

# NHS Highland



**Meeting:** NHS Highland Board

**Meeting date:** 25 July 2023

**Title:** Argyll and Bute Alcohol and Drug Partnership report

**Responsible Executive/Non-Executive:** Tim Allison, Director of Public Health

**Report Author:** Jenny Dryden & Laura Stephenson, Interim Argyll and Bute Alcohol and Drug Partnership Coordinators

## 1 Purpose

This is presented to the Board for:

- Assurance

This report relates to a:

- Local policy

This report will align to the following NHSScotland quality ambition(s):

Safe, Effective and Person Centred

This report relates to the following Strategic Outcome(s)

Start Well	X	Thrive Well		Stay Well	X	Anchor Well	
Grow Well	X	Listen Well		Nurture Well		Plan Well	
Care Well		Live Well		Respond Well		Treat Well	X
Journey Well		Age Well		End Well		Value Well	
Perform well		Progress well					

## 2 Report summary

### 2.1 Situation

Argyll and Bute Alcohol and Drug Partnership has a strategy which covers the period 2020-2023. This report details progress to-date and activity which has taken place in 2021-2023 to address the four pillars of the strategy, which are:

- Prevention and early intervention

- Developing Recovery Oriented Systems of Care
- Getting it Right for Everybody
- Public Health Approach to Justice

This report also provides an update on the refreshed priorities for 2023 and the process undertaken to establish these.

### 2.2 Background

The Argyll and Bute Alcohol and Drug Partnership strategy vision is that Argyll and Bute is an area where “we live long, healthy and active lives regardless of where we come from” and where individuals, families and communities have the right to health and a life free from the harms of alcohol and drugs; are treated with dignity and respect; and are fully supported within communities to find their own type of recovery.

The work of the Argyll and Bute Alcohol and Drug Partnership is informed by a strategy that covers the period 2020-2023. A summary of the strategy is provided below:

#### Action Plan Summary



Engagement and national strategy underpinned the Argyll and Bute [‘Alcohol and Drug Strategy and Action Plan 2020 – 2023’](#) when it was developed in 2020. Changes in national strategy since 2022 necessitated a refresh of the local priorities, to ensure Argyll and Bute are implementing best practice and meeting the needs of the population. In January 2021, the Scottish Government announced the [National Drugs Mission Plan \(2022-2026\)](#) to reduce drug deaths and harms. The plan builds upon [Rights, Respect and Recovery \(2018\)](#), Scotland’s alcohol and drug strategy and includes the Medication Assisted Treatment Standards (MAT); evidence-based standards to enable the consistent delivery of safe, accessible, high-quality drug treatment across Scotland.

It was therefore appropriate that in the final year of the current strategy, priorities were reviewed and refreshed. This would ensure the strategy is continuing to meet the needs of Argyll and Bute whilst beginning the work to develop the new 3-year strategy.

Therefore, in preparation for the final year of the strategy, a strategy refresh day was held in Arrochar in February 2023. Forty attendees from a range of partner organisations, including people with lived experience, met to review the achievements and priorities, strategy progress and identify the key priorities for the remaining year of the current strategy (appendices 2 and 3). A survey of the Argyll and Bute Alcohol and Drug Partnership has been undertaken to identify how partners will address the priorities identified. This may be within their service/organisation or through working in partnership with others.

The draft strategy refresh was presented to the Argyll and Bute Alcohol and Drug Partnership and Argyll and Bute HSCP Strategic Planning Group for further engagement and as part of governance structure.

**2.3 Assessment**

The Argyll and Bute Alcohol and Drug Partnership 2021-2023 report details a range of activities and progress to address the four pillars of the Argyll and Bute Alcohol and Drug Partnership strategy: working towards fewer people developing problems with alcohol and drug use; more people able to access and benefit from effective, integrated, person-centred support to achieve their recovery; ensuring people affected by alcohol and drugs use will be safe, healthy, included and supported; and ensuring that vulnerable people are diverted from the justice system wherever possible, and those within justice settings are fully supported.

Examples of this work include:

**A) Prevention and early intervention**

- **Cool2Talk** is an online support service for young people aged 12-26. Young people post a question to the website then receive a bespoke answer within 24 hours, 365 days a year, signposting them to appropriate services including sexual health services, emotional support resources and other health related issues. The aim of the service is to improve young people’s access to local and national services, health information and encourage young people to openly discuss issues around their health and wellbeing.  
The Argyll and Bute Alcohol and Drug Partnership contributes funding towards this service and sits on the steering group, alongside a range of other partners such as Public Health, Police Scotland, Scottish Fire and Rescue, HSCP Children and Families, and Argyll and Bute Education Service.
- **'Smoke Free' and 'You Are Not Alone' Dramas** - A range of partners within the Argyll and Bute Alcohol and Drug Partnership were involved in two dramas delivered to school pupils across Argyll and Bute.  
'Smoke Free' is a bespoke educational programme delivered to Primary 7s. It consists of lesson plans, online leaflets, letters for families and ends with an interactive drama production. This was offered to all Argyll and Bute Primary

Schools (approx. 70) despite Covid-19 challenges. Face to face delivery returned in 2022-2023.

'You are not alone' drama address topics young people may be struggling with in their lives. It was delivered in Argyll and Bute High Schools via video in 2021-2022 and returned to face-to-face delivery in 2022-2023.

**B) Developing Recovery Orientated Systems of Care**

- **Access to Residential Rehabilitation** - a new pathway for Argyll and Bute residents to access residential rehabilitation and/or detoxification was created, alongside a Residential Rehabilitation Group. The group ensures that all partners who would be involved in care and support before and after residential rehabilitation would be involved in the discussions, to enable clients to maintain the benefits of residential rehabilitation. Pre and post rehabilitation support can be provided by commissioned Third Sector service We Are With You.
- **We Are With You** - commissioned in Argyll and Bute to deliver Community Based Addiction Recovery Services. They provide person-centred care to support people to reduce their problematic drug and/or alcohol use; optimise personal, physical and mental wellbeing; build social networks, including family and community network; build strengths; and develop resilience in recovery. We are With You also offer online webchat and family support using the CRAFT (Community Reinforcement and Family Training) programme, Naloxone training, and are involved in delivering Medication Assisted Treatment Standards via Assertive Outreach Workers.
- **Medication Assisted Treatment (MAT) Standards** – a new pilot implemented involving a test of change within Cowal and Bute. Cowal and Bute was identified as the Test of Change locality due to experiencing the highest number of drug-related deaths over several years. This Test of Change is therefore aimed at supporting a vulnerable/high risk group of drug users in the Cowal and Bute area. In doing so it intends to reduce the incidence and risk of drug related deaths across the locality. Progress includes:
  - Creation of additional prescribing capacity via recruitment and upskilling of existing staff.
  - Establishment of easy access pathways into MAT, via Argyll and Bute Substance Response Service
  - Recruitment of Outreach Workers through We Are With You.
  - Development of Cowal Community Hub as shared space.
  - Development of processes to identify people at high risk of drug-related harm.
  - Development of flexible satellite recovery activities to improve capacity and retention in services.

