



PERTH & KINROSS INTEGRATION JOINT BOARD

01 DECEMBER 2021

UPDATE ON THE REDESIGN OF SUBSTANCE USE SERVICES AND RECOVERY FROM COVID IN PERTH AND KINROSS

Report by Clare Mailer, ADP Chair (Report No. G/21/148)

PURPOSE OF REPORT

To update the IJB on the remobilisation of substance use services in Perth and Kinross following the lifting COVID restrictions, proposed use of National Mission monies and progress with the redesign of services.

1. RECOMMENDATION(S)

It is recommended the IJB:

- 1.1. Notes the actions taken regarding the remobilisation of substance use services
- 1.2. Notes progress in the redesign of substance use services
- 1.3. Notes proposals for spend of National Mission monies
- 1.4. Requests an update in 6 months' time

2. SITUATION/BACKGROUND / MAIN ISSUES

2.1 SUBSTANCE USE AND RELATED HARM AND RECOVERY FROM COVID

2.1.1 Harm from Drugs

Figures for 2020 highlight the scale of the challenge that Scotland is facing concerning drug-related deaths. 2020 saw the highest number of drug-related deaths ever recorded with 1,339 deaths, an increase of 5% from the previous year. Perth and Kinross also recorded its highest number of drug-related deaths with 34 fatalities, an increase of 9 (36%) when compared with 2019 and an increase of 4 (13%) when compared with 2018.

For 2021/22, data for Quarters 1 and 2 (April to September 2021) shows that there were 11 suspected drug death notifications. This is a reduction of 4 when compared with the same period in 2020/21.

Concerning referrals for drug treatment, Quarter 1 saw a very significant increase in clients being referred. However, issues with recording as a result of the implementation of DAISy is thought to be at least partly responsible for this increase. This is supported by considering the data for Quarter 2, which saw referrals return to more comparable levels with past performance.

This highlights that while there are some early indications that the increase in drug-related deaths and continued increase in referrals may not be sustained in 2021/22, drug harm continues to be a significant concern for communities in Perth and Kinross.

- 2.1.2** It should be noted that figures for drug deaths for the first two quarters of 2021 are suspected. This is because it takes time for analysis to take place regarding accidental or intentional overdose of substances, which substances (including alcohol) are present in the blood stream, any underlying physical cause of death and whether this is the primary cause or not. Anecdotal information is available within areas but this is not shared nationally, as to do so without proper analysis, would not be helpful.

2.1.3 Harm from Alcohol

Figures for Scotland for 2020 highlight that the year saw the largest number of alcohol-specific deaths recorded since 2008, with 1,190 deaths. This is an increase of 17% when compared with 2019. In Perth and Kinross, 25 alcohol-related deaths were recorded in 2020. This is an increase of 2 when compared with 2019 and is 5 fewer than the number recorded in 2018.

Over the past year there has been an ongoing increase in the number of new referrals for alcohol treatment. The number of referrals for Quarters 1 and 2 is 252. This represents 24.7% of the total number for 2020-21 which suggests that the observed trend is continuing into the current financial year.

Therefore, while the number of alcohol-related deaths has remained relatively constant, the increasing number of referrals highlights that, as with drug harm, alcohol harm continues to be a significant issue for communities in Perth and Kinross.

2.2 RECOVERY FROM COVID

Substance Use Services had to adapt their models of service delivery to respond to the challenges of COVID. Examples include:

- Implementing a virtual multi-agency assessment clinic and triage
- Delivery of Opioid Substitute Treatment (OST) prescriptions to people who were self-isolating or shielding
- Postal delivery of injecting equipment and Naloxone
- Provision of mobile phones to help people maintain contact with services and supports

- Virtual Recovery Cafes

Face to face services have now fully resumed. However virtual support is still available for people who prefer it.

3. NEXT STEPS

In August 2021, the Scottish Government announced a national funding uplift for ADPs of £13.5 million each year for the financial years 2021-26. This funding is to be used to support the work of the National Mission to reduce drug related deaths and harms in three key areas: expand access to residential rehabilitation, address the key priorities of the National Mission, including faster access to treatment and implement the Whole Family Approach Framework.

