



# Outer Hebrides Alcohol & Drug Partnership

## FINAL

Lewis & Harris Subgroup meeting

Date: Tuesday 2<sup>nd</sup> September 2014

Time: 1pm-3pm

Venue: Stornoway Police Station

### Present:

Hector Macleod  
Del Gunn

Donna MacLennan  
Mairi Campbell

Murdo MacIver

Naomi Zimmerman

Magaret Ralston

Maggie Macleod

Robert Sinclair

Stuart Simpson

Shona Macleod

Chris Mina Morrison

Chief Executive Third Sector Hebrides  
Catch 23

Housing Support Worker, Dochas  
Job Centre Plus

The Shed, Martin's Memorial Church of Scotland

Early Intervention Worker, Action for Children

Early Years Worker, Action for Children

CAMHS, NHS

Project Manager, Hebrides Alpha Trading

Drug Support Worker, CNES

Hebrides Alpha Supported Accommodation

Community Nurse (Alcohol Misuse), NHS

### In attendance:

Suzanne Macaulay (Chair)

Fiona Hall (Note taker)

ADP Development Officer, NHS WI

Substance Misuse Information & Research Officer,  
NHS WI

### Welcome

Suzanne Macaulay (chair) welcomed all present at the subgroup, thanking them for their attendance.

#### 1. Apologies

Apologies were received from Elizabeth Shelby.

#### 2. Minutes of meeting held on Wednesday 3<sup>rd</sup> July 2013

The minutes were approved as read.

### **3. ADP Update**

#### **3.1 ADP Committee membership**

The chair informed the group that Dr Maggie Watts, the Director of Public Health for NHS Western Isles has been appointed as the Vice Chair of the Outer Hebrides ADP in the interim. The Outer Hebrides ADP is currently revising their governance procedures and this will be discussed by the committee at the meeting due to be held on 17<sup>th</sup> September 2014. The committee are looking to review the criteria for the appointment of Chair and Vice Chair, which currently states that both must sit on the Community Planning Partnership. Services will be informed of any changes.

#### **3.2 ROSC/Commissioning**

The group were advised that current Scottish Government guidance states that ADPs should be developing Recovery Orientated Systems of Care (ROSC) with service users at the centre. This goes hand in hand with the commissioning of services. At the last ADP Meeting in June 2014, Val Tallon, National Development Officer gave a presentation on ROSC and Commissioning of services. The ADP agreed to defer a decision regarding how to take this forward to the next meeting in September. The ADP will be looking at this and making decisions on how services are going to be developed, the future and direction of the funding process. It is not anticipated that there will be any immediate effect on services and they will be kept informed of the decisions made.

#### **3.3 ADP Annual Report 2013-14**

The chair informed the group that the Outer Hebrides ADP Annual report for 2013-14 has been submitted to the committee members for review and comment. The report will be submitted to the Scottish Government by 15<sup>th</sup> September. Following submission the report will be available to funded services on the Outer Hebrides ADP website.

The chair also informed the group that the ADP are in the process making changes to the website and once this has been done the website will include an up to date list of services and reports. It is hoped that these changes will have taken place by the end of the year.

#### **3.4 Funded service visits**

The ADP support staffs carry out service visits each year with all funded services. This provides an opportunity to discuss progress made against their SLA, activities that have been carried out and the reports that are submitted to the ADP. It also gives services an opportunity to discuss any changes to their SLA. Service visits were carried out during May and June and all were very positive and there were no issues highlighted. A report has been written and will be submitted to the ADP at the meeting on 17<sup>th</sup> September.

### **4. Training**

#### **4.1 STRADA**

In the past the ADP were able to access free training from STRADA, however, due to organisational changes within STRADA, the allocation of free of this free training has

been reduced nationally. STRADA used to provide 11 days of training a year however; this has now been reduced to 4 days a year. As a result, ADP support staff are looking into all options for the delivery of future training.

The ADP have enlisted STRADA to run a 'Children and Families Affected by Parental Substance Misuse' (2 day) course. This will be run in Stornoway on 3<sup>rd</sup> and 4<sup>th</sup> March 2015. The Chair advised the group that if staff would like to attend the course they can register on the STRADA website. The group were all encouraged to attend, particularly funded services with SLAs which contain an agreement to attend ADP training.

