



## **PERTH AND KINROSS INTEGRATION JOINT BOARD**

**15 FEBRUARY 2023**

### **UPDATE ON THE REDESIGN OF SUBSTANCE USE SERVICES IN PERTH AND KINROSS AND THE IMPLEMENTATION OF MAT STANDARDS**

**Report by Chief Officer  
(Report No. 23/53)**

#### **PURPOSE OF REPORT**

To update the Integration Joint Board (IJB) on progress in the redesign of substance use services including embedding and implementing the Medication-Assisted Treatment (MAT) Standards, work to refresh the current Strategic Delivery Plan 2020-23 and progress with residential rehabilitation and recovery activities.

#### **1. RECOMMENDATION(S)**

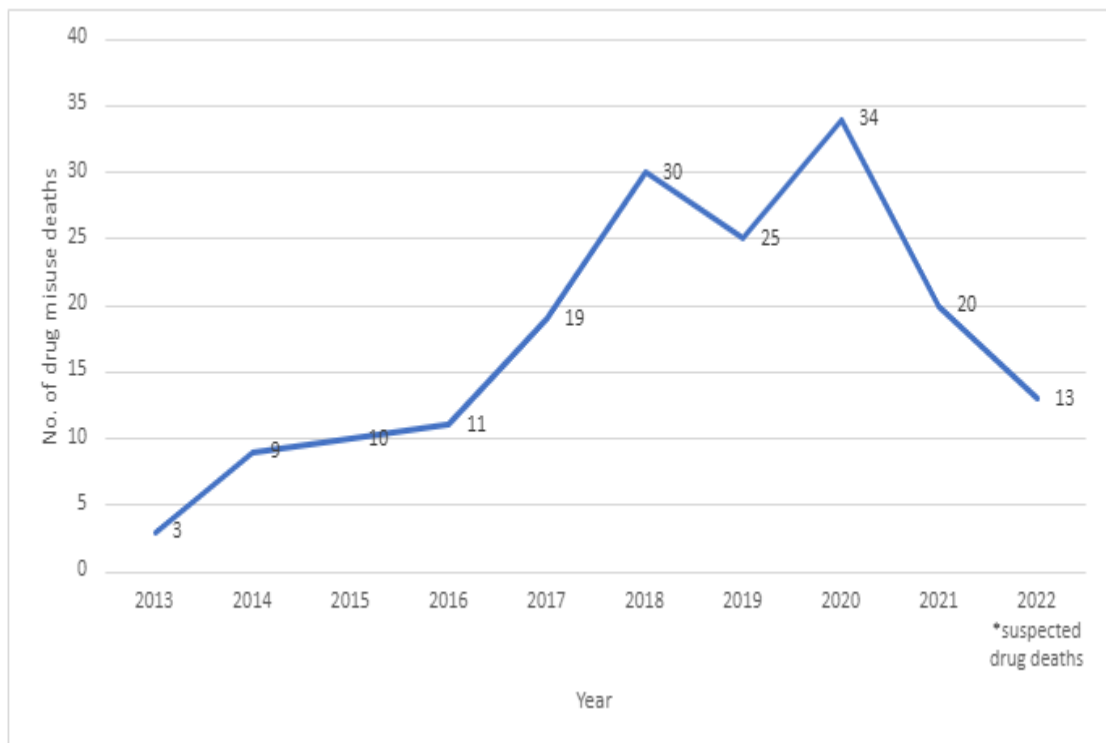
It is recommended the IJB:

- 1.1 Notes progress in the redesign of substance use services.
- 1.2 Notes progress in embedding and implementing the MAT Standards.
- 1.3 Notes the work to refresh the ADP Strategic Delivery Plan 2020-23.
- 1.4 Notes progress with residential rehabilitation and recovery activities
- 1.5 Requests an update in 12 months' time.

