

Outer Hebrides Alcohol & Drug Partnership

FINAL

Uist & Barra Subgroup Meeting

Date: Thursday 22nd August 2013

Time: 1415 - 1645

Venue: St Brendan's Hospital, Castlebay

PRESENT:

Sheena Stewart

Donald John Macdonald

Marion Matheson (for B Macdonald)

Mustapha Hocine

Norrie MacRitchie

Volker Labitzke

Karen Mackinnon

Dr. Mark Johnson

Manager, Caraidean Uibhist

Team Leader, Community Education, CnES

Cothrom Training Centre

Substance Misuse Worker, NHS WI

CPN Team Leader, NHS WI

Team Administrator, Substance Misuse Partnership
for Uist & Barra

Support Worker, Substance Misuse Partnership for
Uist & Barra

GP, NHS WI

IN ATTENDANCE:

Wendy Ingledew

Fiona Hall

Karen Peteranna (note taker)

ADP Coordinator, NHS WI

Substance Misuse Information & Research Officer,
NHS WI

Substance Misuse Development Officer, NHS WI

1. WELCOME

Karen thanked all for their attendance and those that travelled from Uist. Introductions round the table were made.

2. APOLOGIES

Apologies were received from Annette Macdonald, Mairi Bremner, Mary Macinnes, Barbara Macdonald, John A. MacQuarrie, Margaret W. Macdonald, Mary Mackenzie and Alison MacVie.

3. MINUTES OF MEETING HELD ON 15TH FEBRUARY 2013

The minutes were approved as a correct copy.

4. MATTERS ARISING – ADP UPDATE

4.1 ADP STAFF UPDATE

The group were informed that Sarah Macleod, Substance Misuse Development Officer (SMDO) maternity cover had left the Outer Hebrides ADP as she had taken up a post in Edinburgh. The SMDO post was advertised ASAP and Karen Peteranna was appointed to cover the SMDO maternity cover until 16th September 2013 when Suzanne Macaulay will return to post. Thereafter Karen will hold a job share for the SMDO post with Suzanne as well as the ADP Administrator post.

4.2 FUNDING UPDATE

Norrie joined the meeting.

The Outer Hebrides Alcohol and Drug Partnership (ADP) has received and allocated £700,000 of funding for the new financial year (2013/14) to assist in addressing the issues laid-out in the Outer Hebrides ADP strategic plan for early years, early intervention and for providing a recovery based service for people with problem alcohol and drug issues.

The OHADP remit is to provide equitable, accessible services across the Geographical area balanced against need from data provided and making every attempt where possible to cover the strategic priorities for the Outer Hebrides ADP. However, the OHADP does not have the financial capacity to fund all aspects of alcohol and drug services throughout the Outer Hebrides.

Following a transparent funding process the following services have been funded by the ADP for services to meet their strategic priorities:

Funded for 2013 – 2015 Top Sliced:

- ADP Support Officers
- Travel and Subsistence
- Partner Service Delivery, Substance Misuse Coordinator Uist & Barra
- NHS (BI's: Alcohol Liaison Nurse, Well North, GPs Enhanced Contracts, Data Collection)

Funded for 2013 – 2014:

- CnES - Drug Support Worker
- CnES - Alcohol Support Worker
- CnES – Outreach
- NHS WI – Community Nurse (Alcohol Misuse)
- NHS WI – CAMHS

Wendy informed the group that the decision had been taken last year by ADP Members that the services funded for 2013-14 would not receive funding from the OH ADP past funding term 2013-14 as it was suggested to NHS WI and CnES that if worthwhile the services be taken on as core services for the organisations.