#### **4.2 Scottish Recovery Consortium**

The ADP enlisted the Scottish Recovery Consortium (SRC) to run a 1 day 'Recovery Matters' workshop which took place in Stornoway on 25<sup>th</sup> August 2014. The workshop was free to all attendees and was well attended. Following the evaluation of the course the ADP will look into the possibility of booking further training in the future. The group were asked to go onto the SRC website and to contact Karen Peteranna if there were any courses of interest to them. The Chair informed the group that they also provide lunchtime seminars on substances and recovery which may make it easier for staff to attend. The ADP would try to incorporate this into the training plan for 2015-16.

#### **4.3 Scottish Drugs Forum**

Staffs from funded services have requested training on New Psychoactive Substance/Legal Highs. Therefore, the ADP has contacted the Scottish Drugs Forum (SDF) to deliver future Legal Highs Training in 2014/15. The SDF Development Officer will carry out a local learning needs analysis with staff to establish needs and key areas identified will be included in the 1 day training day. The needs analysis should take 2 weeks from start to finish. The Chair asked the group to ensure that they complete any surveys that are sent by the SDF Development Officer or ADP support staff.

The Chair asked the group if there was any other training they would like to see delivered. Chris Mina Morrison stated that it would be useful to re-run the Blood Borne Virus (BBV) training which was delivered last year and also stated that it may be useful for ward staff to attend to. Robert indicated that he would also be interested in this training. It was suggested by the group that SDF may run this training and a query was raised if it may be possible to include it within the SDF training on legal highs.

**Action: Suzanne Macaulay to enquire about BBV training with Isabel Steele, Health Promotion and/or Scottish Drugs Forum Development Officer**

Shona Macleod expressed that she liked the SRC training as it focused on recovery as oppose to addiction and suggested that training on Solution Focused Therapy may be beneficial as it would be compatible with the recovery focus. She has looked into this and Robert Gordon University stated that they would provide a 2-day training course for £2,500; however they have since withdrawn this offer. She felt that this training would be beneficial to frontline staff. Maggie Macleod informed the group that there were no local Solution Focused Therapy trainers; however there is a Solution Focused Network website which is useful. This therapy works well with young people and adults and can be done in 3-6 sessions. Staff would need to be accredited to deliver the therapy however it is a good model that can be used with other therapies i.e. CBT. Chrismina Morrison and Stuart Simpson both expressed an interest in this and it was suggested that those nurses who have already received this training could be approached about delivering an awareness session to interested staff.

**Action: Suzanne Macaulay to look into options for Solution Focused Therapy training; is it required and whether staff can be supported to access it**

## **5. ADP Campaigns**

The Chair informed the group that the ADP have a plan of future campaigns as part of the Support Team Action Plan for the coming year which will include a Fetal Alcohol Spectrum Disorder (FASD) awareness day on 9<sup>th</sup> September and a winter campaign. The Chair requested that services get in touch with suggestions for these campaigns in order to ensure that emerging trends and issues in the community are being targeted and addressed as the ADP wants to ensure that they are meeting the needs of the local community and that campaigns are targeted effectively.

### **5.1 Summer Campaign update:**

A summer safety campaign was launched across the Outer Hebrides by the ADP and NHS Health Promotion over the summer months. This was done in partnership with the Harris Tweed Hebrides Tattoo and local licensed premises. In response to concerns about ID checks, publicity was developed which clearly show what forms of ID are acceptable. These posters also had a wipeable section to show the latest date of birth cut off dates as a quick reference guide for bar staff. These posters were issued to all licensed premises and shops selling alcohol across the Hebrides.

'Summer Safety Guide' posters and leaflets were also distributed along with a range of promotional items including ponchos, bottled water and flip flops all stamped with safety information which were distributed by partner agencies such as Action for Children, Martins Memorial Street Pastors and CnEs Community Learning and Development staff in Lewis and Harris after hours in Stornoway town centre, at community dances in Harris and during the Tattoo Hebrides events. A Hebridean Mocktail was developed in partnership with the County Hotel and promoted through a range of licensed premises. The ADP hopes to use these mocktails again in the future to promote alcohol free alternatives.

