsyth
Policy officer (Substance Misuse)

- **Western Isles ADP**

Does anyone have resources or knows of resources that can be used for children with substance misusing parents for inputs in youth clubs etc

Wendy Ingledew
Alcohol Development Officer

*******NOTICE*******

Please note that the next SAADAT Association Meeting has now been re-scheduled.

This will now take place on Wednesday 20th May 2009 at the Thistle Hotel, Edinburgh

Forth Valley embarks on a Randomised Control Study on Social Norms

How can we reduce the damage caused by alcohol use by 50% by 2025?

This was the question posed by at Scotland's Futures Forum in 2008. As part of this year long project, the potential to transfer an approach to prevention widely used and researched in the USA and Scandinavian countries was put forward. Forth Valley Substance Action Team, supported by SAADAT, has been working to develop a randomised control trial based in a school setting.

Social Norms – what is it?

While we are all inclined to think of ourselves as individuals, evidence suggests that we are strongly influenced to conform to what is happening around us. Adolescents in particular look to others for guidance on how to behave in a given situation and often base their own behaviour on what they perceive to be 'the norm' among their peers. However, evidence shows consistent errors in this perception. This has resulted in young people experiencing false pressure to drink more and drink more frequently, because they believe this is what is expected.

The cause of this error is well researched. In short, we construct our impressions of others from very limited information based on what 'hits the headlines' usually extreme behaviour and generally negative. Problem behaviour gets a disproportionate amount of attention in conversation as well as in mass media. This situation leads to a distortion of what we believe to be typical behaviour among peers and young people in general.

The social norms approach to preventing alcohol problems among young people.

The social norms approach to preventing alcohol misuse among young people sets out to identify and dispel popular misconceptions about peer use. It starts by gathering credible data from a population (e.g. school, class, community group, youth justice setting etc), identifying accurate normative attitudes and behaviours. A social norms intervention is developed and intensively communicated through media campaigns and interactive programmes. Evidence from other countries report:

- More realistic perception of typical behaviour among peers
- More realistic attitudes about alcohol
- Reduced alcohol consumption

Will it work in Scotland?

The Forth Valley pilot will collect data from all pupils attending two schools in Falkirk, one school will act as a 'control' while the other school will be provided with a dedicated member of staff to implement a social norms programme involving pupils, teachers, parents and the wider community.

Baseline data will be collected week beginning 27th April 09. Each class will be randomly assigned to one of three conditions designed to test the underlying validity of the approach i.e. is bias a feature of the way in which questions are asked?

- Group 1 will answer the standard questionnaire (personal and peer)
- Group 2 will answer questions about themselves only.
- Group 3 will answer questions about their perceptions of peers.

Results from the baseline survey will provide the data which will form the basis of the intervention in the non-control school. Follow-up data will be collected in April 2010 and again in 2011. Differences between the control and experimental schools analysed and reported.

Data will be independently analysed and reported by the University of Strathclyde and academic supervision for the entire project will also be provided by the University.

Around the ADAT's

Ayrshire & Arran

In January the Ayrshire and Arran Alcohol and Drug Action Team (ADAT) hosted a one day conference based on the Scottish drug strategy, 'The Road to Recovery', in Ayrshire and Arran. The conference was held at the John Pollock Centre, Ayr, with 120 people in attendance.

There was an overwhelming demand for places and delegates from a variety of organisations including health, education, housing, police, criminal justice, voluntary sector, community groups and local addiction services took part in the event. The conference provided an opportunity to examine and comment on the strategy from both a local and national perspective with a range of presentations, and discussion in afternoon workshops.

Dr Charles Lind, NHS Ayrshire and Arran chaired the conference and welcomed a range of speakers. Alan Johnston from Scottish Government provided insight into the development of the strategy. Bill Boyd, Learning and Teaching Scotland, spoke on the prevention of drug use and Dr David Best from the University of the West of Scotland spoke on the theme and concept of recovery.

The second part of the conference opened with an employability theme and a presentation from Scottish Drugs Forum Addiction Worker Training Project which recently won Best Practice Initiative of the Year Herald Society Awards 2008. Final speaker of the day was Joy Barlow from Scottish Training on Alcohol and Drugs who spoke on getting it right for children in substance misusing families.