Funded for 2013 – 2015: dependent on services meeting their SLA's:

- Hebrides Alpha Trading CIC
- Hebrides Alpha – Supported Accommodation

- Substance Misuse Partnership, Uist & Barra:
 - CnES – Radical Project
 - Community Home Detox Fund (Uist & Barra)
 - Uist Services
 - Barra Services
 - Caraidean Uibhist
 - Cothrom
 - The Caladh Trust
- Action For Children - Early Intervention Children & Families Support Service
- Action For Children - Early Years Drug and Alcohol Post
- Action For Children - Early Intervention Young Person's intervention Worker
- Crossreach - Housing Support Service

4.3 TRAINING UPDATE

The Outer Hebrides ADP has enlisted the Scottish Training on Drugs and Alcohol (STRADA) partnership to run a number of courses in the Outer Hebrides in 2013/14:

Course	Location / Venue	Dates
Introduction to Motivational Interviewing (2 day)	Stornoway	7th & 8th May
Introduction to Motivational Interviewing (2 day)	Balivanich	14th & 15th May
Motivational Interviewing Practice Based Workshop (3 day)	Stornoway	12th, 13th June & 1st Aug
Introduction to Substance Misuse (1/2 day)	Balivanich	23rd Aug
Introduction to Substance Misuse (1/2 day)	Stornoway	19th Nov
Working with Drug and Alcohol Users (4 day) Note: STRADA open bookings for 2014-15 around October/November and Dates for Uist & Barra TBC then.	Stornoway	13th,14th, 20th,21st Feb 2014

Those in attendance were informed the OH ADP hopes to bring all funded services up to the same level of training so a service user can expect the same level of training in whichever funded service they attend.

Wendy advised that training was still owed by STRADA for a course previously undertaken by STRADA for the OH ADP which did not meet the outcomes that were expected.

It was queried, if strategically, funds could be allocated to local trainers, where you could have a small pool of trainers that could train locally. Wendy raised the issue that if you trained local trainers and they left their positions and were no longer able to train you would be in an awkward position. It was suggested it be queried if ADP's will get a budget for

specially commissioning training when STRADA shifts its priority away from workforce development. Karen also advised she was awaiting a response from STRADA re: allocated free training days for the OH ADP.

The Outer Hebrides ADP was invited to attend a STRADA Reference Group Meeting on 25th September 2013 and Karen will be attending as SMDO. STRADA are commissioned by the Scottish Government to provide workforce development activities and are continuously assessing how best their resources could be utilised to support ADP's. In recent years they have noticed a shift in requirements from ADP's and other partners which has seen an increased need in support relating to the development of strategic level workforce development outcomes. ADP's have been asked to attend the reference group to discuss the activities they have been testing in relation to this over the past year and allow ADP's to give feedback to STRADA in relation to ways in which STRADA could support our area at a strategic level.

ACTION: Karen Peteranna/Wendy Ingledew – Check on availability of budget for specially commissioned training.

ACTION: Karen Peteranna – Check on training days allocated from STRADA.

4.4 INFORMATION HANDLING UPDATE

The subgroup was advised that the Terms and Conditions of Grant have been amended to include an 'Information Governance' section and this was approved by ADP Members at the meeting held on 7th May 2013. Training for staff in the purpose of handling and protection of information held can be arranged if required and requested could be made to Karen, SMDO.

5. ADP SUMMER PROGRAMME – INFORMATION ON PROGRAMME OF ACTIVITIES

Karen updated the subgroup on campaigns and summer events undertaken by the Outer Hebrides ADP since the last subgroup meeting in February 2013.

The OH ADP rolled-out the Scottish Government's 'Drop a Glass Size in 2013' campaign. The posters have been displayed over the summer months in licensed premises throughout the Outer Hebrides in toilet cubicle poster frames (which were purchased and distributed by the NHS Western Isles Health Promotion Department) as well as message boards for the general public to see.

The poster was passed round the table.

The Outer Hebrides ADP also issued a drink driving poster campaign 'A Shower Won't Make You Sober' in a number of local papers in August 2013.

The poster was passed round the table

The group were informed that the OH ADP attended the Chill out Tent along with Action for Children and the Outreach project on the Thursday night of the Hebridean Celtic Festival in July. Wendy attended the North Uist Highland Games on the 19th July and Karen attended the South Harris Show on the 30th July 2013. The aim of attendance was to raise the profile of the OH ADP across the Outer Hebrides and promote discussion on alcohol and drug topics by engaging with event attendees, providing information on alcohol and drugs. Karen also joined Smoke Free Hebrides and ASH Scotland on a day of brief intervention

workshops on 2nd August. ASH Scotland undertook smoking brief intervention workshops while Karen undertook alcohol brief intervention presentations.