Additional funding was also made available to ADPs to support the implementation of Medication-Assisted Treatment (MAT) Standards; the expansion of the rollout of Buvidal (long-acting buprenorphine); the expansion of Heroin-Assisted Treatment; the expansion of assertive outreach services; to support and improve Non-Fatal Overdose Pathways and support the involvement of people with lived and living experience in service developments.

In order to achieve these objectives, and support the ongoing implementation of a Recovery Oriented System of Care (ROSC) in Perth and Kinross, funding has been awarded to the following:

3.1 INTEGRATION OF SUBSTANCE USE SERVICES

Improving the coordination of all community-based services in Perth and Kinross is a priority for the ADP. During 2020, the Integrated Drug and Alcohol Recovery Team (IDART) was formed when the NHS Tayside Substance Use Service and the Perth & Kinross Social Work Drug & Alcohol Team integrated to form one team. This aims to improve the effectiveness and efficiency of support for people with substance use issues and their families.

In order to support the development of the new team, promote a focus on Recovery and enable it to effectively respond to increasing numbers of referrals, IDART has been awarded funding for a range of new posts including an occupational therapist, a psychology assistant, a social worker with a mental health officer qualification, two recovery workers and three nurses. This will support provision of a wider range of support including help for people to stabilise chaotic lifestyles so they can engage with therapeutic interventions, increased access to individual and group psychological therapies, support with independent living skills, integration into local communities including support with accessing employment and Further Education.

This investment will also support the ongoing development of the multi-agency assessment clinic and triage and the Non-Fatal Overdose pathway.

The IDART Service is currently based at Drumhar Health Centre. A lack of sufficient space to see people and challenges associated with working in a shared space with other services has resulted in a situation where alternative accommodation is required for IDART to deliver its full range of functions.

A longer-term plan of accommodating the service in Pullar House has been proposed. The ADP has identified funding to support alternative, interim accommodation over the next three years. Options are currently being explored in Perth City.

3.2 NON-FATAL OVERDOSE PATHWAY

Information from the Scottish Ambulance Service, via NHS Tayside Public Health and Police Scotland, via Adult Support and Protection Vulnerable Person Reports regarding all non-fatal overdose incidents they attend are forwarded to the Non-Fatal Overdose Group. This group contains representatives from substance use services across the statutory and third sectors. Where a person is known to a service, they are contacted and offered an immediate appointment with their worker. If the person is not known, they are referred to an Assertive Outreach Worker who will make contact and offer support. Funding was previously provided to the third sector to recruit two Assertive Outreach Workers. Further funding has been made available through the National Mission uplift to recruit an additional Assertive Outreach Worker.

3.3 RESIDENTIAL REHABILITATION

Improving access to residential rehabilitation is a key part of the Scottish Government's National Mission and the Government has provided ADPs with significant investment over the next five years to support this. The vision is that residential rehabilitation is available to everybody who wants it, when they need it and for whom it is deemed to be clinically appropriate.

Following review, a revised process for accessing residential rehabilitation has been implemented in Perth and Kinross including 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 being reviewed and improved.

3.4 GRASSROOTS RECOVERY COMMUNITIES

Perth and Kinross ADP remain committed to ensuring that those with lived and living experience of substance use play a key role in shaping substance use services. In September 2021, Perth hosted the Recovery Walk Scotland. The event was organised by Scottish Recovery Consortium (SRC) and was part celebration, part remembrance of recovery journeys for people who have experienced a range of issues including substance use and mental health.

The event was attended by over 2,000 people and included a Roses in the River memorial, a procession through the city centre and a festival on the North Inch.

It is intended that the momentum from the event can be harnessed to help in the development of a grassroots Recovery Community in Perth and Kinross. A three year plan has been developed and as part of the plan, Perth & Kinross ADP has budgeted for a Recovery Communities Development Officer to support this work.

Perth and Kinross ADP has agreed to provide funding to the Scottish Prison Service and Hillcrest Futures for a recovery worker with lived experience to support the extensive programme of recovery work that is currently being developed in HMP Perth.

Perth & Kinross ADP had hoped to establish a Lived Experience Reference Group to act as a “critical friend” to the ADP Strategy Group and to have more robust representation of lived experience. However, this has not proved possible due to the challenge of the pandemic. The ADP remains committed to this and implementation is planned for 2022.

