



Angus Alcohol and Drugs Partnership

Annual Report

April 2022 – March 2023



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Foreword by the Chair of Angus Alcohol and Drugs Partnership

As Chair of the Angus Alcohol and Drugs Partnership it is with great pleasure and a deep sense of purpose that I welcome you to the inaugural annual report for 2022-2023. This report represents a significant milestone in our collective journey towards creating a healthier, safer, and more supportive community for all residents of Angus and marks a significant juncture in our mission to address the complex and critical issue of substance use within our community.

The work of the Angus Alcohol and Drugs Partnership underscores our unwavering commitment to fostering a healthier, more resilient, and united Angus. Substance use has cast a shadow over the lives of people for far too long. It is our firm belief that by working together, we can illuminate the path towards recovery, healing, and a brighter future for all.

This annual report is a testament to the collective efforts of dedicated individuals and organisations that make up our partnership. We understand that confronting substance use is a multifaceted challenge that demands a comprehensive and compassionate response. With this report, we aim to provide transparency into our activities, progress, and the impact we are striving to achieve.

Within these pages, you will discover the stories of resilience, the dedication of our team, and the profound changes we are making in the lives of those affected by substance misuse. While our journey is ongoing, I am inspired by the determination and spirit that infuse our partnership.

The publication of this report also represents our collective determination to make a positive difference. We recognise that tackling substance use requires a comprehensive, multi-faceted approach, and our partnership brings together dedicated professionals, committed advocates, and concerned citizens to drive change.

I extend my deepest gratitude to all who have contributed to this report and, more importantly, to those who are actively engaged in our shared mission. Your commitment, passion and hard work are the driving forces behind our progress, and it is through your unwavering support that we are making a meaningful difference in Angus.

As we reflect on our achievements, challenges and the road ahead, let us remain steadfast in our resolve to build a healthier, more inclusive and compassionate community. Together, we can light the way towards recovery and renewal.

Thank you for joining us on this journey of hope and transformation to deliver positive outcomes for our Angus communities.

Warm regards,



Jillian Galloway
Head of Health and Care Services, Angus HSCP
Angus Alcohol and Drugs Partnership Chair

1 Introduction

This report provides an overview of both the national and local context and highlights progress made by the AADP over the past year. The report will also highlight the priorities for 2023/2024.

What is an Alcohol and Drug Partnership?

The National Context

Rights, Respect And Recovery: Alcohol And Drug Treatment Strategy is the Scottish Government's Strategy to improve health by preventing and reducing alcohol and drug use, harm and related deaths.

The National Mission sets out to reduce deaths and improve lives impacted by drugs. The National Mission on Drug Deaths: Plan 2022-2026 sets out the approach to achieve the aim and vision of the Mission through an outcomes focused approach.

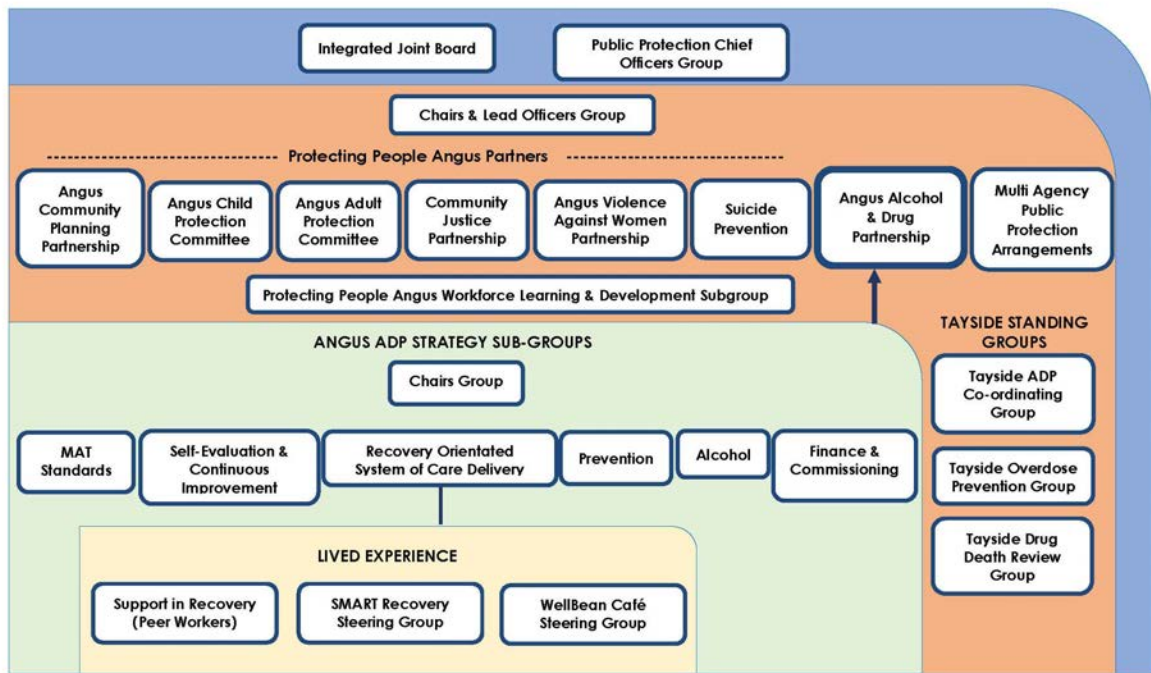
The national Alcohol and Drug Partnerships: delivery framework places responsibilities on each local authority and NHS Board to participate in the ADP and to ensure that other local partners are enabled to contribute appropriately to the delivery of these national strategies and priorities at a local level. The partnership arrangements enable the expression of concern of interested groups, including carers and family groups.

Angus Alcohol and Drugs Partnership

Angus Alcohol and Drugs Partnership (AADP) is responsible for leading the development and delivery of a local comprehensive and evidence-based strategy to reduce the level of alcohol and drug related problems in Angus. AADP has a number of subgroups that contribute to delivery of this Strategy and the associated Delivery Plan. The AADP reports to the Angus Integrated Joint Board, the Angus Public Protection Chief Officers Group and Scottish Government.

The current Strategy covers the period 2023 to 2026 and will be reviewed annually. The AADP Strategy has five key priority areas which provide direction to the partnership and will be supported by a Delivery Plan which is currently under development.





2. Summary of ADP Achievements

- Development Session held to inform new Strategy and associated Delivery Plan
- Refreshed Principles, Vision and Values agreed
- Review of structure undertaken, including development of new subgroups and strengthening of existing ones
- Medication Assisted Treatment (MAT) Standards Governance Group established and work begun to progress implementation
- Development of a Psychostimulant Pathway
- Review of the ADP Learning and Development Framework



“ I volunteer in the cafes, it has helped my recovery, I feel more confident and have more belief in myself. I would love to work in somewhere like this in the future
Wellbean cafe attendee

“ ...the support workers mix well with the customers so it can be given discreetly...
Wellbean cafe attendee

“ What an absolutely fantastic day yet again, literally such an amazing, overwhelming, emotional feeling. Never felt anything like it. Connection, feeling part of something, not being judged, being celebrated and the caring and compassion everyone brings to each other. Connected today with so many people and met some amazing and inspiring individuals - recovery is possible
Angus Recovery Walk attendee.

