



REPORT TO: MORAY INTEGRATION JOINT BOARD ON 27 MAY 2021

SUBJECT: THE MORAY ALCOHOL & DRUG PARTNERSHIP PLANS FOR 2021/22

BY: MORAY ALCOHOL AND DRUGS PARTNERSHIP MANAGER

1. REASON FOR REPORT

1.1. To inform the Board of the plans of the Moray Alcohol and Drug Partnership (MADP) for 2021/22

2. RECOMMENDATION

2.1. It is recommended that the Moray Integration Joint Board (MIJB) considers and notes the contents of this report.

3. BACKGROUND

3.1. At the MADP meeting of the 9 April 2021, a paper was considered which set out a summary of achievements and key areas of policy that will directly impact and enhance service delivery and inform the budget for 2021/22. The paper put forward recommendations relating to these areas. The main points are highlighted below.

4. KEY MATTERS RELEVANT TO RECOMMENDATION

The Moray Alcohol and Drug Partnership

4.1 The purpose of the MADP is to reduce alcohol and drug related harms and the impact of problematic alcohol and/or drug use on individuals, families and communities by co-ordinating the work of the statutory and third sector agencies and by developing and implementing strategies for tackling alcohol and drug relating issues in Moray.

4.2 The MADP exists to bring partners together comprising people with lived experience, communities, statutory bodies, community groups, third sector organisations, community planning partnerships, public bodies, health, care providers and more in order to develop a whole-system, cross-sector approach to better plan, deliver and improve outcomes for those affected by alcohol and other drugs.

National Policy

- 4.3 In 2018 the Scottish Government published “Rights Respect and Recovery - Scotland's Strategy to improve health by preventing and reducing alcohol and drug use, harms and related deaths rights (RR&R)”, [Rights, Respect & Recovery](#) (RR&R). This supports the work of Alcohol and Drugs Partnership.
- 4.4 In addition to the above and as part of taking forward the RR&R Strategy the Scottish Government set up the Drug Deaths Task Force in 2019. The primary role of the Task Force is to co-ordinate and drive action to improve the health outcomes for people who use drugs, reducing the risk of harm and death
- 4.5 The Task Force has set out three key work streams for the future, which will directly link in with the way in which services will be delivered locally. These are:
 - Implementing Medically Assisted Treatment Standards (MAT Standards)
 - Developing and implementing Whole Family Approaches, and,
 - Supporting people with Multiple Complex Needs

MAT Standards

- 4.6 The MAT standards are new Scotland wide standards which Health Boards and Local Authorities areas will need to work to and which will have a significant and important impact of the way in which services provide medically assisted treatment.
- 4.7 Summary of the standards:
 1. All people accessing services have the option to start MAT from the same day of presentation
 2. All people are supported to make an informed choice on what medication to use for MAT, and the appropriate dose
 3. All people at high risk of drug-related harm are proactively identified and offered support to commence, re-commence or continue MAT
 4. All people are offered evidence based harm reduction at the point of MAT delivery
 5. All people will receive support to remain in treatment for as long as requested
 6. The system that provides MAT is psychologically and trauma informed (Tier 1); routinely delivers evidence based low intensity psychosocial interventions (Tier 2); and supports the development of social networks
 7. All people have the option of MAT shared with Primary Care
 8. All people have access to advocacy and support for housing, welfare and income needs
 9. All people with co-occurring drug use and mental health difficulties can receive mental health care at the point of MAT delivery
 10. All people receive trauma informed care
- 4.8 The implementation date for the standards has not yet been published. However, it is likely to be in the autumn of 2021.

4.9 The MAT standards will apply across Scotland. However, to enable the standards to be put into practice, additional investment would be required to support the individual to receive a prescription as soon as possible. Although the final standards are still to be published, there are unlikely to be significant changes.

Whole Family Approach

4.10 Within Rights, Respect and Recovery (RR&R) there is a specific focus on the needs of children, young people and their families who are affected by substance use. The RRR calls for the development of a whole family approach, underpinned by family inclusive practice across alcohol and drug services, children's services and other settings where individuals and families seek help or are protected.

