

DRUG AND ALCOHOL DELIVERY BULLETIN

October 2014

Welcome to the October 2014 issue of the Drug and Alcohol Delivery Bulletin. Updates on recent developments and plans include:

- **Quality Principles – Standard Expectation of Care and Support in Drug and Alcohol Services**
- **Alcohol Related Brain Damage - Awareness Training**
- **International Overdoes Awareness Day**
- **Alcohol and Other Drug Misuse Training Programmes - NHS Education for Scotland**
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- **West Dunbartonshire Alcohol and Drug Partnership - Welfare Reform Action Group**



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

**THE QUALITY PRINCIPLES:
Standard Expectations of Care and
Support In Drug and Alcohol
Services**

We are delighted to announce the publication of *The Quality Principles: Standard Expectations of Care and Support in Drug and Alcohol Services*, which set out the Scottish Government's expectations of the level of service individuals, and their families, should receive when seeking help to support their recovery: <http://www.scotland.gov.uk/Publications/2014/08/7888/downloads>. The link referenced also includes a downloadable leaflet on the Principles.

At the heart of the Quality Principles is the concept of a Recovery Oriented System of Care (ROSC) which places priority on joined-up, person-centred assessment, interventions and reviews; delivered by a skilled workforce with the right attitudes and values to empower the individual to recover.

Now that we have achieved significantly improved access to treatment and support services across Scotland, the Quality Improvement Framework is the focus of the next phase of delivery of the national drug and alcohol strategies. Its purpose is to continue to ensure fast access whilst making sure quality is embedded and evidenced across all services in Scotland. The implementation of this Framework, with the Quality Principles at its centre, is a priority for Scottish Ministers.

The Quality Principles were developed collaboratively with invaluable input from Alcohol and Drug Partnerships (ADPs), national commissioned organisations, the Convention of Scottish Local Authorities (COSLA) and, most importantly, people currently in services as well as those in longer-term recovery. We would like to take the opportunity to thank everyone who contributed to this process.

We expect ADPs and services to fully embrace the ethos of the Quality Principles, making use of improvement techniques to build on the range of work already taking place across Scotland. Lanarkshire and Dumfries & Galloway ADPs are in the early stages of testing the Quality Principles locally and learning from these areas will be shared with other areas.

To further support effective implementation of the Quality Principles, we plan to work with a range of partners including the Care Inspectorate and Healthcare Improvement Scotland to support the validation of ADP and services' self-assessment of performance and progress. This will be complemented by strategic commissioning guidance being prepared by the Joint Improvement Team (JIT) to prepare partnerships for Health and Social Care Integration.

Moreover we have commissioned ISD Scotland to undertake a review of existing national drug and alcohol data collection systems to develop an integrated, more user-friendly system which will gather more meaningful



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information on treatment outcomes while reducing duplicate data entry requirements for staff.

We look forward to working with you while we continue to develop and progress this Quality Improvement Framework, all of which will be hosted on the Social Services Knowledge Scotland (SSKS) drug and alcohol portal:

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

Should you wish to discuss national support available to assist with local implementation of the Quality Principles please contact Hilary Smith Hilary.Smith@scotland.gsi.gov.uk or Biba Brand Biba.Brand@scotland.gsi.gov.uk from the ADP National Support Team in the first instance.

Alcohol Related Brain Damage Awareness Training

The North Lanarkshire Integrated Addiction Service has developed a new training website – www.arbdaware.org – to educate and inform on Alcohol Related Brain Damage (ARBD).

It has been suggested that Scottish ARBD prevalence rates are 7 - 14.4 per 10,000 persons (Chiang 2002), but several investigators have argued that rates are increasing (McRae & Cox 2003), and that these numbers may be a significant underestimation (Smith and Hillman, 1999).

www.arbdaware.org is a unique learning resource globally, with no other websites available of this nature on this topic.

The website is user-friendly and interactive, focussing on education, prevention and recovery. There are website sections covering a range of topics: brain anatomy, ARBD conditions, assessment, nutrition, prevention, treatment and recovery, and how to support individuals with ARBD. How legislative measures might be used to support individuals with ARBD is also discussed, with links to other online resources.

The site provides blocks of information; quizzes to test knowledge; time-lines providing clinical examples of what can happen after using alcohol heavily from early ages; and possible options for intervention, treatment and support.

Please visit www.arbdaware.org and register to access this learning resource. Once logged on, each section should be completed to gain a printable certificate.

