

# Dundee Alcohol and Drug Partnership Year One Delivery Plan Progress Update



# Dundee Alcohol and Drug Partnership Year One Delivery Plan Progress Update

This is the Dundee Alcohol and Drug Partnership's (ADP) review of year one of the two-year rolling delivery plan. This plan supports the achievements, outcomes and ambitions set out in the ADP Strategic Framework. The Delivery Plan is a working document. It is monitored and adjusted as:

- action progress
- actions are implemented
- additional risks are identified
- there are changes in local and/or national context
- new evidence is identified

Like the ADP's Strategic Framework, the Delivery Plan represents the collaborative work of all ADP partners and wider stakeholders across Dundee. The actions that have been prioritised for implementation have been informed by:

- The public consultation on the strategic framework;
- The knowledge and expertise of our workforce across services for vulnerable and at-risk people;
- The priorities and requirements of national policy and associated funding streams;
- And our local needs assessment and priorities.



### Overall high-level priorities for Dundee:

1. Reduce significant harms linked to drug and alcohol use by delivering the right care in the right place at the right time.
2. Promote cultures of kindness, compassion and hope, tackle stigma and discrimination and embed trauma-informed approaches.
3. Reduce the enduring impact of drug and alcohol use through an increased focus on prevention.
4. Empower people and communities affected by substance use to participate in and influence decision-making, commissioning, planning and improvements.
5. Ensure appropriate and effective governance arrangements and strengthen communications with stakeholders.



# High Level Outcomes for the Delivery Plan

**1. Reduce significant harms linked to drug and alcohol use by delivering the right care in the right place at the right time.**

Reduction in the number of Near-Fatal Overdoses (NFOD) and drug-related deaths.

Reduce the harm caused by alcohol use, and the number of alcohol related deaths.

Improving the quality of life and wellbeing for individuals affected by substance use, including 'out of hours' support.

Reduction in the number of children and young people affected by parental, or their own substance use.

Reduce injecting related harm (blood-borne viruses, wounds and infections).

Support for those affected by cocaine and benzodiazepines use.

**2. Promote cultures of kindness, compassion and hope, tackle stigma and discrimination and embed trauma-informed approaches.**

People in Dundee benefit from effective, integrated person-centred support to achieve their recovery.

People affected by substance use report being treated with dignity, respect and without stigma.

The workforce across all services report feeling valued and supported to adequately fulfil their role.

All organisations in Dundee adopt a trauma-informed focus and practices.

**3. Reduce the enduring impact of drug and alcohol use through an increased focus on prevention.**

Fewer people develop problem alcohol and drug use.

Individuals, children and families supported at lower /earlier levels of intervention, and families report feeling appropriately supported.

Reduction in the incidence of violence related to drug and/or alcohol use.

All partners accept equal responsibility for implementing our prevention and intervention strategies.

**4. Empower people and communities affected by substance use to participate in and influence decision making, commissioning, planning and improvements.**

Individuals and communities will be supported by improved and effective interventions, directly responding to the needs of individuals in recovery and their communities.

People affected feeling listened to, believed and understood.

There is a culture of inclusion that supports meaningful contributions from people with lived and living experience, and the communities in which they live.

Strategic planning and commissioning are meaningfully informed and directed by the skills, knowledge and experience of lived and living experience and the wider communities in which they live.

**5. Ensure appropriate and effective governance arrangements in place and strengthen communications with stakeholders.**

There is clear accountability, transparency, inclusion and involvement.

Clarity about the resources required, commissioning arrangements and evidence of the effectiveness of investments.

Key stakeholders, including those with lived experience, the workforce and communities, are confident that their views are listened to, respected, understood and contribute to positive change.

There is clear and regular communication with local communities.

## Outcome One

Reduce significant harms linked to drug and alcohol use by delivering the right care in the right place at the right time.

### Where we aimed to be by the end of year one:

- More people get the treatment on the day they ask for it.
- People feel they can choose which treatment they get, and they can stay with the services for as long as they need.
- People have a GP to help them recover, they feel welcomed at the GP surgery and can get everything they need from the surgery.
- People who need to go away to residential rehab can do so with support from services in Dundee.

### Progress Update:

#### People accessing drug and alcohol treatment services:

- Most people in Dundee receive help to stop drug use as soon as they ask for it.
- People can choose which medication they take and can continue taking the medication for longer.
- Individuals accessing support services receive a lot of advice on how to stay safe.
- If people experience an overdose, they can get help immediately to improve their health, have treatment and stay safe. There is specific support for women if they experience an overdose.
- People affected by drug use often need support from mental health services. In Dundee there has been

an increase in information sharing between drug and mental health services.

- There is more support for people needing alcohol detox, including if they need to go to residential services away from Dundee.
- People can get treatment for drug use on the day they ask for it and support staff are there to help them get what they need.
- People who need to continue using services for longer periods can have help from support staff.
- If a person had an overdose, special support staff will visit them at home and help them come back to treatment quickly.

