

DRUGS ACTION
INCITE STIMULANT USERS SERVICE REPORT

April 2007 – March 2008

Introduction

Incite specialist psycho-stimulant service was developed in 2003 in response to the Scottish Advisory Council on Drug Misuse report, in order to provide a service to meet the needs of psycho-stimulants users in Grampian.

Evidence suggests that this is a hidden population which does not come forward to access services, often because of their failure to recognise any problems associated with stimulant use, or because of fear of jeopardising employment.

This specialist service is one of two dedicated services in Scotland, developed specifically to work with this client group.

Aim

- To attract primary stimulant users into the service
- To work with all types of stimulant users, and those with both problematic and non-problematic use
- To provide a needs led service, offering a range of client-led interventions, including harm reduction, crisis intervention, education, structured counselling, access to medical services, access to mental health services and complementary therapies
- To work in collaboration with existing services
- To provide training and support to other service providers
- To increase knowledge and awareness of psycho-stimulants and the needs of stimulant users
- To offer a confidential, flexible service appropriate to client needs
- To contribute to a decrease in loss of employment, health problems and socio-economic issues related to stimulant use

Service Provision

- Service responsive to needs
- Opening hours flexible and tailored to client need
- Assessment, counselling and planned interventions
- Outreach services across Aberdeenshire, in the business sector, schools and health services
- Specialist contemporary knowledge of issues relating to stimulant use
- Training, education and consultation across both the statutory and voluntary sector
- Provision of alternative therapies including auricular acupuncture

INCITE BEST PRACTICE

- Flexible, bespoke approach to service- user needs
- Immediate contact and swift first appointment booking
- Single shared assessment in line with other service providers
- Ability to work intensively with clients where required
- Appropriate contact/ re- contact procedures in place
- Wide range of interventions offered
- Effective staff training (across the full spectrum of the work force) which heightens the credibility of the service.
- National and local Conference presentation to raise awareness of innovative practice.
- No barriers to accessing services – provides a route for those who wouldn't normally access services
- Specialist knowledge of psychostimulant drug use, including in- depth mental health knowledge, which engenders trust with clients
- Use of technology to continue to work with clients despite their location (particularly with offshore workers and clients whose work involves travel)

Staffing

Incite in Aberdeenshire is funded to provide a service for 37 hours per week – 1 WTE post. The service is now provided by both a male and a female worker (18.5 hours per week each) which ensures a gender balance.

Staff have a good mix of experience from both Counselling and Nursing backgrounds. There is a high level of peer supervision and support between workers with mutual sharing of contemporary work practice.

Training opportunities for the Incite team have continued to have a strong focus to ensure key stake holders have access to evidence based specialised treatment, education and advice.

The work has been divided equally to provide direct client contact and also to provide education, support and consultation to other services as well as development and exploration of opportunities to enhance service provision.

Service Delivery

Education and training

Incite has maintained a commitment to education, training and support to both statutory and voluntary sector staff throughout Aberdeenshire. From April 2007-March 2008, the following educational and training inputs were provided:

- Mintlaw Academy: input to health week by providing drug awareness information to 60 pupils in 4 classes
- Kemnay Youth Project: training on crack, cocaine and stimulants
- Kemnay Academy: education to Advanced Higher Modern Studies pupils
- Children 1st Fraserburgh: training on Drug Use in Pregnancy
- Children 1st Fraserburgh: training on psycho-stimulants
- Garioch Family Support Group: Education on crack cocaine and stimulants
- Robert Gordon University: Student Midwives training on drug use in pregnancy.
- GP and allied Health Service Providers, Banff: presentation on Incite,
- Midwives Study Day, Aberdeen Maternity Hospital: Psycho-stimulants

In addition, its level of knowledge and experience led to the Incite team being invited to provide the following **directly funded training** out with Aberdeenshire:

- National Drug Treatment Conference 2008 (Glasgow): “Cocaine Use in the Oil and Gas Industry: the impact on Policy.” Presentation delivery.
- Brent Drug and Alcohol Action Team, London: Training on Methamphetamine.
- Scottish Police Training College, Stirling: The Australian experience and contemporary treatment in Methamphetamine.
- SACDM Stimulant Working Group, Edinburgh: Methamphetamine
- HTC annual meeting