“ Staff are very welcoming and friendly
Wellbean cafe attendee

“ I would recommend it because some people don't have anyone and it's good for the community"
Wellbean cafe attendee

“ You helped me to find my own voice. I knew you didn't judge me because you've been where I have
Peer Advocacy Partner

“ I have learned new tools and ways of managing my urges to use drugs, I got loads of worksheets that I can work through, my worker understands about addiction and the challenges I have. Always professional and supportive".
Hillcrest Community Recovery Service service user

“ I didn't know the café existed until today. But now I know, I would definitely come back and recommend it
Wellbean cafe attendee

“ I like that there are workers who have their own lived experience it definitely gives me hope for the future".
Hillcrest Community Recovery Service service user



Tayside Council on Alcohol Case Study

“Simon” (40) has returned to Angus, where he grew up, due to family responsibilities. He has a degree and a diploma but has never managed to find suitable employment in these areas. Instead, he has had casual jobs in many different places. He had been in a relationship and lost a baby and subsequently the relationship. He is still grieving over the loss of the child and the breakdown of the relationship.

Simon is currently working in a job he hates but feels it is better than being unemployed. He feels trapped, living in a town he hates, doing a job he hates and managing a parent’s challenging behaviour. Consequently, he began drinking too much to help him block out what he felt was a “miserable existence”. He then realised that his drinking was getting out of hand so self-referred to TCA for support.

Process

The initial 2 appointments were by telephone and then he started to come into the office. He talked about his life, and he now feels that at his age he is stuck and cannot find a way out.

To help him reduce, resources within a Mindfulness Based Relapse Prevention” course were used; using “grounding” techniques such as breathing and distraction techniques like finding something pleasant to do or to think about. After a few appointments he reported that he had managed to reduce his drinking, but he was still feeling depressed and trapped in his situation. When we did an internal review, he scored very low points on “mental health and emotional being”, “relationships” and “occupying time and fulfilling goals”. Although he was busy with work and with his mother he was certainly not “fulfilling goals” as he would like to find a job that was more interesting and to move away from home.

Outcome

After 7 appointments, although he had cut down on his drinking, his quality of life was not improving. It was Simon’s suggestion that we finish counselling in the meantime, but he knows that he can re-refer himself in future if he feels the need. At his final appointment he thanked the agency for their help and said it had been good to talk about his feelings but that external things needed to change before his quality of life would improve.

Hillcrest Peer Mentor Case Study

“Harry” was referred through the integrated referral hub, he was an injecting heroin user with a history of relapse, the most recent had resulted in him losing his job. He suffered from anxiety, his confidence was low, and he was really angry at himself for relapsing again.

He had tried several different treatment options and was still being supported by AIDARS.

Hillcrest Futures provided one-to-one support, slowly building trust and providing Harry an opportunity to voice his thoughts and feelings in a safe space; work around relapse prevention, completing SMART Tools such as cost benefit analysis to help Harry understand his decision making, the consequences of these decisions and to identify his priorities for the next few months and explored what is important to Harry as well as supporting him to identify triggers that have led to relapse previously.

Harry also attended the Wellbean Cafés and once he become more confident in his recovery, he decided that doing some volunteer work would benefit him, give him something to do with his time which was a trigger to using in the past.

Harry was provided with peer mentor training including some of the challenges of the role, working through some situations he might experience. Through this Harry identified that he was not ready to provide emotional support but would be comfortable providing information and helping people feel welcome at the cafes.

Harry has achieved nine months without relapse, he engages well with his treatment, he has expanded his social contacts, moved away from old acquaintances and behaviours and spends his time more constructively. His confidence has improved, and he is looking for new opportunity to continue to grow and develop.

He continues to volunteer at the Wellbean Cafes and is soon to start a ten-week training course with Recovery Coaching Scotland which will provide further learning and personal development for Harry.

The peer mentor role has given me purpose and a new routine, with support I was able to see why I kept relapsing and I can do things to avoid this now, but I still need support with this. I feel part of a community at the Wellbean Café, and I have gained more confidence helping here”.

Harry

3 AADP Data and information

17.7% reduction in Near Fatal Overdose incidents from 2021/22



17.1% increase in the number of people seeking treatment for alcohol from 2021/22.



The alcohol-specific death rate has been increasing in Angus over recent years, with the female rate higher than the national average in 2021.



The alcohol-related hospital admission rate in Angus increased by **25%** between 2020/21 and 2021/22, despite a similar trend not being observed nationally.



Increase of **180** referrals for those seeking treatment for drug use from 2021/22



29% reduction in suspected drug related death since 2021*



Waiting times for treatment within 21 days of referral improved within Angus substance use services throughout 2022/23, after dipping below the **90%** target in 2021/22.



31% increase from 2021/22 in the number of registered carers receiving support



1112 people visited the Well Bean cafes in Angus

28 individual community members and **42** services provided feedback on the support available to families in Angus.

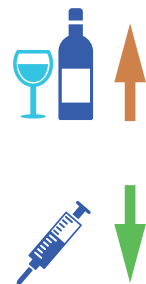


At the time of their death in 2021:

- **65%** of individuals were diagnosed with a mental health condition at some point in their lives
- **64%** of individuals were living with a long term physical health condition.

*These are not confirmed numbers of drug related deaths

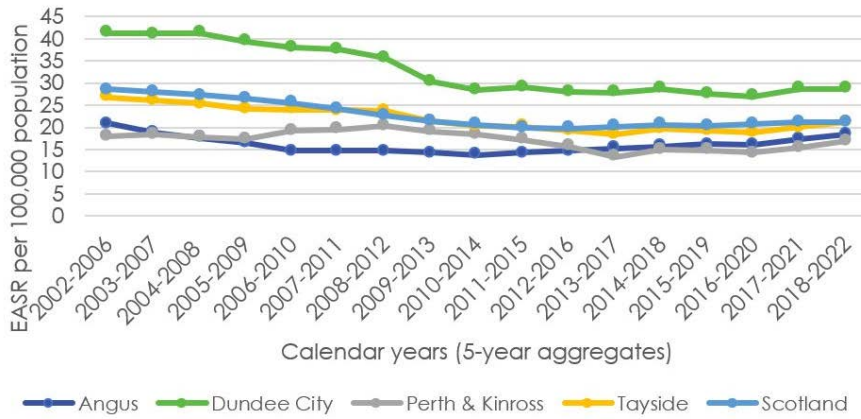
Annual delivery of alcohol brief interventions in Angus have been steadily increasing since the beginning of the COVID-19 pandemic, while injecting equipment provision rates have been decreasing.



