

Outer Hebrides Alcohol & Drug Partnership FINAL

Outer Hebrides ADP Members Meeting

Date: Wednesday 18th June 2014, 1200 - 1600

Venue: University of Stirling, Western Isles Hospital, Stornoway

PRESENT:

Maggie Watts

David Blaney

Isobel Mackenzie

Michael Stewart

Mairi Bremner

Director of Public Health, NHS WI (Acting Chair)

Chair of Licensing Board, CnES

Housing Strategy Officer, CnES

Criminal Service Justice Manager, CnES

Community Representative

IN ATTENDANCE:

Wendy Ingledew

Fiona Hall

Suzanne Macaulay

VT Tallon

ADP Coordinator, NHS WI

**ADP Substance Misuse Information and Research
Officer (SMIRO), NHS WI**

ADP Substance Misuse Development Officer, NHS WI

**National Alcohol and Drugs Delivery Advisor, Scottish
Government**

NOTE TAKER:

Karen Peteranna

ADP Administrative Assistant, NHS WI

1. APOLOGIES

Apologies were received from Gordon Jamieson, Gordon Macleod, Marine Munro, Mary MacInnes, Mairi Campbell and Donnie Mackenzie.

Maggie Watts (MW) was acting Chair as Gordon Jamieson was not in attendance.

2. VISIT BY Dr VT TALLON, NATIONAL DEVELOPMENT OFFICER, ALCOHL AND DRUGS

Val Tallon (VT) started her presentation on Recovery Orientated Systems of Care (ROSC) by advising that the Road to Recovery was launched in 2009 and there is nowhere in Scotland which has got this right. She first discussed the system lined approach which includes pubs, criminal justice, acute, communities and families. She advised that most treatment services provided a half hour appointment once a fortnight however more was required in the community. It is known that services don't always connect with each other.

VT discussed 'The Commissioning Cycle'. She advised that the Outer Hebrides ADP must be able to segment their population and need to understand (like the rest of Scotland) why a large number of people leave acute services with alcohol and drug problems. MW advised that geographically small segments don't work. VT agreed locally you have to get behind the

statistics and know that the most at harm is your starting point. The Outer Hebrides ADP needs to know their population and deal with the issues of the Outer Hebrides. Michael Stewart (MS) advised that there was an issue with gap analysis with a reduction in service due to a lack of time. VT agreed this was a national struggle.

VT advised that ROSC comes from service users, people in recovery and their families and they need to be involved in the design of services. This is not a quick process and is a cultural shift. Service users need to have a purpose and a safe place to live; this is the starting point and is of more importance than addressing the substance misuse issues initially. It is important to look at the person as a whole and not pigeon-holing people because alcohol and drug problems do not happen in isolation.

At the heart of ROSC is peer support. People attending 12 step mutual aid programmes are a group of people who are looking to give back. Wendy Ingledew (WI) advised involving peers locally is a struggle. MW advised they have a successful recovery model in Ayrshire and Arran and they managed to get peers onboard in their masses. You are required to get everybody thinking the same for things to turn around. Due to the contagious nature of recovery people are more likely to recover if their peers have.

It was agreed cementing partnership working is key. MS advised that the ADP do have the skills and knowledge however they do not have the time. It was queried if the support team should be released to have better links with homeless services etc however it was felt it didn't make sense to duplicate where ADP members are already attending and linking.

VT discussed 'recovery capital' and explained this is networks of people, individual skills, health etc. It's all the positive things people bring.

The 'life coach perspective' was discussed. Children are at the heart and centre of the early years agenda. Alcohol and drugs tend to be used to address trauma in adolescence. Housing appropriately trained people in places such as churches etc ensures that there are suitable people available to discuss issues when they reach their 20's.

The Treatment Process Model was discussed. This is made up of 3 phases which workers should focus on:

- Phase 1 Treatment engagement and motivation
- Phase 2 Building psychological resources and skills
- Phase 3 Recovery and Reintegration

Clients say therapeutic relationships are the highest driver to recovery. A good therapist will encourage positive engagement and move people forward rather than staying static or back. It was also noted the higher the recovery capital the less need for specialist services.

VT advised it can take 3 to 5 years to see that change in recovery locally with the process possibly taking 5 to 10 years in the Outer Hebrides. MW also advised it may take 3 years to get addiction services onboard. The key stakeholders should be the CPP, service users and lived experience.

MS advised he has seen an evolution in the past 4 to 5 years however people protect their own service because they think it may be at risk of being withdrawn and there is also a fear of change. VT advised that if service users are rightly at the centre of ROSC, no one can argue with the voice of the service users.

The JSC Team was discussed. It must be decided firstly if this is a fixed or project based. They must have technical (needs, research, procurement) and field credibility between them e.g. NHS and local authority.