Future planned training:

- Turning Point, Peterhead
- Inverurie Family Support Group
- Midwives, Aberdeen Maternity Hospital
- Substance Misuse Service Annual Conference: Methamphetamine in Pregnancy and Parenting
- Fraserburgh Substance misuse Service

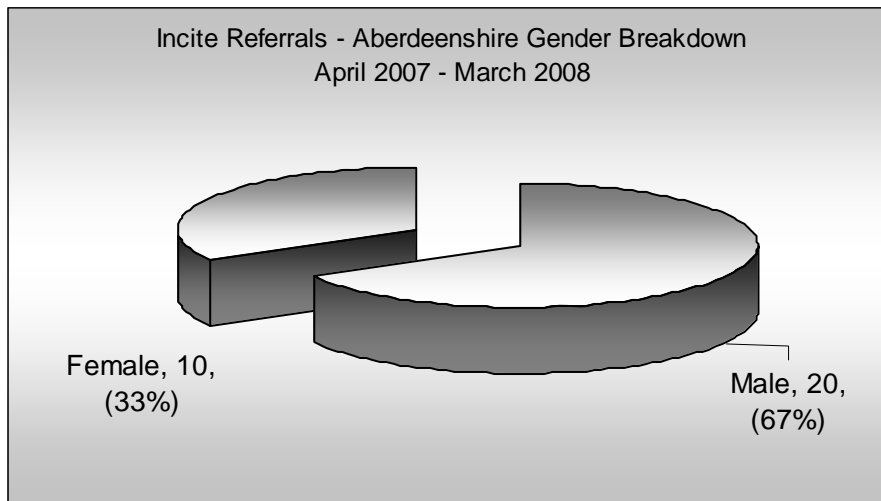
The Team has also been invited to provide training to the Perth Alcohol and Drug Action Team. This will be separately funded and will be work carried out in addition to the full time dedicated Aberdeenshire time.

Client Work

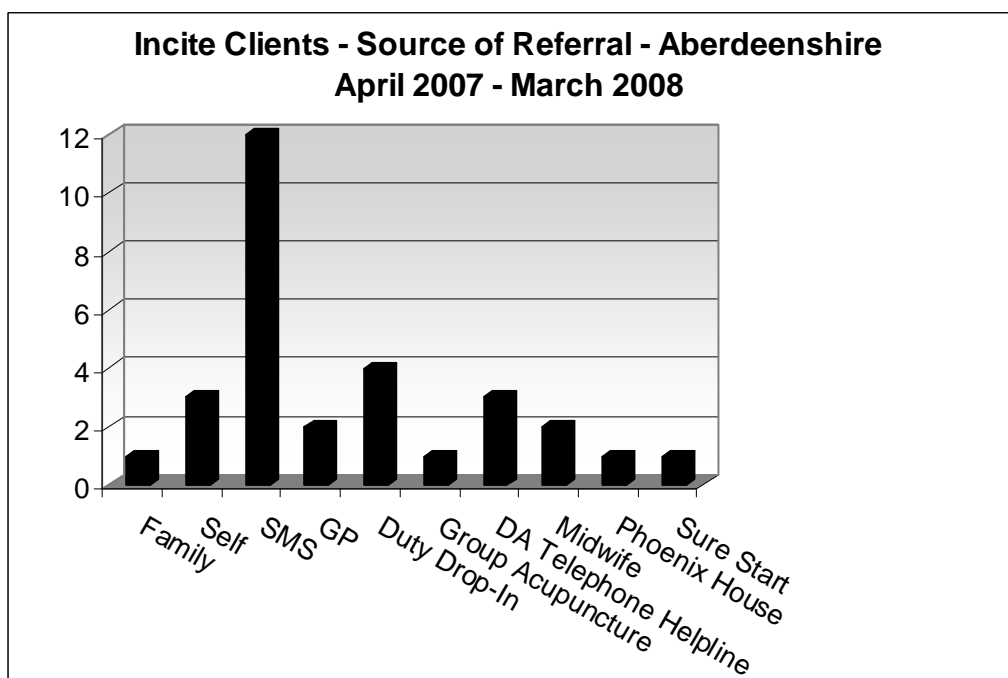
Working directly with stimulant using clients and family members remains central to the Incite service. It is a priority to respond quickly to any referrals to the service, also to continue to promote the service across Aberdeenshire by continuing to build and develop close working relationships with a range of other professionals, agencies and services.