Alcohol

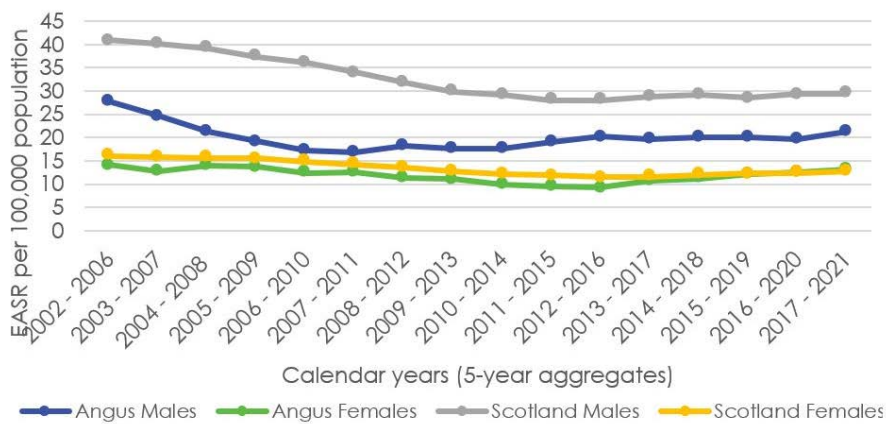
The average alcohol-specific death rate has been gradually increasing in Angus since the 2010-2014 reporting period, however has remained below those of Tayside and Scotland since the 2002-2006 average rate (Figure 1).

Fig. 1: Alcohol Specific Deaths in Scotland (National Records of Scotland, 2023)



Average alcohol-specific death rates in Angus have been consistently higher amongst males (Figure 2). However, the gap has been decreasing over the past 5 reporting periods, with the female rate slightly above the national average over the 2017-2021 period.

Fig. 2: Alcohol Specific Deaths in Angus by Gender (ScotPHO, 2022)

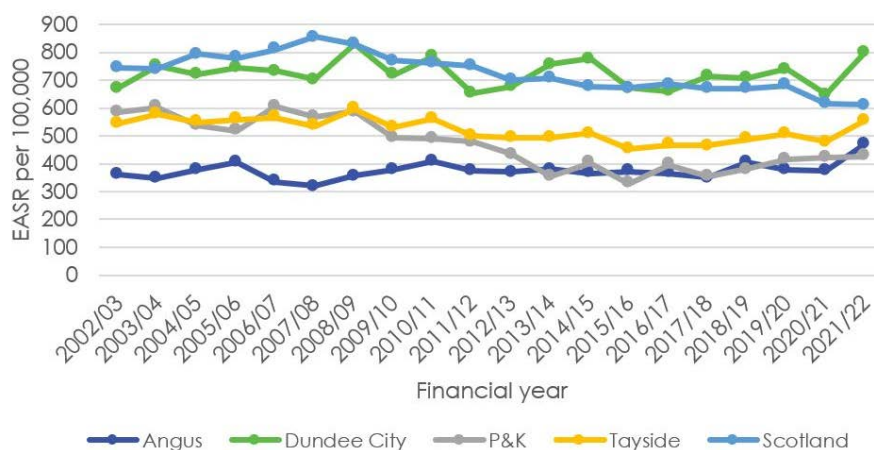


Alcohol Related Hospitalisations

There was a sharp increase in alcohol-related hospital admissions from Angus between 2020/21 and 2021/22, after having been relatively stable over the previous decade (Figure 3). Whilst potentially a direct impact of the COVID-19 pandemic, this trend was not observed at a national level. In 2021/22, there was a higher proportion of female alcohol-related hospital admissions in Angus than at any other point over the previous decade (with 39.2% female, compared with 31.2% in 2011/12), which is consistent with the increasing alcohol-related mortality trend amongst females in Angus.

Rates were highest in the 45-49 age group amongst males, and the 40-44 age group amongst females. Individuals living within the most deprived areas of Angus in 2021/22 were 4 times more likely to have an alcohol-related hospital stay than those living in the least deprived areas.

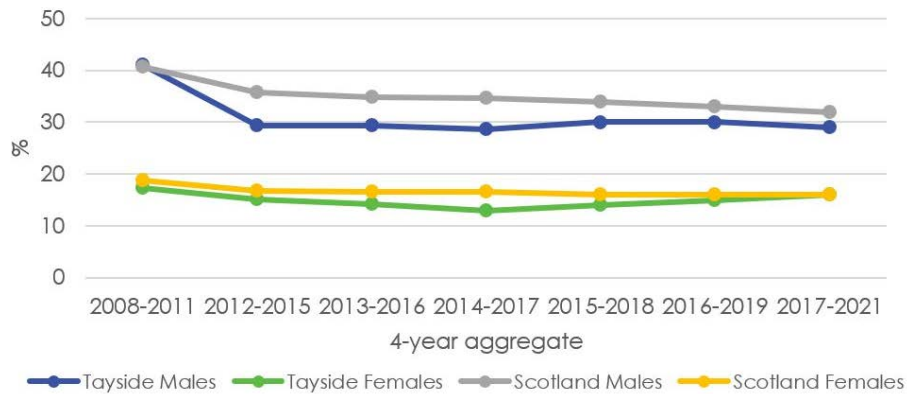
Fig. 3: Alcohol Related Hospital Admissions (Public Health Scotland, 2023)



Alcohol Consumption

As a 4-year aggregate, the proportion of Tayside males that self-reported drinking above weekly recommended limits has been consistently lower than the national average since the 2012-2015 reporting period, with an average of 29% exceeding the low risk limit between 2017-2021, compared with 32% across Scotland (Figure 4). However, the proportion of females drinking above weekly recommended limits has gradually been increasing in Tayside, and matched the national average for the first time between 2017-2021 (both with 16% of females). This mirrors the increasing trends in alcohol-specific deaths and alcohol-related hospital admissions amongst females in Angus within the same timeframe.

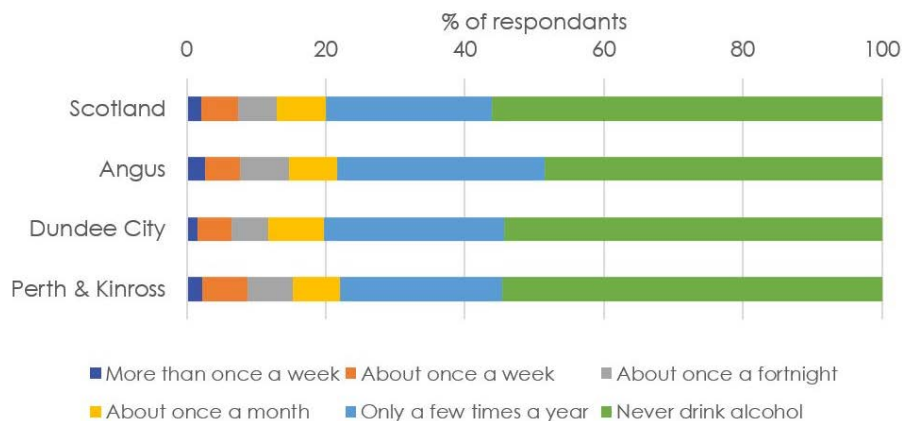
Fig. 4: Alcohol consumption exceeding weekly limits (Scottish Health Survey, 2021)



Children and Young People

In 2021/22, less than half (48.5%) of Angus secondary school pupils (S2 & S4) reported never drinking alcohol, which is lower than the equivalent proportions in other Tayside areas and the national average (56.1%) (Figure 5). Although these findings relate to a new survey, superseding the Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS), and are not directly comparable to previous SALSUS findings, it would be worthwhile to monitor this trend in future publications.

