

DRUG AND ALCOHOL DELIVERY BULLETIN

July 2015

Welcome to the July 2015 issue of the Drug and Alcohol Delivery Bulletin. Updates on recent developments and plans include:

- **HEAT Standard for Drug & Alcohol Treatment Waiting Times**
- **Publication of Alcohol Brief Interventions HEAT Standard 2014/15**
- **Alcohol and Drugs Competence Assessment Framework – Pilot 2015**
- **2015 – 18 Alcohol and Drug Partnership (ADP) Three Year Delivery Plans**
- **ADP Funding 2015 - 16**
- **Scottish Government Discussion Paper – Scotland’s future employment services – your views encouraged**
- **National Support for Workforce Development**
- **Health and Justice (System) Improvement Game**
- **South Ayrshire Recovery Week**
- **Interactive map of alcohol and tobacco outlets**
- **Children Harmed by Alcohol Toolkit (CHAT) pilot**
- **Scottish Opioid Analgesic Dependence (OAD) Conference 3rd June**
- **Scottish Families Affected by Alcohol & Drugs: Young Adult Carers – Supper Club Workshops**
- **Bereavement Support Project**
- **Future Events**
- **Dr Evelyn Gillan – A Tribute**



QUERIES ON THE CONTENT OF THIS BULLETIN:

If you have any queries on the content of this bulletin, please contact

alcoholanddrugdelivery@scotland.gsi.gov.uk

HEAT Standard for Drug & Alcohol Treatment Waiting Times

Latest quarterly statistics (January – March 2015) to inform performance against the HEAT Standard for drug and alcohol treatment waiting times were published on 30th June and can be accessed via the following link: <http://www.isdscotland.org/Health-Topics/Drugs-and-Alcohol-Misuse/Publications/>.

These quarterly statistics show that:

- In the latest quarter (January – March 2015) all NHS Boards in Scotland, except NHS Dumfries and Galloway and NHS Lothian, met the HEAT standard that at least 90% of people who started drug or alcohol treatment waited 3 weeks or less.
- In January - March 2015, 95.0% of the 11,114 people who started their first drug or alcohol treatment waited 3 weeks or less (HEAT Standard), the same as in the previous quarter. The standard therefore continues to be exceeded.
- For alcohol treatment, 95.5% of the 6,978 people who started alcohol treatment between January - March 2015 waited 3 weeks or less, a slight decrease from 95.7% in the previous quarter.
- For drug treatment, 94.1% of 4,136 people who attended an appointment for drug treatment waited 3 weeks or less, a slight

increase from 93.7% in the previous quarter.

- In total 13,331 drug and/or alcohol treatments were started between January and March 2015, the most common treatments being structured preparatory and motivational interventions (6,496 treatments) and community based support and/or rehabilitation (5,059 treatments). Note: clients may have more than one treatment so number of clients differs from number of treatments.
- Of the 3,104 people who were still waiting to start drug or alcohol treatment, 192 people, or 6.2%, had waited more than 6 weeks at the end of March 2015, compared to 124 people (5.2%) in the previous quarter.

Prisons

- In January - March 2015, of the 1,092 people who started their first drug or alcohol treatment in prison, 94.6% waited 3 weeks or less and 77.0% waited one week or less. Of the 83 people who were still waiting to start drug or alcohol treatment at the end of March 2015, 15 people, or 18.1% had been waiting for more than 6 weeks.

This quarter's publication also provides a full year data extract for the period 1 April 2014 to 31 March 2015:

- Of the 46,430 people who started their first drug or alcohol treatment from 1 April 2014 to 31 March 2015, 95.7% had waited 3 weeks or less



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and 56.3% had waited one week or less.

- 96.4% of the 29,515 people who started their first treatment for alcohol use waited 3 weeks or less and 94.4% of the 16,915 people who started their first treatment for drug use waited 3 weeks or less.
- All Prisons in Scotland, except NHS Lothian and NHS Tayside met the HEAT standard.
- In Prisons, of the 4,643 people who started their first drug or alcohol treatment from 1 April 2014 to 31 March 2015, 95.7% had waited 3 weeks or less and 77.3% had waited one week or less.
- In Prisons, 97.6% of the 1,340 people who started their first treatment for alcohol use waited 3 weeks or less and 94.9% of the 3,303 people who started their first treatment for drug use waited 3 weeks or less.