#### **2. SITUATION/BACKGROUND / MAIN ISSUES**

##### **2.1 Drug use deaths**

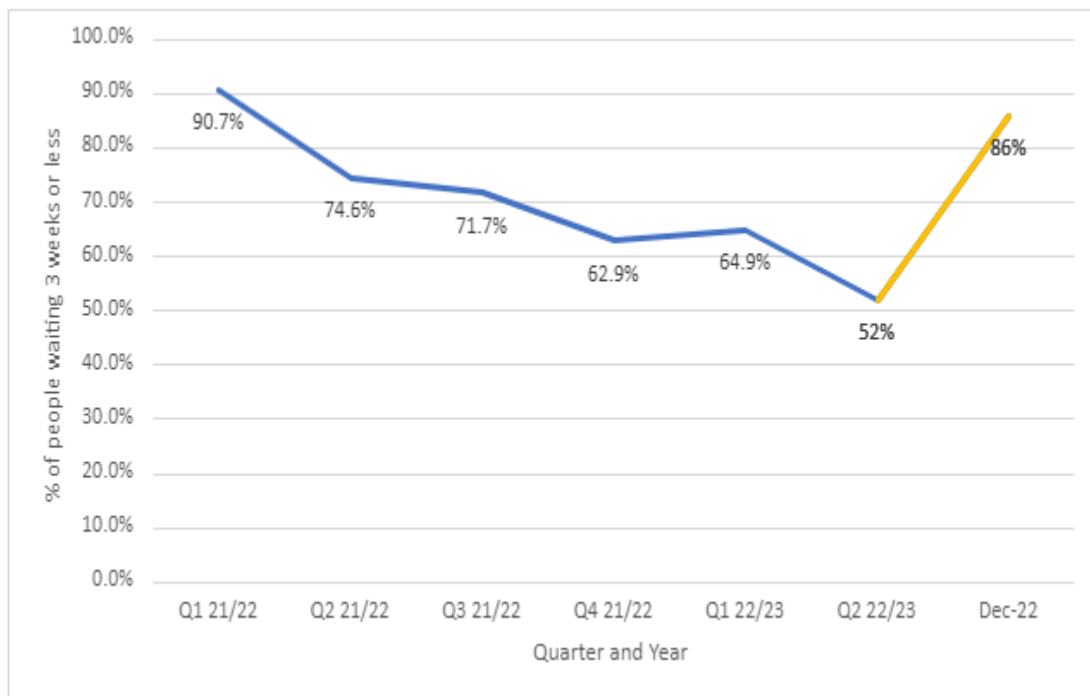
- 2.1.1 Nationally, in 2021, there were 1,300 drug use deaths, which is 1% (9 deaths) fewer than 2020. In Perth & Kinross, the number of drug use deaths reduced from its highest ever total of 34 in 2020 to 20 in 2021. While 2022 numbers are still to be confirmed, the number of suspected drug use deaths in 2022 was 13, which is 45% (7 deaths) fewer than the number of actual drug use deaths in 2021. All suspected drug deaths need to be reviewed by the Drug Death Review Group, which meets monthly, before they can be confirmed. Delays in obtaining toxicology reports have reduced considerably.



**Figure 1. The number of drug use deaths by year for Perth and Kinross**

## 2.2 Waiting Times

- 2.2.1 Performance has been declining in Perth & Kinross since Quarter 2 of 2021-22. This is highlighted in Figure 2 which shows that performance has fallen from 90.7% of people referred for help with problematic drug or alcohol use will wait no longer than three weeks for specialist treatment that supports their recovery in Quarter 1 of 2021-22 to 52% in Quarter 2 of 2022-23, a drop of 38.7 percentage points. This is the result of four key factors. These are: an increase in the number of referrals, especially for people requiring alcohol treatment; insufficient clinical space to proactively manage the increase in referrals; insufficient staffing capacity both in clinical and administrative staff and data recording issues.
- 2.2.2 In response to this, several actions have taken place. These include the implementation of a test of change to enable same day prescribing for people referred for treatment in Perth City; a review of recording processes and subsequent refresher training for all relevant staff; utilisation of desk space at Pullar House to free-up space in Drumhar Health Centre and small-scale improvements to the available space for staff at Drumhar Health Centre.
- 2.2.3 These actions, coupled with an increase in staffing capacity of both clinical and administrative staff following the completion of several recruitment exercises, are anticipated to result in significant performance improvements.
- 2.2.4 Waiting times performance is now being monitored on a weekly basis and figures for week ending 26 December saw performance at 86%.



**Figure 2. Waiting Times for people accessing specialist substance use treatment in Perth and Kinross**

### **3. MAT STANDARDS**

3.1 MAT Standards refer to the use of medication such as methadone and buprenorphine together with psychosocial and social support in the treatment and care of people who experience problems with their drug use. The Standards focus on the health and wider social needs of individuals and seek to ensure that individuals have choice in their treatment from a wide range of options and can access the right support for their situation at any time throughout their recovery journey.