Fig. 5: Self-reported alcohol consumption amongst S4 pupils (Health & Wellbeing Census Substance Use Survey 2021/22)



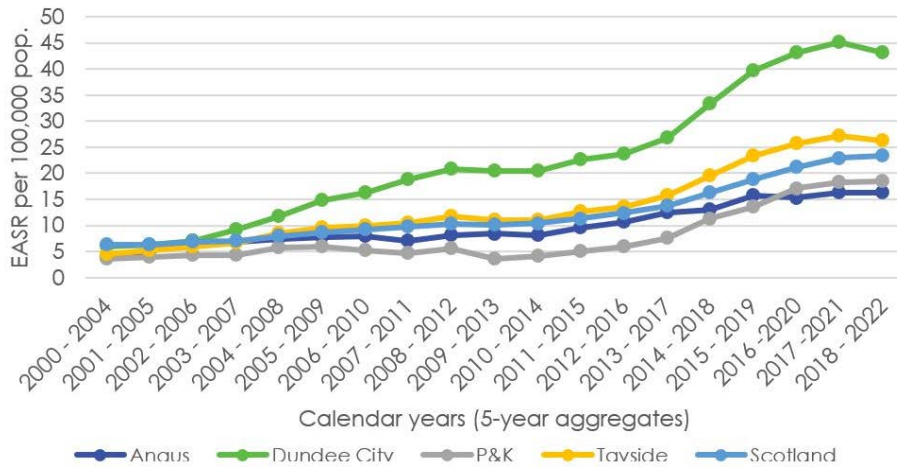
In both 2020 and 2021, the number of children on the child protection register where parental alcohol misuse was identified, was too low in Angus to allow for rates to be published, however in 2019, the Angus rate was less than half that of the Tayside or national averages.

Drugs

Drug Mortality

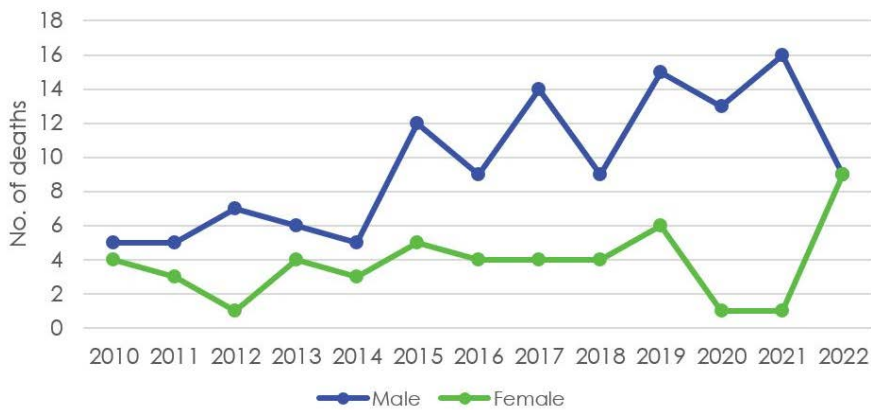
The drug-related death rate in Angus has been consistently below the national average since 2016, however it has fluctuated over that timeframe (Figure 6). After being the only Tayside area to show an increase in rates between 2020 and 2021, the rate has decreased again slightly in 2022.

Fig. 6: Drug Related Deaths in Scotland (National Records of Scotland, 2023)



Drug-related deaths in Angus had been consistently higher amongst males between 2010 and 2021. (Figure 7). However, this pattern has reversed in 2022, with the number of female deaths matching male deaths for the first time.

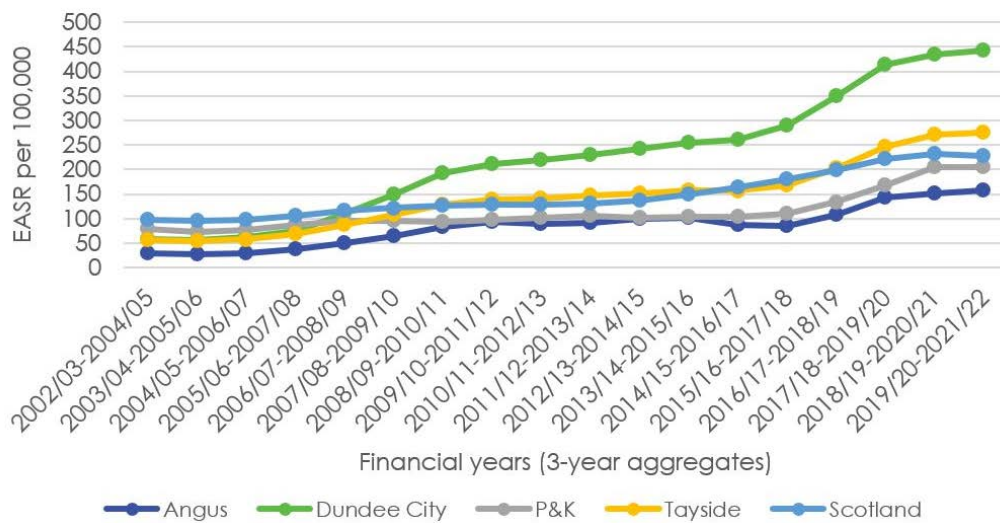
Fig. 7: Drug Related Deaths in Angus by Gender (National Records of Scotland, 2023)



Drug Related Hospital Admissions

Average drug-related hospital admission rates have been steadily increasing in Angus since the 2015/16-2017/18 reporting period (Figure 8). However, average rates are consistently below those of Tayside and Scotland since 2002/03-2004/05. In 2021/22, 72% of individuals who experienced a drug-related hospital stay from Angus were male. This is a higher proportion than the equivalent alcohol-related hospitalisation rate. Prevalence amongst both genders was highest in the 40-44 age group, which is comparable with alcohol-related rates when split by age group. Individuals living within the most deprived areas of Angus in 2021/22 were 4 times more likely to have a drug-related hospital stay than those living in the least deprived areas.

Fig. 8: Drug Related Hospital Admissions (Public Health Scotland, 2022)



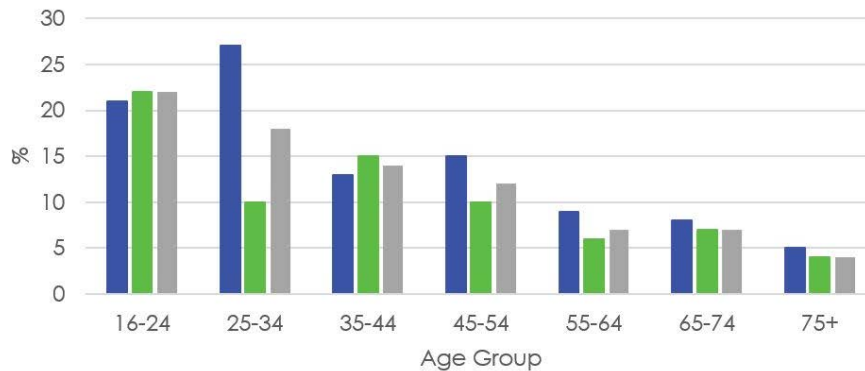
Near-Fatal Overdoses and Problem Drug Use

The number of suspected near-fatal overdose (NFOD) incidents recorded in Angus has fluctuated over the past five financial years but has followed a general downward trend since mid-2019/20, with 19.2% fewer NFOD incidents recorded in 2022/23 than in the previous year (Figure 9).

