

# Medication Assisted Treatment (MAT) Standards Learning System

Session 5

**Recovery and People Led Care**

31 October 2023  
11:00am - 12.30pm

Supporting better quality health and social care for everyone in Scotland.

# Welcome

**Stephanie Stewart**

Senior Improvement Advisor



# Agenda

Time	Agenda Item	Speaker(s)
11.05-11.10	Welcome	<b>Stephanie Stewart</b> , Senior Improvement Advisor, Transformation and Improvement in Drugs, Alcohol and Housing (TIDAH), <b>Healthcare Improvement Scotland</b>
<b>Poll question:</b> When you think of people led recovery what 3 words come to mind?		
11.10-11.30	Empowering Recovery: LAAS Rights and Recovery Project Q&A	<b>Ailsa McCrae</b> , Operations Manager (Argyll & Bute team); <b>Jane Methven</b> , Peer Advocacy Worker and Rights Based Advocacy Worker; <b>Chelsea Willis</b> , Peer Advocacy Worker, <b>Lomond &amp; Argyll Advocacy Service (LAAS)</b>
11.30 – 11.50	Empowering the Workforce: Being Trauma Informed Q&A	<b>Laura Freeman</b> , Principle Educator and <b>Lynne Bradford</b> , Educational Lead, <b>NHS Education for Scotland (NES)</b>
11.50 – 12.00	Refreshment break	
12.00 – 12.20	Building Individual's Pathways to Recovery Q&A	<b>Frank McDonald</b> , Criminal Justice Lead, <b>Kairos Community Trust</b>
12.20– 12.25	Stabilisation Consultation	<b>Tamara Thorne</b> , Population Health Analysis, <b>Scottish Government</b>
12.25– 12.30	Closing Remarks	<b>Stephanie Stewart</b>

# Poll Question

When you think of people led recovery what 3 words come to mind?

Please post your answer on the word cloud.



# Empowering Recovery: LAAS Rights and Recovery Project

**Ailsa McCrae**, Operations Manager (Argyll & Bute team)

**Jane Methven**, Peer Advocacy Worker and Rights Based Advocacy Worker

**Chelsea Willis**, Peer Advocacy Worker

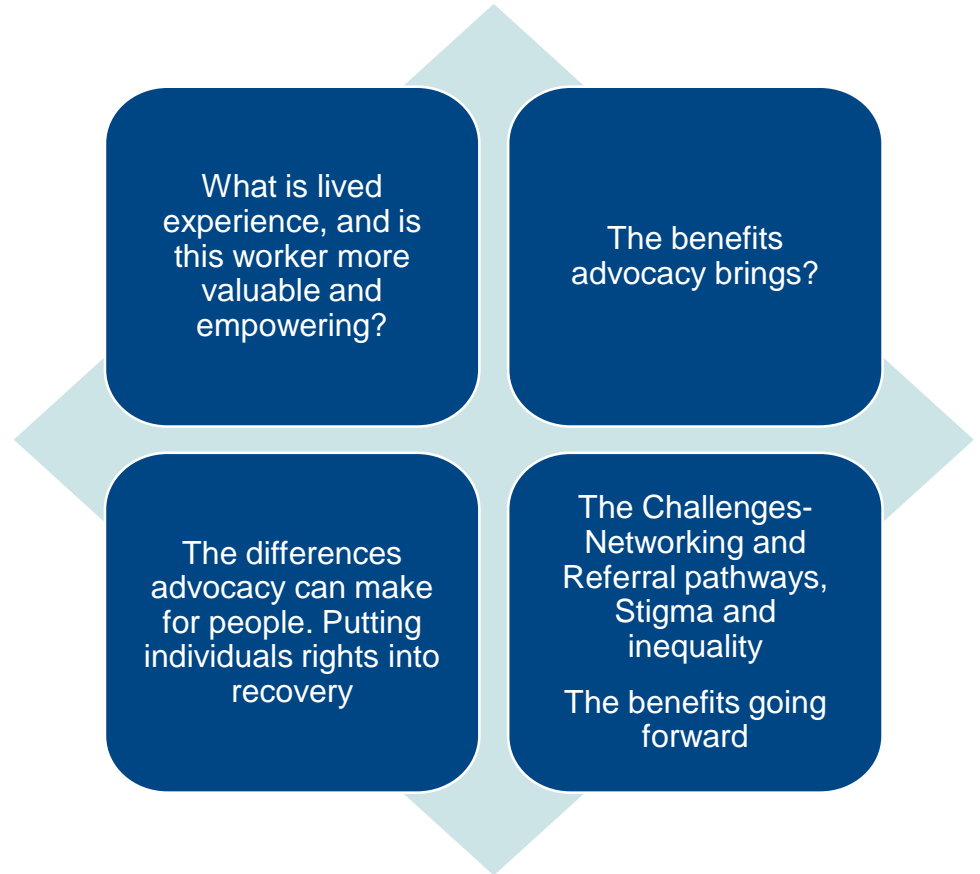
**Lomond & Argyll Advocacy Service (LAAS)**



**Lomond & Argyll Advocacy Service**  
*- making sure your voice is heard*



We are going to share with you our experience on the way our Recovery Rights Based Advocates work.