Meaningful engagement was discussed and using the Volunteer Centre was suggested. It was suggested that there should be an incentive for service users to get involved with ROSC. Becoming a 'recovery champion' was suggested however MW felt there should be more than this while remembering that funding is constrained and the right choices need to be made.

It was noted important that faith based and non faith based communities are included in the movement to ROSC as well as the third sector and the local funded services. It was agreed the scheduled 'Recovery Matters' workshops were a good starting point for conversation on recovery with some of the key contributors.

ACTION: Suzanne/Karen – Decide if the ADP want to implement ROSC. Who is on board? Speak with Scottish Recovery Consortium (SRC) and Faye Murfet initially. Who are the key partners? Whose job is it to make it happen? Ensure everyone knows that ROSC is being implemented. Is there money available to employ someone to undertake this piece of work?

3. APPROVT OF MINUTES

3.1 ADP MINUTES OF 23rd APRIL 2014

The minutes were approved as a correct copy.

3.2 ACTIONS FROM ADP MEETING 23rd APRIL 2014

Members were advised that all actions were complete or in progress.

The request from the Youth Homelessness Forum (YHF) for an ADP representative to join the forum was discussed. The ADPs housing representative does not sit on the forum however she advised she would be happy to pass information between the two groups in the interim. It was agreed the ADPs membership to the forum would be deferred until the YHF is more established.

ACTION: Isobel – Relay information between ADP and YHF in the interim.

ACTION: Suzanne – Advise the Youth Homelessness Forum (YHF) that the ADP will defer their membership to the forum until the group is more established.

4. ADP EXECUTIVE HELD ON 18th JUNE 2014

Members were advised that the Executive meeting was not quorate so actions would be required to be homologated at the next Executive meeting in September.

Those present were advised that the following funding application had been approved in 2014-15:

Martin's Memorial – The Shed Project	£21,280
SMPUB Film Project	£9,740
SMPUB Uist Men's Shed	£5,000

It was agreed the above SMPUB service would be funded however clarification on the queries raised must be answered. A letter would also be issued to SMPUB re Lochboisdale Drop-In advising that the ADP are interested in the project however wished to understand how this is different to the service which was funded in 2013-14.

It was agreed Crossreach would be contacted to informally understand why they did not wish to progress with their application for funding for a drop-in facility.

Suzanne Macaualy (SM) advised she had a meeting arranged for next week with MS, CnES Criminal Justice and Mike Hutchison, NHS Mental Health regarding the proposed out of hours service and advised there is a budget attached to this. MS advised he thought it was unlikely action would be taken on the out of hour's service in the current financial year. Maggie Watts (MW) advised she would have a meeting with the NHS Medical Director and Mike Hutchison, NHS Head of Mental Health service to get everyone understanding mental health and substance misuse recovery.

Members were advised that there was a large amount of excess funds and the ADP must decide where this is best spent. It was suggested that some funds could be used for training. The Chair advised accruing funds may be possible.

ACTION: Maggie – Arrange a meeting with the NHS Medical Director and Mike Hutchison, NHS Head of Mental Health service to get everyone understanding mental health and substance misuse recovery.

5. APPOINTMENT OF VICE CHAIR AND REVIEW OF MEMBERSHIP

5.1 TO APPOINT VICE CHAIR RE TERMS OF GOVERNANCE

Members were advised that Gordon Jamieson (ADP Chair) wished to be involved in the review of membership discussion and as he was not present at the meeting this discussion would be deferred.

MW advised that she does not think the Chair and Vice Chair should both be NHS employees in the long term. It was suggested that the governance be changed before the selection of the Vice Chair, as MW is only temporary Vice Chair.

5.2 TO REVIEW MEMBERSHIP RE TERMS OF GOVERNANCE

This item was deferred, as above.

5.3 TO AGREE ANY CHANGES TO TERMS OF GOVERNANCE

This item was deferred, as above.

6. TRAINING

6.1 TO AGREE STRADA TRAINING DELIVERY FOR 2014-15

Members discussed the provision of STRADA training for 2014-15. Members were reminded that the Outer Hebrides had 4 free days allocated for 2014-15. These have been booked as 23rd & 24th September 2014 and 3rd & 4th March 2015.

The courses on offer are:

- Working with Drug and Alcohol Users (4 days)
- Children and Families Affected by Parental Substance Misuse (2 days)
- Introduction to Motivational Interviewing (2 days)
- Intermediate Motivational Interviewing Practice Based Workshop (3 days)

Members discussed the delivery and need of the available courses.

Working with Drug and Alcohol Users

This course was run in Stornoway in April 2012; and February 2014 for the Lewis & Harris alcohol and drug workforce and was open to the Uist & Barra funded services. In 2012 and 2014 combined 10 funded services completed the course with 14 funded service employees and wider Alcohol & Drug workforce attendees at the February 2014.