6. **OUTCOMES DATABASE**

The OH ADP thanked all those who completed their Outcomes Database returns and responded to their individual reports circulated by the Substance Misuse Information & Research Officer and were reminded that funding is dependent upon the ADP receiving the outcomes information requested. Fiona said she was aware there is a lot of information required in completion of the outcomes database but services should only complete what they can and not be concerned about completing every section as it may not be relevant to their service. She advised that they aim to have the outcomes database fit for purpose for every service and are always willing to hear suggestions on how it can be improved.

All services present agreed they had no concerns with the current outcomes database.

7. **ISD SCOTLAND – TO RECEIVE INFORMATION ON ISD DATABASE TO BE ROLLED OUT**

Dr. Mark Johnston joined the meeting via V.C

The group were informed that ISD had been commissioned by the Scottish Government to develop a database that would collect and report on alcohol treatment outcomes, to provide valuable information on those entering specialist alcohol treatment services, their journey through them and their related outcomes. After some careful consideration and a consultation period, it was agreed to expand the remit of this database to cover Scottish Drug Misuse Data (SMR 25a/bs), Drug and Alcohol Treatment Waiting Times (DATWT) as well as the proposed Alcohol Treatment Outcomes data. This all inclusive database will be known as the Drug & Alcohol Information System (DAISy). The DAISy only applies to tier 3 and tier 4 services and when the database is out - in approximately 2 years - it will be the only database tier 3 and 4 services will need to complete. A separate database will be produced for tier 1 and 2 services. Fiona advised the group that she will be available to support services when the shift in databases takes place. Mustapha advised the group that with the shift to the DAISy will bring a change in the Integrated Care Pathway.

Wendy informed the group that draft monitoring forms and outcomes databases had been drawn up and will be approved at the next ADP Members group meeting on 18th September 2013. Following approval, monitoring forms and outcomes databases will be issued to funded services for the first 6 months of funding. The funded services were also informed that the outcomes database had also been amended to include service specific aims and objectives with a traffic light system.

ACTION: Fiona Hall – Email U&B Services re feedback.

8. **NATIONAL DEVELOPMENT OFFICER (Alcohol & Drugs) – Visit to OH ADP**

The Scottish Government's National Delivery Advisor on Alcohol & Drugs, Val Tallon visited the Outer Hebrides ADP at their statutory meeting held on Tuesday 9th July. Karen updated the subgroup on this visit.

The National ADP Delivery Advisor's aim is to support and advise ADP's in the redesign of alcohol and drug provision to form Recovery Orientated Systems of Care (ROSCs), improve service quality and support data analysis to facilitate the former. In visiting the Western Isles she wished to gain a better understanding of where the ADP is in terms of:

- ROSC Implementation
- Use of data to support measurements of recovery based outcomes
- Range of quality services for drug and alcohol users in the area

Val wished to know if there was a joined up system in the Western Isles and the community representative present advised that the Substance Misuse Partnership for Uist & Barra worked very well for the community however there can be issues with Barra and the distance. It was noted that the service is very discreet and that this is essential within a small community. Val voiced to the group that vulnerable people need the most help and what happens within a community can help problem drinkers and substance misuser's live a meaningful life and as a positive members of their community.

Val was keen to understand if Alcoholics Anonymous (AA) and SMART Recovery was integrated into the Outer Hebrides. Wendy advised that AA was not funded by the OH ADP however Caraidean Uibhist was a funded service which is a befriending service and is extremely successful in Uist & Barra. Val agreed this was a useful service as social isolation is a key factor in early killer cases.

Val was advised by the OH ADP that there is a good ethos in the Outer Hebrides that leads and links to peer-led services.

Val advised the group that support for children is key in ROSC and she was keen to know how the OH ADP addressed this locally. Wendy advised that the OH ADP is funding 3 services for 2013-15 within this area:

Action for Children:

- Early Years Drug and Alcohol Service
- Early Intervention Children and Family Support Service
- Early Intervention Young Person Liaison Worker

It was added that the ethos in the Outer Hebrides has been around children prior to the Scottish Government prioritising it.

Val was keen to know how the quality of the service was measured and she was advised that a 'service user form' was in the consultation period and all funded services would have to utilise this.