**C) Getting It Right for Everyone**

- **Advocacy** - With four people completing their training as Lived Experience Advocates earlier this year, Argyll & Bute became the first area in Scotland to establish an advocacy service for people in recovery delivered by people with experience of recovery. Via Lomond and Argyll Advocacy Service (LAAS), advocates work closely with the substance use support teams in localities, supporting the needs of their communities and encouraging people to access the types of supports that enable their recovery journeys. LAAS plays an important role in the delivery of MAT Standards in Argyll and Bute.
- **Cowal Community Hub** - Argyll and Bute Rape Crisis (ABRC) have working in collaboration with the Argyll and Bute Alcohol and Drug Partnership and local

partners to undertake a significant piece of development work to facilitate the creation of the ‘Cowal Hub’ in Dunoon. The aim of the hub is to provide a warm and safe space for people in Dunoon and surrounding areas. The hub strives to provide support for local services including addiction, mental health, advocacy, housing, financial support, smoking cessation and Citizen’s Advice, among others. The hub also offers a space for socialising, with people able to come in for a chat, hot drink or to get involved in the hub activities. The Addictions Recovery Café (ARC) is based at the hub and the Argyll and Bute Substance Response Service also operate out of the hub on a regular basis. Elena Whitham, Scottish Government Minister for Drugs and Alcohol policy attended the official opening of Cowal Community Hub on Friday 28<sup>th</sup> of April 2023.

**D) A Public Health Approach to Justice**

- **Police Custody to Community Policy** - The Argyll and Bute Alcohol and Drug Partnership, in partnership with Community Justice, Police Scotland and We Are With You, established a pathway for people held in Police Custody who wished to speak to a member of staff from We Are With You. We Are With You function as a first point of contact and link people into the appropriate service providers on their release from custody.

Further information on the above, and the full detail of the report can be found at: <https://www.argyllandbuteadp.info/img/ABADP-AnnReport21-23-FINAL.pdf>. See also [appendix 1](#)

**Alcohol and Drug strategy refresh**

The engagement process to refresh the existing Argyll and Bute alcohol and drug strategy priorities consisted of a strategy day held in February 2023. Forty attendees attended this full day event and worked in focus groups throughout the day. Attendees included those with lived experience and from partner organisations. The focus group aims were to refresh the existing Argyll and Bute Alcohol and Drug Partnership Strategy and to apply the following objectives to the pillars of work:

- To review the existing priorities
- Scope what has been done to date
- Scope what remains outstanding
- Map the ongoing priorities for 2023

Attendees were asked to consider:

- What has been delivered and can be removed from the plan?
- What else can be removed from the plan and why?
- What has not been completed but should have been? Including discussion of challenges and how to address these.
- What topics/themes/milestones need to be changed within the pillar? Including new themes/priorities and discussion of partners involved.
- Identify the top priorities within the plan.

The following were identified as top priorities for 2023. See Appendices 2 and 3 for further details.

**Prevention and early intervention**

- 1. Work with partners and communities across Argyll & Bute to make prevention and diversionary activities available (for all age groups), build awareness and resilience aimed at reducing harm and improve life choices.
- 2. Ensure access to a range of support services including specialist drug and alcohol support for under 25s.
- 3. Challenge stigma through education for everyone

**Developing Recovery Oriented Systems of Care**

- 1. Build on A&B Recovery Orientated Systems of Care work to ensure a robust and working Recovery Oriented System of Care
- 2. Involve people with lived and living experience, families, and carers in all aspects of the planning, delivery and evaluation of drug and alcohol service provision

**Getting it Right for Everybody**

- 1. Take forward recommendations from needs assessment relating to young people and families (include mental health, relationships and stress) and revisit overall needs assessment requirements
- 2. Strengthen links between drug and alcohol recovery services, Children & Families, Adult Protection Services and Maternity Service (including supporting child and Adult Protection Services processes)

**Public Health Approach to Justice**

- 1. Improve Arrest Referral pathways from Police Scotland custody into appropriate treatment and support across Argyll & Bute.
- 2. Ensure that all appropriate partners are trained and able to provide Naloxone at point of liberation.
- 3. Work with partners and communities across Argyll & Bute to reduce alcohol- and drug-related violence and crime, through a combination of enforcing legislation, prevention work and early intervention activity.

**2.4 Proposed level of Assurance**

This report proposes the following level of assurance:

Substantial	X	Moderate	
Limited		None	

**Comment on the level of assurance**

### 3 Impact Analysis

#### 3.1 Quality/ Patient Care

It is the aim of the refreshed 2023 priorities to improve quality of services and patient care.

#### 3.2 Workforce

There is no impact on existing clinical and care governance arrangements.

#### 3.3 Financial

The updated priorities will be met through existing Argyll and Bute Alcohol and Drug Partnership and partner budgets. A spending plan has been developed for 2023/2024 and the Argyll and Bute Alcohol and Drug Partnership is awaiting funding confirmation from Scottish Government.

#### 3.4 Risk Assessment/Management

The existing processes within the Argyll and Bute HSCP to identify any critical and ongoing risks will be used. An action plan has been developed alongside the 2023 priorities and will be used to manage risk of non-delivery of actions.

#### 3.5 Data Protection

All work will align with existing GDPR principles and there are no additional GDPR implications of the strategy refresh.

#### 3.6 Equality and Diversity, including health inequalities

The work of the Argyll and Bute Alcohol and Drug Partnership aligns with equality objectives in line with local need. For example, the MAT standard pilot project is directed at Cowal and Bute area due to persisting inequalities. An Equalities Impact Assessment is available for the current 2020-2023 Alcohol and Drug Strategy. A refreshed EQIA will be undertaken when the strategy is developed for the following 3 years.

#### 3.7 Other impacts

N/A

#### 3.8 Communication, involvement, engagement and consultation

State how this has been carried out and note any meetings that have taken place.

- Argyll and Bute Alcohol and Drug Partnership strategy day, February 2023
- Argyll and Bute Alcohol and Drug Partnership survey, March-April 2023
- Argyll and Bute Alcohol and Drug Partnership, 14 March 2023
- Argyll and Bute Strategic Planning Group, 16 March 2023

#### 3.9 Route to the Meeting

This has been previously considered by the following groups as part of its development. The groups have either supported the content, or their feedback has informed the development of the content presented in this report.

- Argyll and Bute Strategic Planning Group, 16 March 2023
- Argyll and Bute Alcohol and Drug Partnership, 14 March 2023
- Argyll and Bute Integration Joint Board, 31 May 2023

## 4 Recommendation

- **Assurance** – To give confidence of compliance with legislation, policy and Board objectives.

### 4.1 List of appendices

The following appendices are included with this report:

- Appendix 1 Argyll and Bute Alcohol and Drug Partnership report 2021-2023
- Appendix 2 Argyll and Bute Alcohol and Drug Partnership Strategy refresh
- Appendix 3 Argyll and Bute Alcohol and Drug Strategy Refresh: priorities for 2023





# Argyll and Bute Alcohol and Drug Partnership

## Report 2021-2023



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# Foreword

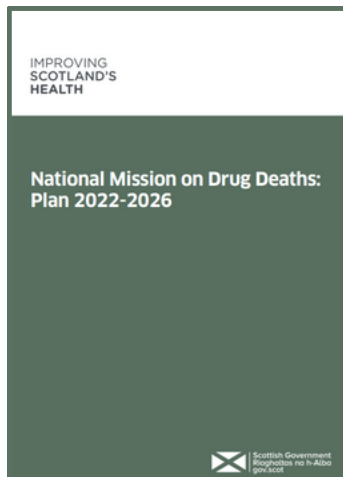
by Fiona Davies, Interim Chair of Argyll and Bute ADP

I am delighted to present this Argyll and Bute Alcohol and Drug Partnership (ADP) 2021-2023 report, which covers a time period of significant investment, challenges and interest in the field of alcohol and drugs, both within Argyll and Bute and nationally. The Argyll and Bute ADP has an important role to play in translating national guidance to meet local need in order to prevent harm and support recovery from the harmful use of alcohol and drugs across Argyll and Bute. This report is a testament to the work of the partnership in doing so and could not have been achieved without input from our range of dedicated and passionate partners who are involved in this work.