Staff work flexibly with clients, meeting at a range of venues in order to make the service as accessible as possible, including home visits where appropriate. In addition, staff remain in contact with clients via telephone, mobile telephone, texting and e-mail, all of which help to reduce barriers to receiving required support.

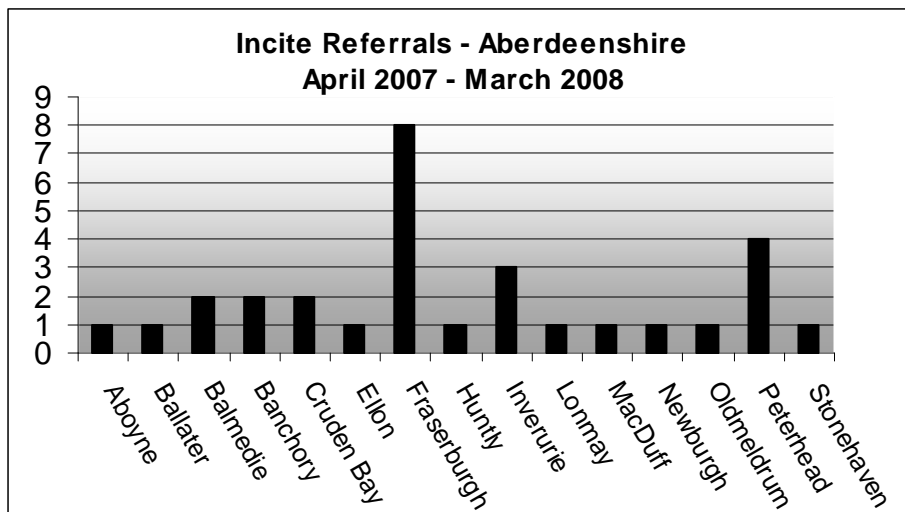
The table below illustrates the gender breakdown for referrals over the past year. There has been a significant increase in male referrals to the service when compared with the previous year.



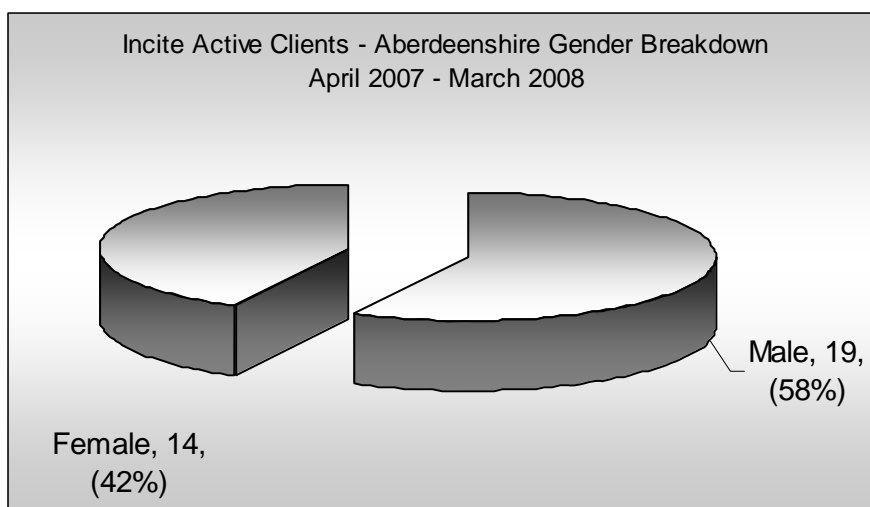
The table below illustrates the source of referrals over the past year. There has been a significant increase in referrals to Incite by Substance Misuse Service (SMS) when compared with the previous year. This is indicative of the strong working relationship which now exists between Incite staff and the SMS. Referrals from the Drugs Action Duty drop-in, the Group Acupuncture and the Drugs Action Telephone Helpline will also have been self-referrals. The figures for self-referrals remain constant with last year's figures. It is necessary to ensure that we continue to promote the service widely to ensure that individuals are able to access the service directly.