Val stated that workforce development is key in ensuring the quality of services. Wendy advised that all funded services are on par for the Outer Hebrides ADP, ensuring service users can expect the same standard training level at any OH ADP funded service they attend. It was queried with Val if the Scottish Government had a baseline for training with regards to alcohol and drugs and Val stated that the Scottish Government did not have a position on this and ADP's must take the position on this. The OH ADP suggested a national standard was required from the Scottish Government on training/workforce development and Val take this back to the Scottish Government for discussion.

9. INTEGRATED CARE PATHWAY (ICP)

Mustapha advised the group that he was currently working on a draft copy of the ICP and it was hoped it would be complete to take to the ADP members meeting on 18th September however he thought that it may not be complete and it may have to be taken to the December ADP members meeting instead. Wendy advised Mustapha that if it was going to the 18th September meeting and the deadline for submission to the ADP was 4th September 2013.

Mustapha advised the group that the ICP will bring together all documents/forms used by CnES, NHS and the third sector to ensure that all services are using the same documentation and tools. Mustapha advised that it is hoped the ICP will be in paper and electronic form.

Wendy shared with the subgroup that the OH ADP had confirmed in writing that they would provide Mustapha with an upper limit of £2,000 for expenses for working on the ICP.

10. ADP ANNUAL REPORT 2012-13 – TO UPDATE SUBGROUP ON TIMETABEL RE: SUBMISSION OF ANNUAL REPORT TO SCOTTISH GOVERNMENT

The subgroup were informed that the draft annual report was now complete and had been sent to ADP members for review and comment. All comments must be submitted by 30th August 2013 and the final copy of the annual report will be sent to the Scottish Government prior to the deadline of 15th September 2013.

11. AROUND THE SERVICES – UPDATES FROM SERVICES

11.1 SUBSTANCE MISUSE PARTNERSHIP FOR UIST & BARRA (SMPUB)

Donald John advised the group there was a need for a youth cafe identified in Balivanich and RADICAL would provide half the funding for this project.

Mustapha added that the youth cafe project was a multi agency approach from the Substance Misuse Partnership for Uist & Barra. A survey was completed by 71 young people and on the whole good feedback regarding the project proposal was found. The young people would have a say in the location of the youth cafe by sitting on the focus group and they are willing to assist in the set-up of the cafe. It was decided the first session would take place on a Friday night at An Caladh. There is already a cafe facility and games there so it was the obvious option. Mustapha stated that one of the benefits of being a partnership was they received all the information from the set-up of the Barra Youth Cafe which has meant less time has been spent on set-up meaning the cafe can be up and running sooner.

Karen Mackinnon provided the group with an update on Barra services. She informed the group that she has seen an increase in referrals for substance misuse issues in the past 6 months. They are involved in early intervention work through the mother and toddler group. Karen is in partnership with Community Education in conducting workshops in schools over a 5 week period including topics such as life skills and leaving home. Mustapha added that through the partnership the same schools programme is able to be used in the Uists.

Karen advised the group that the youth cafe will be open over the winter period. There is a drop-in service 1 day per week for people with alcohol and drug related issues. Unfortunately their current premises are not suitable as a drop-in so they undertake home drop-ins.

An update was provided on An Caladh. It was thought that having the cafe was a mistake for the drop-in service. It brought commercial competition into the service which did not have a positive impact on service users. They also struggled to get the balance right between staff and service users, with there being too many staff; however this situation has improved recently. An Caladh had also struggled with logistics due to the absence of a manager. Karen Mackinnon advised the group that she anticipated facing similar logistical issues with the Barra service.

Sheena shared with the group that community events have been arranged by Caraidean Uibhist and these events are open to everyone so no stigma is attached. This encourages social engagement and allows people to make connections and friends within their own community. There is a programme scheduled for autumn and winter which includes coffee mornings and reminiscing sessions. They have received great feedback and do not have enough resources to keep up with demand. The service has moved to 23 Winfield Way and is sharing a building with Colin and Volker of the SMPUB. From this move they have gained a room and this allows for more activities with clients. A links cafe has been introduced for carers. This will work as a focus group and will assist in the development of the service. A need for a befriending group has been identified in the Balivanich area.