The afternoon workshops sessions provoked lively discussion and debate on how to improve services for people with drug problems and promote them towards recovery. A full conference report including key findings and workshop information is available on the ADAT website at www.adat.org.uk

Overall, the conference provided an excellent opportunity for people to discuss and comment on the Road to Recovery and on promoting recovery locally in Ayrshire and Arran.

- Ayrshire and Arran ADAT recently held two Alcohol Awareness Training Events for local Licensing Board and Licensing Forum members. The purpose of the events was to give Forum and Board members an enhanced knowledge of alcohol by providing information on various aspects of alcohol use, types of alcohol problems as well as looking at effects of alcohol on the person and society. Dr Alister Hooke, Senior Public Health Researcher, NHS Ayrshire & Arran gave a presentation on his recent ARBD work and Vivienne Hutchison, Health Promotion Officer for Alcohol and Drugs gave a presentation on National Alcohol Awareness. Both events were very well attended and received excellent feedback. It also gave Board and Forum members the opportunity to meet with colleagues from the other Ayrshire Boards and Forums.

- Ayrshire and Arran ADAT is currently involved in a number of research projects including jointly commissioning research with North Ayrshire Violence Against Women Forum in Understanding Domestic Abuse in North Ayrshire. One of the purposes of this research is to gain a better understanding for the reasons behind the trend of increasing numbers of incidents and what can be done to support women experiencing domestic abuse more effectively. The final report is due to be published in July and a stakeholders' event will be held in October to present the Key Findings.

- Ayrshire and Arran ADAT are undertaking a Social Norm Project with S2 pupils from a local school. The overall aim of the project is to design, deliver and evaluate a social norms intervention, which aims to provide to pupils with an accurate picture of the percentage of children using alcohol within the community through the delivery of identified positive, inclusive and empowering social norm messages.

The Baseline data collection and analysis has now been completed and showed a range of positive behaviours and attitudes relating to alcohol, and also some clear misperceptions about what is normal behaviour among their peer group, for example the majority of pupils believed that the typical pupil in their year would have consumed alcohol in the last 30 days and also been drunk in the last 30 days. However, only 36% had drunk alcohol and 14% had been drunk in the last 30 days. Social norm messages and resources are currently being developed based on the key baseline findings and will be delivered within the school and wider community over an 8-month intervention phase.

- We have recently commissioned Scottish Drugs Forum to undertake Peer Research in Ayrshire and Arran. The main aim of this peer research is to identify individuals with drug problems' views of treatment and care services in Ayrshire & Arran health board area and to examine the impact on these individuals and their partners/families, through (not) engaging with these services. The project is underway and the final report is due for completion in July 2009.

Borders

New Parental Substance Misuse Support Service in the Scottish Borders

NHS Borders and Scottish Borders Council (part of the Children and Young People's Planning Partnership) are pleased to announce that a contract to provide Parental Substance Misuse Support Services has been awarded to Addaction Scotland. The service will work with parents to help them reduce the harmful impact of their alcohol and drug misuse and will work to help children and young people to have a better quality home life.

The three year contract has been awarded following a comprehensive tender process carried out through Official Journal of the European Union.

Andrew Horne, Operations Director, said "Addaction Scotland is delighted to have won the contract and looks forward to bringing our expertise and experience to the Borders to help families face the challenge of substance misuse."

Julie Murray for the Borders Drug and Alcohol Action Team said "We received a number of high quality applications of which we felt that Addaction offered families the best support for tackling their problems. There is an increasing need for such a service in the Borders. We look forward to working with Addaction to develop a service that will support people to improve their parenting skills and reduce the impact their substance misuse problems can have on their children"

Forth Valley

Forth Valley SAT are taking a stand with partners at BIG in Falkirk – Scotland's National Street Arts Festival on 2nd and 3rd May 2009 at Callendar Park, Falkirk .

We will be publicising services and highlighting projects that operate in the area in relation to substance misuse. The event is free with outdoor theatre, live music, kids stuff, dance, activities markets and more. For more information visit WWW.BIGINFALKIRK.COM

Grampian

TIMMER MARKET DEVELOPMENT PLANS

It was announced by Community Safety minister Fergus Ewing that the multi agency drug treatment and rehabilitation centre development at the Timmer Market site will receive additional funding of £938,000

The development is a joint project incorporating Grampian Housing Association's provision of 53 new flats, and an integrated drug treatment and rehabilitation centre for NHS Grampian and Aberdeen City Council.