As confirmed in previous Drug and Alcohol Bulletins, for 2015-16 Drug & Alcohol Treatment Waiting Times have been confirmed as being formally linked to the NHSScotland Local Delivery Plan (LDP) as a LDP standard. The LDP standard states:

To ensure that people affected by problem alcohol or drug use continue to receive fast access to appropriate treatment, it is expected that clients will wait no longer than 3 weeks from

referral received to appropriate treatment that supports their recovery.

We acknowledge the excellent work that services and ADPs have undertaken to date to deliver fast access to treatment and look forward to continuing to work with stakeholders to sustain and further improvement performance.

For more information please contact Hilary Scott, Team Leader: ADP National Support via: Hilary.scott@scotland.gsi.gov.uk

Publication of Alcohol Brief Interventions HEAT Standard 2014/15

We are delighted to confirm that the Alcohol Brief Intervention (ABI) HEAT standard for 2014-15 has been exceeded at national level. The full report, published by ISD on 30 June 2015, can be found on ISD's website:

<https://isdscotland.scot.nhs.uk/Health-Topics/Drugs-and-Alcohol-Misuse/Publications/2015-06-30/2015-06-30-ABI2014-15-Report.pdf?28040713072>

Congratulations and thanks is due to everyone who contributed to this excellent achievement.

The sustained delivery of ABIs by the NHS and partners builds on the success of previous years and supports the Scottish Government's long term aim of embedding ABIs into routine practice, which is key to helping individuals to cut



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down on their drinking to within safer guidelines.

The total number of ABIs carried out in Scotland during 2014-15 was 99,252, exceeding the target of 61,081 by 62%. Altogether, since 2008, 569,792 ABIs have been delivered across Scotland, exceeding the cumulative target of 393,773 by 45%.

As confirmed in previous Drug and Alcohol Bulletins, for 2015-16 ABI delivery has been formally linked to the NHSScotland Local Delivery Plan (LDP) as a LDP standard. The LDP standard states:

NHS Boards and their Alcohol and Drug Partnership (ADP) partners will sustain and embed alcohol brief interventions in 3 priority settings (primary care, A&E, antenatal) and broaden delivery in wider settings.

The national delivery figure for 2015-16 remains 61,081 ABIs. It is expected that at least 80% of delivery towards the standard will continue to be delivered in the priority settings.

We look forward to continuing to work with our ABI partners and are currently planning a discussion around ABI evidence and research, which will link in to the development of the next phase of the alcohol strategy. The discussion will be held in early November and we will be seeking input from ABI Leads in September.

If you would like to talk about this or any aspect of the ABI programme please

contact Kirsty Macdonald, ABI Programme Manager, Scottish Government

(Kirsty.Macdonald@scotland.gsi.gov.uk)

Alcohol and Drugs Competence Assessment Framework – Pilot 2015

The Alcohol and Drugs Competence Assessment Framework is a tool for individuals, managers and commissioners to identify and access information relating to the knowledge, skills and behaviors required to enhance competence in the field of substance use. It helps to clarify roles, and assists in understanding how personnel fit within the wide spectrum of working with those involved in substance use.

A Scottish Government pilot of the Framework will run until 30 November 2015, an evaluation will follow where feedback on the framework will be encouraged.

The [Skills for Justice](#) website has many and varied applications.

Below are some of the things that the Framework could assist you with:

- Design of Job descriptions
- Devising an induction plan through the use of role profiles and National Occupational Standards.
- Use of National Occupational Standards to underpin discussions during staff and volunteer supervision.



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- Use of National Occupational Standards to guide and support staff and volunteer appraisal.
- Use of National Occupational Standards and role profiles to help you identify development

2015 – 18 Alcohol and Drug Partnership (ADP) Three Year Delivery Plans

We would like to thank all ADPs for sharing their Delivery Plans covering the period April 2015 to March 2018. The Delivery Plans should reflect the goals of local ADP Strategies and be agreed by all ADP Partners.