Fiona Davies, Chief Officer,  
Argyll and Bute IJB,  
Argyll and Bute HSCP.

The ADP strategy vision is that Argyll and Bute is an area where “we live long, healthy and active lives regardless of where we come from” and where individuals, families and communities have the right to health and a life free from the harms of alcohol and drugs; are treated with dignity and respect; and are fully supported within communities to find their own type of recovery.



The Alcohol and Drug Partnership work and actions align to the current ‘Alcohol and Drug Strategy and Action Plan 2020 – 2023’, with four equally important pillars of work. Since the development of the current strategy, there has been increasing investment and national interest in reducing drug and alcohol-related harm.

In January 2021, the Scottish Government announced the National Drugs Mission Plan (2022-2026) to reduce drug deaths and harms. The plan builds upon Rights, Respect and Recovery (2018), Scotland’s alcohol and drug strategy and includes the Medication Assisted Treatment Standards (MAT); evidence-based standards to enable the consistent delivery of safe, accessible, high-quality drug treatment across Scotland.

Alongside this, there have also been challenges such as the COVID-19 pandemic, the impacts of which were also felt across our communities in terms of difficulties with income and employment, mental health and wellbeing, social isolation, and increasing inequalities.

The Alcohol and Drug Partnership has risen to the above challenges, and in particular we have seen a wealth of community and lived experience input. For example, Argyll and Bute became the first area in Scotland to establish an advocacy service for people in recovery delivered by people with experience of recovery. We heard from the four people trained as Lived Experience Advocates at a recent ADP strategy day and their work has been so valuable and inspiring. There has also been fantastic work undertaken to develop the Cowal Community Hub and ARC recovery café and I'm excited to attend the launch of that community asset in the Spring of 2023.



This year also saw the departure of the ADP Independent Chair, John Owens, who has contributed to the partnership for 7 years. We would like to thank John for all his work guiding the partnership over that time.

I hope that you find the contents of this report inspiring and can identify links to your own work and communities.

Fiona Davies

Argyll and Bute IJB Chief Officer; Interim Argyll & Bute ADP Chair

# Argyll and Bute Alcohol and Drug Partnership

## Purpose:

- Share experiences and learning on alcohol and drug matters in order to support the Argyll and Bute HSCP in effective strategic planning
- Contribute to relevant local, regional and national consultation responses or events
- Inform engagement on alcohol and drug matters within their area to assure the community voice is heard
- Participate in learning opportunities to maximise individual member contributions
- Contribute to needs assessment processes to better understand local priorities and service delivery

## Argyll and Bute's ADP is made up of a range of partners, including:

- Third Sector
- Housing
- Scottish Fire and Rescue
- Police Scotland
- Statutory and Non-Statutory Providers
- Child Protection
- Public Health Specialist

The ADP meet bimonthly and is responsible to the Argyll and Bute HSCP and Argyll and Bute Integration Joint Board.

The ADP was chaired by Independent Chair John Owens until October 2022. Fiona Davies, Chief Officer of Argyll and Bute HSCP has since taken on the interim role of chair.

# Alcohol and Drug Strategy and Action Plan 2020-2023

The work of the Alcohol and Drug Partnership is informed by a strategy that covers the period 2020-2023.

The strategy identifies the following vision and priorities:

## Action Plan Summary

**Vision:**

Argyll and Bute is an area where "we live long, healthy and active lives regardless of where we come from" and where individuals, families and communities:

- have the right to health and a life free from the harms of alcohol and drugs
- are treated with dignity and respect
- are fully supported within communities to find their own type of recovery





# Alcohol Brief Interventions (ABIs)

Alcohol Brief Interventions are short, structured conversations about alcohol consumption that staff can have with patients/clients in order to motivate and support them to think about and plan changes to their drinking behaviour, thereby reducing their alcohol consumption.

The aim of these interventions is to use non-confrontational, person centred skills to help the individual reduce the risk of harm to their health and wellbeing.

**The Scottish Government promotes delivery of ABIs in three priority settings: Primary Care, Accident and Emergency, and Antenatal.**

**The ADP has supported the delivery of ABIs across Argyll and Bute using a number of approaches in 2021-2023. New approaches for increasing the number of ABIs are being considered in 2023, along with methods of reducing alcohol-related harm across the population. This work will align where possible with NHS Highland approaches.**

Alcohol Brief Intervention targets are currently under review and reporting of ABIs was suspended by the Scottish Government in 2020-21, due to the pandemic.

Guidance on delivery of ABIs for staff is available via the [Delivery of Alcohol Brief Interventions Competency Framework](#). This framework should be used in conjunction with health behaviour change skills which focus on person-centred communication. Health Behaviour Change training is available via the NHS Highland Public Health Zone on Turas.





# 'Smoke Free' and 'You Are Not Alone' Dramas

A range of partners within the ADP were involved in two dramas delivered to school pupils across Argyll and Bute



'**Smoke Free**' is a bespoke educational programme delivered to **Primary 7s**. It consists of lesson plans, online leaflets, letters for families and ends with an interactive drama production. This was offered to all Argyll and Bute Primary Schools (approx. 70) despite Covid-19 challenges.



'**You are not alone**' drama aims to engage with all Argyll and Bute High Schools to deliver the drama in a supportive way with partners and to address topics young people may be struggling with in their lives. Offered to all Argyll and Bute High Schools despite Covid-19 challenges and delivered in all but 1 of the High Schools. Just short of 1,000 pupils engaged with the video, The roadshow returned to face to face delivery in 2023.

# Planet Youth



Planet Youth is a population-wide primary prevention process designed to have a long-term impact in communities on reducing youth substance use through creating a healthy built environment.



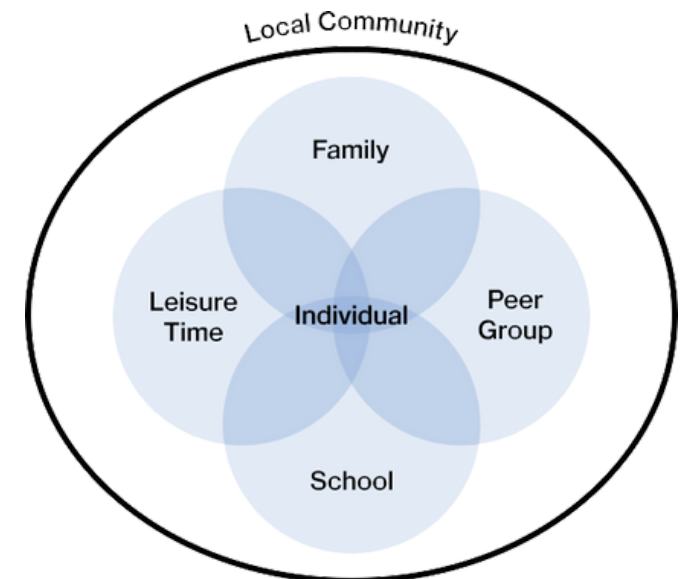
The ADP provided funding for two secondary schools to take part in the Planet Youth approach to substance use prevention through a community collaborative approach.

It is hoped that additional funding can enable this to be rolled out to further secondary schools. Data has been gathered from Planet Youth surveys to inform strategies within the schools and communities.

Although at the initial stages, this baseline data will be powerful in measuring the impact of Nurture and Trauma Informed approaches that have been a focus area within education and an important part of our recovery planning.

The data also allows schools to identify priority areas for development to ensure that they are continuing to meet the needs of children and young people.