Fig. 9: Recorded near-fatal overdose incidents in Angus (NFOD Database, NHS Tayside)



Fig. 10: Self-reported drug use within previous 12 months (Scottish Health Survey, 2021)

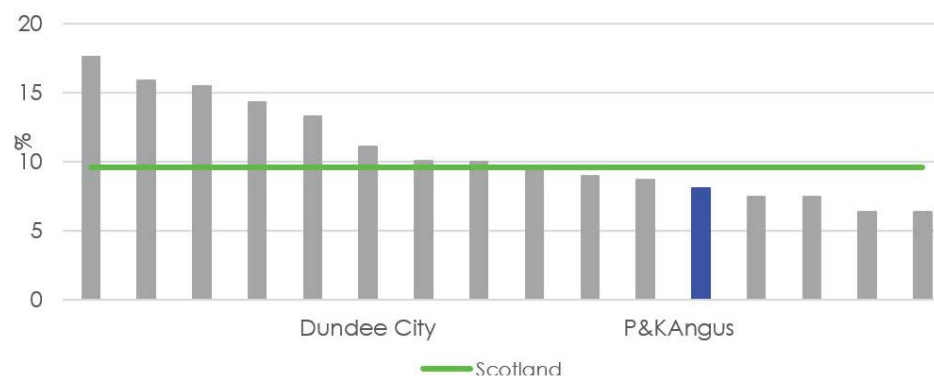


In 2021, 3% of Scottish adults reported having ever had a problem with drug use (4% of men and 2% of women). For both men and women, the highest prevalence was in the 35-44 age group. This is consistent with the local data for drug-related hospitalisations (which showed highest prevalence in both genders amongst people aged between 40 and 44).

Children and Young People

In 2021/22, 8.1% of S4 pupils in Angus reported having ever taken illegal drugs. This is lower than that reported in other Tayside areas or the national average (Figure 11). However, the most recent SALSUS report, which preceded this survey, and included responses to the same question, found that 22% of 15-year-olds in Angus reported having ever used drugs, and was based on a notably much higher sample size, so this should be taken into consideration when analysing future data.

Fig. 11: Self-reported previous drug use amongst S4 pupils (Health & Wellbeing Census Substance Use Survey 2021/22)

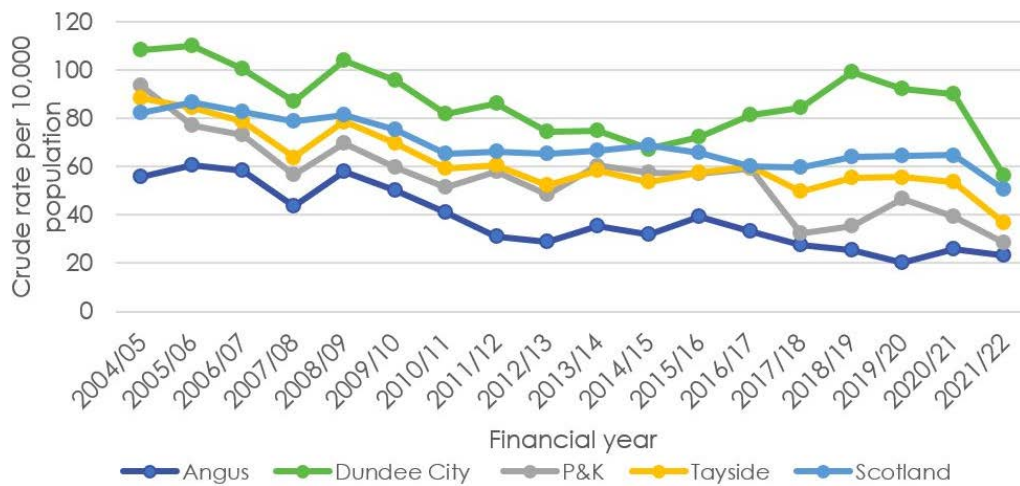


In 2021, the rate of child protection cases where parental drug misuse was identified for children on the register was 4.3 per 10,000 population, lower than that recorded in other Tayside areas or nationally. While numbers were too low for a rate to be published for Angus in 2020, previous rates have been lower than the Tayside average, following a substantial decrease between 2016 and 2017.

Drug-Related Crime and Social Perceptions

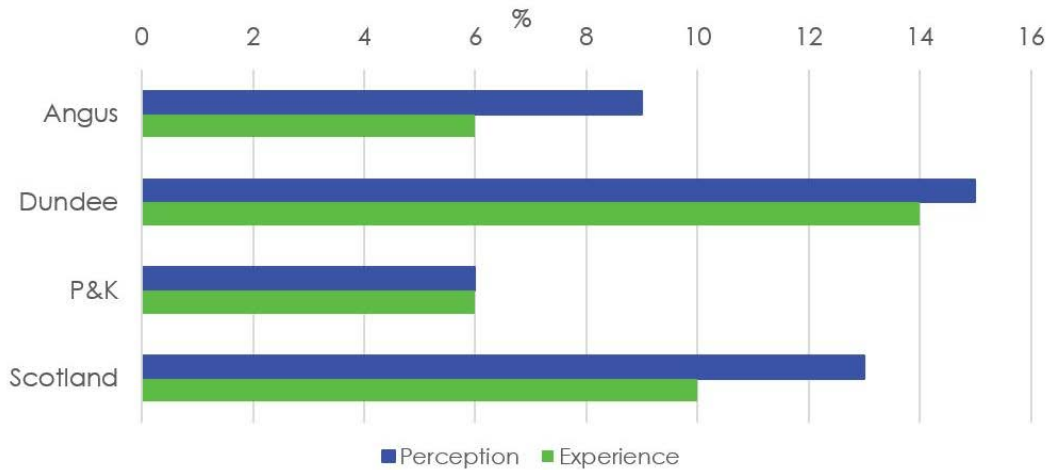
Angus had a recorded drug crime rate of 23.2 per 10,000 population in 2021/22, less than half the rate in Dundee City and nationally, and its rate has been consistently lower than other Tayside areas or across Scotland since reporting started in 2004/05 (Figure 12).

Fig. 12: Drug crimes recorded by police (Scottish Crime Statistics, Scottish Government, 2022)



In 2021, 9% of Angus residents perceived problem drug use or dealing to be very or fairly common in their neighbourhood, and 6% reported experiencing it in the past 12 months. This compares favourably with national averages of 13% and 10% respectively (Figure 13). The percentage of Angus residents perceiving drug misuse or dealing to be a very or fairly common problem in their neighbourhood was consistently below the national average across the decade between 2012 and 2021, and was seen to decrease between 2020 and 2021, following an increase over the previous two survey years.

Fig. 13: Perception of drug misuse in neighbourhood (Scottish Household Survey, 2021)



Referrals

There were 1010 new referrals to substance use services in Angus in 2022/23, this was a 19% increase on the previous year (Figure 14). In 2022/23, over half of all new referrals to substance use services in Angus were alcohol referrals, 36% were drug referrals, and 12% were co-dependent (Figure 15), and over two thirds of all referrals were male (Figure 16).