Scottish Government are currently reading all of the Plans and will provide light touch feedback to ADPs in the coming months.

The [ADP Planning and Reporting Guidance](#) has been updated and published along with an updated [ADP Standard Reporting Template](#) for 2014-15. **ADP Annual Reports** should be forwarded to Scottish Government **by 14 September 2015**.

Please contact Amanda Adams, Scottish Government, Alcohol Team, should you wish to discuss in more detail:

Amanda.adams@scotland.gsi.gov.uk

ADP Funding 2015 -16

The Scottish Government issued earmarked funding allocation letters to Alcohol and Drug Partnerships (ADPs) and NHS Boards to enable the local ADPs to deliver nationally agreed core outcomes and local outcomes on alcohol and drugs.

Funding allocations for subsequent years will be agreed following the next Scottish Government spending review.

These allocations represent the minimum amount that ADPs should spend on these issues in 2015-16 and it is expected that additional resources, including monetary funds, will be secured from ADP partners. ADPs should identify the resource utilised in prevention, treatment, recovery or dealing with the consequences of problem alcohol and drug use in their locality and set this out in their Strategies, Delivery Plans and Annual Reports.

Funding for 2015-16 is conditional on ADPs demonstrating progress towards both national and locally relevant alcohol and drug outcomes and the following specific Ministerial priorities:

- Compliance with the **Drug and Alcohol Treatment Waiting Times** Local Delivery Plan (LDP) Standard, including, increasing the level of fully identifiable records submitted to the Drug and Alcohol Treatment Waiting Times Database;



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- Implementation of **improvement methodology** at the local level, including implementation of *The Quality Principles: Standard Expectations of Care and Support in Drug and Alcohol Services* and responding to the recommendations outlined in the independent expert group on opioid replacement therapies;
- Preparation of local systems to comply with the new **Drug & Alcohol Information System (DAISy)**, expected to be operational by Autumn 2016. For DAISy to function effectively and reach its full potential, it is clear that we will require a facility where information can be shared between services in instances where a client is receiving care across multiple services or when they are transferred to the care of another service provider. There are a few areas in Scotland, in the drugs and alcohol field, where this currently happens through an Information Sharing Protocol (ISP), e.g. Fife, and Glasgow City. Fife developed their ISP based on the Scottish Accord on the Sharing of Personal Information (SASPI) template and all local services involved in the treatment of alcohol and drug clients have signed up to this. **To meet the requirements of our stakeholders and to ensure the success of DAISy it is proposed that an ISP be developed and adopted in each ADP area ;**
- A proactive and planned approach to responding to the needs of **prisoners affected by problem drug and alcohol use** and their associated throughcare arrangements. It is expected that **ADPs (including Health Board partners) and the Scottish Prison Service will work more closely to ensure a consistent process and sharing of information before, during and after an individual is in custody.** A further key priority area for the Scottish Government is effectively supporting women who offend;
- Compliance with the **Alcohol Brief Interventions Local Delivery Plan (LDP) Standard;**
- Ongoing implementation of a **Whole Population Approach for alcohol**, recognising harder to reach groups and supporting a focus on communities where deprivation is greatest;
- ADP engagement in improvements to reduce **alcohol-related deaths;**
- Tackle **Drug Related Death** risks in your local ADP;
- Continue to prioritise the reach and coverage of Naloxone kits for people at risk of opiate overdose, including on release from prison;
- Improving identification of, and preventative activities focused on, **New Psychoactive Substances;** and
- Increasing compliance with the **Scottish Drugs Misuse Database**, both SMR25 (a) and (b).

For further information on ADP funding letters, please contact Amanda Adams at Amanda.adams@scotland.gsi.gov.uk



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**Scottish Government
Discussion Paper - Scotland's
future employment services -
your views encouraged**

The Scottish Government has launched a discussion paper (link attached below) to seek views on the future of Scotland's employment support services. The paper invites opinion which will inform future delivery models in Scotland, following devolution of the Department of Work and Pensions (DWP) Work Choice and Work Programme schemes in April 2017.