## Key areas of young people's lives



# Media Campaigns

## Social Media Campaigns Supported by the ADP

- Social Security Scotland Family Benefits
- Family Support is for Men Too
- Carry Naloxone Campaign
- Mental Health Awareness Week
- The Helping Adolescents Thrive Toolkit
- National Collaborative No Smoking Day
- Addiction Worker Training Project
- Sober Spring 2022
- Fair Start Scotland
- Carers Week
- World Hepatitis Day
- Dry January
- Anti Stigma Summer
- International Overdose Awareness Day
- Challenge Poverty Week
- Alcohol Awareness Week
- Day of the Girl
- Adoption Week
- Mens Mental Health Month
- Trans Awareness Week
- World AIDs Day
- Drug Deaths Taskforce

## Referral Pathways to Residential Rehabilitation

Referral pathways and aftercare pathways should be clear, consistent and easy to navigate.

Increased access through publicly funded routes.

Specific pathways are in place to support vulnerable groups or those with Multiple and Complex Needs.

People feel more supported and have more choice in their treatment journey.

A 'no wrong door approach' means that connected services are aware of the pathways to support people.

PANEL (Participation, Accountability, Non-Discrimination, Empowerment and Legality) principles are applied in the development of pathways in all ADP areas.

ADPs and the HSCP network feel supported to make sense of complex systems and pathways.

## Developing Recovery Orientated Systems of Care

# Access to Residential Rehabilitation

Additional funding from the Scottish Government for Residential Rehabilitation has allowed for the creation of a new pathway to access residential rehabilitation and/or detoxification, and this pathway is being now being used in Argyll and Bute.

A Residential Rehabilitation Group was formed to ensure all partners who would be involved in care and support before and after residential rehabilitation would be involved in the discussions, to enable clients to maintain the benefits of residential rehabilitation. This partnership includes third sector, NHS and Council members.

The number of organisations where people can access residential rehabilitation and/or detoxification has increased. Pre and post rehabilitation support can be provided by commissioned Third Sector service We Are With You, with Pre and Post Rehab and Residential Support Workers able to develop professional, therapeutic relationships with service users in substance use recovery.

Support can be provided to engage in activities that develop their independent living skills such as cooking, cleaning, shopping and most importantly learning to have fun in their sobriety. Support is also available to support community service users to prepare for residential treatment and to provide follow on recovery support post discharge.

**In financial year 2021-22 eighteen people were approved for residential rehabilitation and/or detoxification. In 2022-23, 14 people were provided with residential rehabilitation.**

# We Are With You

We Are With You is commissioned in Argyll and Bute to deliver Community Based Addiction Recovery Services. They provide person-centred care to support people to reduce their problematic drug and/or alcohol use; optimise personal, physical and mental well-being; build social networks, including family and community network; build strengths; and develop resilience in recovery.

We Are With You (WAWY) have initiated a programme to give people with lived experience the opportunity to work towards completing their SVQ 3 Health & Social Care qualifications, offering employment & training to local people who are keen to get into employment but have been unable to do so due to the barriers of no qualifications & no experience.

We are With You also offer online webchat and family support using the CRAFT (Community Reinforcement and Family Training) programme. The service also offers Naloxone training for service users and their friends/family.

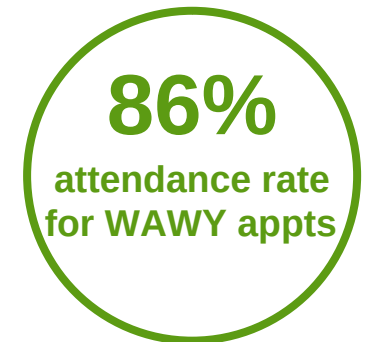
Since 2022, We Are With You also participate in a multi-disciplinary group who will look to meet Scottish Government requirements around Medication Assisted Treatment (MAT). As part of this, funding was provided for 3 Assertive Engagement Workers.

# withyou

April 21	19
May 21	13
June 21	16
July 21	10
Aug 21	21
Sept 21	16
Oct 21	22
Nov 21	17
Dec 21	19
Jan 22	15
Feb 22	16
March 22	26



Self referrals were through a variety of methods including phone and drop in facilities.



# Medication Assisted Treatment (MAT) Standards

The Drug Deaths Taskforce was set up in September 2019 and prioritised the introduction of standards for Medication Assisted Treatment (MAT).

The aim is to reduce deaths, and other harms and to promote recovery.

The standards provide a framework to ensure that MAT is sufficiently safe, effective, acceptable, accessible and person centered. In discussion with the MAT standards Implementation Support Team (MIST), partners produced a project specification document to initially implement MAT in Cowal & Bute.

Dedicated co-located teams will work in partnership to provide appropriate and evidenced access to medication assisted treatment that promotes harm reduction and a whole person approach.

1. All people accessing services have the option to start MAT from the same day of presentation.
2. All people are supported to make an informed choice on what medication to use for MAT and the appropriate dose.
3. All people at high risk of drug-related harm are proactively identified and offered support to commence or continue MAT.
4. All people are offered evidence-based harm reduction at the point of MAT delivery.
5. All people will receive support to remain in treatment for as long as requested.
6. The system that provides MAT is psychologically informed; routinely delivers evidence-based low intensity psychosocial interventions and supports individuals to grow social networks.
7. All people have the option of MAT shared with Primary Care.
8. All people have access to independent advocacy and support for housing, welfare and income needs.
9. All people with co-occurring drug use and mental health difficulties can receive mental health care at the point of MAT delivery.
10. All people receive trauma informed care.

# Treatment and Recovery

### Some of the Treatment and Recovery Support options in place in Argyll and Bute

- Buvidal
- Same day prescribing of Opioid Substitute Therapies (OST)
- Methadone
- Buprenorphine and Naloxone combined (Suboxone)
- Buprenorphine sublingual
- Naltrexone
- Injecting Equipment Provision (IEP)
- Mutual Aid Partnership (MAP)
- BBV Testing
- Wound care
- FibroScan

**The Substance Misuse Liaison Service** aims to follow up with individuals who have experienced a **Near-Fatal Overdose (NFO)** but are not known to service or currently on caseload. Both groups are offered Naloxone training and supply, in addition, A&E departments are provided with immediate access and Naloxone training/supply.

This year has seen the culmination of a **collaboration with Housing First to fund and employ a Senior Practitioner**. This practitioner works with people who are, or are at risk of becoming, homeless and have co-occurring mental health or substance misuse issues. This helps maintain tenancies and engages people with relevant services to meet their needs.

An addition to ABAT's treatment options for opiate substitution therapy has been made available in the form of **long-acting injectable buprenorphine**. This is initially administered weekly until a monthly dose is achieved. **ABAT's Advanced Nurse Practitioner** has been rolling this out across all localities, reducing the need for regular pharmacy visits, promoting the ability for individuals to access employment and not require storage of take-home OST.

Service users have been supported to attend events across Scotland. Post Covid, people clearly wanted in person support so **We Are With You (WAWY)** have facilitated one-to-one support, groups & activities. WAWY actively promote their service to all GPs & partner agencies. **Family support** has been offered online using **Community Reinforcement and Family Training (CRAFT) Programme**.

Both **ABAT** and **WAWY** have staff are trained in and adopt a **Trauma Informed Approach**, and are trained to distribute Naloxone to individuals & their family members. Both teams also provide **Injecting Equipment Provision (IEP)**. The **ADP ROSC approach** encourages all services to work in partnership with a wide range of local and national service providers to ensure individuals get the best service possible.