The centre will provide consulting and treatment rooms, office accommodation and meeting rooms, on the ground floor. It will provide additional capacity for drug treatment and rehabilitation in the city, and a team of GPs, nurses, pharmacists, social workers and rehabilitation workers will deliver services from these premises. This will not be a drop in service, but by appointment only, aimed at those making commitment to their recovery from drug misuse. The services will offer prescribing, counselling, group work and employability programmes.

The building is designed to be flexible, and will be used, off peak, for community groups and family support . There will be opportunities to use the play facilities to work with children affected by parental drugs use and discussions are at a nearly stage to identify how the building could be used as a resource to support young people seeking help for drug related issues. The 53 flats, a mix of 1, 2 and 3 bedrooms will be on the floors above. They will be provided for rent and will be allocated by Grampian Housing Association to people in need from the waiting list.

The estimated time to complete the building work is 18 months. NHS Grampian, Grampian Housing Association will keep residents, local businesses and organisations informed about the development as the work progresses.

Lothians

Update on LEAP

The Lothians & Edinburgh Abstinence Programme (LEAP) has just celebrated the graduation of its 64th client from the programme. In about eighteen months since its launch, LEAP has had more than four hundred referrals. The programme has a high retention and completion rate with good abstinence and housing outcomes. Eight graduates are now in further education. The LEAP aftercare group is well used with many clients continuing to benefit from the support offered. In January the LEAP guitar club was launched, reflecting the significant number of musically talented clients passing through the service. The service recently changed its referral criteria to allow clients with a primary alcohol problem to benefit from treatment. Dr David McCartney, Clinical lead said, 'It takes motivation and energy to complete the three month programme here. We're continuing to see marked improvements in people's lives as they continue to use the tools of recovery once they have graduated.'

Orkney DASAT

Cards to tackle underage drinking in Orkney

The Orkney Drugs, Alcohol and Smoking Action Team (DASAT) have unveiled their latest effort to tackle underage boozing in the country in the form of harm reduction cards aimed at those who choose to consume alcohol while under 18.

DASAT has produced these cards in response to a variety of recent statistics, ranging from an increase in alcohol seizures from underage drinkers by Northern Constabulary, to CCTV footage from the cameras in the town centre of Kirkwall.

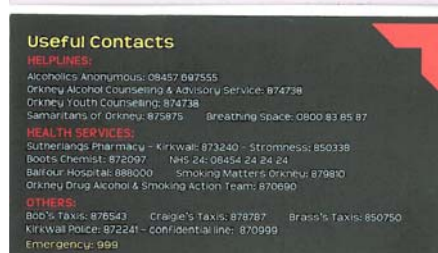
Members from a joint group comprising of DASAT and the Community Safety Partnership attended a youth forum meeting to ask young people about their views on alcohol. From the discussion, the general view was that although it was recognised that consuming alcohol whilst underage was illegal, young people were inevitably going to experiment.

Katie Grant, Substance Misuse Development Officers for DASAT said: "Although DASAT promotes abstinence in under 18's, we do recognise that young people will choose to experiment with alcohol. Therefore, by producing harm reduction cards with advice and information, we hope to reduce harm caused by underage drinking and ultimately the risk of associated fatalities".

There are two designs, one for females and one for males with top tips for a safe night out. The cards are eye-catching and attractive to young people with the language being in text message format. On the reverse of the credit card-sized information is a list of useful contacts from National help lines to local taxi numbers.

So far the cards have proved to be popular, being given out at several young persons events. The cards are also a permanent fixture in the A&E Department in the local hospital and in the youth section of the Orkney Library.

For more information on the cards, please contact Katie Grant, Substance Misuse Development Officer:
Katie.grant@nhs.net



Feature Articles of Interest

Acceptance is a one woman play written and performed by actress and writer Lisa Nicoll about woman and drinking in Scotland.

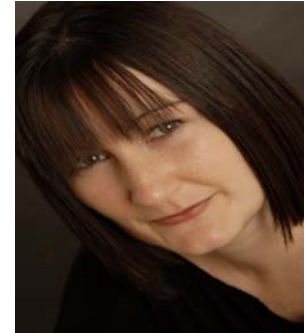
"..... a clever piece of writing and a heart-tugging story consummately performed; it's everything one-woman theatre can, and should be."

