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Educational Resource Shop

Welcome to our online catalogue of resources!

Each of our educational resources is designed alongside our volunteers, partner organisations and young people who use our service to make sure they are relevant, interesting, engaging and up-to-date.

Our staff regularly use these resources to teach young people (and staff) across Lanarkshire about different health-based topics.

Feel free to browse the resources below. If you would like to enquire about a product or place an order, contact us.

Please note: Every Activity Board is made to order, therefore there can be an up to three-week turnaround from order to delivery depending on staff and printer availability.



FREE



25 Pack



25 Pack



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SUBSTANCE USE IN NORTH LANARKSHIRE

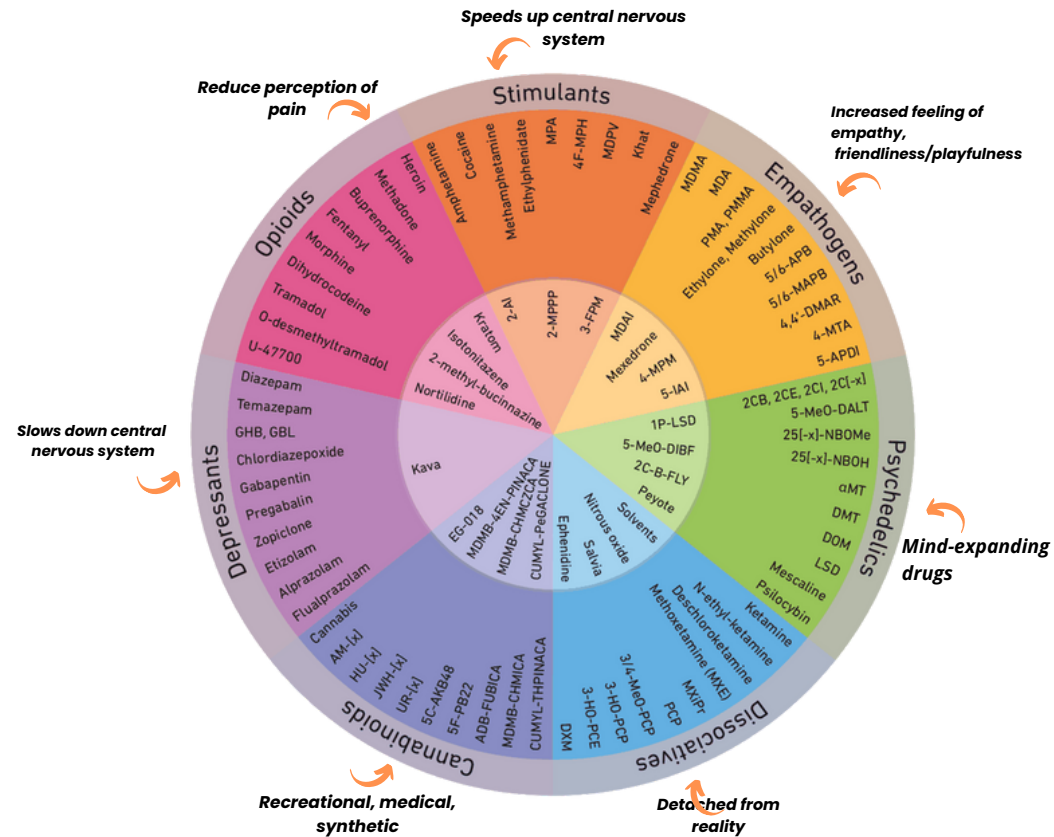
Awareness Raising Training for Staff Who Work With Young People

Training Outline

- What is Substance Use
- The impact of Stigma
- MAT & ORT
- ROSC – Recovery Orientated Systems of Care
- Lanarkshire Recovery Network
- Different Levels of Substance Use
- Drug Knowledge
- Harm Reduction
- Drugs & the Law

The Drugs Wheel

www.thedrugswheel.com



Drug Effects

UPPERS

Awake/ Alert
Anxious/ Aggressive
Euphoric
Hot & Sweaty
Talkative
Rigid Muscles
Dilated Pupils
Swinging Jaw
Grinding Teeth
Faster Breathing
Increased Heart Rate
Increased Blood Pressure