International Overdose Awareness Day

International Overdose Awareness Day (IOAD) is a global event held on 31st August each year and aims to raise awareness of overdose and reduce the stigma of a drug-related death. It also acknowledges the grief felt by



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families and friends remembering those who have lost their lives as a result of drug overdose. Overdose Awareness Week aims to spread the message that the tragedy of overdose death is preventable.

Scottish Families Affected by Alcohol and Drugs (SFAD) staff participated in several local events which included a stall on the busy Sauchiehall Street, Glasgow, attending the Scottish Recovery Consortium “Roses on the Clyde” ceremony, and participating in the Forth Valley white balloon remembrance ceremony.

Alongside three staff members, SFAD secured funding to send two members of the TACT bereavement support group to the harm reduction café and the Drug-Related Deaths Conference in Dundee.

Three Grampian family members (1 Aberdeen City, 1 Aberdeenshire, and 1 Moray) attended the peer educator training information session on 15th August and will participate in the overdose awareness and naloxone training run by Scottish Drugs Forum in November.

SFAD continues to support the National Naloxone Programme and through training and advice provide harm reduction information to families.

You can find out more information and details of the family support available from SFAD on their website: www.sfad.org.uk

**Alcohol and Other Drug Misuse
Training Programmes -
NHS Education for Scotland**

The Psychological Interventions Team within NHS Education for Scotland (NES) has continued to work towards increasing the accessibility of psychological interventions and therapies for those experiencing problems with substance misuse. The programme has provided skills-based training opportunities for a range of staff in Motivational Interviewing and Core Behavioural & CBT Skills in Relapse Prevention and Recovery Management. Staff are also able to access training resources for working with Trauma, dementia, and chronic health concerns.

Research on the use of evidence-based interventions highlights the importance of ongoing skills development with a programme of training, coaching and practice feedback in order to enhance the skills of staff. It is clear from the research that one-off training events do not lead to a change in practice on their own, but that coaching and observed practice with feedback are necessary to consolidate and implement new learning.

The Psychological Interventions Team has focused on developing a programme of training experiences which build upon each other, blending online e-learning modules, training events focused on the practice of skills, and ongoing skills-based coaching to maximise the impact of the training on



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staff skills and effectiveness of the intervention.

Motivational Interviewing (MI).

The MI training offered by NES aims to provide staff with the opportunity to develop their practice after their initial introductory training. The research is clear that for practitioners to become MI skilled, we need to consider training pathways for Motivational Interviewing where practitioners are able to access training that introduces staff to the basic principles and knowledge of MI, and then progress to training and coaching which emphasises the practice of skills with feedback from skilled MI practitioners.

Over the past four years, the Psychological Interventions Team of NES has focused on developing and supporting the National MI Coach Group and local MI coaching forums in order to provide practitioners the opportunity to practice their skills and receive feedback from skilled MI coaches. As a part of this programme of training, we will be offering two events this autumn:

The **4th Scottish MI Winter School** will be held on 11-12 November 2014 with Tom Barth, Jeff Allison, and the National MI Coach Group. This yearly event provides practitioners the opportunity to work with others from across Scotland to enhance their MI skills, with Scottish Drugs Forum a partner in this year's event.

Enhancing MI Coaching Skills, a training event for MI consistent coaching

will be held on 10 November 2014, with the aim of expanding the membership of the National MI Coach Group.

Core Behavioural & CBT Skills in Relapse Prevention and Recovery Management

This course provides an overview of the core skills important in relapse prevention and recovery management. A skills-based competency framework covering motivational enhancement, relapse prevention and recovery management has been developed, with reflective practice and supervision tools to facilitate the use of the training materials in practice. Two national events will be rolled out this year, which pilot the use of e-learning in conjunction with a two day skills-based event. The two events will be held on:

11-12 December 2014 at the Sandeman Library, Perth

19-20 January 2015 at the Lochaber Rural Education Trust near Fort William.

March Conference

Implementing Evidence Based Interventions in Alcohol and Drug Services: Challenges and Opportunities is a two day conference (5-6 March, 2015) which will look at the specific challenges of working with Trauma, Anxiety, and Cognitive Impairment in substance misuse services, and opportunities for enhancing effectiveness identified by research.