- Those who do not want to come into Constitution House can have their service from other places.
- Parents that need treatment for drug use can get their treatment from workers they they know who already provide support to them and their family without needing to work with someone new.
- Pregnant women and new parents that are affected by drug or alcohol use can get treatment from the workers who already know them and their new babies.

#### **Families, carers, and friends:**

- There is special support for grandparents and other family members who are looking after children impacted by parental substance use.

- There is support for family members who are looking after people using drugs and alcohol.
- People can join group work with other family members or get individual support.

#### **The workforce (people who work in drug and alcohol services):**

- The workforce have received training on:
  - When to provide help to those affected by alcohol use;
  - Understand what it is like for those affected by alcohol use;
  - The impact of cocaine and benzodiazepines, how to respond to symptoms and what is available in Dundee.

- The Dundee Drug & Alcohol Recovery Service (DDARS) provides services from different venues, some are community pharmacies, GP surgeries or other community centres.
- There has been a reduction in the services delivered from Constitution House. People can now choose if they want to come into Constitution House or receive a service closer to where they live.
- The new Wellbeing Centre on Ward Road is now open and there is a crisis response available in the evenings and weekends. But, a specific crisis response for substance use is not yet operating after 5pm or at the weekends.

## Outcome Two

Promote cultures of kindness, compassion and hope, tackle stigma and discrimination and embed trauma-informed approaches.

### Where we aimed to be by the end of year one:

- There is less stigma directed at people affected by drug and alcohol use and their families.
- People who work in drug and alcohol services have more support to get training on the impact of poverty and how it relates to drug and alcohol use.
- More people ask for help from services and there is more specific support for women.

### Progress Update:

#### People accessing drug and alcohol treatment services:

- The ADP has given money to all the Local Community Planning Partnerships (LCPPS) to support local community projects to address substance use associated stigma and develop community responses.

This funding has been provided in 2023-24 and again for 2024-25.

Community activities have been successful and include hillwalking, cooking and street soccer groups. These activities are inclusive and often include signposting to other support service.

#### Families, carers, and friends:

- In 2022-23, local organisations provided a service to families impacted by the loss of someone due to drug or alcohol use. The ADP is planning to increase bereavement support across the city.
- There has been an increase in the support for grandparents and other family members looking after children, with a new team established within Children & Families Service, working together with third sector colleagues.
- A joint project with Scottish Families began in February 2024 to further develop a programme for the Family Inclusive Approach.



### The workforce (people who work in drug and alcohol services):

- Those working in services receive training to better understand the links between drug / alcohol use and poverty, and how poverty affects people's health and wellbeing.
- The **Language Matters** campaign was progressed and assessed during 2022-23. Future campaigns focusing on kinder language that is non-stigmatising would continue.
- The **ADP's website** is live and include communication messages (that are also on social media).
- The ADP plan to build recognition of the impact of language on stigma.
- Trauma training was delivered by DDARS Psychology Team to all DDARS staff and to some partner organisations.
- People working in services receive support for themselves to remain healthy and well. Trauma-informed training and opportunities are in progress, covering staff's personal and work trauma due to their job.
- It is recognised that staff need time to deal with their personal trauma and need support from managers.
- Plans are being developed for the regular sharing of good news stories with staff to boost morale.
- Trauma informed training to all front-line staff was delivered.
- The ADP and Violence Against Women Partnership work together to transform spaces to be more welcoming for women without reinforcing past trauma.
- There is still a need to improve the joint working between the ADP and the Trauma Steering Group.
- Following training to a range of organisations, good progress has been made with services adopting a gendered approach. But there is still a need for regular support for the newly opened Women's Hub.

## Outcome Three

Reduce significant harms linked to drug and alcohol use by delivering the right care in the right place at the right time.

### Where we aimed to be by the end of year one:

- People who have had an overdose receive immediate treatment and are supported by dedicated workers.
- There is support for grandparents and other family members who are looking after children in their family.
- People are told how to keep themselves safe, healthy and avoid harm.
- Progress is made with the Planet Youth prevention work and all organisations take part in prevention efforts.
- Families are included and are consulted in the efforts to help their loved ones. Families are also supported themselves.

### Progress Update:

#### People accessing drug and alcohol treatment services:

- People who are at a high risk of serious harm (including risk to their lives) because of their drug use are offered immediate support to start treatment.
- People who are at risk because of other issues (including mental health or abuse) quickly receive support to make them safer.
- Long-term funding has been given by the ADP to Positive Steps to contact people who are at a high risk of harm and provide fast support to them.
- The ADP has allocated funding to the Dundee Independent Advocacy Service (DIAS) working with drug and alcohol organisations to provide advocacy to all the people who

need it. DIAS also provides support with housing, welfare and income needs.

This means people have the right to ask for a designated worker to support them, ensuring all their needs are met. This worker supports people when using drug or alcohol services and ensure they receive support they need, ensuring they are treated fairly and with respect.

- We work with people while they continue to use drugs to make them as safe as possible.

Whether a person is in treatment or not, they are able to access services such as clean needles and syringes, blood-borne virus testing, wound care and naloxone, to keep them safe.