Local launches for the Summer Campaign took place in Lewis, Harris, Benbecula and Barra, as well as on the Isle of Lewis ferry. Information was publicised across Caledonian Macbrayne premises and ferries by HIAL at Stornoway, Uist and Barra airports. The ADP would like to thank all partners who helped with this campaign.

### **5.2 Winter Campaign Planning**

The ADP has a range of promotional items which will be used to promote the planned winter campaign. These include pocket hand warmers, key ring torches and key ring reflectors which are aimed at helping people get home safely during the festive period.

The ADP has 2 new pop up banners (one for Lewis & Harris and one for Uist & Barra) which contain a drink driving message, specifically, the effect that alcohol can have on you the following morning. The banners can be borrowed, with prior arrangement.

ADP Support staff are currently planning a winter awareness raising campaign. This will include a focus on stimulants and will be promoted in all settings. Suzanne asked the group to contact Karen Peteranna if they would be able to help with the promotion of this campaign or if they had any additional ideas for the winter campaign.

Magaret Raltson informed the group that she has promoted the mocktails to her Scottish Slimmers group and has also distributed the unit cups and calorie counters to group members. However, she has run out of the unit cups and calorie counters. The Chair advised the group that all agencies can access free resources, including these cups, from the Drink Aware Website as agencies receive £80 credit upon registration with the website.

### **5.3 Fetal Alcohol Spectrum Disorder (FASD) Awareness Day – 9<sup>th</sup> September**

The ADP support team will be promoting Fetal Alcohol Spectrum Disorder (FASD) Awareness Day on Tuesday 9<sup>th</sup> September. The aim is to show that alcohol and pregnancy do not mix and that no amount of alcohol during pregnancy is safe. Inputs will be carried out with S5 pupils in the Nicolson Institute as part of an early education approach. This will include a demonstration on the effects of a small amount of vodka on an egg to show the damage alcohol can cause to unborn babies. In addition to this, they will also be carrying out a Pregnant Pause activity with pupils. FASD training resources will be promoted throughout September to health staff and midwives, with all materials available on the ADP website [www.outerhebadp.co.uk](http://www.outerhebadp.co.uk)

## **6. Funding**

### **6.1 2014-2015 funding**

The chair informed the group that through the Service Provider & User Survey (which was completed at the beginning of 2014) a need had been identified in Lewis for drop-in services. Based on this information, funding was advertised in the local press and the successful bid came from Martin's Memorial Church of Scotland who received funding for a new Drop-in service at The Shed. Murdo MacIver advised the group that the new Shed premises were completed in May 2014 and will be opening as a drop-in for people affected by alcohol and substance issues in September. Staff will provide support but not counselling services, they will instead signpost service users to other counselling agencies. The drop-in will run on a Monday, Tuesday afternoon and Friday evening. The service users must be alcohol-free on the day they attend so that they do not compromise other service users and anyone aged 18+ years is welcome.

The Chair informed the group that two additional projects had also been funded in Uist & Barra from an underpend in this area. These projects are a Film Project and the Men's Shed service. If any of the group felt that there were any other gaps in local services they were asked to highlight these to the ADP to aid future planning.

### **6.2 2015 onwards**

Suzanne advised the group that the ADP have not yet received information from the Scottish Government on funding for 2015 onwards. Future approaches to funding will be discussed at the next ADP meeting on 17<sup>th</sup> September 2014. Suzanne acknowledged the difficulties experienced by services in relation to short term funding, especially when staff posts are reliant on this funding and reminded services that the current ADP funding will end in March 2015 so it is important that services continue to source future funding from elsewhere. The ADP support staff are available to support agencies with funding applications, where appropriate, and local substance related information and statistics are available on the ADP website to assist agencies with evidence for funding applications.