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E-learning and Web-based Resources

A range of resources are available for staff as e-learning modules and interactive resources. The following five e-learning modules are designed as introductions to be used in partnership with ongoing skills based training, and can all be accessed at: [http://www.nes.scot.nhs.uk/education-and-training/by-discipline/psychology/multiprofessional-psychology/psychological-interventions-team-\(pit\)/e-learning-zone.aspx](http://www.nes.scot.nhs.uk/education-and-training/by-discipline/psychology/multiprofessional-psychology/psychological-interventions-team-(pit)/e-learning-zone.aspx)

Motivational Interviewing, has been developed in partnership with NHS Lothian and provides an introduction to the basic principles and practice of MI.

Co-Occurring Substance Misuse and Mental Health Disorders is aimed at enhancing awareness of the complex, co-occurring needs experienced by many seeking treatment in Scottish substance misuse and mental health services, and encourage discussion of the inter-connectedness of alcohol, drug and mental health concerns.

Introduction to Trauma provides a general introduction to the topic of trauma and describes and encourages the practice of trauma informed care.

Introduction to CBT for Anxiety and Emotion Matters are also available to practitioners in the field.

In addition, web-based resources are available from NES, including a video series aimed at enhancing dementia informed practice available at: [http://www.nes.scot.nhs.uk/education-and-training/by-theme/initiative/mental-health-and-learning-disabilities/our-](http://www.nes.scot.nhs.uk/education-and-training/by-theme/initiative/mental-health-and-learning-disabilities/our-work/dementia/informed-about-dementia-dvd.aspx)

[work/dementia/informed-about-dementia-dvd.aspx](http://www.nes.scot.nhs.uk/education-and-training/by-theme/initiative/mental-health-and-learning-disabilities/our-work/dementia/informed-about-dementia-dvd.aspx).

A web-based toolkit is also available that offers resources for working with people with long term medical concerns such as chronic pain which is essential to address in relapse prevention and recovery management. These resources can be found at: <http://www.nes.scot.nhs.uk/education-and-training/by-discipline/psychology/multiprofessional-psychology/mus-long-term-conditions-toolkit.aspx>

For additional information, please check our website at: [http://www.nes.scot.nhs.uk/education-and-training/by-discipline/psychology/multiprofessional-psychology/psychological-interventions-team-\(pit\)/training-programme-2014-15.aspx](http://www.nes.scot.nhs.uk/education-and-training/by-discipline/psychology/multiprofessional-psychology/psychological-interventions-team-(pit)/training-programme-2014-15.aspx) or contact Laura.Freeman@nes.scot.nhs.uk

Alcohol Brief Interventions (ABI) Leads Workforce Event

The ABI Leads Workforce Event was held on 2 September 2014 at the COSLA Conference Centre, Edinburgh. This day took place as part of a series of themed events considering ways to support the long-term aim of the ABI programme to embed ABIs into routine practice. The theme of 'Workforce' brought together representatives across NHS Boards and Alcohol & Drug Partnerships whose work involves the topic focus of alcohol and/or delivery of ABIs.



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The event included presentations from local ABI Leads to share information about current areas of work and presentations from Learning & Workforce Development, NHS Health Scotland to highlight the opportunities and resources available for staff. A major focus of the day was on workforce-related challenges and the discussions covered a wide range of issues.

The top 5 topics identified were:

- Consistency v Flexibility – getting the balance right
- Leadership – support for local champions
- Meeting Staff Needs – ensuring staff have the skills they need to deliver ABIs
- Tracking Impact – evidencing the effect of ABIs on areas
- Clear Pathways/ Effective Systems – ensuring these are compatible

These findings provide support for resolving current challenges and are intended to create momentum for continuation of delivery, innovation and local leadership.

A full report of the day can be accessed through NHS Health Scotland's website [<http://www.healthscotland.com/documents/24255.aspx>].

The next ABI Leads event will focus on ABI Delivery in Primary Care, an area crucial to sustaining ABI delivery, and is scheduled for January 2015. We would welcome input for this event – please contact Kirsty Macdonald, ABI Performance Manager, Scottish Government

(Kirsty.Macdonald@scotland.gsi.gov.uk) or Ruth Jeffery, NHS Health Scotland (Ruth.Jeffery1@nhs.net).

Alcohol and Drug Partnership (ADP) Reports

We would like to thank all ADPs for sharing their 2012-13 Annual Reports. Scottish Government officials are currently reading them. ADP Reports will inform reporting to Ministers on national progress and provide an understanding of the national picture. The Annual Reports will also identify areas of good practice which we can share with ADPs and help inform priorities for national support. The Scottish Government will provide some feedback to ADPs on their reports this year. However, this won't be extensive as the ADP accountability route is through the Community Planning Partnership and the expectation is that they will provide the detailed feedback.

