



# Borders Alcohol & Drugs Partnership e- Bulletin

## December 2022

This bulletin aims to provide a brief overview of activity within the Alcohol & Drugs Partnership (ADP). Please don't hesitate to get in contact with us for more information or to provide us with information to share.

### Contents

Services and Funding Update .....	2
Overdose Awareness .....	2
Drug & Alcohol Services in Borders .....	3
Recovery in the Borders.....	4
Medication Assisted Treatment (MAT) Standards .....	5
Feedback & Evaluation .....	6
Lived Experience Forum .....	6
Living Experience Forum .....	6
Learning & Capacity Building .....	7
Workforce Development Training Directory .....	7
Recent Reports Published .....	7
National Support.....	8

## Services and Funding Update

### Overdose Awareness

For many, Christmas can be a difficult time and the ADP are asking services to share information about support services available, provide information around overdose awareness and ensure people have a naloxone kit. Naloxone is available from We Are With You (formally Addaction), NHS Borders Addictions Service and Injecting Equipment Providers within Community Pharmacies. Details of services available are [here](#)

### [Overdose Prevention, Intervention and Naloxone e-learning - Scottish Drugs Forum \(sdftraining.org.uk\)](http://sdftraining.org.uk)

This short e-learning course will show you how to administer Naloxone. Naloxone temporarily reverses an opioid overdose. You will learn facts about drug-related deaths in Scotland, how to identify an overdose and how to respond to an overdose. You will also learn how Naloxone works and how you can use it to potentially save a life.

**WOULD YOU RECOGNISE THE SIGNS OF AN OVERDOSE?**

**# STOP THE DEATHS**

**IF A PERSON IS UNRESPONSIVE AND HAS ANY OTHER SIGNS CALL 999**

**IMPORTANT**  
WE CAN PREVENT DRUG DEATHS. WE JUST NEED TO KNOW HOW.

**SNORING**

**SHALLOW BREATHING**

**PALE SKIN**

**BLUE LIPS**

**PINPOINT PUPILS**

**CARRY NALOXONE** NALOXONE REVERSES THE EFFECTS OF OPIOIDS, IT CAN HELP SAVE LIVES

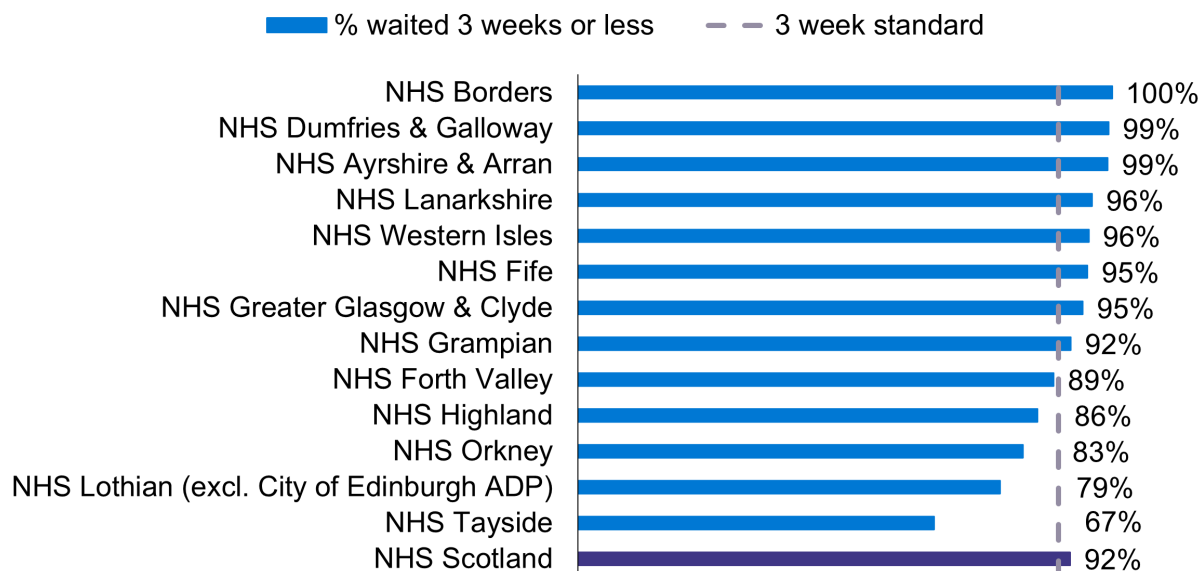
**SDF** Scottish Drugs Forum

## Drug & Alcohol Services in Borders

During 2021-22, 563 individuals started alcohol or drug treatment. 99% of people started treatment within three weeks of referral against the national target of 90%.

In comparison to other Scottish Health Board, NHS Borders is the only area to ensure that 100% of people who seek treatment start within three weeks.

### Percentage of completed community referrals with a wait of three weeks or less, by NHS Board (1 July to 30 September 2022)



Festive opening hours for the three drug and alcohol services in the Borders are available [here](#).

All services work across the Borders to support people in their communities. For more information on the drug and alcohol services see links below:

- [We Are With You Borders\(WAWY\)](#)
- [Borders Addiction Service \(BAS\)](#)
- [Children & Families Service \(CHIMES, Action For Children\)](#)
- [Injecting Equipment Service](#)

WAWY offers a range of groups including weekly joint drop-ins with BAS across the Borders in Eyemouth, Hawick, Galashiels and Kelso. Click [here](#) for more information.

## Recovery in the Borders

There is a range of recovery groups in Borders that people can attend. Please see links below:

- MAP Groups – Mutual Aid Partnership Groups – Click [here](#) for more information.
- [Serendipity Recovery Community Network](#) Serendipity is a Recovery Community Network in the Scottish Borders who bring the community together to create a recovery network by exploring resilience and recovery for substance use and mental health.
- [Borders Recovery Group](#) This grass roots organisation is self-managed and has been delivering a Recovery Café and music group on a weekly basis with increasing numbers of people attending. Recovery Coaching Scotland provide support around webhosting and administrative support and the group are also supported by We Are With You.