# Involving People with Lived and Living Experience

## For People With Lived Experience:

- Feedback/ complaints process
- Focus groups
- Board Representation at ADP

## For Family Members:

- Questionnaires/ surveys
- Focus groups
- Board Representation at ADP

Argyll & Bute ADP has worked with a number of partner agencies to identify and support people with lived and living experience and their families. As a result of the extensive work, involving local services and national organisations we **now have people with lived experience and family members sitting as equal members of the partnership.**

This has been a very good example of strong partnership working which has helped build relationships and partnership between people with lived experience and services. It has also provided an opportunity for building better pathways into and out of services. The partnership approach started with the creation of an involvement strategy which set out the guiding principles on which all involvement has been built.

**We Are With You (WAWY)** have initiated a programme to give people with lived experience the opportunity to work towards completing their **SVQ 3 Health & Social Care** qualifications, offering employment & training to local people who are keen to get into employment but have been unable to do so due to the barriers of no qualifications & no experience.

**A partnership was established by the ADP involving Lomond & Argyll Advocacy Service, Scottish Recovery Consortium and Reach Advocacy to train people with lived experience as Peer Advocates.** The partners successfully **recruited and trained 4 individuals from across Argyll and Bute as Lived Experience Advocates.** All four successfully completed the Reach Advocacy Rights Based Approach SQA Advocacy Award.



# Advocacy

## A First for Argyll and Bute

**With four people completing their training as Lived Experience Advocates earlier this year, Argyll & Bute became the first area in Scotland to establish an advocacy service for people in recovery delivered by people with experience of recovery.**

**Scottish Recovery Consortium aim to establish a National Network of Peer Advocacy Services and will look to Argyll and Bute as a model of good practice.**

The combination of national and local based partners helped secure the funding for this project and it is hoped the establishment of a National Network will help develop and support this service as we move forward.

Argyll & Bute ADP recognised that there was a need for advocacy services specifically tailored to people affected by their own or someone else's alcohol or drug use for a number of years and have been working with Lomond and Argyll Advocacy Service (LAAS) to support substance users in Argyll and Bute.

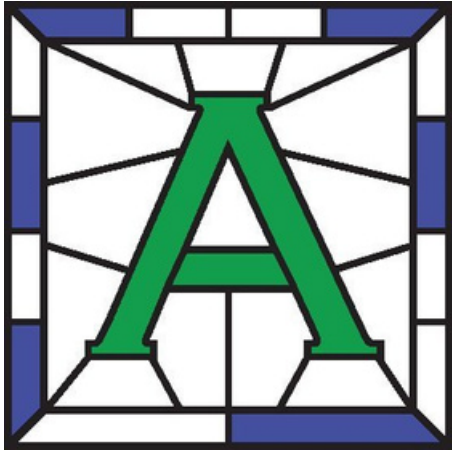
Advocates work closely with the substance use support teams in localities supporting the needs of their communities and encourage people to access the types of supports that enable their recovery journeys.

LAAS plays an important role in the delivery of MAT Standards in Argyll and Bute and the RAP Team will all complete the experiential interview training, interviewing service users about their experiences of MAT.

The Group Recovery Advocacy's work has been valuable and the voices of people in recovery have helped shape some developments and improvements within Argyll. The plan will be that another service will take forward future meetings and LAAS will become group members instead of the facilitators.

During 2022 development took place with LAAS and the Scottish Drugs Forum, to make opportunities available for students offering an interesting work experience placement, working across their Core and Recovery Advocacy Project groups. They will ensure the student has plenty of opportunities to work with other services and learn about the Alcohol and Substance Use Support Services available across Argyll and Bute and learn how they operate.

# Lomond and Argyll Advocacy Service (LAAS)



## Lomond and Argyll Advocacy Service

*- making sure your voice is heard*

*"Kind, helpful, on my side and reliable.  
A great help to me."*

*"Advocacy has helped me alot."*

*"Extremely useful service. I felt very scared and alone at the start but it was so good to meet my advocate. She was brilliant."*

**73**  
active cases in  
2021-22

# Recovery Communities

## Recovery Communities in Argyll and Bute

- Oban
- Helensburgh
- Dunoon
- Rothesay
- Mid Argyll / Kintyre

### Activities include:

- Support meetings
- Indoor and outdoor activities
- Arts and crafts
- Quizzes
- Cooking
- Hot food available
- Hairdressing
- Growing veg
- Meeting other groups
- Local campaigns
- Music groups
- Outings
- Support members to attend the Scottish Recovery Walk

The recovery communities in Oban, Helensburgh, Dunoon, Rothesay and Mid Argyll and Kintyre all expanded their membership. The communities are primarily led by people with lived experience and all have people with lived experience involved in the programming and organisation of the regular activities.

Argyll & Bute recovery communities have historically been independent of one another; however, their links have been strengthened through the creation of a **Recovery Steering Group** supported by SDF as part of the ADP's Involvement Strategy. The Recovery Steering Group aims to represent all of the recovery communities and develop a collective voice on their behalf. The ADP Support Team provided financial support and, along with several ADP partners, worked with each of the recovery communities supporting them to offer programmes including recovery cafes, group meetings and voluntary opportunities.

During 2021/22 a **panel of people with lived experience** was formed to look at setting up a recovery café in the Cowal area. This involved walk and talks, events and leaflets that were distributed to encourage engagement of the community. The panel now consists of 12 people who all have lived experience. They have organised several summer activities to engage the community. The panel have also **completed training in administering Naloxone and the volunteer program of training**.

In the Bute area there are also walk and talk groups, men's shed and breakfast clubs. This area has an average of 32 members. Discussions are taking place with Argyll & Bute Council to look at permanent premises which will allow this community to operate in the evening and at weekends. The Bute recovery community is welcomed and supported by the wider community and services.

# Addictions Recovery Café (ARC)



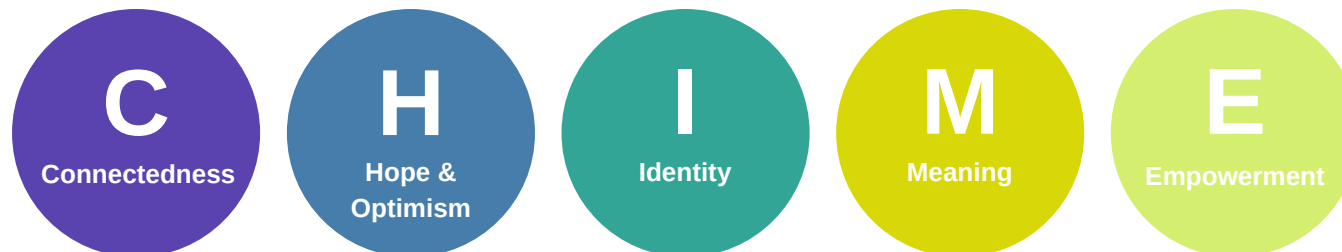
**ARC's vision: to reduce drug and alcohol deaths in Cowal by reducing stigma, raising peoples awareness and supporting Recoverists and their families in harm reduction and/or abstinence.**

**ARC's goal is to provide a peer led, holistic and supportive safe haven. A place where strengths and weaknesses of Recoverists are respected and acknowledged, providing reassurance where needed in a non-judgmental and inclusive environment.**

**After public consultation and forming a steering group, ARC are now registered with OSCR, with a strong steering committee of eight with lived experience.**

**Individuals and families welcome to have open dialogues around addictions and help reduce stigma raise awareness and be part of the ROSC which is needed for recovery. The Recovery Café is due to open by May 2023.**

## **ARC work with the CHIME framework for personal recovery**



# Cowal Community Hub

Argyll and Bute Rape Crisis (ABRC) are working in collaboration with the ADP to undertake a significant piece of development work to facilitate the creation of the 'Cowal Hub' in Dunoon.