4 Stars Three Weeks Publication Edinburgh Festival 2008.

The play has been performed all over the country to a variety of audiences - theatres, communities, schools, work places and has been used for training purposes. It was also performed at The Edinburgh Festival 2008.

Acceptance follows the story of Scarlet from the age of 14 to the age of 30 and how she uses alcohol at different stages in her life to feel liked and socially accepted and the consequences that happen from her drinking experiences.

From this Lisa was then commissioned by The Scottish Government to write about the main characters drinking habits in a weekly blog. These can be read at www.alcoholdebate.com



The show is available for performances throughout Scotland.



In addition to this Lisa is looking to work with individual DAATS to create new plays/pieces of work with local community groups.

Topics would be determined by the individual DAATs needs at a specific time and this can cover a wide variety of areas.

Lisa was commissioned to produce this kind of work at The Princes Trust in Glasgow where she has written & directed two plays (based on alcohol).

The groups she worked with contributed by creating ideas and stories for the play. The play was then written from these ideas, directed and finally the group performed it to an invited audience.

She was also commissioned by Angus Drug and Alcohol Action Team to write and perform a piece (Maybe This Time I'll Dance) for Alcohol Awareness Week 2008. This was performed in Angus, Dundee and Perth.

The Playwrights' Studio of Scotland has just awarded Lisa a place on their mentoring Scheme where she is working with top Playwright Tanika Gupta on a new play which will be produced later in the year.

For further information about any project or if you are interested in working with Lisa please contact her on 07803 580 900 or email: lisajnicoll@hotmail.com.

Apex Scotland, Lothian Unit

Apex Scotland is a national organisation that aims to reduce re-offending by working with offenders to help them address their employability needs and progress them towards employment, education, training or voluntary work.

The Apex Unit in Leith, Edinburgh delivers a range of services aimed at helping people get the skills they'll need to cope with either getting and sustaining a job, gaining a place at college or doing some voluntary work which will help them get a reference.

At their office in Jane Street you can get one-to-one advice, learn how to use a computer and obtain your ECDL qualification, improve your literacy and numeracy skills or learn to "THINK AGAIN" about future prospects.

The Think Again programme is a 10 week Personal Development Programme run by Apex Scotland in partnership with Napier University. This groupwork programme is aimed at addressing the barriers facing ex-offenders and supporting them to move towards positive outcomes such as employment, training, education or voluntary work. The last 5 programmes which were funded through the Big Lottery, New Opportunities Fund, also targeted people who had substance misuse issues as well.

The programme consists of 3.5 days per week of learning and skills development. This includes practical sessions covering issues relevant to ex-offenders such as conviction relevance and disclosure of previous convictions to employers. As well as the development of practical job seeking skills, the students also participate in activities such as artwork, creative writing, photography and web design. There are a number of sessions devoted to personal development including self-esteem, motivation and assertiveness training. To encourage participation, advice and support can also be provided by previous students. They benefit from contact and taster sessions with staff from Napier University, Jewel & Esk College and The Careers Service which includes information sessions on study skills and learning styles. Feedback is provided by local employers who take them through mock interviews. Students also have the opportunity to gain a recognised First Aid certificate.

At the end of the programme they will have compiled a portfolio of all their work and it will culminate in an exhibition of their work and a graduation ceremony to which family, friends and key support workers are invited.

This helps to celebrate the progress made and is a measure of the distance travelled by the participants.

The programme helps individuals to realise their own potential, it raises self-confidence and aspirations and makes students aware of opportunities which many felt were closed to them. It also equips the students with the practical skills they need to be able to make the most of these opportunities.

In short, this programme aims to widen horizons, increase options and tackle barriers, perceived or real in a positive, challenging and fun environment.

Through funding by the Willow Project, a new health project for women offenders in Edinburgh, we will be delivering two women only Think Again programmes. The first course recently completed with six women successfully graduating. The following is a quote from one of the female students who completed the Think Again programme.