### Families, carers, and friends:

- The ADP is working with a national organisation called Scottish Families to find out what are the main needs of the families of people who are using drugs.

Scottish Families are helping us develop specific support for families and how families can remain involved with loved ones in recovery.

- The Children and Families Service (C&Fs) have a special team of workers supporting grandparents and other family members who are looking after children.

### The workforce (people who work in drug and alcohol services):

- Dundee has the Planet Youth prevention programme working with young people helping them not to take drugs or drink alcohol. We have two Planet Youth workers, and they work with parents and local communities to prevent and delay drug and alcohol use.
- The ADP Website includes information and advice about **prevention programmes**, and all this is available to staff working in services and to community members.
- The people working within services

have received training to help them understand the specific needs of women, especially women who have experienced domestic abuse or sexual assaults. This gives women more confidence to contact services and ask for help.

- Dundee participates in a national system to identify dangerous drugs and to inform of any changes to the drugs available on the streets.

There is a local system to make sure all the key people receive these messages and advice about safety.

- We know that many people experienced trauma and that can make it more difficult to recover. The workers delivering treatment and support had special training to help people overcome trauma.

## Outcome Four

Promote cultures of kindness, compassion and hope, tackle stigma and discrimination and embed trauma-informed approaches.

### Where we aimed to be by the end of year one:

- People that use (or have used) services can meet up and support each other.
- People that use (or have used) services can become involved and influence the work of the ADP.
- People that use (or have used) services can influence the way support and treatment is available in Dundee.

### Progress Update:

#### People accessing drug and alcohol treatment services:

- The Dundee Recovery Network has been established through Dundee Volunteer and Voluntary Action (DVVA).

This Network is in the early stages, but a core group is now meeting weekly. DVVA Peer-to-Peer course is also running monthly.

Recovery Coaching (10-week course, in the community or prison based) continue to be available.

#### Families, carers, and friends:

- A joint project with Scottish Families to develop a family inclusive approach and engage with families was launched in February 2024.
- The Community Health Advisory Forum was developed.
- A Lived Experience Framework is in place but needs to become widely known and used.
- **Authentic Voice** is a programme to help people make their voice heard. We supported those in leadership positions, and those working in services to better understand how people can be heard.

- We have a system in place for gathering evidence from people receiving services and supports via MAT. There is more work to do to make sure themes from this are being widely shared and meaningfully influencing plans.
- The ADP has allocated funding to the Back to Employment programme led by Scottish Drugs Forum, supporting individuals from Dundee gain qualifications/experience in employment and to find employment.
- Dundee City Council and the Dundee Health & Social Care Partnership have a workforce with lived experience group in place.
- There has been a positive shift in culture within the ADP to focus on a Protecting People Approach. This allows connections to be drawn between pieces of work happening in the other Partnerships (such as Violence Against Women, Adult Protection and Child Protection).
- We now work very closely with those providing violence against women services, those providing mental health support and others, and this makes it easier for people to recover.
- Funding has been given by the ADP to all eight Local Community Planning Partnerships (LCPPC) in Dundee to enable work with community groups and services in their localities to stop stigma, help people and families feel more accepted in the community and get the support they need.

## Outcome Five

Reduce significant harms linked to drug and alcohol use by delivering the right care in the right place at the right time.

### Where we aimed to be by the end of year one:

- Decisions/recommendations made by the ADP are informed by people that use (or have used) services.
- Work to improve services for people in Dundee who are less safe and in more risk is better organised and co-ordinated.
- The ADP is open about how it spends the money given by the Scottish Government and the improvements this money supports for people in Dundee.
- The people who are members of the ADP represent all the relevant drug and alcohol organisations and services.
- The work of the ADP is more informed by an understanding of strategic risks and their potential impact on the population.

### Progress Update:

#### Everyone:

- The ADPs website went live in January 2024, it will be regularly updated with the most relevant information.
- Dundee Volunteer and Voluntary Action (DVVA) continue to lead the Lived Experience project. There has been a big focus on developing ways to gather feedback from people who have experienced drug treatment and using this information to influence how services work in the future.
- The Authentic Voice Project has worked across all areas of Protecting People to understand how people with lived experience are involved in designing and improving services.
- A Performance Framework with key indicators has been developed and provides information about the difference the actions in the Delivery Plan have made to people in Dundee.

## The workforce:

- From May 2024 a new governance structure will support work across all aspects of Protecting People. The Alcohol and Drug Partnership will work alongside the Children and Risk Committee and the Adults at Risk Committee to lead and support the implementation of actions to prevent harm and support recovery.
- In May 2023, the ADP published its first Commissioning and Investment Plan. The plan describes the money that the ADP receives and how it decides what this should be spent on. The plan will be updated each year.
- The Protecting People Learning Framework was launched in February 2024 and brings together all learning opportunities relating to protecting people work. It also includes specific training commissioned by the ADP on the impact of cocaine and benzodiazepines.
- A new national data dashboard (DAISy) means that there is up-to-date information available about drug and alcohol services.

This information is helping the ADP to make decisions about their delivery plan and how to invest the money available to them.