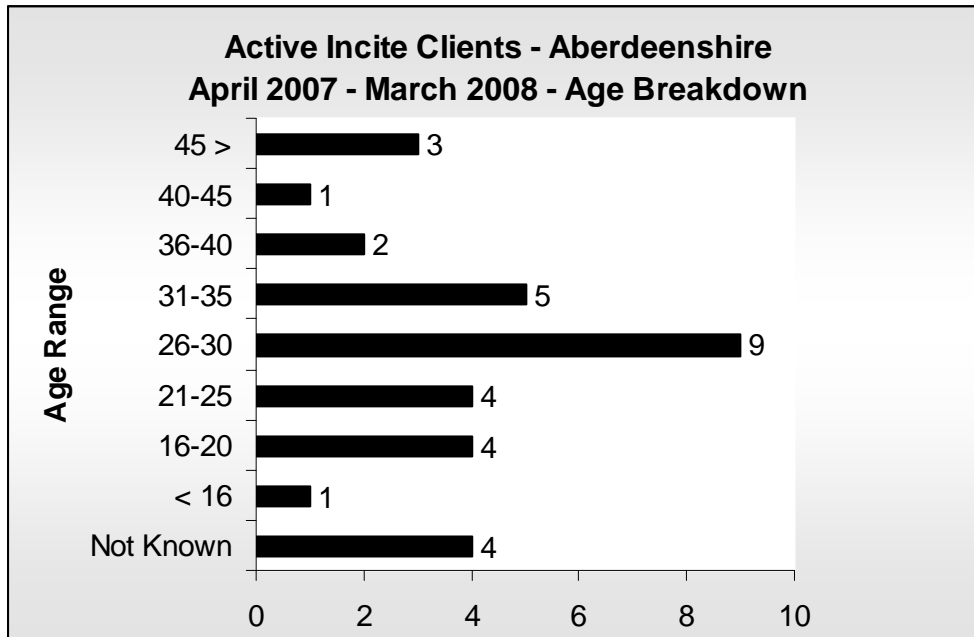
The table below illustrates the geographical breakdown of referrals to Incite over the past year. The level of referrals from Fraserburgh and Peterhead remain consistent with the pattern of referrals from last year. In addition, this table illustrates the wide geographical area covered by the incite team, with referrals spread out across Aberdeenshire. Given the size of the area, this is impressive.



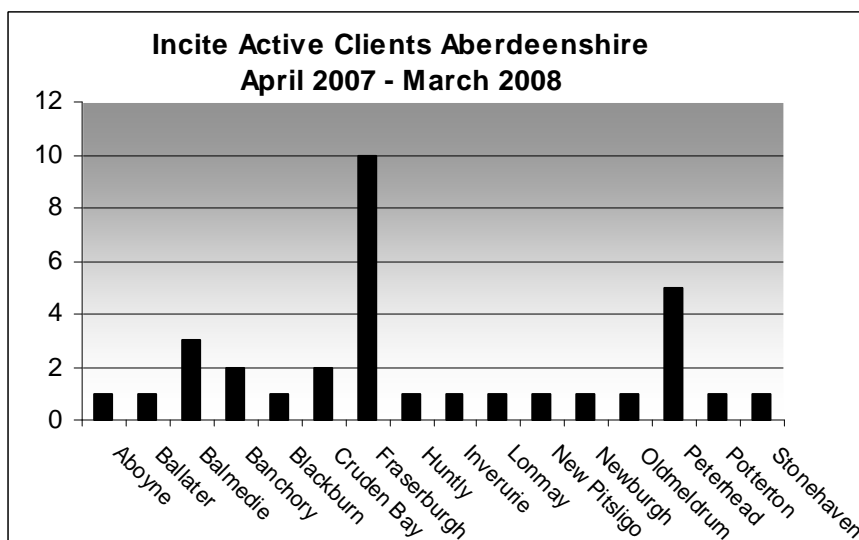
The table below illustrates the gender breakdown for Active Clients for Incite during the reporting period. Consistent with the increase in male referrals to Incite, there is an increase in male active clients also.