### **6.3 Scottish Recovery Consortium (SRC) – Recovery Initiative Fund**

The Recovery Initiative Fund (RIF) offers small grants directly to independent recovery groups that work in their communities to build and sustain long term recovery from addictions to drugs and alcohol. The RIF can help make ideas come to life with one-off grants of up to £1500 to pay for costs and resources. This is aimed at Independent Recovery Groups and further information can be found on the SRC website.

## **7. Update from services**

The chair advised the group that the purpose of the service updates was to inform each other about work taking place locally and to assist services to work together. In order to assist this and in response to feedback from services, a networking day has been organised for Wednesday 8<sup>th</sup> October 2014 in Leverburgh (starting at 9am and finishing at 1.30pm). This will offer local substance services an opportunity to network informally with other services from across the Outer Hebrides. Each service will be asked to have a stall detailing who they are, where they are based, how they receive their referrals and how they fit within the recovery pathway. There will be a short presentation to begin with showing what is happening across the Outer Hebrides but the ADP hope to keep the day as informal as possible to allow interaction between agencies. It is hoped that all agencies will be able to attend.

Following the event the ADP hope to produce a leaflet containing information on all services; this will be made available in GP surgeries, waiting areas and other settings. ADP support staff with further details in September.

- **Drug Support worker, CNES:** Stuart informed the group that he does 1:1 work and has a current caseload of approximately 30 services users. There are a high number of referrals, as one client is discharged, another referral will come through. He is not seeing much legal high use but has found that people are going back to the more 'traditional' methods such as the use of valium. However, clients are reporting a local short supply of valium at the moment. Stuart also informed the group that his colleague, Kareen Macleod – Alcohol Support Worker, will be absent for 4-5 weeks and he will be taking on some of her caseload.
- **CAMHS, NHS:** Maggie informed the group that CAMHS no longer receive ADP funding but she continues to report to the ADP and attend the Sub Group in order to network and to ensure joint up pathways exist. There have been changes in the police, education and social work which have caused problems with the Cause for Concern referrals and work in this area has currently come to a standstill with CAMHS. There had been a local arrangement which involved the police passing on the details of any young person who was picked up under the influence of alcohol at the weekend to the Cause for Concern meeting. If the young person was already known to a service then that agency would deal with it, however if they were not involved with any agency then CAMHS would get the referral. However, since the introduction of Police Scotland all referrals are being dealt with in Inverness. Since this new arrangement came into place, CAMHS are no longer receiving referrals and do not know where these referrals are now being dealt with, or if they are being dealt with at all which CAMHS staff are extremely concerned about.

Suzanne informed the group that following similar concerns being raised by a further 2 agencies, she has made enquiries regarding these concerns. Once the ADP receives a reply, services will be updated. It was suggested that it may be useful to

organise a meeting with the Outreach Project, CAMHS and Action for Children to discuss this and any future response.

Maggie Macleod advised the group that in December 2013 she received 22 referrals and since then there have been none. She stated that there is a need for a joined up look at how young people are accessing services and if their needs are being met.

**Action: Suzanne Macaulay to contact ADP reps on relevant agencies for a response to initial query regarding Cause for Concern enquiries and feed this back to CLD Outreach Project, CAMHS and Action for Children.**

- **Early Years Worker, Action for Children:** Margaret informed the group that she is currently working with 12 children and their families and her project is busy and working successfully. Referrals are received from social work, health visitors and self referrals for children aged pre-birth to 8 years, including children on the Child Protection Register. Margaret reported that everything is going well within the service.
- **Early Intervention Worker, Action for Children:** Naomi informed the group that she works with young people aged 8 to 18 years. She has 9 ongoing service users and has found that referrals have been quite slow due to the referral issues raised by CAMHS with Police Scotland. Naomi has been working alongside Heather Crosbie, Young Person Liaison Worker at the weekends over the summer. Naomi advised the group that she uses a Drink Aware package and an online drug package in her work with the young people. Although the majority of young people she is working with only drink alcohol, she is working with one young person who uses Class A drugs including ecstasy and MDMA. Naomi had been doing work in the schools but this has now stopped.