# Lived experience workers

What do we all bring to the service?

Is there fundamental differences from other workers in this field?

What do the people tell us about the way the advocate enables?

What about services, do they see the relationship having greater success in aiding individuals?



# Joining up the pieces

## People seeking assistance for:

- Health
- Housing
- Welfare
- Referrals into services/signposting
- Access to treatment services
- Opportunities
- Stigma and discrimination
- Family/relationship
- Conflict
- Justice Services



# Benefits of advocacy

Create  
inclusion

Included

Rights  
defender

Respected

Partnership

Opportunities  
Options

Questions

Voices heard


Respect  
Trust

On my side


# Putting rights into recovery



Equal, and fair treatment, awareness of MAT Standards and how to navigate their rights  
Ensures right holders are enabled  
Levels the balance of power in conversations



Ensures the person is at the heart of the discussions, putting people into the driving seat at a time that it is right for them



Provide options and encourage people to make their informed choices on what they feel is right for them  
Able to challenge unfair treatment, asks the difficult questions to Duty Bearers



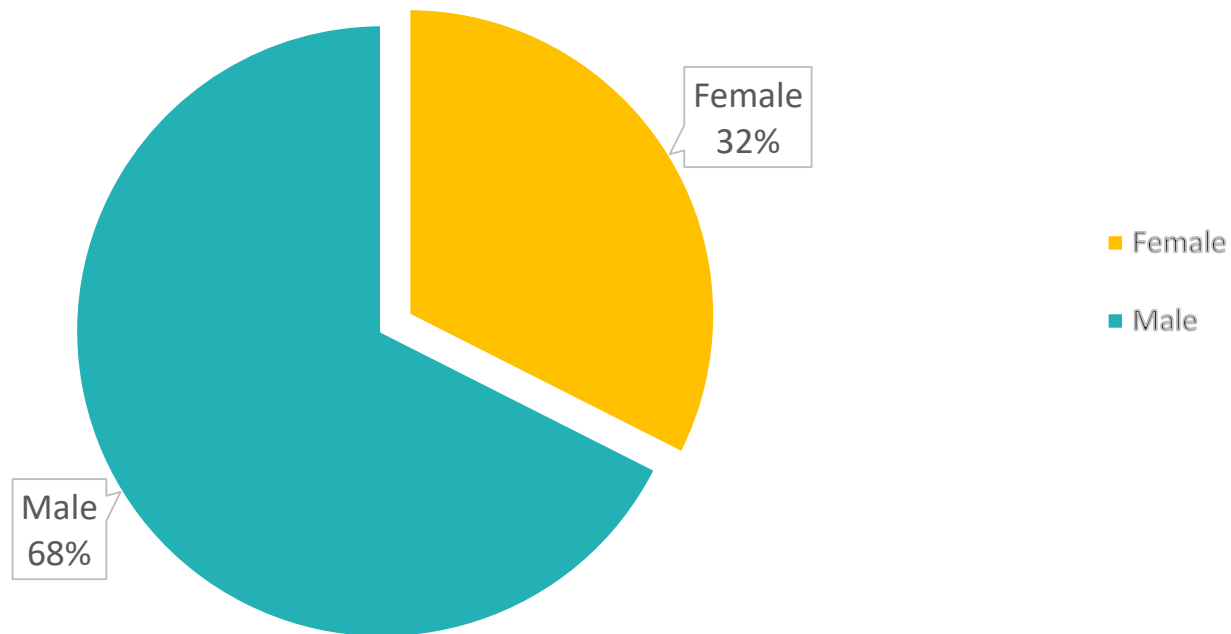
Advocacy gives hope, hope always allows people to believe they have a chance & grow and recover