DOWNERS

Vomiting
Tired
Relaxed
Unsteady
Emotional
Slurred Speech
Staggered Walking
Decreased Heart Rate
Impaired Judgement
Memory Lapses
Slowed Breathing
Body Temp Decreases

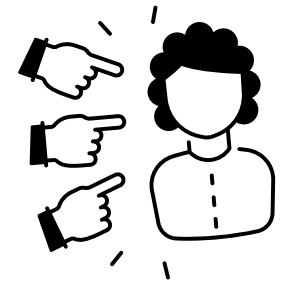
HALLUCINOGENIC

5 Senses Affected
Hallucinations
Time/ Space Distortion
Mood Changes
Unpredictable
Panic/ Freak Out
Dry Mouth
Good/ Bad Trip
Bizarre Behaviours
Spiritual Experiences
Slowed Breathing
Body Temp Decreases



What is Stigma?

- **A negative response to human difference** – our behaviours towards people we see as different can result in them being treated in a negative way, such as negative language being used in reference to them or being judged and discriminated against.
- **Stereotypes/ Labelling** – the views and opinions of what such a person is like. The person is often reduced to that stereotype, and people tend to no longer to see the actual human being



What is the biggest cause of stigma?

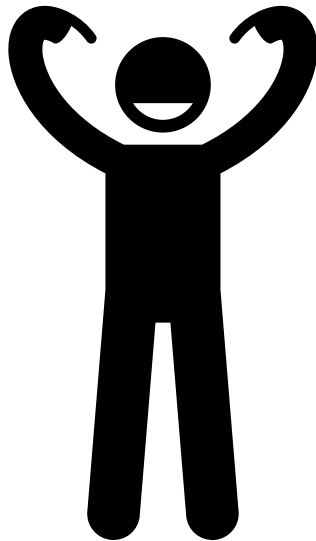
- Fear
- Lack of Understanding
- Inaccurate or misleading media representations

Stigma does not just affect the individual, it also affects family members, and communities.

- Stigma by association NEED to animate this slide – pics of negative headlines

Person-Centered

- A person-centered recovery system includes the participation of people in recovery and offers on-going, individualized, strength-based pathways of recovery which begins with initial awareness that positive change is possible and continues with a process toward sustained recovery, the resolution of alcohol and drug problems, and ultimately the achievement of wellness and optimal health. (ROSC)



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North Lanarkshire Recovery Community



North Lanarkshire Recovery Community

North Lanarkshire Recovery Community is a community of people committed to making recovery from addictions happen in North Lanarkshire. We deliver a variety of events every week throughout the area. All events are organised by people in recovery.

We have a recovery café over 6 locations within North Lanarkshire, all of which are free to attend you do not need a referral. We provide free food, tea, and coffee, along with activities from music groups, art, yoga, and recovery meetings.

Other activities include:

- Fishing
- street soccer
- walking groups and much more

MAV Navigators



The Navigators are support workers, some with lived experience, who connect with patients who come into the Emergency Department and work with them in the community on discharge from hospital to connect them with services that can support them to make changes in their lives.

Navigators provide psychosocial support for a wide range of issues; these include violence, alcohol or drug issues, mental health issues, domestic abuse, homelessness, social isolation and debt issues, and sadly often a combination of these things. Working with the individual they help them to connect them with services, both statutory and third sector that will help them to stabilise their lives and to move forward.

Each intervention is unique, each package of care tailored to an individual's specific needs. Navigator embodies the NHS ethos of patient centred care.