3.2 There are 10 MAT Standards. The first five will be fully implemented in the community by April 2023 and the final five by April 2024. A MATS Implementation Plan has been developed and Perth & Kinross reports progress to the Scottish Government monthly. Appendix 1 contains the November 2022 update.

### **3.3 MAT Standards 1-5 – Progress**

3.3.1 Good progress is being made in the implementation of Standards 1-5 with all 5 Standards expected to be implemented by April 2023. Notable highlights include the commencement of a test of change which has seen the development of a drop-in, multiagency assessment clinic which offers same day prescribing to service users in Perth City. To date, this has seen five service users attend the drop-in clinic with numbers anticipated to rise as awareness of the clinic increases. This is accompanied by additional training and awareness raising for substance use staff to increase awareness of different treatment models and choice of medication.

- 3.3.2 The Perth & Kinross Non-Fatal Overdose (NFO) Group and accompanying Non-fatal Overdose Pathway is helping to ensure that people at considerable risk of drug-related harm are proactively identified and offered support to commence or continue with MAT. The forthcoming appointment of a Tayside Coordinator will support the continued development of the pathway and enhance opportunities for each Tayside NFO Group to work together to share good practice.
- 3.3.3 Work to offer evidence-based harm reduction is progressing with Blood Borne Virus training and harm reduction awareness training rolled out to new IDART (Integrated Drug and Alcohol Recovery Team) staff. IDART staff will also shortly be supplied with harm reduction packs to ensure that harm reduction advice can be given to service users at the point of contact.
- 3.3.4 Finally, regular review meetings for service users with key workers are now taking place to agree ongoing supports to enable service users to remain in treatment as long as is requested. Pathways to appropriate supports are currently being reviewed to ensure they are fit for purpose.

#### 3.4 **Buvidal**

- 3.4.1 As part of the criteria for MAT 2, each NHS Board is expected to “have documented guidelines to ensure that methadone and long and short-acting buprenorphine formulations are equally available in local formularies and dispensing locations.
- 3.4.2 Opioid substitution therapy (OST) is effective in reducing opioid misuse, with methadone hydrochloride currently the most prescribed medication for opioid dependency in Scotland. Buprenorphine, which causes significantly less sedation than methadone, is also licenced and approved for use as OST in Scotland. A long-acting injectable formulation of buprenorphine (Buvidal) is currently available, allowing dosage intervals of up to several weeks.
- 3.4.3 There are currently 46 people in Perth & Kinross who have been prescribed Buvidal in the community. The option of prescribing Buvidal has resulted in several positive outcomes for people in treatment. For example, Buvidal has been prescribed to people who have been banned from pharmacies for methadone dispensing. This has allowed people to remain in treatment and is likely to have reduced the number of non-fatal overdose incidents. In some cases, people prescribed Buvidal have managed to reduce and subsequently stop Buvidal and are still drug-free three months later with no illicit substance use.
- 3.4.4 The Scottish Government allocated £4 million from the drugs policy division budget to expand access to Buvidal in the financial year 2021-22. From 2022-23, the Scottish Government has indicated that it expects that funding for this will come from local prescribing budgets. The ADP allocated £236,000 from its slippage to fund Buvidal in the community and its share of prison costs for 2022-23. It is unlikely this will be available on a recurring basis so it is likely this will create a pressure for Perth & Kinross HSCP’s prescribing budget.

### **3.5 MAT Standards 6-10 – Progress**

- 3.5.1 The MAT Standards Implementation Group has taken the decision to work towards implementing Standards 6-10 as soon as practicable. Currently, these Standards are on course for implementation by April 2024 at the latest. Significant developments include the establishment of a working group and appointment of a project officer to improve joint working between mental health and substance use service and primary care; the continued development of the already successful advocacy service provided by Independent Advocacy Perth & Kinross for substance use service users; and ongoing training of IDART staff in trauma training and psychology therapy interventions.