At the ADP Members meeting on 23rd April 2014 members were reminded that the ADP had advised the SMPUB that the 'Working with Drug & Alcohol Users' 4 day course would be run in Uist & Barra in 2014-15 as it had been run in Lewis & Harris in 2013-14. Members advised that they would not make a decision on STRADA provision of training at this meeting however the 4 dates would be booked.

Following a request for evidence of current training undertaken by funded service in 2013 it was understood that no Uist & Barra funded service had undertaken this course.

Children and Families Affected by Parental Substance Misuse

From the review undertaken in 2013 of current funded services training evidence only 2 services had completed this course and this was in May 2012. These 2 services are now no longer funded services which means none of the current ADP funded services in the Outer Hebrides have undertaken this course.

Introduction to Motivational Interviewing

This course was held in Stornoway in May 2013 for the Lewis and Harris alcohol and drug workforce. 14 participants completed the course and 5 out of 11 ADP funded service completed the course.

This course was held in Balivanich in May 2013 for the Uist & Barra alcohol and drug workforce. 13 participants completed the course and 6 out of 8 partners of the ADP funded SMPUB completed the course.

Intermediate Motivational Interviewing Practice Based Workshop

This course was held in Stornoway 3 days over June and August 2013. The Lewis and Harris and Uist and Barra alcohol and drug workforce were invited to attend. 9 attendees completed the course. 3 funded services from Lewis & Harris and 3 out of 8 partners of the SMPUB completed the course.

Candidates attending this course must have completed the 'Introduction to Motivational Interviewing' prior.

It was agreed that the 'Working with Drug and Alcohol Users' (4 days) was a training gap in Uist and Barra only. The 'Children and Families Affected by Parental Substance Misuse' (2 days) was agreed as a training gap Outer Hebrides-wide. The 'Introduction to Motivational Interviewing' (2 days) was agreed as no urgent training gap. The 'Intermediate Motivational Interviewing Practice Based Workshop' (3 days) was agreed as no urgent training gap.

It was agreed Karen would contact funded services to gauge interest in the 'Children and Families Affected by Parental Substance Misuse' prior to confirming course booking with STRADA.

ACTION: Karen - Contact funded services to gauge interest in the 'Children and Families Affected by Parental Substance Misuse' STRADA course.

6.2 TO DISCUSS AND AGREE ON TRAINING DELIVERY FROM OTHER PROVIDERS *Comas 'Self Coaching' SVQ Level 3*

Members discussed the potential provision of the 'Self Coaching' SVQ level 3. For people wanting to become a recovery coach this course is an essential introduction.

This course underpins the coaching of people in recovery covering topics such as:

- Resilience
- Self Talk and Self Management
- Recovery Capital
- Learning Journeys
- Learning Styles
- Brain Recovery

The ADP support team spoke with Fraser Hoggan, Development Officer at Aberdeen City ADP re qualifications offered by COMAs as their local recovery group 'Aberdeen in Recovery' participated in the coaching programme. Fraser advised he thought the training was well received and useful. He further advised that from the ADPs perspective both COMAs and the Scottish Recovery Consortium have been very visible and proactive in their support as well as very helpful to them in developing recovery activity in Aberdeen which is taken forward in full partnership with those in recovery.

Members agreed it would be premature to conduct the COMAs training in this financial year however it is something they will revisit it the future when the ROSC model is more mature in the Outer Hebrides.

Figure 8

Members reviewed the large selection of training on offer from Figure 8:

- Drug Misuse Awareness
- Alcohol Misuse Awareness
- Reducing the Risk of Drug Overdose
- Effective Assessment, Care Planning and Case Management
- Relapse Prevention & Health Behaviour Change
- Mental Health & Substance Misuse
- Brief Interventions
- Motivational Interviewing
- Groupwork
- Cognitive Behavioural Therapy
- Solution Focused Brief Therapy
- Drug Misuse in Primary Care
- Alcohol Misuse and Older People (developed for Hanover Housing Association)

Members agreed a poll would be conducted with ADP funded services to determine their training requirements. It would then be decided if the training could be conducted by a local source rather than an outside source.

New Psychoactive Substances (NPS)

The ADP support team advised members that they have received feedback from funded services that local NPS 'legal highs' training is required. Members discussed the 2 options:

(1) Scottish Drugs Forum (SDF)

Katy MacLeod the National Training and Development Officer has advised SDF can provide a full day course on New Psychoactive Substances 'Legal Highs' @ £700 plus travel, accommodation and subsistence. She also advised courses can be bespoke and created

around the exact local need and she is happy to conduct a learning needs analysis with the workforce first to identify needs.