Recovery Orientated Systems of Care (ROSC)

- ROSC or Recovery Oriented System of Care is a co-ordinated network of community based services and supports that is person centred and builds on strengths and resilience of individuals, families and communities....it recognises there are many pathways to recovery, including treatment, mutual aid groups, faith-based recovery, cultural recovery, natural recovery, medication-assisted recovery, amongst others....It offers choice by providing a flexible menu of services and supports designed to meet each individual's specific needs....it builds on assets rather than emphasising deficits and pathologies.... (Bill White)

MAT Standards South Lanarkshire Access, Choice, Support

- **MAT Standard 1.** All people accessing services have the option to start MAT from the same day of presentation.
- This means that instead of waiting for days, weeks or months to get on a medication like methadone or buprenorphine, a person with opioid dependence can have the choice to begin medication on the day they ask for help.
- **MAT Standard 2.** All people are supported to make an informed choice on what medication to use for MAT and the appropriate dose.
- People will decide which medication they would like to be prescribed and the most suitable dose options after a discussion with their worker about the effects and sideeffects. People will be able to change their decision as circumstances change. There should also be a discussion about dispensing arrangements, and this should be reviewed regularly.
- **MAT Standard 3.** All people at high risk of drug-related harm are proactively identified and offered support to commence or continue MAT.
- If a person is thought to be at high risk because of their drug use, then workers from substance use services will contact the person and offer support including MAT.
- **MAT Standard 4.** All people are offered evidencebased harm reduction at the point of MAT delivery.
- While a person is in treatment and prescribed medication, they are still able to access harm reduction services – for example, needles and syringes, BBV testing, injecting risk assessments, wound care, and naloxone. They would be able to receive these from a range of providers including their treatment service, and this would not affect their treatment or prescription.
- **MAT Standard 5.** All people will receive support to remain in treatment for as long as requested.
- A person is given support to stay in treatment for as long as they like and at key transition times such as leaving hospital or prison. People are not put out of treatment. There should be no unplanned discharges. When people do wish to leave treatment, they can discuss this with the service, and the service will provide support to ensure people leave treatment safely. Treatment services value the treatment they provide to all the people who are in their care. People will be supported to stay in treatment especially at times when things are difficult for them.

North Lanarkshire Addiction Recovery Team ART



North Lanarkshire Addiction Recovery Team (ART) offers a range of services and interventions to support improved outcomes for people experiencing difficulties secondary to alcohol and/or drug use. The service aims to reduce the impact of alcohol and drugs on the individual, their family and wider community. We aspire to deliver supports that maximise the potential of the person to achieve positive change in their life.

Services Offered

- Addiction
- Advice & Support
- Alcohol Misuse
- Drug Misuse
- Harm Reduction
- Rehabilitation
- Substance Misuse

North Lanarkshire Advocacy

MAT Standards South Lanarkshire Access, Choice, Support



Too many people in Scotland die from drugs and alcohol, we want to play a part in changing this by offering free, confidential independent advocacy from our small team of three advocacy workers.

Advocacy Workers have a caseload and work with a number of people at any one time. Our only agenda is to put across the views, wishes and preferences of the 'advocacy partner' we are working with and to assist them in getting the support or services they need.

We meet at places convenient to the partners, often in their homes or other community facilities to find out what the issue is and what we are going to do about it. Advocacy can take many forms, it might be researching availability of residential rehab, it might be attending a housing meeting, it might be writing a letter to a MSP or introducing you to a lawyer.

The consistent thing is, we listen to you and put forward your views, your will and preferences.

We are not health care or social workers and we do not offer advice. Health and Social Workers cannot influence our work or tell us who we can or cannot work with, we are an independent advocacy organisation. Our role is to be by your side as an ally, a confidant and a champion.

- **MAT Standard 6.** The system that provides MAT is psychologically informed (tier 1); routinely delivers evidence-based low intensity psychosocial interventions (tier 2); and supports individuals to grow social networks.
- This standard focuses on the key role that positive relationships and social connection have to play in people's recovery. Services recognise that for many people, substances have been used as a way to cope with difficult emotions and issues from the past. Services will aim to support people to develop positive relationships and new ways of coping as these are just as important as having the right medication.
- **MAT Standard 7**
- All people have the option of MAT shared with Primary Care.
- People who choose to will be able to receive medication or support through primary care providers. These may include GPs and community pharmacy. Care provided would depend on the GP or community pharmacist as well as the specialist treatment service.
- **MAT Standard 8**
- All people have access to independent advocacy and support for housing, welfare, and income needs.
- People have the right to ask for a worker who will support them with any help they need with housing, welfare, or income. This worker will support people when using services, make sure they get what best April 2022 RAG suits them and that they are treated fairly.
- **MAT Standard 9**
- All people with co-occurring drug use and mental health difficulties can receive mental health care at the point of MAT delivery.
- People have the right to ask for support with mental health problems and to engage in mental health treatment while being supported April 2022 RAG as part of their drug treatment and care.
- **MAT Standard 10**
- All people receive trauma informed care.
- The treatment service people use recognises that many people who use their service may have experienced trauma, and that this may continue to impact on them in various ways. The services available and the people who work there, will respond in a way that supports people to access, and remain in, services for as long as they need to, in order to get the most from treatment. They will also offer people the kind of relationship that promotes recovery, does not cause further trauma or harm, and builds resilience.