# Challenges for delivery

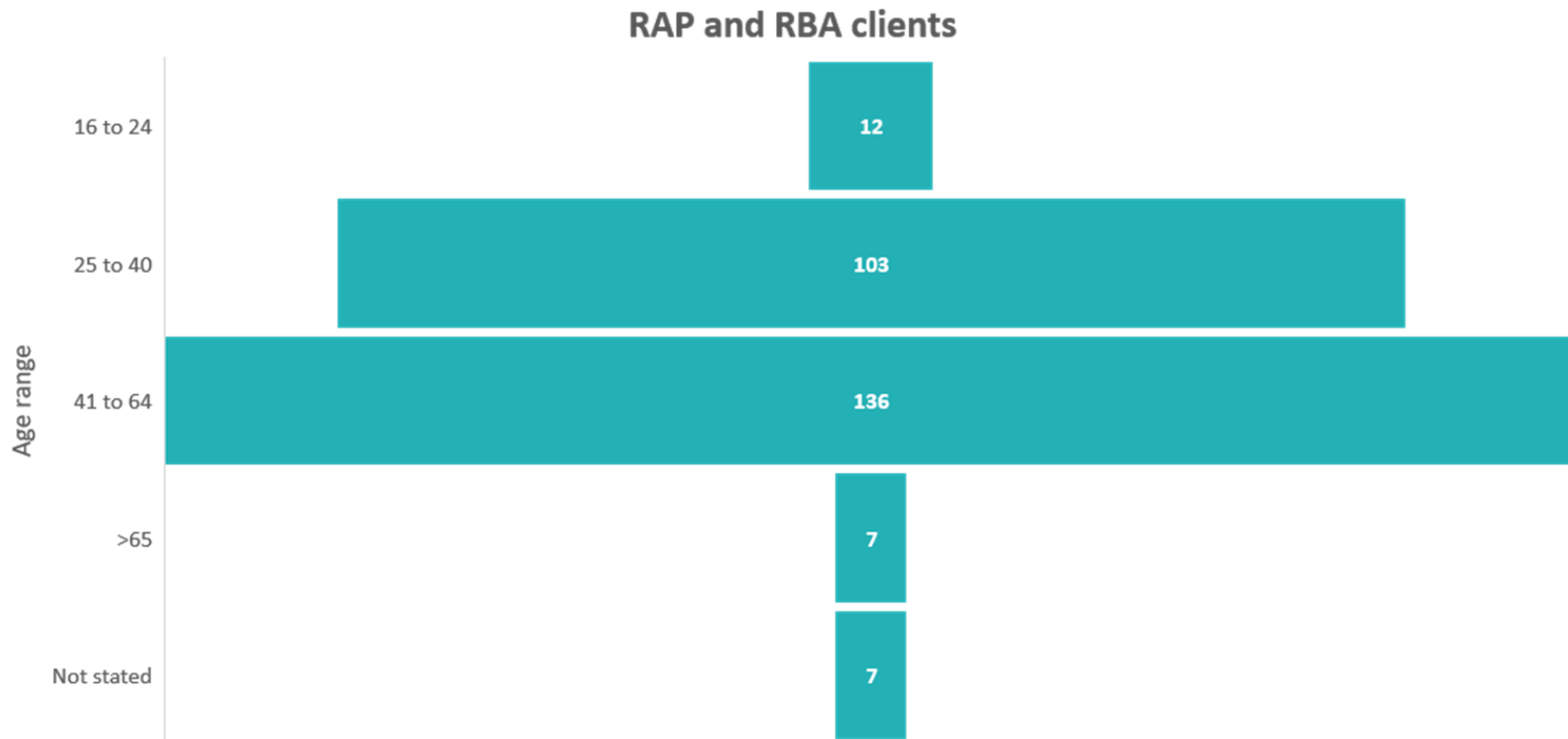
- Advocacy is not always understood across services and communities
- Lack of resources, continually looking at funding options
- Different Advocacy in various locations, lottery of postcode
- Lack of enough professionals can make it hard to connect individuals promptly to services
- Late to the table when developing services, structures and referral pathways. Advocacy often an after thought
- Can be seen as interfering, making things more challenging and complex
- Building and harness partnership working with services that are stretched, we are all working to empower and enable people to succeed, but often limited by resources
- Stigma within services, leads to stigma and fear in communities- Our Recovery Advocates have actively promoted a positive image of recovery, working where possible with HSCP and other third sector services.
- Various services still struggling with back log of work since covid- for example, courts

# Observations – male female ratio

RAP and RBA clients



# Observations – age group



# Observations – referral sources

Recovery Advocacy Service	
Argyll Bute Addictions Team	18
Carr Gomm	1
Criminal Justice	8
NHS	3
Other*	9
Self	82
Self/Social work	1
Social Work	10
Social Work/other	1
Voluntary/Independent Sector	4
We are with you	67
We are with you/Other	1
Not stated	14

\*Other sources include Family, DACA, LAAS

Rights Based Advocacy source of referrals	
Alternatives	2
Criminal Justice	6
NHS	1
Self	15
Self/NHS	1
Voluntary/Independent Sector	1
West Dun Addictions Team	11
Other*	8
Not stated	1

# Going forward: how we are working

## Develop people led approach -



Peer support groups - in attendance

Supporting events/ awareness



Opportunities for people to learn about their addiction.