A pilot project to support the introduction of a Recovery Café and Community Hub to support the Cowal area, this sits alongside the Recovery Oriented System of Care (ROSC).

It will support the priorities of the Argyll and Bute Alcohol and Drugs Partnership and help reduce drug-related deaths in Cowal, bringing all the relevant people/services together to work cohesively for the same outcome.

This will be a community asset which hopes to have long term benefits for people in recovery and their families, not everyone will want to engage with addiction services and this provides an alternative way of accessing support.

ABRC carried out a local consultation session with members of the local community which included people with lived experiences, using a 'conversation café' style with small group discussions.

Within the group discussions it was very clear that the proposed service was both needed and wanted with those who attended the session providing very positive feedback.

The service will be provided from a bespoke building which is part of the ABRC Centre located in the heart of Dunoon. Accessible, but can be discreetly accessed.

# Family Support Group

## What Does the Family Support Group Offer?

- Focused groups which acknowledge and accept the experiences of each member
- Lived experience forums that can help build better services for people in recovery and their families
- An equal voice on the ADP through their own dedicated ADP Representative
- Whole Family support aimed at supporting the needs of partners, parents and children as well as the individual in recovery

Argyll & Bute's first Family Support group was established, with the support and funding from the ADP, in Helensburgh in October 2018 by two family members with experience of caring for, and living with, someone with drug and/or alcohol dependency issues. With their support, a second group was established in Dunoon.

**The ADP will be working closely with Scottish Families to implement the Whole Family Approach across all localities of Argyll and Bute.**

This Spring, Scottish Families, will be hosting a series of events to tell a family member's story of living with problematic alcohol and drug use.

This is a workshop event where attendees will listen to this story, discussing and reflecting on what was heard together.

Scottish Families are raising awareness of families' experiences and creating opportunities for families to be seen and heard.

**Find out more play the 'This Fierce Love' video on Vimeo at:**  
**<http://bit.ly/3muWdyD>**

# Joint Improvement Planning

Strategic planning and development of approaches was a key feature of activity for joint working between the ADP and Community Justice. Alignment of activity within a Public Health Approach to Justice and Community Justice settings has provided a baseline, and our joint improvement collaboration will continue through to 2024, to focus on the following:

- **Review and development of access to services within Police Custody Suites**
- **Establish and test a formal approach to Prison Custody to Community for all citizens returning to the community**
- **Access to alcohol and drug service provision for those serving a range of Justice Social Work Community Sentences**
- **Workforce development** to improve knowledge and practice In each of the priority areas above, we have been able to identify a range of good practice between alcohol and drug service provision (statutory and third sector), Justice Social Work and Scottish Prison Service. In particular, the advocacy model delivered by **Lomond Advocacy and Advice Service (in partnership with the ADP)** is of particular interest to community justice partners. **Developing a rights-based approach to community justice** is in line with the priorities of both **Scottish Government Justice related strategies: Vision for Justice in Scotland; and, National Strategy for Community Justice.**

**Changes to how police custody is delivered, lower than expected number of referrals and updates in ADP and Community Justice practices identified a need to review this pathway during 2023-2024. This will be included in the local Community Justice Outcome Improvement Plan 2023.**

# Police Custody to Community Policy

The ADP, in partnership with Community Justice, Police Scotland and We Are With You, established a pathway for people held in Police Custody who wished to speak to a member of staff from We Are With You.

The offer of support is not limited to those with identified needs associated with their use of alcohol or drugs but can link into a wide range of services and opportunities through the ADP ROSC.

We Are With You function as a first point of contact and link people into the appropriate service providers on their release from custody. **A pathway has been developed to allow continuation of care and OST for someone who is entering prison. If an individual is admitted to prison there is contact between the prison and the service prescribing OST to confirm both the prescription and the willingness of the service to continue this on release.**

Due to the challenges of the pandemic, this pathway requires review, this will form one of the Argyll and Bute Community Justice Partnership Priorities for 2022-23, in partnership with the ADP.

The ADP and Community Justice continue to work on the development of the pathways for those people leaving Prison and returning to Argyll & Bute. Central to this is **the need to ensure all are provided with Naloxone on liberation and continuity of care where OST is prescribed. Argyll and Bute prisoners can be held in a range of prisons and work is ongoing to ensure an equitable approach.**

Prior to release from prison, contact is made to substance use service providers in order to continue with any clinical treatments in the community. This has worked well for the continuation of prescribed methadone and buprenorphine.



# **A&B** || Transforming **HSCP** || Together

Argyll & Bute Health & Social Care Partnership



**If you require this document in large font or in an alternative format please contact us in any of the following ways:**

**In writing:**                      **Argyll and Bute Alcohol and Drug Partnership  
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Lochgilphead, PA31 8LB**

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**Email:**                              **nhsh.argyllandbuteadp@nhs.scot**

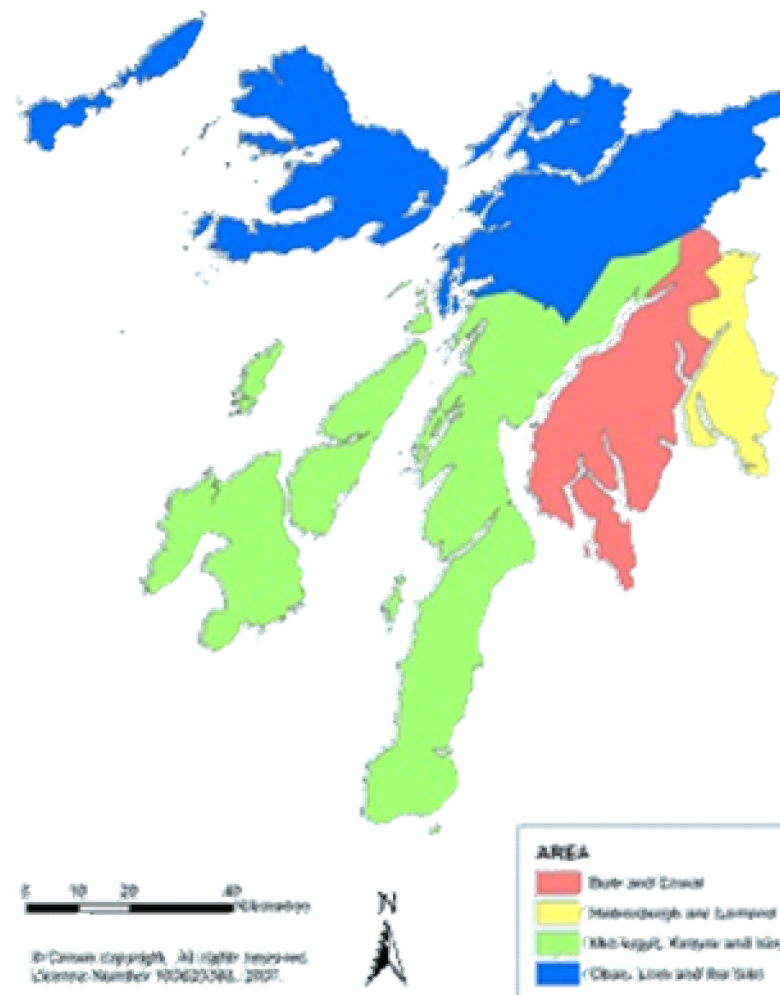
 **facebook:**      **<https://www.facebook.com/ArgyllandButeADP>**

 **twitter:**                      **<https://twitter.com/ArgyllADP>**

# Argyll & Bute Alcohol and Drug Partnership

Alcohol and Drug strategy refresh: priorities for 2023

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### **Argyll and Bute Alcohol and Drug strategy 2020-2023 Vision**

Argyll and Bute is an area where “we live long, healthy and active lives regardless of where we come from” and where individuals, families and communities:

- have the right to health and a life free from the harms of alcohol and drugs
- are treated with dignity and respect
- are fully supported within communities to find their own type of recovery

### **Background**

The Argyll and Bute (A&B) Alcohol and Drug Partnership works in partnership to prevent and support recovery from the harmful use of alcohol and drugs. The partnership is made up of NHS Highland, Argyll and Bute Council, Police Scotland and a range of third sector organisations, and is supported by a team to assist the Alcohol and Drug Partnership in meeting its responsibilities set out in the ‘Alcohol and Drug Partnerships: delivery framework’ (Scottish Government, 2019).