4.11 The Promise; the independent review of the care (child) system ([The Promise](#)), has a specific focus on the rapid expansion of family based support in Scotland, recognises that these supports are not consistently available and that they must be able to support families early with a focus on prevention, but be as enduring and long standing in their approach as necessary.

4.12 The Promise sets out some very specific challenges for families affected by substance use issues including the need to recognise relapse as a common part of the recovery process, the requirement for services to move beyond a narrow risk based approach to supporting children and their families, to one actively based on addressing needs in order to promote recovery within families. The Promise calls for substance use services supporting parents and statutory children's services to 'compassionately collaborate' for the best interests of children and their families, recognising the frequent and longstanding tensions that can and do emerge in supporting families affected by substance use, balancing the needs of parents and other adult relations with the needs and safety of children.

4.13 The increased focus on whole family approaches is likely to continue, with areas being expected to set out how this will be taken forwards, with adult and child care services improving the joint working. Moray, with its established models of joint working is in a good position to do this.

Multiple Complex Needs

4.14 Research into the circumstances of fatal and non-fatal overdoses has supported the development of interventions that target high-risk situations or high-risk individuals. Overall, the evidence strongly indicates that a significant reduction in fatal and non-fatal drug overdoses could be achieved by the implementation of a range of interventions that can target different aspects of recurring risk scenarios and profiles.

4.15 Many of those at high risk are impacted by a number of inter-related characteristics and have multiple complex needs. Mental health problems, poor physical health, Poly-drug use, impact of trauma, poverty and chaotic and unstructured lifestyles makes people more vulnerable.

4.16 The above areas tie in directly with the priorities as set out in the MADP Delivery Plan and the Moray Local Outcomes Improvement Plan (LOIP) and which have been agreed by the MADP.

2021/22 MADP Budget

4.17 The budget for 2021/22 sets out the agreed allocations for maintaining and enhancing the services in Moray and supporting the delivery of the MAT Standards, Whole Family Approaches, and working with people who have Multiple Complex Needs; building on the existing positive partnership working between services.

4.18 On the 20 January 2021 the Scottish Government announced, and released a statement setting out plans for an additional investment of £50m per year for five years (£250m) towards reducing drug related deaths.

4.19 The statement sets out five key areas:

- Substantially increasing the number of residential rehabilitation beds across the country
- Reducing stigma and increasing the number of people in treatment for their addiction
- Allocating funding directly to Alcohol and Drug Partnerships, third sector and grassroots organisations to improve work in communities
- Widening the distribution of naloxone
- Implementing new standards for medicine-assisted treatment to ensure equitable services for all drug users
- Reassessing how overdose prevention facilities might be established despite legal barriers

4.20 The Scottish Government stated ‘A significant proportion of extra funding will go directly to alcohol and drug partnerships and we expect much of it then to flow to the grassroots organisations that do so much vital work in our communities.

4.21 A significant proportion of the £50m per annum; £20m per year will go towards “residential rehabilitation and also associated aftercare”; leaving a balance of £30m. Further details from the Scottish Government will be sent out to ADP’s. However, discussions are already being planned to consider local priorities.

4.22 Moray is keen to work in partnership with Highland ADP to strengthen our relationship with Beechwood House in Inverness to enable people to access drug rehabilitation for a longer period (we can currently fund a 6 week placement but the programme is 14 weeks). Beechwood House are modifying their program to offer some inpatient detox from OST (Methadone) on a reducing prescription of 2 mls per day (from 30ml, for example). This is a new approach.

4.23 Moray is well placed to continue to deliver community alcohol and drug detox. However the development and expansion at Beechwood would enable Moray to offer more specialist inpatient access to recovery focussed treatments to complement our community services.