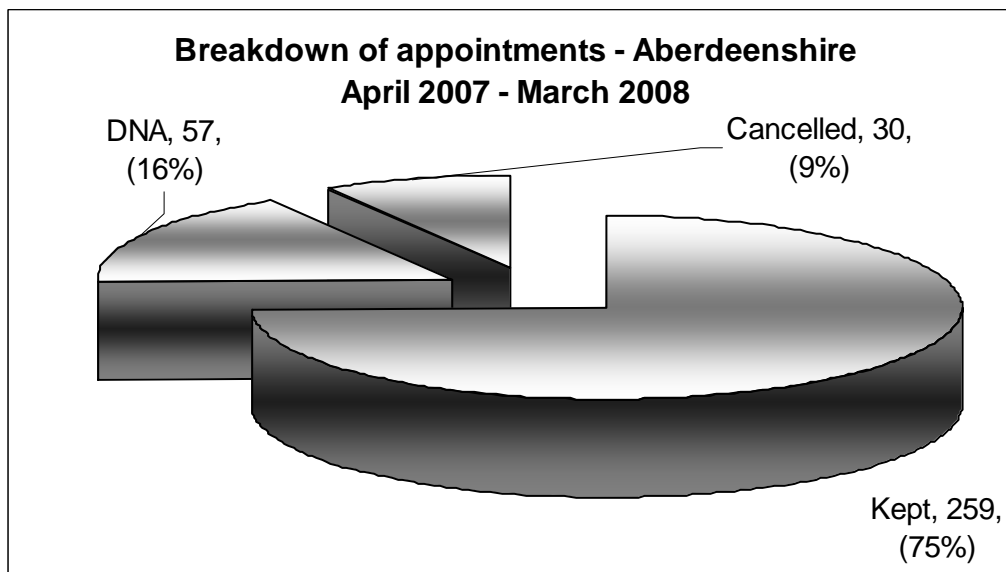
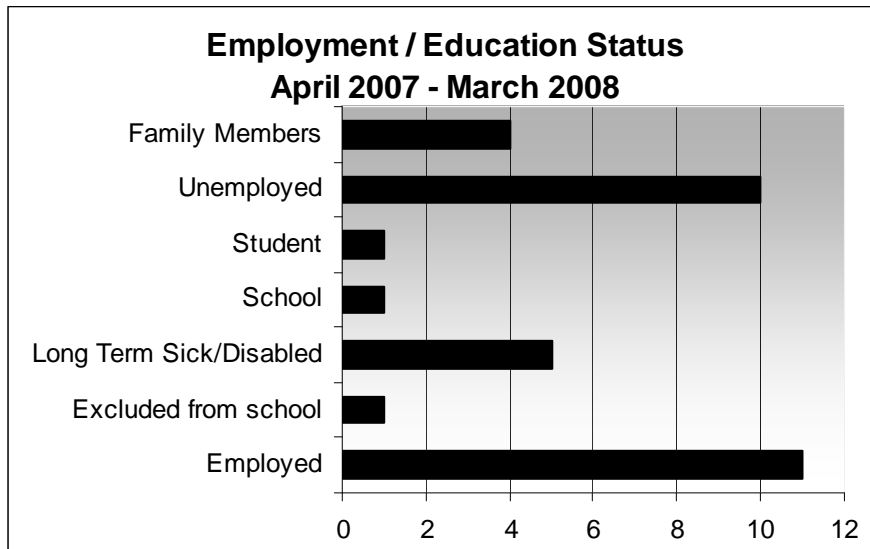
The table below illustrates the wide range of ages of clients accessing the Incite service.