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

Amanda.adams@scotland.gsi.gov



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Evidence Summary: Public health interventions in response to substance misuse (drugs) to support parents, their children and young people up to 25 years

This evidence summary has been published by NHS Health Scotland and is available online on: <http://www.healthscotland.com/documents/24075.aspx>.

This summary presents an overview of high-level evidence related to public health interventions in response to substance misuse (drugs) to support parents, their children and young people up to 25 years. It was developed to support the Scottish Government's review of health visiting and school nursing and is relevant for planners, service managers and practitioners working in maternity care and wider early years services as well as in health visiting and school nursing services.

Other evidence summaries in the series are available on the Modernising Nursing in the Community website: <http://www.mnic.nes.scot.nhs.uk/children,-young-people-families/promoting-health-addressing-inequality/evidence-base.aspx>

For further information please contact Elinor Dickie, Public Health Adviser, NHS Health Scotland elinor.dickie@nhs.net, 0131 314 5452

HEAT Standard - Drug & Alcohol Treatment Waiting Times

We are pleased to report sustained performance at national level for delivery of the HEAT Standard for drug and alcohol treatment waiting times, which expects that 90% of people receive appropriate treatment within 3 weeks to support their recovery.

The report, published by ISD Scotland on 30 September, highlights that:

- All 14 Health Boards met the HEAT standard. This is the second successive quarter that all Health Boards have achieved the standard
- In April –June 2014, 96.8% of the 11,122 people who started their first drug or alcohol treatment had waited 3 weeks or less, compared to 96.1% in the previous quarter. For alcohol, 97.5% of people (7,315 individuals) waited less than 3 weeks while for drugs the figure was 95.5% (3,807 individuals).
- In Scottish prisons between April – June 2014, of the 1,080 people who started their first drug or alcohol treatment, 97.1% had waited 3 weeks or less (based on returns from 12 of the 15 prisons).

The full report can be accessed via the following link:

<http://www.isdscotland.org/Health-Topics/Drugs-and-Alcohol-Misuse/Publications/>



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This continued level of high performance pays testament to the efforts of staff working in services throughout the country. At Scottish Government level we continue to offer support to areas to sustain improvements in ensuring fast access to quality treatment for those in need. This work will be supported by the publication and roll out of a set of agreed Quality Principles for Standard Expectations of Care in Drug and Alcohol Services.

You may already be aware that waiting times data is included as part of the ScotPHO drug and alcohol profiles which we hope is a useful tool to establish local baselines and assist in goal setting and benchmarking: <http://www.scotpho.org.uk/comparative-health/profiles/online-profiles-tool>.

Please contact Hilary Smith, Team Leader: ADP National Support, Scottish Government (Hilary.smith@scotland.gsi.gov.uk) should you wish to discuss in more detail.

Lloyds Partnership Drugs Initiative (PDI)

The Partnership Drugs Initiative (PDI) is a funding programme supporting children and young people affected by either their own or their parent/carers substance issues. It was established in 2000 by Lloyds TSB Foundation for Scotland in partnership with the Scottish

Government, and the strong commitment from the partners has just been strengthened with an investment by The Robertson Trust of £1m over the next four years. This additional funding, along with a new three year strategy, provides opportunities for the PDI to have a wider impact.

Following a consultation exercise, which many of the ADP Lead Officers contributed to the PDI has just launched a new three year strategy to build on existing strengths and ensure even more positive outcomes for children and young people. There are four high level targets:

BE PROACTIVE:

Increase pro-active engagement with local partners across Scotland to ensure PDI funding delivers where there is greatest need. We will be having discussions with ADPs about local needs so please get in touch to find out what is happening in your area.

TARGET AREAS OF NEED TO ADDRESS GAPS:

Extend reach, targeting areas not traditionally in receipt of PDI funding. If you know about existing or potential work that might fit with the PDI's aims please get in touch and talk to us about it.

COMMUNICATE LEARNING:

Maximise the breadth and depth of PDI knowledge gained over the last 13 years to effectively inform and shape practice. We hold networking events and are producing a series of briefing papers to complement our existing learning



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guides. We share what we have learnt through local and national forums so please let us know if this is of interest.