3.5 WHOLE FAMILY APPROACH

A key strategic aim of the ADP is to ensure that a whole family/ system approach is embedded across services.

A short life working group has been established to test a different approach in engaging with families. The project will work with a small number of families across Perth and Kinross where there are children living in the family home and there are issues with drugs and/or alcohol and for whom there is a need for a service from more than one agency. The families will be assessed at home and offered support through the development of a joint plan which will encompass all elements of family's needs and will be shared across participating services.

Funding has been awarded to recruit a Social Worker to support embedding the Whole Family Approach across Perth and Kinross.

3.6 ALCOHOL

Alcohol continues to have a significant impact on communities throughout Perth and Kinross. While the long-term impact of the pandemic on drinking behaviour is still to be determined, national evidence suggests that people who typically consumed a higher level of alcohol drank more during the imposition of restrictions. The following actions have been taken to try and address this

- additional funding provided to Tayside Council on Alcohol (TCA) to increase its counselling resource

- funding provided for a Pan-Tayside Alcohol Brief Intervention (ABI) co-ordinator post to support the delivery and embedding of ABIs
- funding provided for the development of a multi-agency community alcohol detox service.

4. ADP ANNUAL REPORT

The Perth and Kinross ADP Annual Report for 2020-21 was submitted to the Scottish Government on 14 October 2021 and is attached as Appendix 1. As the report covers the period from April 2020 to March 2021, it describes the response to COVID in the four key areas of education and prevention; treatment and recovery; getting it right for children, young people and families and a public health approach to justice.

4.1 DELIVERY PLAN

The Perth and Kinross ADP Strategic Delivery Plan 2020-23 is attached as Appendix 2. The Plan focusses on the four priorities as noted above and are aligned with the Scottish Government's national substance use strategy. Progress against the Delivery Plan was paused as a result of the necessity to respond to the challenges of COVID. Following the resumption of key services, progress against the Delivery Plan will be reviewed quarterly at ADP Strategy Group meetings.

5. ADP GOVERNANCE

The Scottish Government and COSLA have coproduced the Partnership Delivery Framework for Alcohol and Drug Partnerships. The framework sets out the ambition for local areas to have the following in place:

- A strategy and clear plans to achieve local outcomes to reduce the use of and harms from alcohol and drugs
- Transparent financial arrangements
- Clear arrangements for quality assurance and quality improvement
- Effective governance and oversight of delivery

The Framework comprises four key actions supplemented by eight recommendations including:

- The requirement for ADPs to have SLAs in place with all partners specifying inputs and outputs
- Public Health Scotland are asked to produce an annual standardised needs assessment
- Chief Officer Groups of all ADP partners are asked to take responsibility for the reduction in substance use mortality
- HSCP Chief Finance Officer is asked to produce an annual finance report and ensure funding is carried forward to support the ADP Delivery Plan.

Proposals for the spend of the National Mission monies had to be approved by the Chair of the ADP and Chief Officer of the HSCP prior to submission to the Scottish Government.

6. PERFORMANCE

Performance of Perth and Kinross ADP is monitored by a set of Key Performance Indicators that are reported to the ADP Strategy Group on a quarterly basis.

In addition to the ADP Performance Framework, the Scottish Government has prioritised the introduction of Medication-Assisted Treatment (MAT) Standards from April 2022. The aim of the standards is to help reduce deaths, and other harms, and to promote recovery. The standards provide a framework to ensure that MAT is sufficiently safe, effective, acceptable, accessible and person centred to enable people to benefit from treatment for as long as they need. Perth and Kinross ADP is working with the Scottish Government's MAT Standards Implementation Support Team (MIST) to implement the standards in Perth and Kinross.

7. CONCLUSION

Substance Use Services demonstrated considerable resilience and flexibility during the pandemic to ensure the needs of people with substance use issues and their families continued to be met. As services continue the process of remobilising, the focus of Perth and Kinross ADP is on resuming the delivery of the priorities outlined in its Strategic Delivery Plan 2020-23.

Supported by significant investment from national funding, enhancements to the IDART service, Non-Fatal Overdose pathway, Recovery Community and residential rehabilitation are planned. These will contribute to the ongoing implementation of a Recovery Oriented System of Care in Perth and Kinross which will enable people affected by substance use and their families, to have access to the support they need on their recovery journey.

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