The table below illustrates the Geographical Breakdown of active Incite clients. Again this pattern is consistent with the pattern for referrals, with a higher number of active clients coming from Fraserburgh and Peterhead.



The table below demonstrates the employment / education situations in which active Incite clients are involved, illustrating the fact that stimulants are used by individuals from a wide range of circumstances. The flexibility and accessibility of Incite services are essential in order to meet the varied needs of the client group.

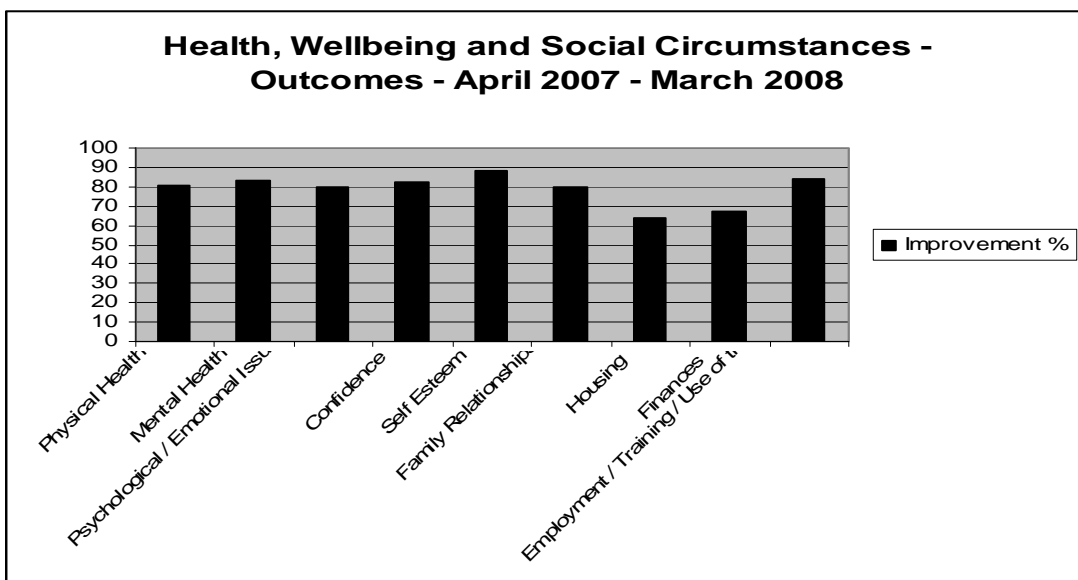
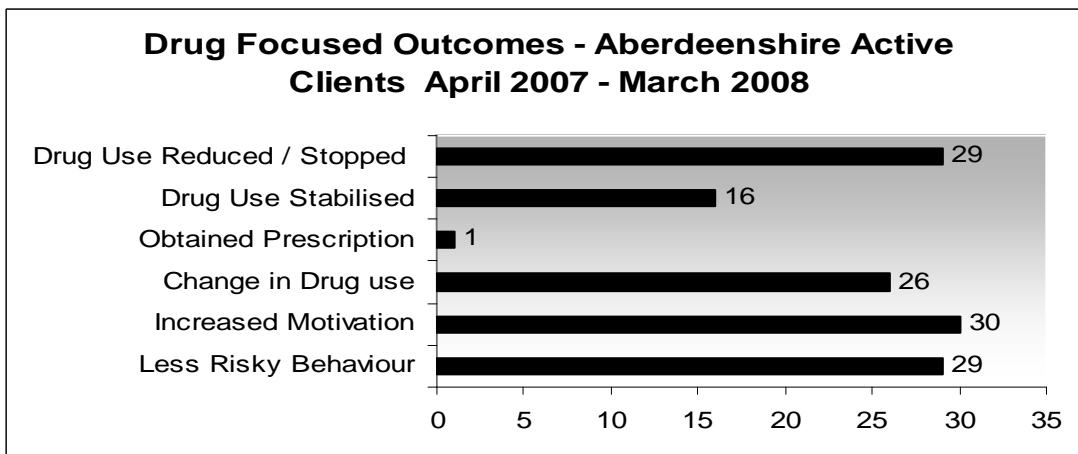
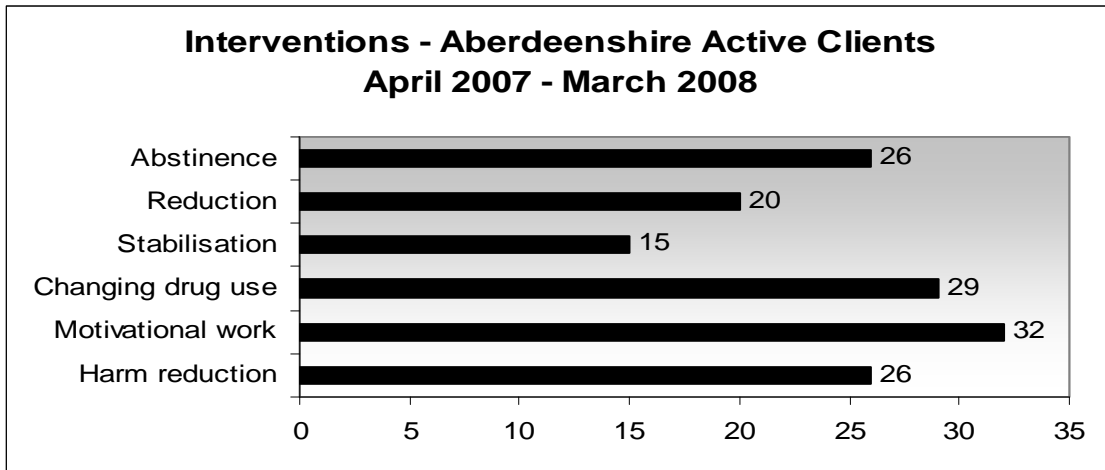