The Argyll and Bute Alcohol and Drug Partnership work and actions align to the current [‘Alcohol and Drug Strategy and Action Plan 2020 – 2023’](#), which was developed following engagement with communities/partners and in the context of national strategy. Changes in national strategy since 2022 necessitate a refresh of the local priorities, to ensure Argyll and Bute are implementing best practice and meeting the needs of the population. In January 2021, the Scottish Government announced the [National Drugs Mission Plan \(2022-2026\)](#) to reduce drug deaths and harms. The plan builds upon [Rights, Respect and Recovery \(2018\)](#), Scotland’s alcohol and drug strategy and includes the Medication Assisted Treatment Standards (MAT); evidence-based standards to enable the consistent delivery of safe, accessible, high-quality drug treatment across Scotland.

It is therefore appropriate that as we enter the final year of the current strategy, we review and refresh the priorities and begin work to develop our next strategy, so that we can continue to build an Argyll and Bute where the harms of alcohol and drugs are reduced, and people are supported to recover.

### **Strategy refresh: priorities for 2023**

A strategy refresh day was held in Arrochar, Argyll and Bute on 14<sup>th</sup> February 2023, and 40 people attended from a range of partner organisations including people with lived experience. The aims and objectives of the day were to begin reviewing the achievements and priorities, strategy progress, and identify the top priorities for the remaining year of the current strategy, to ensure that we are still meeting the needs of communities. The identified priorities for 2023 are listed in the below tables, under the existing four pillars of the 2020-2023 strategy, which are:

- Prevention and early intervention
- Developing Recovery Oriented Systems of Care
- Getting it Right for Everybody
- Public Health Approach to Justice

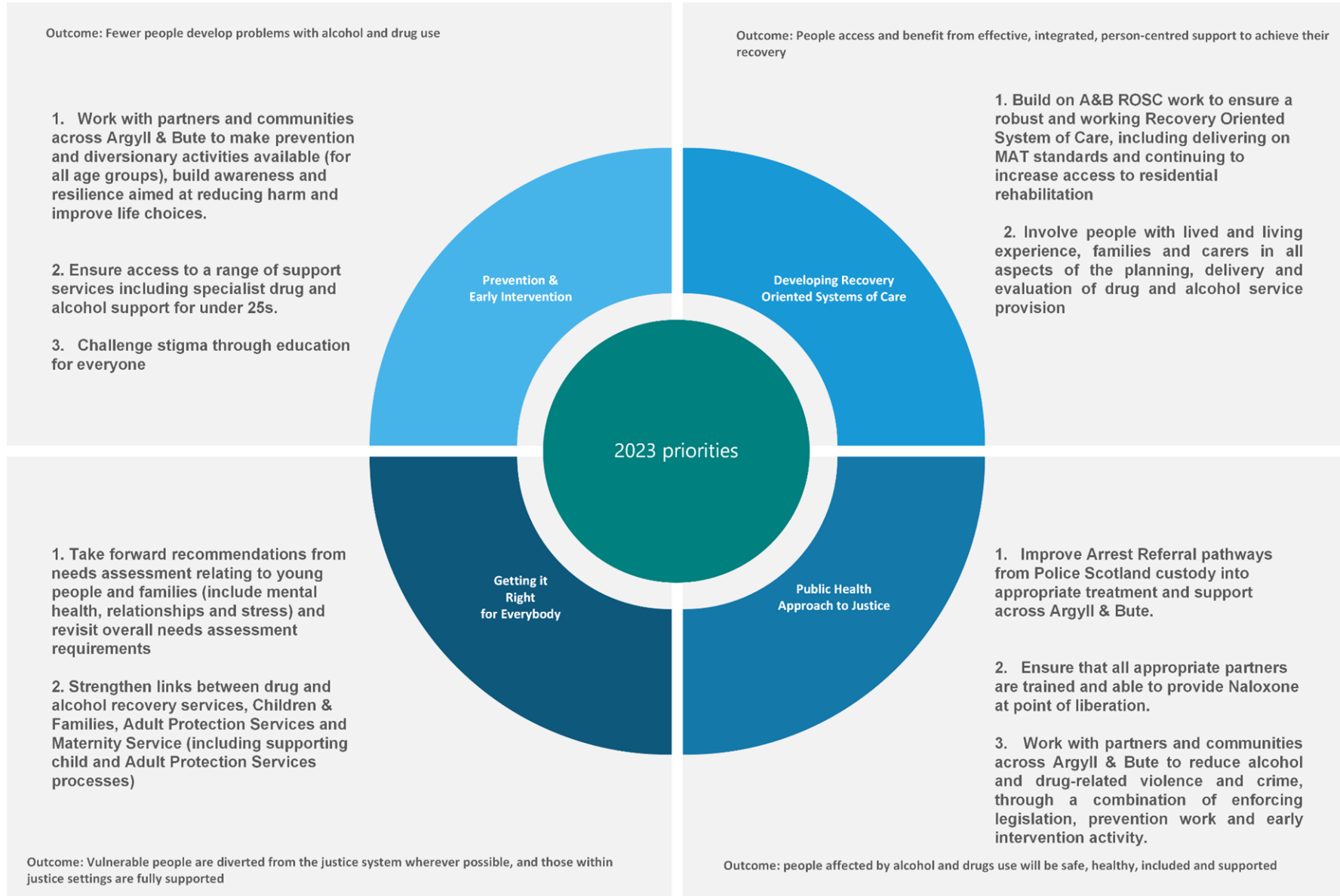
The pillars also closely align with the priorities of the Argyll and Bute HSCP Joint Strategic Plan 2022-2025, which are:

- Choice and control and innovation
- Prevention, early intervention, and enablement
- Community Coproduction
- Living Well and active citizenship

**Along with the priorities, attendees from the strategy day proposed the following recommendations:**

- 1. Consideration of a subgroup to be identified to progress each pillar of work, with an accompanying action plan.**
- 2. Consideration of a subgroup to be identified to review data and measurement; to collate what information is available and how we measure outcomes/progress.**
- 3. The draft strategy refresh to be presented to the Argyll and Bute Alcohol and Drug Partnership and Argyll and Bute HSCP Strategic Planning Group for further engagement and as part of governance structure.**