<http://www.gov.scot/Publications/2015/07/9128/0>

The Discussion will run until 9th October 2015, and the Scottish Government plan to hold an event towards the end of the year which will set out the consultation findings and propose the way forward for future delivery of employability support services in Scotland.

The work around future employment support will be assisted by a small stakeholder Advisory Group, chaired by Professor Alan McGregor from the University of Glasgow. See <http://news.scotland.gov.uk/News/Fairer-employment-support-1aea.aspx> for further information.

Scottish Government employability colleagues are open to supporting stakeholders, businesses and service users to respond to the discussion paper. If there is interest in having consultation events with staff and

service users, they are keen to support that activity. Please contact Joanne Farrow (Joanne.Farrow@scotland.gsi.gov.uk) if that is of interest.

**National Support for Workforce
Development**

Scottish Drugs Forum (SDF) will now manage and deliver part of the programme previously delivered by Scottish Training on Drugs and Alcohol (STRADA), which was a joint project of The University of Glasgow and DrugScope. The Scottish Government Drugs Policy Unit has worked with SDF with the aim of preserving STRADA's work. SDF will now deliver much of the learning and development, training and strategic workforce development and planning work previously provided by STRADA. This work began on 1st July 2015 and has a close strategic fit with the work of SDF's National Quality Development Team, for which five years funding from The Big Lottery and Scottish Government was confirmed in April this year.

For more information contact George Burton via: georgeb@sdf.org.uk



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Health and Justice (system) Improvement Game

Scottish Government in collaboration with NHS Health Scotland have developed a new improvement resource for Health & Justice which builds on the local deployment of the 'Drug and Alcohol Improvement Game'(DAIG) used with Alcohol & Drug Partnerships (ADPs). In this new setting Scottish Government and NHS Health Scotland have found it helpful to consider a number non-identifiable scenarios of individuals who become involved in the justice system to inform their story as they move from arrest through custody and on to eventual reintegration in the community as part of a systems improvement approach.

The Health & Justice Improvement Game resource is used in a full day local workshop with a wide range of partners from across local health, social care and justice services. It is based on Lean improvement methodology focusing on demand, capacity, blockages, mistakes, variation, rework and quality. Over the second half of the day's event, local data is briefly considered and input is provided on improvement theory and its application to encourage development of local changes to reduce the likelihood of reoffending and support recovery. In particular, there is a focus on the Scottish Government's (SG) 3-Step Improvement Model using small tests of change and Plan, Do Study, Act (PDSA) to apply improvement ideas in a work setting. The resource utilises role-play

and encourages partners to work together as a team to remedy an offender pathway which requires improvement, therefore some live intelligence on the potential barriers and challenges which professionals face in working across the system has been embedded in the resource.

A pilot event took place on 10 June with partners in HMP Grampian from health, local authority and justice which was very helpful in introducing tests of change in this local setting. In future events relevant service users and family members would also be welcome.

For more information or to arrange an event please contact Biba Brand (Scottish Government, ADP National Support) on biba.brand@scotland.gsi.gov.uk

Some introductory information and an event agenda is available on the following SSKS link:

<http://www.ssk.org.uk/topics/drugs-and-alcohol/keep-up-to-date.aspx>

South Ayrshire Recovery Week

South Ayrshire ADP held a Recovery Week from Monday 6th until Saturday 11 July.

The aim was to celebrate recovery, celebrate the achievements of people in recovery and involve families and the wider community in South Ayrshire.



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A key aim of the week was to reach out to rural communities and launch a new recovery community in Girvan. This builds on the successful Cafe Hope in Ayr and the recently launched recovery group in Tarbolton.

The week long programme of events included a photographic exhibition run by the Occupational Therapy team in Ayr. There were information events for workers, peers and those affected by Hep C with a focus on treatment and prevention. Addaction Ayr laid on a session on Mindfulness led by Bhante Rewatha Thero, from Sri Lanka.