4.24 The budget for 2021/22, as agreed by the MADP sets out how the investment will support the aforementioned key areas. See **Appendix 1**

Examples of Achievements

- 4.25 Moray continues to meet the waiting times target of people not waiting longer than 3 weeks for treatment. Quarter 3 of 2020/21 reported that nobody had to wait longer than three weeks. After a dip in services at the onset of COVID the demand has continued to increase steadily; which has been reported via the MADP quarterly reporting framework.
- 4.26 The combined services have taken steps to respond as quickly as possible to people who have needs relating to alcohol and/or drug use. For example; with the Moray Integrated Drug and Alcohol Service (MIDAS) where a person is known but may have slipped out a services they have been able to provide a quick and supportive response and instigate and direct resumption of a prescription. This ties in directly with the focus on taking steps to promote re-engagement and reduce harms. In addition, this would be compatible with the Medically Assisted Treatment Standards, which are being considered; relating to promoting re-engagement.
- 4.27 MIDAS has a direct link to the Prisons, enabling a continuation of any Buprenorphine prescription to continue on release; thereby reducing the risk of relapse, as well as promoting engagement.
- 4.28 Individuals seeking crisis support, assessment, advice and information and/or Injecting Equipment Provision from Arrows continued to be able to access the building (subject to safe practice). Arrows adapted service delivery in order to ensure that all individuals have access to a worker and support from initial point of referral and have successfully moved the majority of face to face contact to telephone/video link support.
- 4.29 The Bow café provided 6,970 3-course meals throughout the Moray area during the course of April 2020 to 30 September 2020. This continued throughout the remainder of 2020/21, with similar numbers.
- 4.30 The multi-agency work across Health, Social Work, the 3rd Sector, Housing, Police Scotland, primary Care Pharmacy and others; continues with all agencies working together and coordinating service provision; to ensure that essential services continue.
- 4.31 The commissioned services are continuing to provide key services and maintain their accessibility during these challenging times; and provide performance reports through the MADP Manager, to the MADP. Minutes confirm that the services are working to their contracts.

Training

- 4.32 The MADP have had discussions with both the Scottish Drug Forum and Crew 2000 (an organisation specialising in supporting young people and families on matter linked to drug/alcohol use), to re-establish training.
- 4.33 Crew 2000: 3 courses (15 per course) between January and March: "Drug Trends and Young People". All courses were fully booked, with a waiting list. Two of the courses are free, plus there is the offer of further free ones from April 2021, with further courses planned due to the demand.

4.34 Youth Justice is being supported by Crew2000; through bespoke training and staff development. This started on the 1 March 2021.

4.35 Scottish Drug Forum (SDF): 5 courses from April 2021:

- Introduction to Motivational Interviewing
- Introduction to Trauma
- Everyone has a story (Previously Listening and Responding to Young People)
- Multiple Risk and Young People
- Substance Use and Mental Health

In addition, discussions are planned to develop a course covering Multiple Complex Needs, and promoting the use of Naloxone. Naloxone, sold under the brand name Narcan among others, is a medication used to block the effects of opioids. It is commonly used to counter decreased breathing in opioid overdose.

4.36 Alcohol Focus Scotland (AFS): Discussion with AFS & the Council's HR department have taken place to develop training aimed at supporting staff who may be under stress due to COVID, looking at the way alcohol may be a coping mechanism for reducing stress.

Conclusions from achievements and national policy

4.37 The range of Moray service partners have continued to deliver quality services through the COVID pandemic.

4.38 All third sector commissioned services provide quarterly reports (as presented to the MADP), linked to their contracts. Public sector providers will provide quarterly reports.

4.39 The increased focus on whole family approaches will continue, with areas being expected to set out how this will be taken forwards, with adult and child care services improving the joint working.

4.40 The MAT standards and working with people who have multiple complex needs will be key areas for taking forward.

Points from local data

4.41 **Appendix 2** sets out data (part of a range of data) which has been used to support the forward planning process. Points to note:

4.42 There was an upward trend in Drug Related Deaths up to 2018, with a reduction over the last two years. Alcohol related deaths for a similar period show a gradual decline; with fluctuating numbers up to 2016 then a continued decline from 2016 to 2019.