Approximate total cost - £2,200 (for delivery in Stornoway & Uist)

(2) Crew2000

Carole Kelly, Chief Executive at Crew advised they can provide a ½ day New Psychoactive Substances 'Legal Highs' training course @ £700 for delivery in Stornoway and Uist plus travel and accommodation.

Approximate total cost - £1,400 (for delivery in Stornoway & Uist)

The members preference was the training offered by SDF however they wished to gain clarity on what the learning needs analysis entailed i.e. was it broader than NPS and if not could it be. VT advised she has a NPS survey by Christopher Russell which could be forwarded to the ADP.

SRC 'Recovery Matters' Workshop

The dates for the Scottish Recovery Consortium 'Recovery Matters' training has been confirmed and Anne Marie will conduct this in:

- Stornoway on 25th August at Clinical Skills, Western Isles Hospital
- Balivanich on 26th August at An Caladh, East Camp, Balivanich

An email was issued to the ADP Network List on 11th June advising them that the booking system was now open and the workshop is aimed at ADP funded services, the local substance misuse workforce, people in recovery and people with an interest in recovery. Anne Marie, SRC called last week and advised she would be contacting those already registered (9 in Stornoway, 4 in Uist) to introduce herself and encourage them to spread the word and boost attendance. It was suggested that an editorial be issued to local papers on the free available training and Karen Peteranna (KP) would speak to mutual aid groups to encourage their attendance.

ACTION: Karen - Receive information from VT on the NPS survey by Christopher Russell.

ACTION: Karen - Offer a range of areas of training to funded services to determine their requirements.

ACTION: Karen - Arrange NPS training with SDF and query if the needs analysis is broader than NPS and if not can it be.

ACTION: Karen - Advise COMAS that the ADP will defer Self Coaching until sometime in the future.

ACTION: Karen - Issue editorial to Events and Island News re: Recovery Matters training.

ACTION: Karen - Speak with and meet mutual aid groups to get them on board with Recovery Matters training.

7. OUTER HEBRIDES ADP – ANNUAL REPORT 2013-14

Members were advised that the draft Annual Report 2013-14 would be sent round members for approval and comment prior to issuing the final copy to the Scottish Government by 15th September. VT advised that the annual report is the ADPs members self assessment on the ADP.

ACTION: Karen - Send annual report 2013-14 feedback received from SG round ADP members for info.

8. AOCB

8.1 FUTURE MODEL OF COMMUNITY JUSTICE IN SCOTLAND CONSULTATION

MS advised that Criminal Justice is to change from regional to reporting to the CPP. MS advised that while they welcome local control there is uncertainty as to who would succeed if local strategy clashed with the national strategy. An announcement is expected in September from Kenny Macaskill, Scottish Government Cabinet Secretary for Justice. WI advised she would draft the ADPs comments for submission.

ACTION: Maggie - Wendy to draft ADPs comment on the 'Future Model for Community Justice in Scotland' consultation.

8.2 CONTINUATION OF DATA COLLECTION

Letters were issued to the services whose ADP funding ceased in March 2014 to thank them for their valuable services and ask them if they would be willing to continue to provide the valuable data through the reporting process within the Outcomes Database.

The following services signed and returned a statement stating:

"I am willing for the <<insert service name>> to return data requested by the Outer Hebrides ADP."

- CnES Drug Support Worker
- CnES Alcohol Support Worker
- NHS CAMHS
- NHS Community Nurse Alcohol Misuse

The ADP has not received a response from CnES Outreach and Suzanne seek confirmation that this service has ceased and as such there will be no data available for collection.

ACTION: Suzanne - Confirm with CnES Outreach that this service has ceased and there will be no data available to collect in relation to the continuation of data collection letter issued to services no longer funded in March 2014.

8.3 SUMMER CAMPAIGN

Copies of the summer campaign posters were tabled.

Suzanne provided members with a quick update on the summer campaign. She advised that the posters were being issued to licensed premises along with I.D posters which show the forms of I.D approved by the licensing board. Caledonian MacBraynes ferries are onboard with the campaign locally and have approved the issue of campaign materials on the ferries as well as advising that an awareness stall can be place on MV Isle of Lewis the week of Heb Celt Fest. The ADP support team are also in talks with the Festival regarding a presence.

8.4 CROSSREACH CARE INSPECTORATE REGISTRATION

Crossreach confirmed their Care Inspectorate registration with the ADP on 29th May 2014 and a copy of this was emailed to the ADP. Executive members approved the release of the withheld funds for the 2nd instalment of 2013-14 and 1st instalment of 2014-15 funding.

9. DATE OF NEXT MEETING

The next meeting will be on Wednesday 17th September 2014.