### **3.6 MAT Standards – Prison**

- 3.6.1 Owing to the complexities of implementation across multiple sites and settings which include police custody and prisons and linking these with community settings, the timescales for implementation are longer than those of the community with sustained implementation of MAT Standards 1-10 required by April 2026.
- 3.6.2 HMP Perth has been chosen, along with HMP Inverness and HMP Greenock, as one of three national improvement sites which will be used to map current processes and pathways and develop tests of change around the implementation of the MAT Standards in justice settings.
- 3.6.3 Ongoing work in HMP Perth with MIST and a range of justice partners, including the ADP, has seen the creation of three sub-groups to map out improvement work across all justice settings, including police, community, and prison. Experiential data collection from prisoners has also commenced and will inform service developments and issues around data collection to evidence change are being considered.

## **4. RESIDENTIAL REHABILITATION**

- 4.1 A revised process for accessing residential rehabilitation has been implemented in Perth & Kinross. This includes the establishment of a residential rehabilitation funding panel comprising colleagues from the statutory and third sectors. Support for people when they return to their local community after residential rehabilitation is essential to help reduce the risk of relapse. This has been reviewed and everyone leaving residential rehabilitation will have a Recovery Worker allocated to them to provide ongoing support.
- 4.2 Nine requests to access residential rehabilitation have been approved. There are currently five people from Perth and Kinross accessing residential rehabilitation services at a total cost of £76,285. Further applications are currently being assessed for suitability.

## **5. ALCOHOL**

- 5.1 An Alcohol Brief Intervention (ABI) is a short, evidence based, structured intervention about alcohol consumption that seeks to motivate and support the person to reduce or eliminate their alcohol intake. A Tayside ABI Steering Group, which includes representatives from all three Tayside ADPs, has recently been formed to monitor the delivery of ABIs across Tayside and support the implementation of the ABI delivery plan which aims to increase the number of ABIs provided.
- 5.2 Actions taken to date include face-to-face training in ABIs and training for trainers which was delivered by the Tayside ABI Coordinator. An online training module is currently being developed and is scheduled to be rolled out in 2023.
- 5.3 In 2021, 290 ABIs were conducted in Perth and Kinross across a range of settings. Data for Quarters 1 and 2 show that 218 ABIs have been conducted.

## **6. RECOVERY DEVELOPMENTS**

- 6.1 Plans are in place to launch two new Recovery Cafes in early 2023, one in Dunkeld and one in Letham in response to requests from the local communities.

## **7. SUBSTANCE USE STRATEGIC DELIVERY PLAN 2020-23**

- 7.1 Perth & Kinross ADP developed a Strategic Delivery Plan which launched in early 2020. The Plan focussed on four priorities which aligned with the Scottish Government's national substance use strategies, Rights, Respect and Recovery and the Alcohol Framework. As part of the recovery from COVID and in response to the volume of change and new challenges that have arisen since early 2020, the Substance Use Strategic Delivery Plan has been refreshed.
- 7.2 The refreshed Strategic Delivery Plan retains a focus on the original four key priorities which align with the Scottish Government's substance use strategies. These are: Prevention and Early Intervention; Recovery Oriented System of Care; Getting it Right for Children, Young People and Families; and Public Health Approach to Justice. In addition, six new cross-cutting priorities are included. These priorities cut across all areas of ADP work include tackling stigma, equalities and human rights and ensuring that people with lived and living experience are at the heart of the work of the ADP.
- 7.3 A new Performance Framework was developed to assess the impact of the refreshed plan. This is updated quarterly by analytical colleagues in the Public Health Directorate and enables performance to be tracked over time and benchmarking with appropriate ADPs.

- 7.4 The refreshed plan also includes the current ADP Financial Framework. This highlights the recurring budget and expenditure plan for Perth & Kinross Alcohol and Drug Services.

## **8. CONCLUSION**

- 8.1 For the second year in a row, Perth & Kinross experienced a decrease in the number of deaths from drug use. While there is still much work to be done to reduce the number further, the actions outlined in the report to improve waiting times, coupled with the implementation of the MAT Standards, will help to support this work by ensuring that people can access the services they require when they need them and have a choice in the type of treatment available.
- 8.2 The introduction of the MAT Standards represents a significant piece of work for the ADP in 2023. This and other key areas of work to deliver the refreshed Strategic Delivery Plan 2020-23 will be monitored regularly through existing governance arrangements. The inclusion of both performance and financial information will enable the ADP to closely monitor the impact of its work and enhance its capacity to respond to short and longer-term challenges.

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### **Approved**

<b>Name</b>	<b>Designation</b>	<b>Date</b>
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*Appendix: Perth and Kinross ADP MATS Improvement Plan Update November 2022*