

CONNECT WITH US

www.LANDED.info



/LandedPeerEd



@LANDEDPeerEd



www.LANDED.info

SCAN ME



LANDED Peer Education Service
3A King Street
Wishaw
ML2 8BS
01698 269872

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.



www.LANDED.info



SUBSTANCE USE IN SOUTH LANARKSHIRE

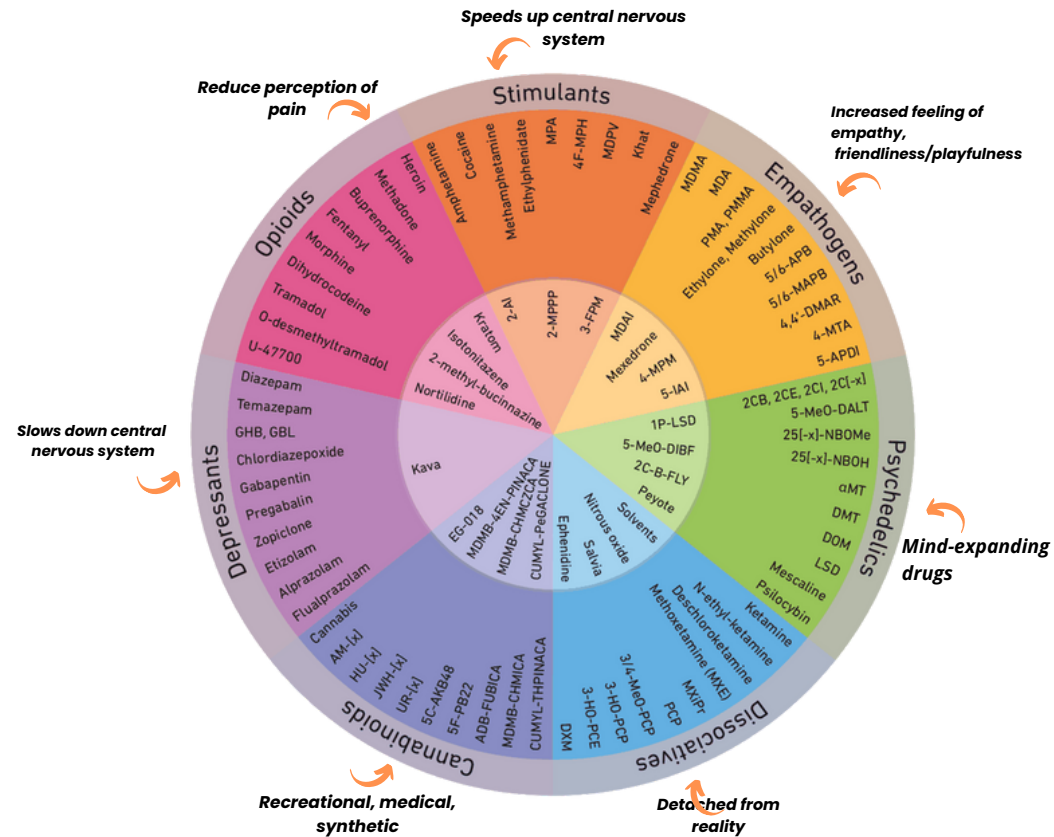
Awareness Raising Training for Staff Who Work With Young People

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

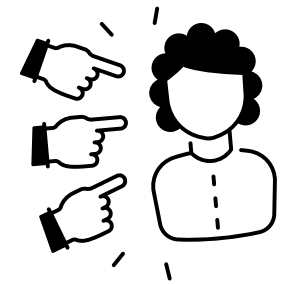
HALLUCINOGENIC

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?

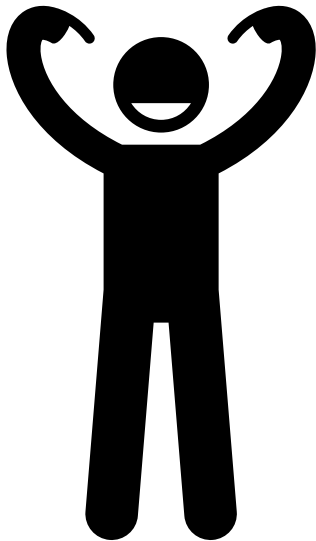
- Fear
- Lack of Understanding
- Inaccurate or misleading media representations

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)



LANDED

CARes - Service

- Community-based integrated alcohol and drug treatment service - 16+
- Multi-disciplinary service - Social Workers, Nurses, Substance Misuse Workers, Occupational Therapists, Addictions Psychology, Addictions Psychiatry, Community Prescribers.
- Medical interventions and substitute prescribing.
- Self- referral, GP, or Social Worker.
- Locality Teams in Cam/ Glen, Hamilton, Clydesdale, EK



(CARes)

My Support Day

Recovery Orientated Systems of Care (ROSC)

Who We Support.

Families and individuals that have been affected by someone else's substance use.



What Support Do We Offer?

- One to One Support
- Support Groups
- Family Saturdays
- Drug and Alcohol educational sessions
- Naloxone Drop-In sessions
- C.R.A.F.T sessions
- Family Inclusive events
- New Family Outreach service.



My Support Day

- 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.

REACHOUT - South Lanarkshire

- South Lanarkshire Alcohol & Other Drugs
- REACHOUT Service
-
- Assertive Outreach Service
- Intensive Case Management
- Strengths Based Approach
- Person Centred Support
- Improved Outcomes
- Working With Community Partners
- Buddying Service
- Improved Engagement
- Multiple Referral Routes

Teams within each of the 4 main localities
Monday – Friday – 9am – 9pm
Saturday – Sunday 10 – 6pm
Out of hours service provision

Target Audience
Three Key Groups
Non Engaged
Partially Engaged
Sporadically Engaged



The GIVIT – Youth Recovery Service

An intensive support service for young people aged 13–25, living in South Lanarkshire with problematic alcohol or substance use. They can provide support at home, in the community, or suitable places and spaces requested by young people.

- One to One Support
- CBT Counselling
- Youth Recovery Community
- Peer Mentoring

THE GIVIT
Youth Recovery Service



Regen:FX Youth Trust

MAT Standards South Lanarkshire Access, Choice, Support

- **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

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.

The Beacons

We believe wholeheartedly that recovery from substance use is possible for anyone. Our purpose is to bring together people with lived experience of substance use to create vibrant recovery communities throughout South Lanarkshire, who support each other and reach out to others who need help

The Beacons show our local communities a different side to recovery – a side which sees people helping people to rebuild lives afresh with new friends, stronger family links, more opportunities for self-development and better prospects



- 4 Recovery Hubs in South Lanarkshire – Blantyre, East Kilbride, Cam/Glen, and Lanark
- Provides a welcoming, healing environment for people in recovery
- Provides volunteering opportunities
- Provides personal training and development
- Family service to improve fragile relationships
- Active Outreach work in communities