Fig. 14: Substance Use Referrals in Angus (DAISy, 2023)

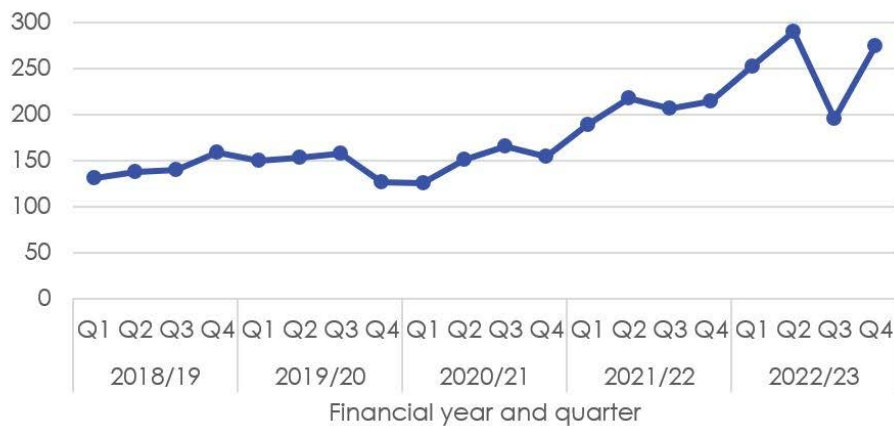


Fig. 15: Angus SUS Referrals by Service User Type (DAISy)

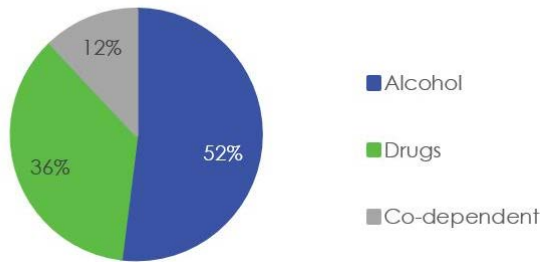
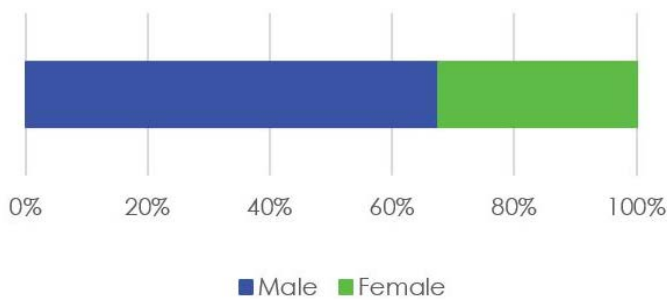


Fig. 16: Angus SUS Referrals by Gender (DAISy)



Over half of all new referrals to Angus substance use services in 2022/23 resided in either SIMD quintile 1 or 2 (equating to the 40% most deprived neighbourhoods), compared with less than a quarter who resided in SIMD 4 or 5 (the least deprived 40%) (Figure 17). 72% of all new referrals were referred to the Angus Integrated Drug and Alcohol Recovery Service (AIDARS); 14% to the Community Recovery Service (CRS); 13% to the Tayside Council on Alcohol (TCA); and 1% to the Web Project (Figure 18).

Fig. 17: Angus SUS Referrals by Deprivation (DAISy)

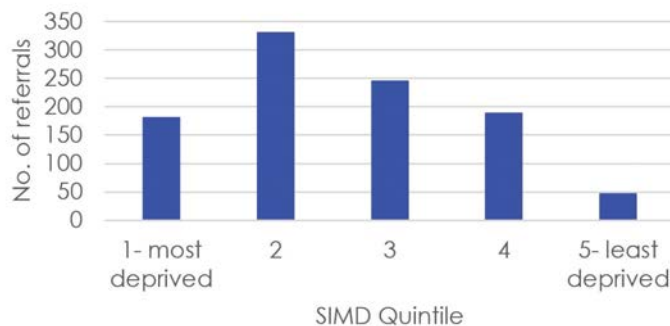
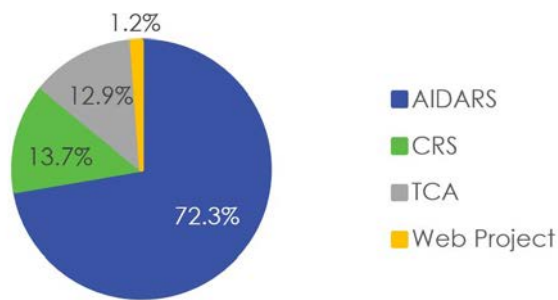


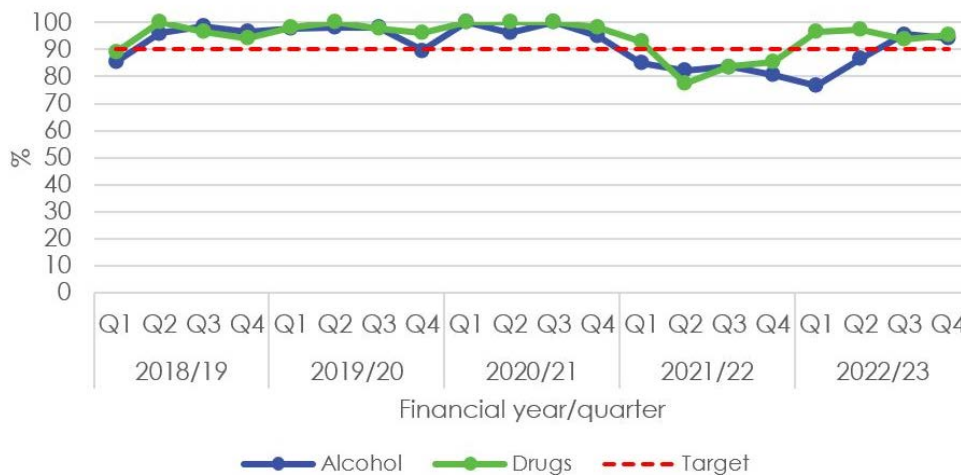
Fig. 18: Angus SUS Referrals by Service (DAISy)



Waiting times

Substance use treatment waiting times in Angus were below the 90% target in 2021/22, however improved throughout 2022/23, with 92% of those commencing treatment for either alcohol or drugs being seen within 21 days of initial referral (Figure 19). A lower proportion of people commencing treatment for alcohol were seen within 21 days of referral than those seeking treatment for drugs/co-dependency, with averages of 87.9% and 95.9% respectively across the year. However, both were above Tayside averages, which were both below the 90% target, at 74.6% and 88.7% respectively.