The group recently held an event to remember people they have lost to alcohol, drugs and mental health. This included a facilitated session in the community woodlands with Nature Unlimited CIC who run outdoor wellbeing sessions. The group were supported to build a bench which will be put in the garden of the Focus Centre where the weekly recovery café is held so that people have a place to go. Wood cookies to hang around the garden with names and messages were also created alongside a remembrance poem. This activity brought people together to reinforce positive connections.







- Recovery Coaching Scotland is a Community Interest Company run by people with lived experience of recovery and has successfully gained funding to deliver Recovery Coaching courses from the national Mental Health and Wellbeing Fund. RCS accept referrals from We Are With You, BAS, Community Justice and Health in Mind/Local Mental Health services. For more information contact Rod Anderson at [rod@recoverycoachingscot.org](mailto:rod@recoverycoachingscot.org)

### **Medication Assisted Treatment (MAT) Standards**

Medication assisted treatment (MAT) is used to refer to the use of medication, such as opioids, together with psychological and social support, in the treatment and care of individuals who experience problems with their drug use.

There are 10 standards which aim to improve access, choice and care and to ensure that MAT is safe and effective. A new [website](#) has been developed to provide information and resources on medication assisted treatment (MAT); MAT Standards and implementation of these across Scotland. This includes information on forthcoming webinars.

A total of £200,154 was allocated to Borders. The majority of this funding has been used to increase nursing capacity including the development of new Advanced Nurse Practitioner roles and we have also increased Consultant Psychology hours. We are currently recruiting a Data Analyst to ensure we are compliant with all the reporting that is required by the national team.

## **Residential Rehabilitation Pathway Launched**

Borders new residential rehab pathway was published in September 2022 following an audit of pathways and consultation with drug and alcohol services, wider stakeholders (e.g. Social Work, Homeless Service) and people with lived experience of the current pathway. A total of 7 different stakeholder meetings were held where views were gathered to inform development of our new pathway.

The Residential Rehabilitation Pathway and patient information leaflet is available to download [here](#).

## **Feedback & Evaluation**

### **Lived Experience Forum**

The Lived Experience Forum provides input to the ADP on its overall strategy, evaluation of local services and in doing so helps to improve our services and the outcomes of people who use them.

The Forum meets monthly and is open to anyone who wishes to attend who has lived or living experience of drugs or alcohol use. This includes family and community members. See [here](#) for more information.

The Forum has recently contributed to the review of Residential Rehab Pathways, Patient Information Leaflets and volunteers are involved with carrying out interviews of people using services to provide evidence for implementation of MAT standards.

Concerns raised by the forum about Peer Naloxone supplies ceasing have influenced action to reinstate this work which will commence in December 2022.

### **Living Experience Forum**

The Living Experience Forum is facilitated by Scottish Drugs Forum and has recently provided feedback to the ADP on stigma and drug trends. This information has been listened to and acted upon. We have recirculated the national stigma campaign resources across all ADP key stakeholders and developed new language matters and tackling stigma information which has been uploaded onto the [ADP website](#).

Local drug trends information has also been shared with RADAR (Rapid Action Drug Alerts and Response).

## Learning & Capacity Building

### Workforce Development Training Directory

Borders ADP have a Workforce Development Training Directory published every year. All of our courses are free and are delivered online via Microsoft Teams. These sessions are proving to be very popular and booking is essential. Please see our website for the latest directory [here](#).

Scottish Drugs Forum has also switched to a virtual platform and these courses are viewable on their [training page](#). They are free to access to anyone working or living in Scotland.

### Recent Reports Published

#### Alcohol Marketing Consultation:

The Scottish Government have published a public consultation paper on restricting alcohol advertising and promotion in Scotland. Alcohol Focus Scotland has put together a list of resources to support people respond to the consultation. **[Access the list of resources](#)**

#### Drugs A to Z: A guide to common drug names in Scotland - Publications - Public Health Scotland

The A-Z was initially created for emergency service call handlers to appropriately identify, categorise and coordinate the response to emergency call outs involving drugs. It is also a useful resource for anyone working in the drugs field or wider sectors such as primary care, social work or education.

## National Support

<b>Mutual aid supports groups online (National)</b>	<ul style="list-style-type: none"> <li>• <a href="#">UK SMART Recovery</a></li> <li>• <a href="#">UK Alcoholics Anonymous</a></li> <li>• UK Narcotics Anonymous: 0300 999 1212 (10am – Midnight)</li> </ul>
<b>Know the Score Drugs Helpline</b> For free, confidential drugs information and advice Monday – Friday 9am – 9pm, Saturday – Sunday 10am-4pm	0800 587 587 9  <a href="http://www.knowthescore.info">www.knowthescore.info</a>
<b>Scottish Recovery Consortium</b> SRC hosts an online directory of online recovery and support activities.	<a href="http://Scottishrecoveryconsortium.org">Scottishrecoveryconsortium.org</a>
<b>Scottish Families Affected by Drugs &amp; Alcohol</b>	Support for anyone affected by someone else's drug/alcohol use. SFAD will support people through a helpline, bereavement support service or Telehealth (one-to-one support)  <a href="https://www.sfad.org.uk/">https://www.sfad.org.uk/</a> Helpline: 08080 10 10 11
<b>Other Sources of Information</b>	
Resources containing information specific to people who use drugs and COVID-19 can be found at <a href="#">Scottish Drugs Forum/Covid19</a>	
Information for Carers <a href="#">Carers UK</a>	