As the week progressed all were looking forward to the Peer Worker Graduation Event hosted at Cafe Hope in Ayr. The Provost Of Ayr, Provost Moonie joined in the celebrations by presenting the certificates to 12 peers who had achieved SVQ qualifications from Ayr College in Social Care and Business Administration. This was followed by a family party with live music and dancing.

If this wasn't enough the culmination of the week was a Recovery Festival held on Saturday in Bellisle Park. For a change the sun came out and with more than 500 people from all over Scotland the festival kicked off with a 7 aside football tournament, the eventual victors being Phoenix Futures who came out top in a fiercely contested final match. This was followed by a memorial tree planting, a recovery walk along the shore front at Ayr and family activities including a bouncy castle, kangaroo boxing, children's sports day and a giant barbecue. Live local bands played in a

packed marquee to an enthusiastic audience. All in all it was a great week of celebration which finished in a fantastic Festival of Recovery.



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Interactive map of alcohol and tobacco outlets

A new interactive webmap - www.cresh.org.uk/webmap - allowing users to map tobacco and alcohol outlet density and related health outcomes for neighbourhoods across Scotland has been launched. Users can map alcohol-related death rates, lung cancer and lung disease death rates, and deprivation. The search facility allows searching by town or postcode, and data can be downloaded for Scotland as a whole or selected areas.

Previous research shows that outlet density matters for health. Areas of Scotland with the highest alcohol outlet density have double the death rate of those with the lowest densities.

Until now, outlet density information has not been readily available to local people who are affected by licensing decisions. This webmap will make local data on outlet density and harm accessible to local residents, community groups and others, enabling them to get more involved in the licensing process and play an active role in shaping the communities, towns and cities in which they live.

The data used to create the website has been analysed by [CRESH](http://www.cresh.org.uk) at the Universities of Edinburgh and Glasgow. The resource was developed in partnership with Alcohol Focus Scotland and ASH Scotland, and was funded by the Economic and Social Research Council.

For more information on the research looking at the relationship between alcohol-related illnesses and deaths and the availability of alcohol outlets at Scotland and local authority level, please visit the resources section of [Alcohol Focus Scotland's website](http://www.alcoholfocus.scot.nhs.uk).

Children Harmed by Alcohol Toolkit (CHAT) pilot

Alcohol Focus Scotland has begun piloting its new Children Harmed by Alcohol Toolkit ('CHAT') in North Ayrshire. The toolkit will provide practitioners with a range of interactive resources that can help build resilience and protective factors in children and young people affected by parental drinking who are currently receiving support from specialist services.

CHAT combines and builds on Alcohol Focus Scotland's three existing resources for working with children and young people: 'Oh Lila' for children aged 3-5; 'Rory' for children aged 5 – 11; and 'ADAM' (Another's Drinking Affects Me) for young people aged 11-16. The new toolkit will allow practitioners to use the resources to suit the needs of each individual family, tailoring their approach to a child's age and ability and to also allow work with all siblings.

CHAT will be piloted in North Ayrshire over the next three months, after which it is intended it will be made available nationally. For more information on this resource, or on Alcohol Focus Scotland's existing resources for working with children and young people,



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please contact Jane Wilson on 0141 572 6700 or jane.wilson@alcohol-focus-scotland.org.uk.

Scottish Opioid Analgesic Dependence (OAD) Conference: 3rd June 2015

The Scottish Opioid Analgesic Dependence (OAD) Conference held on 3rd June, organised by Indivior UK Ltd, saw 120 delegates from across Scotland attend. The event focused on health risks of prescribed opioid medications, such as dependency and their implication in drug related deaths.

Data presented showed approximately 950,000 individuals (18% of population) in Scotland were prescribed opioid pain medication in 2012. Incidence of prescription opioid use, as well as opioid related deaths, have increased in recent years – trends that have been seen in the U.S. are now starting to emerge in Scotland (U.S. data states 33% of chronic pain patients may not use their opioids as prescribed).