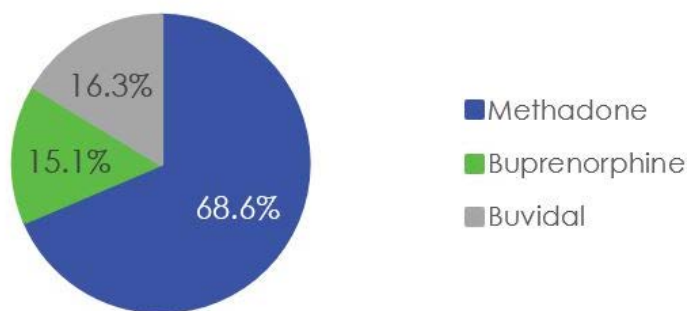
Fig. 19: Substance Use Treatment Waiting Times in Angus (DAISy)



Medication Assisted Treatment

A snapshot of the caseload receiving opioid substitution therapy (OST) in Angus at the end of 2022/23 showed that 68.6% were being prescribed Methadone, 15.1% were receiving short-acting oral Buprenorphine, and 16.3% were receiving long-acting injectable Buprenorphine (Buvidal) (Figure 20). 67.8% of the OST caseload were male, and the highest proportion of the overall caseload were in the 35-44 age group (with 45.4%), which is the same age group as those with the highest prevalence of self-reported problem drug use and drug-related hospitalisations (the latter being specifically the 40-44 group)

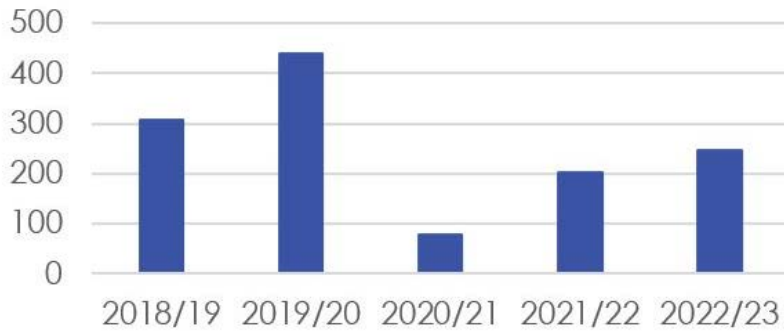
Fig. 20: Angus OST caseload by Prescription Type



Harm Reduction and Early Intervention

The number of alcohol brief interventions (ABIs) delivered within Angus dropped significantly between 2019/20 and 2020/21, which coincided with the height of the COVID-19 pandemic, but this has been continued to rise over the past two financial years, with 246 ABIs delivered in 2022/23 (a 21.2% increase on 2021/22) (Figure 21).

Fig. 21: No. of Alcohol Brief Interventions delivered in Angus



Injecting Equipment Provision (IEP) in Angus has reduced annually from 201.7 per IEP client in 2019/20 to 68.7 per IEP client in 2022/23, approximately a third of the target of 200 per IEP client (Figure 22). However, rates are considerably higher than seen across other Tayside areas over the same timeframe. The number of naloxone kits distributed across Angus in 2022/23 varied monthly, between 6 and 55 kits per month (Figure 23).

Fig. 22: Injecting Equipment Provision in Angus



Fig. 23: Naloxone Distribution in Angus



4 Self-evaluation and performance

A Self-Assessment exercise was undertaken in September 2022, along with some other ADP areas, as a pilot for the Scottish Government. This highlighted areas to maintain, explore and develop in relation to Strategic Planning, Financial Governance, Quality Improvement, Governance and Oversight and the relationship between the ADP and Integration Authority.

A Development Session was held in December 2022 to progress a new Strategy and associated delivery plan, with a new structure to implement these. A new Self Evaluation and Continuous Improvement (SECI) Subgroup was agreed to ensure ongoing self-assessment and improvement and that the AADP are using qualitative and quantitative data to inform priorities and areas of work.

5 AADP activity over the last year

Psychostimulant pathway

A Psychostimulant Group was established in recognition of the increasing use of stimulants, particularly cocaine in Angus by those accessing services. The group have developed a psychostimulant pathway for support and services. A training resource is under development and a training for trainers model will be utilised to ensure delivery to as wide an audience as possible and to enable the model of delivery to be sustainable.

Learning and Development

The AADP undertook a review of the learning and development framework to ensure this remains relevant, meets the needs of the workforce and is delivered in a sustainable manner that offers best value for money. This is currently being updated and will be presented to the ADP Strategy Group in June 2023 for final approval.

Residential Rehabilitation

Each ADP area in Scotland receives a ringfenced budget for Residential Rehabilitation. In Angus in this financial year there have been 5 residential placements. The [Angus Residential Rehabilitation Pathway](#) has been developed to ensure a clear referral and assessment process is in place for any residential rehabilitation placement requests.

Needs Assessment

There is a Tayside ADP Needs Assessment Group in place to undertake needs assessments across the Tayside area. In 2018 a Cocaine use in Tayside needs assessment was undertaken and in January 2023 People Who Use Benzodiazepines in Tayside: A Health Needs Assessment was completed. This will be presented to the ADP Strategy Group in June 2023 who will consider how best to progress the recommendations from this report. The next needs assessment that will be undertaken is in relation to alcohol.

Culture of Kindness

Alongside Protecting People Angus partners, the ADP are progressing a Culture of Kindness across Angus. This will include a Pledge that individuals, services and eventually businesses and members of the community can sign up to that will demonstrate their commitment to treating people with kindness, recognising trauma and challenging stigma. This work will be formally launched in September 2023.

MAT Standards

The Medication Assisted Treatment (MAT) Standards are evidenced based standards to enable the delivery of safe, accessible, high-quality drug treatment across Scotland (Scottish Government 2021). The Standards apply to all services and organisations responsible for the delivery of care in a recovery oriented system and are being implemented in Angus via a multiagency governance group with an improvement plan and lead identified for each standard.

There has been significant focus on implementing the MAT Standards in Angus, with monthly progress reporting being submitted to Scottish Government. Priority has been given to the implementation of Standards 1 to 5 in 2022-23. Process, Numerical and Experiential evidence will be submitted to Scottish Government in April 2023 and each area will be assigned a RAG scoring for Standards 1-5. These will be published in the annual benchmarking report in June 2023. A provisional assessment of the expected position for Angus was provided in February 2023 which demonstrates we are on course to achieve green status for standards 1-5. Scottish Government have allocated

provisional RAG status for 6-10 based on self-assessment criteria as reporting requirements for these standards are still to be agreed. Angus was allocated provisional amber status for standards 6-10. Feedback from Scottish Government has been that amber status is the best that can be awarded at this stage, as reporting criteria has not been finalised for these standards.

Recovery

Recovery Walk Scotland is the largest recovery event in Scotland and in 2022 this was held on 24 September in Paisley and was attended by over three thousand people. 12 people from Angus attended the walk alongside staff from ADP services.

“What an absolutely fantastic day yet again, literally such an amazing, overwhelming, emotional feeling. Never felt anything like it. Connection, feeling part of something, not being judged, being celebrated and the caring and compassion everyone brings to each other. Connected today with so many people and met some amazing and inspiring individuals - recovery is possible” (Angus Recovery Walk attendee).

Well Bean Cafes

Well Bean Cafes have been operational in Montrose and Forfar for a number of years. In 2022 funding received from the Drug Death Task Force enabled the recruitment of a project worker and peer worker who are dedicated to the expansion and development of the community wellbeing café model in Angus. A third café was opened in Arbroath and all three cafes have seen significant increases in the number of people attending for support, an increase in the number of volunteers supporting the cafes and a number of organisations and partners making use of the cafes to promote their services and provide workshops on relevant welfare issues. The cafes help reduce stigma and are a welcoming and supportive place for people in recovery to go at any stage of their journey.