When I got the phone call telling me I had a place on the Think Again course I was crying with happiness. I knew this was a good opportunity to do something good for myself. The first day I was so nervous and my confidence was at zero, meeting new people, starting new things, I thought to myself "I can't do this". But as the days turned into weeks my confidence grew and I felt good and proud of myself for being able to do the tasks we had been given, for example we went on a day out teambuilding and I had to climb Jacob's Ladder, I only managed to get up four logs but was happy considering I am scared of heights. Don't get me wrong there have still been days when I thought to myself, I can't do this but I just tried harder and got done what I had to do. The Think Again course has given me confidence and an insight of what I am good at. I will be very sad when the course finishes but I am going on to college this year. If it hadn't been for the opportunity to come on this course I know I would still be the quiet, shy, unconfident woman I was before I got the place. I would recommend it to anyone. It has given me so much enjoyment and I am proud of the person I now am.

Sandy

For further information on Think Again or any of Apex services in Edinburgh, please contact Hildegard Wylezalek or John Carruthers at:

Apex Scotland, Unit 1, Bonnington Business Centre, 106 Jane Street, Edinburgh, EH6 5HG

Tel: 0131 467 8300 Fax: 0131 467 7914

Email: lothian@apexscotland.org.uk

24/7 Help Yourself

24/7 Help Yourself is a website for problem drinkers that is available for anyone to use, without charge. It is a closed membership website that takes an educative or empowering approach. Using a combination of video, audio and text, the client is taken through a process of self scoring, planning and self evaluation. They can then store their assessments, action plans etc in their personal journal/blog which is sited in their own personal page, ie similar to MySpace. The rationale being that the client becomes engaged in and indeed takes

ownership of the process, rather than being a passive recipient of an assessment of diagnosis from the website. The result should be, in the short-term, increased motivation to change and, in the long-term, generalisation of the skills into other aspects of their lives.

The site also communicates with clients in three ways, first by sending them daily encouraging emails to their inbox in their personal page, second by sending weekly prompts to complete their ongoing evaluations and action plans and third encouragement or advice according to whether their ongoing evaluations show progress or not. There are also the opportunities to be part of an online community and participate in forums, live chats, emails and instant messaging. For those who prefer not to interact there is the facility to turn off the community features.

So how could it be used by the NHS? It could for example be used

1. For people on waiting lists, to provide them with an interim treatment input.
2. As an extra support for people in treatment, providing information, support and self-change tools.
3. As an alternative to treatment, which it was designed for.
4. As an adjunct to treatment where clients can use the assessment tools online and bring their assessments to treatment, thus saving time and money.

Since launching the website as a free site (22/10/08) 1100 people have become members and this number is growing each day, this with almost no publicity. However what is particularly interesting is that 66% of the members are women. This is the complete opposite of most treatment mediums where the ratio of men to women is 2:1 and even higher. Reasons given being, safe environment, time commitments and privacy and anonymity. This finding alone is worth investigating.

If there was interest from ADATs in using the website as it stands there would be no cost. However to make it even more relevant to local needs the front end of the website could be modified to include data capture and directing visitors to locally relevant messages. Clearly the modifications and website servicing, eg data retrieval, analysis and reporting would incur a cost.

John McMahon, John@247helpyourself.com

Recent Publications

BMA Scotland—The human cost of alcohol misuse

http://www.bma.org.uk/sc/health_promotion_ethics/alcohol/humancostalcohol.jsp

Audit Scotland-Drug and alcohol services in Scotland

http://www.audit-scotland.gov.uk/docs/health/2009/nr_090326_drugs_alcohol.pdf

NTA - Getting to grips with substance misuse among young people

http://www.nta.nhs.uk/publications/documents/nta_young_peoples_report_2009.pdf

WHO Europe—Mental Health, Resilience & Inequalities

http://www.euro.who.int/mentalhealth/topics/20090309_1

SADW—KNOW Spring 2009 issue 4 workforce newsletter

<http://www.healthscotland.com/topics/health/alcohol/index.aspx>

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“SAADAT - Providing a strong and unified voice for all of Scotland’s alcohol and drug action teams”.

Established in May 2006, SAADAT is a voluntary association.

The views expressed in this Newsletter do not necessarily represent the views & policies of SAADAT.

SAADAT welcomes contributions—please send them to:
kathleen.donnelly@saadat.org.uk

Please note they may be edited.



SAADAT Events

- **SAADAT Association Meeting**

Date: Wednesday 20th May, 1 pm
Venue: Thistle Hotel, Edinburgh

- **SAADAT Support Officers Training & Development Day**

“Helping Services Develop Evidence of Impact”

Date: Wednesday 10th June, 10.30 am
Venue: Travel Inn, Edinburgh