

**Minute of the Highland Alcohol and Drugs Partnership Strategy Group**

DATE: 04.12.2018

LOCATION: CR4, Highland Council HQ, Glenurquhart Road

CHAIR:

*Present:*

Debbie Stewart	HADP Coordinator (Chair)
Eve MacLeod	Health Improvement Specialist (NHS Highland)
Phillip MacRae	Chief Inspector (Police Scotland)
James Maybee	Criminal Justice
Sharon Holloway	Development Manager (HADP)
Suzu Calder	Head of Drug and Alcohol Recovery Service and Prison Healthcare (NHS Highland)
Louis Hannah	Housing and Homeless Manager (Highland Council)
Val Bell	Team Leader, Beechwood
Iain MacKenzie	Depute Chief Executive, Third Sector Interface
Martyn Cooper	Local Area Liaison Officer - Highland (Scottish Fire and Rescue Service)
Debbie Sutherland	YPeople

*In attendance: Aileen Trappitt (Minutes)*

*Apologies:* Stephen Coyle, Cathy Steer, Frances Gordon, Alex Wilson, Geoff Main,  
Derek Wilson

Item	Discussion	Action
<b>1</b>	<b>WELCOMES / APOLOGIES</b> The Chair welcomed all present to the meeting and round table introductions were made	
<b>2</b>	<b>MINUTES AND ACTIONS FROM PREVIOUS MEETING</b>	
<b>2.1.</b>	The minutes of the meeting held on 4 <sup>th</sup> of September 2018, having been circulated, were approved.	
<b>2.2</b>	<b>ACTIONS FROM 4<sup>th</sup> September 2018</b>  <ol style="list-style-type: none"> <li>1. A meeting was arranged. Unfortunately not everyone was able to attend.</li> <li>2. The meeting was held on the 23<sup>rd</sup> of November to discuss revising the format of the budget report.</li> <li>3. Frances now has clarification on the financial position in North and West.</li> </ol>	

<p><b>3</b></p> <p><b>3.1</b></p> <p><b>3.2</b></p>	<p><b>Strategy Development</b></p> <p><b>Rights, Respect and Recovery</b></p> <p>The Scottish Government published the new National Drug and Alcohol Strategy (Rights, Respect and Recovery) on Thursday 29<sup>th</sup> November 2018. This is a much improved position from the original Seek, Keep and Treat. There are still some missed opportunities but it is not restrictive on how we deliver in Highland. The issues are cross cutting and the strategy requires more of a human rights focus and a Public Health perspective. The strategy aims to reduce inequalities and involve communities, to tackle stigma including self stigma. It supports the development of advocacy services. People with lived experience should be involved in evaluating how we deliver services.</p> <p>The police working in partnership to interrupt the supply of drugs and diverting people from the justice system into health services and the development of a bereavement officer post to work with children who have lost a parent to drug and alcohol misuse along with a need for more integrated pathways are all discussed in the strategy.</p> <p>We were asked by the Scottish Government to do an investment plan before the strategy was published, however what we have decided to deliver does align with the strategy.</p> <p><b>Alcohol Framework</b></p> <p>The Scottish Government also published the Alcohol Framework to sit alongside the National Drug and Alcohol strategy. The framework is a bit more technical. As alcohol is legal, there are issues surrounding selling, laws, marketing etc.</p> <p>There are three main strands:</p> <ul style="list-style-type: none"> <li>- Reducing Consumption</li> <li>- Baseline difficulties</li> <li>- Supporting families and communities.</li> </ul> <p>There is also a commitment to review the guidance on licensing and a focus on whether local areas deliver on Public Health policy. There are restrictions on advertising before the 9pm watershed, Health warnings on alcohol and a review of the evidence for delivering ABI's with regards to how this can be used in other areas.</p>	
---	--	--

<p><b>3.3</b></p> <p><b>3.4</b></p> <p><b>3.5</b></p>	<p><b>Investment Plan</b></p> <p>Thank you for completing the scoring matrix. We will send out a final report once the information has been collated. The majority of investors are in agreement. We are slightly over budget, but we hope to make some savings.</p> <p>The next step is to develop the posts and where they will be located. Once this has been agreed we will establish an agreement setting out monitoring/evaluation and outcomes. We hope to have some of the work up and running by the end of the financial year.</p> <p>Work has started on developing a robust application for the investment plan. There is also the National Development fund and Challenge fund, which Third Sector organisations are encouraged to apply to. Action for Children will be submitting an application.</p> <p><b>Annual Report</b></p> <p>The annual report is submitted to the Scottish Government every year, every year the goal posts change slightly. Overall the feedback is really good. The asked for further information on the finance report which has now been provided. They also questioned what we are doing to involve people with lived experience and how we are supporting through care including women. This is difficult as we don't have women offenders at Inverness prison. They did congratulate the Drug and Alcohol Recovery Service on their quality award and BMJ article.</p> <p>We should get final feedback by the 14<sup>th</sup> of December</p> <p><b>New Chair</b></p> <p>Our previous chair James Dunbar has unfortunately had to resign due to ill health. Our memorandum advises that we seek advice from the Safer Highland Group, who recommended Ross MacKillop from Police Scotland. Debbie has met with Ross to discuss this. Steven Coyle (Vice Chair) is not in a position to take up the chair at this time due to work commitments, but did meet with James for some feedback on the role. James felt it was a really difficult role to do in addition to a full time job.</p> <p>One option would be to pay a chair. Some ADP's and other partnerships such as Violence against Women pay chairs for 2-3 days a month.</p> <p>This would need some consideration in terms of a job specification, accountability, advertising, etc.</p>	
---	--	--