The attendance level for Incite continues to remain higher than for other services and demonstrates the value which is placed on this service by the client group.

Of the 33 active Aberdeenshire clients seen during the reporting period, outcomes information is available for all 33 individuals. Over the past few months Drugs Action has been working to implement the Single Shared Assessment across all services which involve structured counselling. From 1st April 2008 the Single Shared Assessment will be completed with all Incite clients, and Care Plans implemented. Progress Reviews will take place on a

three-monthly basis, and will record outcomes consistent with the needs identified in the Single Shared Assessment.

The following tables show some of the basic outcomes recorded at present. As is clearly illustrated, the outcomes are extremely positive, with clients reporting significant changes in drug use as well as in health, well being and social circumstances.



Multi-agency Working

A priority in the development of work in Aberdeenshire has been in the development of effective multi-agency working. Over the reporting period, liaison has taken place in 20 of the 33 active cases (61%), involving the following services:

- Alexander Clinic
- Children 1st
- GPs
- Substance Misuse Service
- Midwives
- Kessock Clinic
- Family Centres
- Heath Visitors
- Social Work
- Barnardos
- Cornhill Hospital, Aberdeen
- Aberdeen Foyer
- Turning Point
- Aberdeen Maternity Hospital
- Solicitors
- Courts
- Drugs Action Family Support Group
- Drugs Action Pregnancy and Post-Natal Service

In addition, in 12 of the 33 cases (36%) referrals were made to the following services:

- Lone Parent Support Group
- Lifeshapers Group
- Phoenix Futures
- Drugs Action Family Support Group
- Children 1st
- Relationship counselling
- Aberdeen College
- GPs
- Mental health services
- Domestic Violence Police Liaison Officer

Other Areas of Work

Industry

Incite have made links with industries in Aberdeenshire where stimulant use has been identified as problematic. These include oil and gas, fishing and agriculture. It is planned to have continued and progressive dialogue with both employers and employees in these industries. The team is exploring innovative techniques for accessing this hard to reach client group.

Sex Industry

Some of the women involved in commercial sex work travel from Aberdeenshire to work anonymously in Aberdeen. Incite continues to provide an input to Quay Services as required and as resources permit. Incite provides direct and immediate advice to stimulant users particularly in relation to risky health practices and personal safety when using stimulants. Poly-drug use presents one of the most significant challenges with this client group with a significant proportion of women injecting crack and heroin together. To address this, Incite, along with Quay Services personnel has developed a safety pamphlet offering advice on safer drug use and personal safety.