Identified good practice shared included :

- GPs issuing a letter to patients outlining the risks with opioid analgesic medication
- Joint working between addiction services and pain management clinics – services are inconsistent across Scotland and unable to meet the increasing demand

- Regular medication reviews by pharmacists or GPs;
- Ensure RCGP guidelines and SIGN guidance are effectively implemented
- Utilisation of screening tools to identify patients at risk

There was a call for Health and Justice joint working on this issue and for Health Boards to develop plans to address this risk area. The event concluded that a framework is needed to ensure patients with OAD are identified and given appropriate multidisciplinary care.

Scottish Families Affected by Alcohol & Drugs: Young Adult - Carers – Supper Club Workshops

Anecdotally, we know that many young people, living with someone who uses alcohol, take on additional caring responsibilities which tend not to be disclosed outside the family. To consult with Young Adult Carers (YAC's) and develop a better understanding of their experiences and needs Scottish Families Affected by Alcohol & Drugs (SFAAD) (in partnership with Central Carers) developed the '*Supper Club Workshop*', with three sessions delivered to participants from across Forth Valley. Key findings included:

- 54% of participants had supported a significant other with problem substance use: parents,



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siblings, other family members and friends

- Only 1 carer had accessed support in their own right to help them cope with another's substance use
- 83% had missed an opportunity due to caring responsibilities, where substances were involved, including: learning/work opportunities, social activities and personal appointments

The workshops were replicated by SFAAD staff at Scotland's first ever Young Adult Carers Summit at Stirling University on 3rd July, which attracted over 100 YAC's from all over Scotland. Initial feedback suggests benefits in extending this to a wider sample of young people to raise awareness of alcohol-related harm, challenge stigma which acts as a barrier to families accessing support and find effective solutions to reducing harm.

For more information please contact John Holleran, Alcohol Liaison Officer, SFAAD at John@sfad.org.uk

Bereavement Support Project

Scottish Families Affected by Alcohol and Drugs (SFAAD) launched a Bereavement Support Project on the 22nd June 2015. The service has been

set up to address the complex support needs of those affected by a drug related death.

The death of a loved one is a difficult loss to recover from for most, however a drug related death can be even more difficult due to the stigma and isolation often felt by the loved ones left behind. For some, they may not have been aware of the person's drug use prior to their death further compounding the sense of shock often felt after a bereavement. The service aims to offer early intervention support in order to prevent a complex grief reaction, and will be provided by specially trained counsellors.

The service is open to anyone aged 16 and over, who has been bereaved within the last 3 years. Referrals are received via our helpline (08080 10 10 11) which is open until 11pm each evening. On receipt of a referral to the service, a full clinical assessment is carried out by one of our qualified counsellors, and if appropriate up to 6 sessions of counselling will be arranged. Sessions take place in the community, and where appropriate we also signpost to other local services that may be able to provide support.

In 2013 there were 526 drug related deaths, each leaving behind friends a family. SFAAD will be working closely with Police Scotland and other partnership organisations to raise awareness of the complex support needs of those bereaved by a drug related death and are currently working on an information booklet containing



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useful information for those newly bereaved.

If you would like more information on the service, SFAAD's National Bereavement coordinator Karin Figliolini can be contacted at karin@sfad.org.uk

Future Events

We will be in touch with ADPs in the coming weeks on the future events outlined below:

02 September 2015 - ADPs and Job Centre Plus Staff Event

30 September 2015 - Alcohol Focus Scotland's ADP knowledge exchange event.

22 October 2015 – ADP Chair Event

2 November 2015 - ABI Research/ Evidence Discussion

12 November 2015 - ADP Co-ordinator Event

Dr Evelyn Gillan – A Tribute



It is with deep sadness and regret that Alcohol Focus Scotland announces the passing of its Chief Executive, Dr Evelyn Gillan.

Evelyn was an inspirational woman and public health advocate who was hugely respected both here in Scotland and by colleagues internationally. Her enthusiasm, leadership, energy and passion to change the world for the better were evident to all who had the privilege to know and work with her. Her sense of humour and tenacity were legendary! She was one in a million and will be deeply missed by all at AFS and in the wider public health community.

A eulogy to Evelyn, delivered at her memorial service by Lesley Riddoch, can be read via the following link: <http://www.lesleyriddoch.co.uk/2015/07/eulogy-to-evelyn-gillan.html>

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