	<p>In other areas a paid chair is a strong advocate for their ADP.</p> <p><i>Action: Liz and Debbie to produce an options appraisal for circulation to the group</i></p>	LS / DSt
4	<p><b>HADP Progress Report</b></p> <p><b>Fairer &amp; Healthier Communities</b></p> <p>Applications have opened for the Substance Awareness Awards and will remain open until March. There is a set of criteria for the judging panel. They will be given anonymous applications to review. There are bronze, silver and gold awards with a monetary prize and a shield for the Gold winning school and cups for the bronze and silver. The money should be used to continue work on substance awareness.</p> <p>The aim of the awards is to encourage the use of the framework and toolkit. There are lesson plans which have been piloted in a local school. The pupils said it was the best, most interactive lesson they have had in substance awareness. The teachers also felt it was easy to use.</p> <p>There will be feedback provided for each school and the winners will be announced at Rock Challenge.</p> <p>Eve recently attended a parent craft group to discuss alcohol and ask the group for feedback on what would help encourage them to reduce alcohol intake. This is helping to tailor messages.</p> <p>Minimum Unit Pricing – A questionnaire on the impact of MUP and whether people have changed their behaviour was circulated across the services. There were only three responses. There are lots of anecdotal stories about behaviour changes -people changing what they drink and drinking less.</p> <p>Most responses were received from criminal justice. Clients are advising they are using Xanax as it is cheaper than alcohol. The numbers are small and suggests that they are already taking substances</p> <p><b>Stronger &amp; Safer Communities</b></p> <p>There will be an update on the prison redesign; this has been carried forward to the next meeting.</p> <p>The prison went smoke free on the 30<sup>th</sup> of November. It went smoothly, there were a few irritable people but this was expected and planed for. They are also reinvigorating work on recovery and joining up processes on illicit substance use in prison and breaking</p>	

down the myths around NPS use.

Criminal Justice has arranged ABI training sessions next week.

### **Successful Young People and Families**

Ypeople is national charity, well established in the Central belt, Orkney and Highland. In Highland they are funded by the council to provide through care / after care service transition for young people. The average age is 16 to 17. They are currently supporting 16 young people, mostly in Caithness and Lochaber.

Highland reachout – housing support for those at greatest risk of homelessness. 75-80% of young people supported by reach out have issues with substance misuse. They have a lot of experience in trauma informed practice and ACES

### **Quality Support and Recovery**

We are currently working on a joint project with HADASS and the police to bring people into service and give them an option to engage in service or signposting rather than going through the criminal justice system. This will run for 6 months and then be reviewed

We are still using intramuscular Naloxone due to the supply issue. There is a company that has developed a licensed nasal Naloxone, We are looking into using this product.

We have recruited to all the Ross-Shire posts. However there is only one substantive person in HADASS, no band 5 in DTTO and no addictions nurse in the prison. This is proving challenging but we are working on improving the situation.

Cocaine is now embedded in the area and Xanax is embedded up the east coast. We have seen increased violence in service as a result. There has also been an increase in drug related deaths.

### Housing

There is a draft rehousing plan going to the committee this week. And emergency packs have been made and distributed to the homeless. We have been inundated with people wanting to donate, we are signposting them to the food bank.

### Sharon

Rock Challenge will be 4 days this year, however we were unable to get four days together at Eden Court. The first primary school day will be on the 18<sup>th</sup> of February and the second primary school

	<p>day and the two academy days will be the 1<sup>st</sup> – 3<sup>rd</sup> of April. There are 27 schools taking part this year. Rather than doing interactive games with the secondary schools this year, we will be running a short quiz linking in with the toolkit.</p> <p>MFR will be playing some sound bites promoting sensible drinking, overdose awareness and party drug awareness over the festive season.</p> <p>Training is being rolled out as and when required. There are NPS and BDA sessions arranged for January and two SDF courses in February.</p> <p>The recovery choir has been running for 1 year now and has doubled its numbers. It is open to all age groups, male and female. It is popular with males. There are a number of vulnerable people attend.</p> <p>The recovery walk will be in Inverness in September 2019.</p> <p><u>Fire Service</u></p> <p>Prevention activities up to the 1<sup>st</sup> of October – 507 bonfire safety visits, there is a percentage of those at high risk of including Drugs and Alcohol.</p> <p>We have done 547 ABI forms since the start of April.</p> <p>Fireskills programme – we look at children from high risk backgrounds (drugs and alcohol) and they come into the fire station and work on an employability award. The pilot had 10 individuals start the award and 9 finished. We are looking to run a second group.</p>	
5	<p><b>Budget Report</b></p> <p>A meeting was held to reformat the budget on the 23<sup>rd</sup> of November. We will feedback to the group on the new format as soon as possible</p>	
6	<p><b>For information and Noting</b></p> <ul style="list-style-type: none"> <li>- We have appointed Frances Matthewson as our new Research and Intelligence Specialist. Frances will start on the 7<sup>th</sup> January. She is very experienced.</li> <li>- Suicide App launched a couple of weeks ago</li> <li>- You can now get Cannabis on prescription, but only for certain things, the chronic pain team are the only ones</li> </ul>	

	prescribing. GP's are not prescribing cannabis at this time.	
<b>7</b>	<b>AOCB</b>  Nothing to note	
<b>8</b>	<b>DATE OF NEXT MEETING</b> The next meeting of the HADP Strategy group will be on the <b>5<sup>th</sup> of March 2019 at 2pm, Venue to be confirmed</b>	