Mustapha provided an update for Colin Biddulph, Substance Misuse Support Worker, in his absence. Colin has been organising conflict resolution training for proposed door stewards with the emergency services. From this training the Licensing Board can insist that a member of this pool of people attend an event as a door steward knowing they have the minimum training requirement. The draft proposal has been complete and sent to the emergency services for review. It was acknowledged by the group that this piece of work has been substantial and will have a positive impact on the community.

Mustapha shared with the group that they are exploring the need for a supported accommodation unit locally. Unfortunately the land initially earmarked for such a development was rejected planning permission as there is a flood risk.

Volker suggested accessibility of services had improved with the full time Administrator being in post as there is always someone in the office to answer the phone or answer the door. The group were informed that the Partnership had applied for charitable status. The Administrator is actively promoting the service through their website, local media and information leaflets.

Mustapha advised the group that the Partnership made use of the food bank situated in Stornoway and the goods were delivered by Grill Burger. The food bank has agreed to allow the Partnership a stock of essentials in Uist and Mustapha informed the group this would be held at An Caladh. Karen advised the group that Citizen's Advice Bureau have a food bank stock in Barra.

Norrie advised the group that the CPN post in Barra was made vacant again and interviewing was taking place this week.

In Barbara's absence Marion Matheson updated the subgroup on Cothrom business. She advised a successful garden project was taking place on Tuesday which involves both learners and clients. A life skills class would be starting in the following weeks. There is a cafe on Wednesday afternoon which incorporates life skills. The restoration project is an ongoing project and this is undertaken 2 or 3 days per week. A young mums group has started in Lochboisdale and it is hoped this could move to the Cothrom premises in the future. Transport could possibly be made available as public transport is not ideal for this group.

Wendy reminded the Partnership that prior to the 2nd payment of funding from the OH ADP they are required to show - through monitoring and evaluation - that the Partnership is in fact working as a partnership as this was a concern raised by OH ADP members during the funding allocation meeting and the Partnership were notified of this by letter issued 2nd April 2013. Mustapha advised that all partners are involved in all parts of the partnership.

12. AOCB

12.1 FUNDED SERVICE VISITS

The group were advised a timetable for funded service visits was being progressed. An ADP member and ADP support staff will join together to visit each funded service. Lewis and Harris members and support staff will cover the Lewis and Harris services and a Uist & Barra member will join the ADP Coordinator to the Uist and Barra funded service visit.

12.2 INTERNATIONAL FETAL ALCOHOL SPECTRUM DISORDERS (FASD) AWARENESS DAY

The group were advised that the 9th of September was International Fetal Alcohol Spectrum Disorders (FASD) Awareness Day. A toolkit had been submitted to Wendy from the Scottish Government and she would be distributing it to suitable departments/organisations.

12.3 DR. BIRD'S CONCERNS

The group were advised Dr. Bird had emailed his concerns on excessive drinking and anti-social behaviour in Calabhaigh, Lochboisdale, Isle of South Uist. He wished to know if a multi-agency approach could be organised to tackle these issues. It was voiced that there seems to be a trend of drinking with neighbours in each other's homes and there are a number of families involved with young babies which is a great concern. It was thought that as HHP has shifted to a more commercial stance this has been a contributing factor to a concentrated area of disruptive tenants. It was suggested that non-problem drinkers will refuse a property beside a number of problem drinkers however a problem drinker would likely accept the property. It was voiced that people who are unemployed tend to sleep late in the morning and will be up late in the evening, disrupting neighbours that are employed. With staggered benefits a group of problem drinkers can and are known to buy alcohol for the group rather than each other so alcohol is available the duration of the week rather than on and around their own benefit payment day. It was also suggested that when people are entering each other's houses for this purpose regularly the risk of medication being stolen or sold is higher.

Concerns were also raised of the possibility of a pharmacy being introduced to the Uist's as it would issue methadone and this has been known to created an influx of methadone users in the past in other locations.

The group felt that a multi-agency approach would be most effective in this situation and most agencies that should be involved were.

13. DATE OF NEXT MEETING

(It was suggested the next Uist & Barra Subgroup meeting take place early 2014, possibly February. Karen would update the group when a date had been set.)

END