



## North Ayrshire Alcohol & Drug Recovery Services

This table aims to help you identify the most appropriate support service for an individual who has concerns around their alcohol or drug use. Each service operates within a four tiered model of care- Tiers 1 & 2 involves community settings and delivery of services for those with mild to moderate addiction issues, to Tiers 3 & 4 for people who have more complex addiction issues and require intensive specialist support.

Further information of the ADP and resources can be found at [www.naadp.com](http://www.naadp.com)

<p><b>Kyle Addiction Unit, Ailsa Hospital, Ayr 01292 513126</b></p>	<p><b>North Ayrshire Integrated Addiction Service, Caley Court Resource Centre, Moorpark Road West, Stevenston, KA20 3HU 01294 476000</b></p>	
<p>Kyle Addiction Unit is a Tier 4 Dual Diagnosis Rehabilitation Unit which provides a range of therapeutic interventions, inclusive of assessment, structured group workshops, harm reduction and relapse prevention.</p> <p>Kyle Addiction Unit can accommodate 12 Residents and 6 Day Attenders (male and female) who have a recent history of problematic substance use and co-existing mental health problems. The service operates 24 hours a day and 7 days a week.</p> <p>Kyle Addiction Unit aims to help service</p>	<p>The Integrated Addiction Service (IAS) is a Tier 3 provision where there is an open referral that leads to a holistic assessment process for those who may require evidence based treatment interventions. There is also a Triage provision for general enquiries, 7 days per week</p> <p>Overall provision available from IAS includes:</p> <ul style="list-style-type: none"> <li>• Assessment and goal identification</li> <li>• Regular review of recovery care plans</li> <li>• A range of group work programmes including: single gender women' group, relapse prevention and management, and parenting skills programme.</li> <li>• A range of active recovery lifestyle balance</li> </ul>	<ul style="list-style-type: none"> <li>• Tailored intervention varying from single session alcohol brief intervention through to intensive high impact support of vulnerable clients.</li> <li>• Support for older adults and adults with alcohol-related cognitive impairment</li> <li>• Mental Health and Addictions related treatment support</li> <li>• Physical and Sexual Health interventions including Blood-Borne Virus (BBV) treatment support and testing</li> <li>• Injecting Equipment Provision services both at static sites and backpacking to more rural area</li> <li>• Opiate Replacement Therapy medication</li> </ul>