The Chair informed the group that the ADP is looking to develop an education/training subgroup. Currently the levels of alcohol and drug education vary from school to school. However, Community Learning and Development (CLD) in Stornoway and the Substance Support Worker in Barra have developed an education packs, the CLD pack is aligned with the Curriculum for Excellence and there is a plan to look at whether a joined up version of these packs can be rolled out across the whole of the Outer Hebrides to ensure all school pupils are receiving the same level of alcohol and drug education. It is proposed that the new education/training subgroup would include representatives from education, sexual health and head teachers but will be discussed at the next ADP committee meeting and developed in this forum. The Chair asked group members to forward any suggestions for the group on to Karen Peteranna.

Naomi provided a short update on the work Heather Crosbie, Young Person Liaison Worker, has been doing. Heather has been continuing to deliver the service at weekends and has been busy, she has found that all the young people are engaging well with her. She also hopes to link in with The Shed once it is up and running.

- **The Shed, Martin's Memorial Church of Scotland:** As well as the activities previously mentioned, The Shed are providing a youth drop-in and are looking to work in partnership with Action for Children.

Murdo informed the group that on Saturday 13<sup>th</sup> September The Shed hope to take their mobile football pitch into town to engage with the young people, as an early intervention measure. The Shed have also produced leaflets to promote their

services and are having an open day at The Shed on Monday 8<sup>th</sup> September. All members of the group were invited to the open day.

Murdo informed the group the support workers were welcome to come along to the drop-in with their service users to offer support in an informal setting.

- **Hebrides Alpha Trading:** Robert informed the group that Hebrides Alpha Trading is continuing as before. It provides therapeutic employment to those aged 18+ years for 2-3 days a week. They are focusing on window cleaning, gutter cleaning and recycling. They currently have 11 service users, aged between 23 years – 56 years. The service users are mostly men but also cater for females. Hebrides Alpha is looking for funding but is getting closer to being self financed. Robert informed the group that Hebrides Alpha are now making clocks made out of pallets which is more suitable for those who less able. Hebrides Alpha Training has received funding from Comunn Na Gaidhlig (CNAG) and clocks display the lettering '*Leodhas agus Na Hearadh*'. These clocks are going to be for sale in Stornoway town centre during September and it is hoped this will be a new direction of work.
- **Community Nurse (Alcohol Misuse), NHS:** Chris Mina informed the group that she has seen 44 service users since March, only 2 of which were returning service users. Chris Mina continues to offer community detox and recently there have been a number of family issues that have needed to be dealt with, this means working with health visitors, social work and midwives. Chris Mina also informed the group that she works closely with Hebrides Alpha, the Alcohol Support Worker and the Drug Support Worker. In the past most referrals have come from GPs but recently there have been more self referrals from people who have heard about the service from those who have used it in the past or else the family have contacted Chris Mina directly.
- **Job Centre Plus:** Mairi informed the group that they signpost to all services depending on the services users issues and commented that it was useful today to hear what all the services are doing. Mairi advised that she will try to attend the networking day.
- **Housing Support Worker, Dochas (Crossreach):** Donna informed the group that this is a new service which offers support to those that are homeless. A couple of the service users have moved on to their own tenancies, however she is still offering them support. A number of the service users have now moved in to the new homeless hostel which has recently opened. At the moment Donna is only getting referrals from the homeless service, which was slow to begin with but are picking up now.
- **Catch 23:** Dell informed the group the there have been 6,000 drop-ins to Catch 23 this year so far, with 150 service users. Catch 23 have seen more clients with alcohol related issues since the Lifestyle Centre shut down. This comes with its own behavioural issues.

Catch 23 is open to anyone over the age of 18 years, at the moment the youngest service user is 17 and the oldest is 77. They do activities such as arts, gardening, internet and writing. There is 1 full time member of staff and 6 part time members of staff, most of who are in recovery themselves. Catch 23 is a service user group where the service users decide what they do. Dell informed the group that they have



had to ban some service users due to their alcohol use and behavioural issues. This was due to the fact that it was affecting some of their other service users.

Del advised that the workers at Catch 23 would appreciate some more alcohol and drug training and the Chair advised that as previously agreed, ADP support staff can deliver training if requested and asked that Del get in touch to confirm staff training needs.