4.43 Moray drug related deaths are below the Scotland average.

- 4.44 The data shows that alcohol deaths are higher than drug related deaths, although this is expected given the greater issues linked to availability and the social position of alcohol.
- 4.45 Moray is below the Scottish average for both drug and alcohol deaths.
- 4.46 Trauma is a significant factor, contributing to substance use and women record higher incidents than men in the following: trauma, abuse, experience of being parented, illness, domestic abuse and being a parent. This should contribute to the need to develop Trauma Informed Practice.
- 4.47 The recovery outcomes data and drug use data (highlighting Poly-use) highlights the importance of supporting people with multiple complex needs and promoting the MAT standards. The 2021/22 budgets sets out proposals for how services can be enhanced to take this forward.
- 4.48 The data shows that there are high levels of Poly-drug/alcohol use (Figures 5 and 6), and it is reasonable to conclude from the data that the level of Poly-use is of concern. Poly-drug and alcohol use increases the risk of harms.
- 4.49 The drug deaths data for 2019 nationally records those deaths where more than one substance is significant. Although the drug death figures for Moray (12 in 2019) are low compared to other areas, poly-use is a significant factor in the deaths. The 2020 data will be released in September 2021.
- 4.50 The Recovery outcomes scores show that in nine of the ten outcomes there is improved outcomes. The only one to buck this trend is Children (Where fewer than half of the service users had as a relevant outcome). In general there is a fairly consistent pattern where service users show improvement at Review 1. However, The data shows (Figure 4) that, along with Substance Use, Mental Health/Wellbeing and Occupying Time, Physical health and Self Care, all consistently have low scores, although there are improvements.
- 4.51 The low score in these areas tie in with the Scottish Government's focus on supporting people with multiple complex needs and promoting the MAT standards.
- 4.52 Learning from drug and alcohol deaths reviews and MARS process identifies that more input and diverse therapy is required from additional multidisciplinary team members to engage people in reducing alcohol and drug related harms as part of promoting recovery and maintaining and improving physical, psychological and social functioning.

5. SUMMARY OF IMPLICATIONS

(a) Corporate Plan and 10 Year Plan (Local Outcomes Improvement Plan (LOIP)) and Moray Integration Joint Board Strategic Plan "Moray Partners in Care 2019 – 2029"

Moray Partners in Care (2019/2029) is an overarching umbrella plan and recognises that the Moral Alcohol and Drugs Partnership is a partner in helping to deliver the plan.

The LOIP Improvement Plan Delivery Framework sets out actions linked to reducing alcohol and drug related harm within the LOIP Outcome: "People are healthier and experience less harm as a result of poor health and well-being".

This briefing reflects priorities set out in both the Moray Partners in Care Plan (2019/29), and the LOIP Improvement Plan Delivery Framework.

(b) Policy and Legal

As stated in the report, the MADP works to both national and local policies. The pertinent policy areas have been identified in this report.

(c) Financial implications

The 2021/22 budget approved by the MADP has been set out in this report. Alcohol and Drug Partnerships are waiting confirmation on the proposed uplift as per the announcement from the Scottish Government.

(d) Risk Implications and Mitigation

The budget is set and agreed. Any additional income will enable further service development, with a focus on implementing the MAT standards. Thereby supporting the focus on helping to reduce the risks of alcohol and drug related harms.

(e) Staffing Implications

There are no staffing implications, other than any additional income will enable additional staffing resources to be put into services.

(f) Property

There are no property implications.

(g) Equalities/Socio Economic Impact

The MADP and services recognise the importance of tackling the negative stigma associated with alcohol and drug use and which can deter people from seeking assistance. The MADP will continue to work with partners; challenging and tackling stigma; especially within services; will continue to promote and take steps to ensure there is easy access to services.

(h) Consultations

This paper is taken from a MADP briefing which was subject to consideration by all MADP partners. That paper took account of the views from services with links to systems to engage with those who use services.

6. CONCLUSION

- 6.1. The paper shows that there are significant areas of policy that will impact on the way services are delivered in Moray; with a focus on supporting people with more complex needs and their families.**
- 6.2. Moray has very good services which are flexible and accessible and are in a good position to respond to the future areas for development; building on strong foundations.**
- 6.3. Any additional investment will further enhance services; helping to reduce alcohol and drug related harms.**

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Background Papers:
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