

Czech Conference 2006

Glenn Liddall & Vic Walker

Introductions

- Glenn Liddall – Manager
Simpson House
Edinburgh
- Vic Walker – Manager
Rainbow House
Glasgow

CrossReach

- **CrossReach** is one of the largest social care agencies in Scotland, providing care and support for thousands of people in need every day of the year.
- **CrossReach** is part of the Church of Scotland, and our services are available to people of all faiths or none at all.

CrossReach

- 2,000 staff in 80 services
- Across Scotland from Shetland to Borders.
- Our care and support services help thousands of people in need every day of the year.
- Annual expenditure of over £45 million (1800 M Kr)
 - Most of our funding comes from local authorities
 - less than 1% comes directly from the Church of Scotland
 - donations and legacies help continue our vital work.

CrossReach – Mission Statement

In Christ's name we seek to retain and regain the **highest quality of life** which each individual is capable of experiencing at any given time.

Scotland - Prevalence

- Population 5 Million
- 50,000 Heroin / Benzo misusers (1%)
- Cocaine – 0.72% of population Aberdeen
- Cannabis – 20% of 15 year olds in last month
- 20,000 Methadone - £11.6 Million (2004) and growing!
- Alcohol – Rates high (>20% over recommended limits) & Growing problem youth Binge Drinking

Scottish Executive Strategy

- Czech Strategy & Scottish Strategy are very similar
- Strategy includes a focus on
 - Restriction of Supply
 - Prevention & Education
 - Treatment
 - Criminal Justice
- 21 Drug Action Teams (DAT) areas implement the strategy across Scotland

Glasgow

Scotland's largest city – 585,000 (1.168 Million)

- Separate DAT & AAT
- Glasgow Addiction Services (Health & Social Work partnership)
 - 10 Community Addiction Teams (Multi-disciplined)
 - 30 Purchased Services

Care Management:

- Assessment (shared)
- Intervention: Tiers 1-4

Rainbow House

- Tier 4 Service – Residential Rehabilitation
- Opened 1985 as a voluntary response to Glasgow's Drug problem
- Drug or Alcohol Addiction
- 17 People – (Male or Female)
- Residential 6 month programme
- Abstinence based
- Detox (external/internal)
- 24 staff

Standards

National Care Standard – Care Home for Adults with Drug & Alcohol Misuse Problems

Service User Orientated:

- Choosing Service – Information

- Visit to Inform & Assess

- Support Arrangements

Support Plan

- Reflect needs & goals
 - Reviewed regularly

Staffing

- Named keyworker
 - Trained, Qualified

- Living Well

Personal Room

Environment

Health



Therapeutic Intervention

Key Principles:

- Retention (Longer in treatment = better chance of success)
Safe place, Supportive Environment, Stimulation, Involvement
- Client - Worker Relationship
 - Keyworkers to Encourage & Challenge
 - Professional Counsellor
- Cognitive Therapy
 - Groupwork
 - Insight into condition
 - Weighing of the benefits & costs
 - Taking Control
- Support Plan
 - Health, Relapse Prevention, Family & Relationships, Education & Training, Preparation for Employment –Volunteering
- Aftercare
 - Support Networks



Specific Needs

Co-morbidity:

- Physical (Amputees, Peripheral Neuropathy)

Supports:

- Physiotherapy, Occupational Therapy

- Mental (Anxiety, Schizophrenia)

Supports:

- Community Psychiatric Teams

(Diet, Exercise, Cognitive Therapy)

Success?

Completion

Keeping Going...

Support!



Perspective....

Changes

Opportunity

Edinburgh

- Simpson House Counselling Service
 - Works with drug users & family members affected by drug misuse
- The Sunflower Garden Project
 - Works with children from birth to age 12 who are affected by substance misuse
- Simpson House Counselling Training
 - Diploma in Counselling Children & Young People

Simpson House Counselling Service

- In line with the Scottish Executive strategy: *Tackling Drugs in Scotland; Action in Partnership*, our main provisions are:
- counselling to individuals and family members affected by drug use;
- advice and information service;
- education, training and consultation with minority ethnic groups and professionals;
- counselling to prisoners in Edinburgh Prison

Simpson House Counselling Service

- Our services enable people to make positive changes in their lives.
- Clients are supported to address serious life issues and progress from chaotic lifestyle to stability.
- We empower clients to:
 - make informed choices about the level of support they require;
 - take responsibility for and determine their own action plan;
 - set goals which are realistic and achievable.

Simpson House Counselling Service

- 1 of only 5 services to have achieved BACP Service Accreditation
- * BACP – British Association of Counselling & Psychotherapy

The Sunflower Garden Project

- **Aim: Reduce the impact of substance misuse on children in Edinburgh**
- ***Born out of the emerging 4th generation of drug users in Edinburgh / Scotland***
- **The Sunflower Garden Project provides a child-focused service working with children aged from birth to the end of primary school who are affected by substance use.**

The Sunflower Garden Project

“children of drug misusing parents face a whole host of potentially negative developmental outcomes, one of which might be to develop their own problems with drugs”

Drug Addiction & Families -

(2007) Professor Marina Barnard, Centre for Drug Misuse Research, University of Glasgow

The Sunflower Garden Project

The service receives referrals from:

- health professionals
- social workers,
- Schools
- drugs services,
- children's services
- clients of Simpson House Drugs Counselling Service
- self referrals.

The Sunflower Garden Project

Home visits (or appropriate venue) are undertaken as part of the initial assessment process.

Children are at the centre of this process, with their welfare being paramount and their input / views being actively sought.

The Sunflower Garden Project

The service offers interventions including:

- infant massage
- one to one work
- children's groups (ages 4 through to 12)
- work with parents, carers and grandparents offering counselling, groups and a drop-in
- crèche facility also provided
- work with pregnant mothers
- parent and child work recently added
- play therapy & family therapy being developed

The Sunflower Garden Project

In association with The Sunflower Garden Project the **Kinsfolk Carers** provide two drop-ins a week at Simpson House and nearby Leith.

The self help groups provide much needed support to grandparents and other carers who are looking after children affected by substance misuse.

Simpson House Counselling Training

- Provides diploma level training in Counselling Children & Young People
- Core model Psychodynamic
- Validation from Middlesex University due 23rd February 2007
- Only the 2nd course of its type in the UK.
1st in Scotland.

Useful websites

- www.crossreach.org.uk
- www.crossreach.org.uk/simpson_21st_10th_Draft.pdf
- www.sunflower.org.uk
- Alcohol Focus
- Scottish Executive
- Scottish Drugs Forum

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- Glenn Liddall & Vic Walker
- We welcome your questions

CROSS REACH
providing a caring future