Maggie Macleod discussed the needs of local people with Asperger's Syndrome and Autism – CAMHS only deal with service users under the age of 18 years but following that there are limited adult support services available and therefore CAMHS find it difficult to move these service users on to appropriate support. Del informed the group that Catch 23 would offer support to these service users. Del discussed the difficulties of providing a service to all people who wish to access it while ensuring it is a safe place for all service users and that in recent years staff are dealing with increasing issues of alcohol and drug use of service users which they are not always trained in dealing with.

The Chair asked that any gaps, like this one, be fed back to the ADP support team so that it can be highlighted to the committee and used to inform future planning.

- **Third Sector Hebrides:** Hector thanked the ADP for inviting him to the subgroup meeting as he is new to post. Hector informed the group that he aims to ensure that Third Sector Hebrides focuses on the social enterprise element in the future. In the past STARAN had been the main focus, however, there been low numbers of new service users for quite some time so Hector is keen to develop this. Hector informed the group that the Befriending service has started up again and that they have been receiving referrals but are experiencing difficulty in recruiting befrienders. Hector advised the group that is keen to develop Third Sector Hebrides with a focus on the social enterprise element.
- **Hebrides Alpha Supported Accommodation:** Shona informed the group that she had come back to work 5 weeks ago after having been off work for a period. There are currently 2 residents in the accommodation and another resident has recently been asked to leave after having relapsed for a third time. This client was an alcohol and drug user, and although they have been drug free for 3 months, they had used a small amount of alcohol while resident and therefore had to leave. Hebrides Alpha Supported Accommodation is however still supporting this person in the community. Shona informed the group that there are currently two people who may move in to the accommodation and another 3 people that they would like to see move in. The current residents have stated that they would like to stay in the accommodation for 12 months. Staff are happy about this as this is likely to improve the outcomes for the service users, however it does mean that they will only be able to accommodate 6 residents during the year.

The service follows a 12-step programme as well using motivational interviewing and cognitive behavioural therapy (CBT). The programme has a Christian based ethos; however they have also developed a moderate programme for those who aren't comfortable with the Christian ethos. They also hold AA meetings, attend Road to Recovery meetings and work closely with the Community Detox Nurse.

Shona informed the group that they are looking to develop a horticulture group as the service users are keen to use some the ground around the accommodation. They

have asked the local grazings committee if they use a portion of land. They hope to keep chickens, cut peats, develop Poly tunnels and ultimately sell their produce locally. Over the last 2 years residents have cut their own peats and this year they offered the peats to the public for a small donation. This was hugely successful and they still have 1 bank of peats left to take home and hope to offer these to the public too. Shona also informed the group that they have been invited to join the local growers association and to sell their produce in the town centre.

Shona wanted to thank the ADP for their continued support and funding.

## **8. AOCB**

The chair informed the group that the subgroup governance papers were last revised in 2009 and asked the group if they agree with reviewing the papers at the next meeting. The group were asked to review the governance papers prior to the next meeting and suggest any changes to the remit and membership of the group during this meeting. Any suggestions or comments should be sent to Karen Peteranna and this would then be discussed at the next subgroup meeting.

**Action: ADP Support Team to email the governance papers to all subgroup members prior to the next meeting.**

The chair informed the group that the ADP had received a request from Steve A, Narcotics Anonymous (NA), to join the ADP Lewis & Harris Subgroup. The group took a vote and all members were for, none against. Shona asked if a representative from Alcoholics Anonymous (AA) should be invited to join the group. The group agreed to this and Shona offered to speak to someone from AA's about this. Suzanne Macaulay will take this to the next ADP meeting.

**Action: Suzanne Macaulay to raise proposed revisions to Sub Group membership at the next ADP meeting, following discussion with APD committee.**

**Action: Shona to check if the AA group would be interested in appointing a representative to be nominated for ADP Lewis & Harris Subgroup membership.**

## **9. Date of next meeting**

The date for the next meeting will be Wednesday 18<sup>th</sup> February 2015.