Breaking Free Online

Breaking Free Online (BFO) is a confidential online programme that can support people to reduce their alcohol intake and/or drug use. It is an evidenced based digital treatment and recovery programme for people experiencing dependence on alcohol/drugs or who want to reduce their intake. BFO provides Cognitive Behavioural Therapy on demand to those accessing the programme.

BFO has been offered to all ADP services to deliver 1:1 support to those who use their services. In March 2023 it was agreed to extend the programme to have a greater reach to those who are not using services but recognise they could benefit with support anonymously. This wider promotion saw an initial increase in subscribers demonstrating a demand for this programme from those who are not accessing local services in the traditional manner.

BFO is still a relatively new approach in Angus and further data will continue to be obtained to inform how the programme can be promoted and used further.

Transitions

The AADP Development Officer who came into post in January 2023 also has a half time role to consider transitions, particularly for young people aged 16 to 24 and those in transition between one service and another.

6 Key priorities for 2023-24

Strategy and Delivery Plan

The new AADP Strategy will be presented to the IJB in June 2023 for final approval. Following this, the Delivery Plan will be developed, with input from the subgroup action plans and consultation with those with lived and living experience to ensure identified actions are relevant, measurable and meet the priorities and outcomes detailed in the Strategy.

Each subgroup will develop an updated Terms of Reference and Action Plan to inform the Delivery Plan and deliver on the Strategy.

Given the new Strategy, Delivery Plan and structure, AADP awareness raising sessions will take place over the coming year to increase the profile of AADP and to ensure knowledge and understanding of the AADP and the work of AADP by the workforce, those who use services and the general public.

The AADP also plans to increase communication and engagement and ensure information and resources are widely available to the public, to seek views and input, to share messages and increase the visibility of the work of the AADP. A new website will be developed alongside other Protecting People Angus partners, designed to better meet the needs of those accessing information.

Following the completion of the Delivery Plan, an updated Risk Register will be developed to ensure the AADP (and IJB) have oversight of any emerging or ongoing risks and the mitigation in place to address these.

The AADP Support Team have begun looking at the current policies and guidance the AADP has in place and plan to work with Tayside protecting people colleagues to consider these on a wider basis.

Finance and Commissioning

As with the other subgroups, the Finance and Commissioning subgroup will update its Terms of Reference and a Commissioning Plan will also be developed to ensure a structured strategic commissioning approach to service provision in Angus meet identified needs in a safe, effective and efficient way and demonstrate best value for money.

Prevention and Early Intervention

The Prevention subgroup will be established in the coming year, with discussions ongoing with other protecting people partners as to the potential for a wider Protecting People Angus Prevention subgroup.

Developing Recovery Oriented Systems of Care

The Recovery Oriented System of Care (ROSC) subgroup, as part of the new structure, will update its Terms of Reference and develop an action plan. The group have planned a development session for June 2023 to further this. Scottish Recovery Consortium will deliver ROSC in the 21st century training for the group and work with us to further develop our recovery system and communities.

Getting it Right for Children, Young People and Families

As noted above, the ADP have undertaken a mapping exercise and questionnaire to establish the support, and awareness of the support, available for families in Angus. Scottish Families affected by Alcohol and Drugs (SFAD) will support with the analysis of the questionnaires and work with the ADP to develop family engagement. This will help support the implementation of the Whole Family Approach and Family Inclusive Practice in Angus. This will also include a review of information, policies and resources related to supporting children, young people and families.

Less Harm is Caused by Alcohol

An initial meeting of this subgroup is planned for June 2023 and will progress work already begun in developing an alcohol pathway for support from services. The group will also further progress recommendations arising from the Adult Protection Committee Significant Case Review P19 in relation to alcohol.

Appendix 1:

Angus Alcohol and Drug Partnership Services

There are a number of services in Angus providing support to those affected by drug and alcohol use, including children, young people, families and carers. Angus Alcohol and Drugs Partnership commission or contribute funding towards a number of third sector partners to meet the needs of those in Angus.

Angus Integrated Drug and Alcohol Recovery Service (AIDARS)

AIDARS is an integrated health and social work service providing a person-centred, whole family approach to assessment and intervention with adults who use drugs and alcohol.

Services provided include:

- Motivational and enhancement therapy
- In-patient and community detox for alcohol, opiates and opiate replacement therapy
- Recovery care planning and self-directed support
- Overdose awareness (including Naloxone dispensing), harm reduction, and BBV testing and support
- Relapse prevention in groups and one-to-one, supported by medication if required
- Psychological interventions

Hillcrest Futures Community Recovery Service

Hillcrest Futures provide a number of services in the Angus area including the Community Recovery Service which is for adults using substances and families and significant others affected by substance use. The service works with people at all stages of recovery to enable them to have the information, advice, connection and support they need to recover and live a healthy and fulfilled life and be fully supported within communities to find their own type of recovery.

Hillcrest Futures Enhanced Harm Reduction and Injecting Equipment Provision

This is a Tayside service that responds to the needs of people who inject drugs, by providing assessment, harm reduction advice and interventions, dry blood spot testing, signposting to appropriate services and providing injecting equipment.

Hillcrest Futures Streets Ahead

This is a service for 14–25-year-olds who are at risk or are experiencing problems with drug or alcohol use.

Tayside Council on Alcohol Angus Connect

This is a service for young people under 25 living in Angus seeking an assessment and treatment service in relation to their own problematic use of alcohol and/or other substances in order to achieve their full potential and live healthy productive lives.

Tayside Council on Alcohol Counselling and Creative Therapies

This is a confidential counselling and advice service for adults and families in relation to their own alcohol/substance use or affected by another's use.

Services provided include:

- Structured 1:1 counselling for adults who feel that their own drinking is on some way a problem
- Counselling sessions to those affected by someone else's use
- Collaborative Routes to Recovery: working directly with individuals who are in the early stages of accessing or contemplating engagement with medically assisted treatment, or other forms of substance use/alcohol support, to create positive support networks and address wider issues that may impact on individual's ability to meaningfully engage with services and negotiate their recovery pathway.
- Peer support: this typically involves low level 1:1 support and having an involvement in the various recovery activities taking place across the locality

Angus Independent Advocacy (AIA)

As part of the wider services that AIA offer, AADP funding allows for support to those affected by substance use to have their voices individually and/or collectively heard about issues that affect them and to influence the development of responsive supports and services that can support the whole family. 1:1 support for individuals and parents/families and collective advocacy type forums are offered, as well as supporting people to understand their rights around access to treatment and harm reduction.

Angus Carers Centre

As part of the wider services to support carers in Angus, AADP funding allows for those who are affected by someone who has issues with substance or alcohol use to be identified and receive support and guidance as required.

Havilah

Havilah is a drop in service open to anyone seeking company and a non-judgemental setting.

Breaking Free Online

This is a confidential online programme that can support people to reduce their alcohol and substance use or to stop using all together. It is accessible via the internet and makes Cognitive Behavioural Therapy available on demand to all people, empowering them to address their substance use issues and achieve their personal wellness goals.

Wellbean Cafes

There are a number of Wellbean Cafes across the Angus localities. The aim of the service is to promote health and wellbeing to individuals and families through social community cafes that are family friendly and inclusive to those in recovery from mental health and substance use issues.