OPTIMISE AVAILABLE FUNDING:

Establish the optimum funding pot to continue to ensure that monies are distributed through a model that promotes innovation and a relationship approach to grant-making.

Deadline dates for 2015 funding are now published.

If you would like to learn more about the PDI visit Lloyds TSB Foundation for Scotland website at www.ltsbfoundationforscotland.org.uk or follow on twitter @PDIforScotland.

Scottish Families Affected by Alcohol and Drugs: New Appointment - Alcohol Liaison Officer

John Holleran, the new Alcohol Liaison Officer with Scottish Families Affected by Alcohol and Drugs (SFAD) will be responsible for offering up support, advice and guidance to commissioning bodies across Scotland to provide appropriate services and information for family members affected by someone else's alcohol misuse. The key priorities for his role will include working with a range of organisations to challenge and change social attitudes towards alcohol consumption, particularly amongst young adults (18-25). This will entail involvement in raising awareness of the impact of alcohol misuse amongst

professionals and how to support family members where alcohol misuse is prevalent. This post is funded by the Scottish Government's Alcohol Policy Unit.

John took up post on 22 September, the same day as SFAD launched the CRAFT masterclass and training event, and has already met with a number of representatives from ADPs across Scotland. Through his role John will work in partnership with agencies across Scotland, helping to identify existing needs, address any gaps in service provision and offer up recommendations for future practice in line with local priorities and national strategies. This work will also complement the SFAD commitment to changing social attitudes and challenging stigma. This is particularly important given that these views may act as barriers preventing families from accessing the services they require and can limit the family's capacity to be part of the recovery process. John can be contacted at: John@sfad.org.uk; Tel: 0141 221 0544.

The Robertson Trust - Community Action on Alcohol

Through its long term investment in reducing alcohol misuse, The Robertson Trust identified an opportunity to change attitudes, cultures and behaviours about alcohol at a community level. Drawing on research about the potential for multi-component programmes to bring about community level change, the



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Community Action on Alcohol (CAA) programme supports communities to identify alcohol related problems at a local level and then to design and deliver a programme of co-ordinated projects to address these problems.

The CAA programme was launched in Blackburn, West Lothian in 2008 and following the success of that project, the model was extended to Lochgilphead and Ardrishaig in Argyll and Neilston in East Renfrewshire in 2011. The external evaluation of the programme has highlighted that Community Action approaches can be effective in bringing communities together to identify and address alcohol related harm at a local level and to be most successful, these approaches should proactively engage with a wide range of individuals and organisations across the community.

This should include both adults and young people from the local area, as well as other key stakeholders such as schools, Councils and local employers. Moreover the evaluation has shown that through focussing initial discussions on the issues that affect the community's everyday lives and their aspirations for the future, community action approaches can help to engage a wide range of groups and identify a programme of positive activities that meet all of the community's needs instead of those that exclusively relate to alcohol misuse.

The full evaluation is available to read [here](#).

**West Dunbartonshire Alcohol
and Drug Partnership
- Welfare Reform Action Group**

West Dunbartonshire Alcohol and Drug Partnership (ADP) established a Welfare Reform Action Group (WRAG) in 2013 to monitor how the on-going changes to the benefit system are impacting on local addiction services and the people who access those services.

Over the past 20 months the group has evolved to include representatives from addiction, mental health and welfare rights services.

Through the Welfare Reform Action Group we are aware of the growing pressures that the welfare reform changes are putting both on addiction services and on the people who need to use them.

Recently we have been hearing of more people being sanctioned – often without warning – pressure is being put on staff to share information about individual clients with implied sanctioning if the relevant information is not provided. The impact of this is that our services are being left to pick up the pieces and leaves vulnerable individuals struggling to prioritise dealing with their addiction over the need to feed, house and dress themselves and their families.

The increased stress of the health assessments, claimant conditionality and sanctions on extremely vulnerable people at risk of relapse is impacting on



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their physical and mental health and well-being.

We decided to get a better understanding of the scale of the problem in West Dunbartonshire, which has one of the highest levels of unemployment in the country. We have conducted research into how these changes are already impacting on people and on the organisations offering these services.

We hope this will help us to develop a local solution, which in partnership with Job Centre Plus and the Department of Work and Pensions, will reduce the impact of the benefit changes for vulnerable people in West Dunbartonshire.

For further information contact
Helen Weir, West Dunbartonshire ADP
Lead Officer
helen.weir@west-dunbarton.gov.uk

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