Quality Principles

Break Through

No one Quality Principle is more important than another.

- You should be able to quickly access the right drug or alcohol service that keeps you safe and supports you throughout your recovery.
- You should be offered high quality, evidenced-informed treatment, care and support interventions which reduce harm and empower you in your recovery.
- You should be supported by workers who have the right attitudes, values, training and supervision throughout your recovery journey.
- You should be involved in a full strength-based assessment that ensures choice of recovery model and therapy is based on your needs and aspirations.
- You should have a recovery plan that is person-centred and addresses your broader health, care and social needs, and maintains a focus on your safety throughout your recovery journey.
- You should be involved in regular reviews of your recovery plan to ensure it continues to meet your needs and aspirations.
- You should have the opportunity to be involved in an ongoing evaluation of the delivery of services at each stage of your recovery.
- Services should be family inclusive as part of their practice.



An innovative service provided by Blue Triangle , Breakthrough is an intensive support service within North Lanarkshire, for individuals with alcohol or substance misuse, mental health or housing issues. We deliver a trauma-informed, person-centered approach working within a connected community model, linking in with other groups and agencies in the local area. We provide assertive engagement tailored to each individual's needs and pace.

The service provides direct support and engagement to empower people to unlock their full potential.

Kickstart

Barnardo's Axis Lanarkshire Core



The Kickstart programme is designed to offer any mental health, addiction or recovery service users aged 18+ the opportunity to attend weekly football sessions at North Lanarkshire council venues. These sessions will allow the participants to play football in a fun and safe environment with our fully qualified coaches.

Participants have experienced by doing this, it has helped with their fitness, mental health and confidence. By having a get together after the sessions, it gave the participants the opportunity to share their stories, hear from fellow service users and build relationships with new people. On top of this, it gave them more focus each week on their recovery.

We provide the groups with a full training kit and an opportunity to obtain Scottish FA coaching qualifications. Along with this, we have created a kickstart united football team which participates in the Scottish FA wellbeing league and this is open for any of the players to join.

Believe in
children



Barnardo's

The service supports young people age 11 -21 years (26 if care experienced) living in the North Lanarkshire area, who are affected by their own or someone else's substance misuse and other related complex issues.

The service will provide co-ordination, advocacy and support for young people to address a range of health and lifestyle issues and ultimately try and link them back into the most appropriate services for their needs. The service specific support for young parents impacted by substance use, utilizing the solihull approach.

Helping With:

- Substance Misuse
- Mental Health

Turning Point North Lanarkshire



We offer a range of adult harm reduction and recovery focused services. This includes assertive outreach, initial engagement, community and residential crisis and stabilisation.

We recognise both people and families can be on the receiving end of stigma. Scotland has the highest rate of drug deaths in Europe and access to effective services is more important than ever.

How we engage with individuals is crucial, assessing people's needs is key. Their strengths and ambitions are what matter most. To remove barriers to wellness, we encourage individuals to create a community identity, build a sense of value and purpose throughout their recovery journey.

Phoenix Futures North Lanarkshire



We support people and families to overcome any barriers they may face and help to reduce social isolation. We promote recovery and challenge stigma. We believe in showing people that not only is recovery possible, it is happening every day across North Lanarkshire.

We offer a wide range of services to help provide support.

- 1:1 and group work
- Peer Mentoring
- CBT Counselling
- Recovery Through Nature
- Family Support
- general advice and signposting