Current harm reduction strategy also includes encouraging and assisting women to move to smoking crack and heroin instead of injecting to assist the prevention of injecting injuries and blood borne viruses. (See Break The Cycle initiative)

Break the Cycle

Having part of their time in the city based core service has enabled the Incite team to work in conjunction with Simon Pringle (Drugs Worker), Drugs Action, who is responsible for delivering the "Break the Cycle" initiative. This has facilitated a structured approach to harm reduction measures related to the use of crack, for example, the provision information about effective smoking of crack which is aimed to reduce injecting of crack. This greatly reduces harm, particularly for those who are groin injectors. A leaflet has been developed this year which has been distributed to women involved in prostitution. This highlights risks and suggests protective mechanisms for those using stimulants contemporaneous with sex work.

Other harm reduction methods are currently being explored with reference to world-wide best practice and to innovative initiatives.

Multi-organisational working

During the reporting period, Incite staff have worked with a number of institutions, agencies, services and individuals in order to share information, knowledge and best practice. This has allowed the team to improve services in Aberdeenshire by building and developing collaborative working relationships. These have included Robert Gordon's University (RGU); UK Oil

and Gas; Occupational Health Providers; Agricultural Advisor; Grampian Police; COCA and Opito.

Forums

Members of the Incite team regularly attend the Aberdeenshire Drugs, Alcohol and Blood Borne Virus Forums and referrals have been made following presentations and through the normal course of networking. It is also an opportunity for Incite to report back to the Forums on service developments and issues relating to psycho stimulant use in the relevant areas of Aberdeenshire and beyond.

One member of the Incite team, has been elected as Chair of the Central Aberdeenshire Forum and consequently also has a seat on the Aberdeenshire Drug and Alcohol Team (ADAT). As well as representing the views of Forum, this serves as an opportunity to raise the profile of Incite and issues relating to psycho stimulant use in general.

Best and current practice

Incite strives to continuously inform practice by reviewing and implementing the most current research and evidence based strategies available both nationally and internationally. Reflective practice remains of highest priority. Of the two workers involved in Incite, one has recently completed his Masters in Psychology and Post Graduate Diploma in Social Science. The other worker is to commence her Masters in Nursing in September 2008.

Attendance and presentation at both national and local conferences has ensured that Incite continues to demonstrate its' specialist profile and to develop strong and valuable relationships with other practitioners.

The routine overview of current literature through journals and websites ensures that both staff are aware of current developments.

The Future

Incite has a number of short term and long term strategies for the future.

These include:

- Expanding the profile of Incite within Aberdeenshire particularly with G.P's, schools, pubs and clubs
- Improving the support provided for stimulant using pregnant women and their families who are often isolated when accessing maternity and paediatric care in Aberdeen Hospitals
- Working alongside industry and employers in Aberdeenshire to enable them to better understand stimulant and poly drug use and to offer contemporary solutions. Although the focus has been on the oil and gas industries, Incite would like to build on this current work with fisheries and agriculture.

- Continuing to improve the links with the Central and Southern sectors of Aberdeenshire, as the majority of referrals are currently from the Northern sector.
- Developing strategies with Aberdeenshire Council in the preparation for flexible service delivery with the complex needs of Methamphetamine users.
- Continuing to have a profile at all forums in Aberdeenshire
- Continuing to look at new ways to engage and to work with stimulant users particularly using technology e.g. using blue-tooth technology to deliver health messages, use of email to continue support and work with clients working out of the country or on offshore installations.
- Continuing to deliver education and training in relation to stimulant use (particularly Methamphetamine) to up skill and support service providers within Aberdeenshire.

July 2008

For further information please contact:

Angus McCurrach (angus@drugsaction.co.uk),
Inga Heyman (inga@drugsaction.co.uk) or
Senga MacDonald (senga@drugsaction.co.uk)

Drugs Action
7 Hadden Street
Aberdeen
AB11 6NU

Tel. 01224 577120