More education- to communities, services

Self Advocacy to enable




Working with services and ensure peoples illness is treated as Health Matter. Raise awareness of MAT standards








**Lomond and Argyll  
Advocacy Service**  
Recovery Advocacy Project  
Stories of Hope and Change



Argyll and Bute  
2019-2022




# Feedback on our Service

- My advocate went above and beyond for me. She helped me understand a lot of things and helped me understand that because I had addiction problems that I wasn't any less of a person.
- I was more than happy with my advocate as we are both on the same journey albeit different stages
- My advocate was friendly, improved my confidence and overall is doing a great job
- Kind, helpful, on my side and reliable, a great help to me.
- Advocacy has helped me a lot.

Thank you!

Any questions?

# Empowering the Workforce: Being Trauma Informed

**Lynn Bradford**, Principle Educator  
**Laura Freeman**, Educational Lead  
**NHS Education for Scotland (NES)**



## Working with substance use, trauma and mental health Resources and training for the Scottish workforce



Laura Freeman, Principal Educator  
Lynne Bradford, Educational Lead

Substance Use Workstream  
NHS Education for Scotland Psychological  
Interventions Team



# NES resources and training for the Scottish workforce

## **Working with substance use, trauma and mental health**

- Accessibility and multiple ways of accessing resources
- Pathway of training within topic areas
- Workforce development resources mapped to levels of staff training (e.g. Informed, Skilled, Enhanced and Specialist)
- Continuing development of skills
- Mapped to the MAT Standards
- Directly exploring attitudes and addressing stigma

# Defining psychosocial interventions

## **Defining the range of psychosocial interventions.**

- Low-intensity psychological interventions
- Activity-based and meaningful activity structured interventions
- Lived experience, peer and social network structured interventions
- Physical health improvement interventions
- Family support structured interventions
- Structured interventions to meet basic social needs (housing, budgeting, cooking)



# Topic areas of Workforce Development

**Important to include the information, skills and attitudes important for the field.**

- Core skills of motivation, preventing relapse and recovery management
- Motivational Interviewing
- Trauma and substance use
- Mental health difficulties and substance use
- Physical health and substance use
- Children, families and parenting
- Reducing harm and stigma
- Reducing alcohol and drug-related deaths

# Online training resources by level

## **Informed and introductory**

- Essentials of psychologically informed care
- Introductory trauma resources
- Online seminars on substance use, trauma and mental health
- Range of introductory elearning including MI, assessment and formulation, preventing relapse, recovery management, trauma, and more planned with cognitive impairment, anxiety management, working with older adults, families.

# Online training resources by level

## Skilled

- Low intensity psychosocial psychological interventions
- Preparatory training - elearning + online
- Face to face and intensive online training
  - Motivational Interviewing (including January course in Inverness)
  - Core Skills
- Training of local trainers and coaches
  - Safety and Stabilisation

# Ways to Access

- *Working with substance use, trauma and mental health – NES resources and training for the Scottish workforce at: <https://learn.nes.nhs.scot/19051>*
- TURAS is available for practitioners in all sectors. Sign up for an account at: <https://learn.nes.nhs.scot>
- For face to face training and online seminars, go to <https://portal.scot.nhs.uk>.

# Staff Wellbeing Resources

- Supporting staff wellbeing is essential in meeting all of the 10 MAT standards - <https://learn.nes.nhs.scot/68898>
- NES Wellbeing Planning tool at - <https://learn.nes.nhs.scot/30741/psychosocial-mental-health-and-wellbeing-support/taking-care-of-myself/wellbeing-planning-tool>

This resource may be made available, in full or summary form, in alternative formats and community languages.  
Please contact us on **0131 656 3200** or email **[altformats@nes.scot.nhs.uk](mailto:altformats@nes.scot.nhs.uk)** to discuss how  
we can best meet your requirements.



**NHS Education for Scotland**  
**Westport 102**  
**West Port**  
**Edinburgh**  
**EH3 9DN**

**[www.nes.scot.nhs.uk](http://www.nes.scot.nhs.uk)**

# Refreshment break



# Building Individuals' Pathways to Recovery

**Frank Macdonald**

Criminal Justice Lead, Kairos Community Trust





# Stabilisation Consultation Survey

Scottish Government stabilisation consultation survey.

The link is shared in the chat box.





Share your thoughts!



thank you

- Event summary will be available from [ihub.scot/matupdates](https://ihub.scot/matupdates)
- Upcoming blog series November - December
- Hold the date for our next webinar: **23 January 2024**