## Argyll and Bute Alcohol and Drug Strategy Refresh: priorities for 2023



## Prevention and Early Intervention

Priority	Action/outcome	Partners
<p><b>1. Work with partners and communities across Argyll &amp; Bute to make prevention and diversionary activities available (for all age groups), build awareness and resilience aimed at reducing harm and improve life choices.</b></p>	<p>People participate in activities that divert them from harmful use of alcohol and/or drugs. For this 2023 refresh, a particular gap in support was identified for older men.</p>	<ul style="list-style-type: none"> <li>• <i>Community Learning</i></li> <li>• <i>Recovery groups/communities</i></li> <li>• <i>Living Well Networks</i></li> </ul>
<p><b>2. Ensure access to a range of support services including specialist drug and alcohol support for under 25s.</b></p>	<p>Under 25s have access to early intervention and specialist drug and alcohol services at an early stage and young people identify positive outcomes from service interventions.</p> <p>Develop a revised approach for children and young people's support</p>	<ul style="list-style-type: none"> <li>• <i>A&amp;B Alcohol and Drug Partnership Support Team</i></li> <li>• <i>Education Department</i></li> <li>• <i>Contracting Team</i></li> <li>• <i>Internal &amp; External service providers</i></li> <li>• <i>Service users</i></li> </ul>
<p><b>3. Challenge stigma through education for everyone</b></p>	<p>Education and training around stigma is developed and rolled out to staff across Argyll &amp; Bute (including HSCP and partner organisation staff).</p>	<ul style="list-style-type: none"> <li>• <i>Service providers</i></li> <li>• <i>Training providers</i></li> <li>• <i>A&amp;B Alcohol and Drug Support Team</i></li> <li>• <i>Recovery Communities</i></li> <li>• <i>Education Department</i></li> <li>• <i>Service Providers</i></li> <li>• <i>Service Users</i></li> </ul>

## Developing Recovery Oriented Systems of Care

Priority	Action/outcome	Partners
<p><b>1. Build on A&amp;B ROSC work to ensure a robust and working Recovery Oriented System of Care</b></p>	<p>Argyll &amp; Bute have a model for supporting recovery across a range of identified needs</p> <p>Multiagency training is available to services</p> <p>MAT standards are implemented within Cowal and Bute, using a test of change to evaluate how the standards can be implemented across Argyll and Bute (see appendix 1)</p> <p>Continue to increase access to residential rehabilitation.</p> <p>Continue to develop community hubs throughout Argyll and Bute.</p>	<ul style="list-style-type: none"> <li>• <i>Service Providers</i></li> <li>• <i>Service Users</i></li> <li>• <i>A&amp;B Alcohol and Drug Support team</i></li> </ul>
<p><b>2. Involve people with lived and living experience, families and carers in all aspects of the planning, delivery and evaluation of drug and alcohol service provision</b></p>	<p>People with lived and living experience, families and carers are supported to organise and develop collective and individual voices, and are present as equal partners in service planning</p>	<ul style="list-style-type: none"> <li>• <i>Service Providers</i></li> <li>• <i>Service Users</i></li> <li>• <i>A&amp;B Alcohol and Drug Support team</i></li> <li>• <i>Recovery Communities</i></li> </ul>

## Getting it Right for Everybody

Priority	Action/outcome	Partners
<p><b>1. Take forward recommendations from needs assessment relating to young people and families (include mental health, relationships and stress)</b></p>	<p>Ensure recommendations from needs assessment are considered, such that early intervention and support services, focused on drugs, alcohol, mental health, relationships and stress, are developed.</p>	<ul style="list-style-type: none"> <li>• <i>Service Providers</i></li> <li>• <i>Scottish Families Affected by Drugs and Alcohol</i></li> <li>• <i>A&amp;B Alcohol and Drug Support team</i></li> <li>• <i>Education</i></li> </ul>

	<p>Services and supports (including family and recovery groups) are planned, adapted and developed based on research</p> <p>Initiate the whole family approach strategy.</p>	
<p><b>2. Strengthen links between drug and alcohol recovery services, Children &amp; Families, Adult Protection Services and Maternity Service (including supporting child and Adult Protection Services processes)</b></p>	<p>Services plan and deliver in partnership</p> <p>People and families receive integrated support from a range of providers aimed at supporting and protecting all</p> <p>Scope inclusion of housing needs within above to make sure we are meeting need.</p>	<ul style="list-style-type: none"> <li>• <i>Service Providers</i></li> <li>• <i>Service Users</i></li> <li>• <i>A&amp;B Alcohol and Drug Support team</i></li> <li>• <i>Children and Families</i></li> <li>• <i>Adult Protection Services</i></li> <li>• <i>Maternity Services</i></li> </ul>

## Public Health Approach to Justice

Priority	Action/outcome	Partners
<p><b>1. Improve Arrest Referral pathways from Police Scotland custody into appropriate treatment and support across Argyll &amp; Bute.</b></p>	<p>A range of service providers work in partnership to establish working pathways across Argyll &amp; Bute</p> <p>People in Argyll &amp; Bute are able to move smoothly from police custody into treatment/support services</p>	<ul style="list-style-type: none"> <li>• <i>Police Scotland</i></li> <li>• <i>Service Providers</i></li> <li>• <i>Community Justice Implementation Group</i></li> <li>• <i>Police Scotland</i></li> <li>• <i>Service Providers</i></li> </ul>
<p><b>2. Ensure that all appropriate partners are trained and able to provide Naloxone at point of liberation.</b></p>	<p>Increased availability of Naloxone across Argyll &amp; Bute with particular emphasis on those liberated from prison</p> <p>Reduction in drug related deaths and near misses amongst those recently liberated from prison</p>	<ul style="list-style-type: none"> <li>• <i>Justice Partnership</i></li> <li>• <i>Service Providers</i></li> <li>• <i>Community Pharmacies</i></li> <li>• <i>Harm-reduction nurse</i></li> </ul>



<p><b>3. Work with partners and communities across Argyll &amp; Bute to reduce alcohol- and drug-related violence and crime, through a combination of enforcing legislation, prevention work and early intervention activity.</b></p>	<p>Reduction in alcohol related violence and crime.</p>	<ul style="list-style-type: none"> <li>• <i>Police Scotland</i></li> <li>• <i>Public Health</i></li> <li>• <i>Community Learning</i></li> </ul>
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**Appendix 1. Medication Assisted Treatment Implementation Support Team (MIST) Project in Cowal and Bute**

As part of the Scottish Government’s National Mission to reduce drug related deaths and harms they introduced the Medication Assisted Treatment (MAT) Standards for Scotland in May 2021. The National MIST Team was established to support the implementation of the MAT Standards within each ADP area. Each area was then invited to apply for funding to support the implementation of a local plan to deliver the required changes at a local level that would reduce drug deaths and harms. Argyll & Bute developed a partnership proposal led by the drug and alcohol service providers We Are With You (WAWY) and Argyll & Bute Addiction Team (ABAT) in conjunction with Pharmacy Lead, Lomond & Argyll Advocacy Service and the Alcohol & Drug Partnership Alcohol and Drug Support Team.

Funding was successfully secured to support the implementation of the partnership programme in the Cowal and Bute area aimed at reducing drug related deaths and harms across the next four years. The service will cover all 10 MAT standards through the creation of a co-located, multidisciplinary team which offers services 7 days per week. They will use Assertive Engagement Officers to target the most vulnerable including those who have experienced near fatal overdose or are currently in custody/prison. Through the nursing and Specialist Pharmacy staff the service will aim to offer same day access to prescriptions with treatment options and a wide range of services based on the different disciplines, qualifications and experience each partner agency brings to the service. This approach will ensure that those with dual diagnosis of addiction and mental health issues are seen by the appropriate partner agency as part of a person-centred, trauma informed approach rather than in a linear fashion. A partnership approach with Primary Care services will be encouraged and developed. The service will use an in-reach approach that provides wrap around care aimed at maintaining contact with individuals, even when appointments are missed, through outreach, home visits and drop-in services. This will allow people to remain in services for as long as possible. Lomond and Argyll Advocacy Services (LAAS) will provide advocacy to each individual across a range of issues including housing, health care and income.

## Appendix 3. Argyll and Bute Alcohol and Drug Strategy Refresh: priorities for 2023