<p>users address their past behaviour patterns associated with their substance use and mental health problems.</p> <p>Kyle Addiction Unit also provides outpatient, follow up work for service users after discharge from the residential programme using therapies including CBT, Psychosocial interventions.</p>	<p>groups, including: gym, jogging and football.</p> <ul style="list-style-type: none"> <li>• A range of creative active recovery groups, including: soap making, allotment and creative arts.</li> <li>• Statutory interventions with Child Protection, Adult Support &amp; Protection, Mental Health and Criminal Justice cases</li> <li>• Support with control and management of day-to-day functioning, including: home visiting support, budgeting, domestic tasks and appointment support.</li> <li>• Throughcare and onward referral to partner agencies.</li> </ul>	<p>prescribing and related psychosocial interventions to enhance recovery support</p> <ul style="list-style-type: none"> <li>• Detoxification from opiates and alcohol</li> <li>• Drug reduction and recovery</li> <li>• Occupational Therapy support</li> <li>• Ongoing support, for up to 1 year, for those prescribed relapse management medications, for example, Disulfiram</li> <li>• Assessment and ongoing support to facilitate admission to Kyle Addiction Unit, follow up support is also offered</li> <li>• Naloxone training and provision to service users and the wider community</li> </ul>
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<p><b>The Richmond Fellowship Service (TRFS)</b>  <b>65a, Hamilton Street, Saltcoats, KA21 5DT</b>  <b>01294 475438 or 01294 475431</b></p> <p>TRFS deliver a Tier 2 alcohol support service, receiving self-referrals, family referrals and referrals from the Integrated Addiction Service, Sacro, Momentum, Criminal Justice, GPs, Mental Health, and Voluntary agencies,</p> <p>The support is provided by a dedicated trained staff group and a key worker is identified upon receipt of the referral, support is provided in the person's home or an alternative venue if the person prefers.</p> <p>TRFS provide outcome focussed support with advice on alcohol harm reduction, enable the person to identify their own strengths and assets which will support them towards their recovery, post and pre detox support,</p>	<p><b>Momentum Ayrshire Recovery Choices (MARC)</b>  <b>44-46 Bank Street, Irvine, KA12 0HL</b>  <b>01294 311433</b></p> <p>MARC provides a Tier 2 service offering 3 key components of early intervention, throughcare support and BBV support.</p> <p><b>Early Intervention</b>  Offering practical pro-social support to service users who have mild to moderate drug addiction issues; referrals for this support can be received from anywhere.</p> <p>MARC encourage and support service users by providing assertive links to universal support services, including but not limited to welfare rights, debt advice, housing and citizens advice.</p> <p>Where necessary, MARC will deliver brief interventions with a view to preventing this group of service users from entering into the Tier 3 Integrated Addiction Service.</p> <p><b>Throughcare Support</b>  MARC offer throughcare support to service users who are considered by Integrated Addiction Services to</p>	<p><b>Irvine Teen Challenge</b></p> <p>The project provides an opportunity to engage with those people who may be deemed 'hard to reach' by providing an environment that will positively support people access wider services that will meet their needs.</p> <p>The Irvine Teen Challenge Bus is available every Tuesday from 8pm to 10pm, in Boyle Street, Irvine. Irvine Teen Challenge operates a "coffee shop" bus providing food and hot drinks, offering support, information and guidance to people who want help to recover from addiction. The service signposts people to support services, and peer support groups</p> <p>Irvine Teen Challenge provides support to people from Irvine but will support anyone from other areas who access the service.</p>
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<p>accessing community resources including self-help groups (AA, CA, SMART), support with financial problems, developing or revisiting hobbies/ interests, building confidence, re-engaging in the community, sign posting to appropriate agencies i.e. CRUSE, Break the Silence, Samaritans, Breathing Space), emotional and practical support.</p>	<p>have mild to moderate drug addiction issues and have less complex presentation (i.e. no Child Protection or Adult Support and Protection issues, no complex mental, physical or sexual health issues). Referrals will come solely from the Integrated Addiction Service.</p> <p>MARC will assist service users with accessing education, training, employment, housing, welfare rights and debt advice while offering practical assistance, motivation and encouragement through their recovery journey.</p> <p><b>Blood Borne Virus (BBV) Identification &amp; Support</b> MARC offer practical support to service users undergoing treatment for BBV. Referrals will come directly from the BBV Hospital team.</p>	<p><b>Irvine Care and Share</b>, is held in the Salvation Army Hall, Irvine, every Wednesday between 12.30 to 2.30pm offering a lunch of homemade soup, sandwiches, tea/ coffee and biscuits.</p> <p>Various types of health, social, financial and housing supports are available for those affected by homelessness, addiction, and mental/ physical health issues with signposting/referral on to support services.</p>
<p><b>Recovery Community:</b> Recovery at Work (RaW) is a constituted community group of people in recovery. There is a wide range of activity which RaW contributes to within North Ayrshire, offering opportunities for people to develop skills, volunteer and become engaged in their local community. This includes Café Solace that takes place every Wednesday from 5-8pm at the Church of Nazarene, Ardrossan. For further details of RaW please contact- <a href="mailto:recoveryatwork1@gmail.com">recoveryatwork1@gmail.com</a></p>	<p><b>Mutual Aid groups:</b> Alcoholics Anonymous, Narcotics Anonymous and Cocaine Anonymous provide peer-based group support for individuals with alcohol or drug problems (meeting dates can be found at <a href="http://www.alcoholics-anonymous.org.uk">www.alcoholics-anonymous.org.uk</a>, <a href="http://www.ukna.org">www.ukna.org</a> and <a href="http://www.cauk.org.uk">www.cauk.org.uk</a>)</p> <p><b>Self-Management and Recovery Training (SMART)</b> is an evidence-based programme to help people manage their recovery from any type of addictive behaviour. This includes addictive behaviour with substances such as alcohol, nicotine or drugs, or compulsive behaviours such as gambling, sex, eating, shopping, self-harming amongst others. SMART groups run from a model where people with lived experience of addiction problems can become trained up in SMART and are then able to facilitate a SMART recovery meeting within their community. North Ayrshire Alcohol and Drug Partnership is committed to supporting the development of peer facilitated meetings throughout North Ayrshire. Details of SMART meetings can be found below.</p>	

## SMART RECOVERY MEETINGS IN NORTH AYRSHIRE

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Ardrossan</b></p> <p><b>10am-11.30am</b> Civic Centre, Glasgow Street, Ardrossan</p>	<p><b>Kilwinning</b></p> <p><b>10am-11.30am</b> Old Parish Church Erskine Hall Garden Square Lane, Kilwinning KA13 6AD</p> <p><b>Largs</b></p> <p><b>1pm-2.30pm</b> The Brisbane Centre, Bath St, Largs, KA30 8BL. (Next to the Green Shutter Tea Rooms)</p>	<p><b>Irvine</b></p> <p><b>10am-11.30am</b> Momentum Ayrshire Recovery Choices (mARC) 44-46 Bank St, Irvine, KA12 0LL</p>	<p><b>Kilbirnie</b></p> <p><b>1pm-2.30pm</b> Radiocity 1A Bridgend, Kilbirnie, KA25 7DF</p> <p><b>Largs</b></p> <p><b>7pm-8.30pm</b> St. Columba's Church Hall, Aubrey Close, Aubrey, Largs</p>	<p><b>Springside</b></p> <p><b>1pm-2.30pm</b> Springside Community Centre, Overtoun Road Springside KA11 3BG.</p>