



Issue 19 ■ November ■ 2009

# Drug & Alcohol Workers' Group eNewsletter

## Welcome to the 19th edition of the Drug & Alcohol Workers Group (DAWG) Newsletter!

Another good turn out with representatives from hostels, housing providers, young people's specialist services, mental health, SMS, St John's and service user groups amongst others. We had two speakers today: Dr Anita Green gave us an update of Dual Diagnosis and complex needs, and Rachel Friggens told us about the Health Trainers team.

**Anita Green** has spoken at the DAWG before and came to update us. She has been in post for a year now, and there have been many developments.

- In early 2010 there will be a Dual Diagnosis Strategy development Conference in Brighton and Hove. Anita has been tasked with planning and organising the day for Sussex Partnership NHS Foundation Trust. Attendees will be asked for their contributions to inform the strategy at the early stages of its development. The strategy must reflect the needs of local communities; demonstrate effective partnerships and agreed mechanisms and processes for collaborative practices. Managers, their teams and service users will be able to contribute to this conference;

please talk to your senior about the feedback they might be giving on behalf of your organisation to Anita. The Conference is likely to have limited numbers allowed but you will all have feedback via this newsletter. The Council scrutiny report will inform the new strategy, which will also be considering those individuals and groups falling outside the hospital and its patients. Anita would like to hear from key stakeholders who would like to contribute to the day.

- Nationally, PROGRESS a consortium of 11 Dual Diagnosis and substance misuse Nurse Consultants and other clinical specialists have devised a website which pools DD resources; assessment frameworks and offers examples of training modules. All they ask is that you acknowledge your source if you choose to use what is on the site. Log on to [www.dualdiagnosis.co.uk](http://www.dualdiagnosis.co.uk) to check out this useful resource.

- Brighton and Hove will be piloting an 'e-learning' package in 2010 which has been produced by the members of PROGRESS. This looks at issues of dual diagnosis and complex issues holistically, with an emphasis on attitudes and personal/professional reflection. Three people from different care providers have agreed to 'try out' the e-learning package before it is made available nationally.

- Anita was very positive about the good practice that is ongoing throughout the city, and clear that many individuals and teams in Brighton and Hove have significant

skills and knowledge around dual diagnosis.

**Rachel Friggens** manages the new Council Health Trainers Health Trainers team, based at 3 Palace Place, Brighton. The team is focussed on local issues stemming from the 'Tackling Inequalities' (national) agenda. There are 7 Health Trainers in the team, and the primary focus is promoting healthier lifestyle and health choices including healthy weight, stopping smoking, alcohol and physical activity.

- City -wide with priority ward areas

- 18+

- Up to six sessions designed to suit the individual in venues across the city

- Self-referral or by professionals

- Group and 1:1 work

- Brief advice and interventions and signposting to specialist services.

- The team does have a bus which can be rented out by others... please contact John Patience (Communities Against Drugs, Ovest House) for details.

World Aids Day is on 01.12.09



please have a look at the exhibition at Jubilee Library and contribute your own postcards on what HIV means to you via the Sexual Health Team based at Hove Park Mansions.

Thursday 10th December is the **Sussex African Communities Project (SACP)** stakeholder day at the Brighthelm from 9.30 to 5.00. SACP focuses on sexual health issues for Black African and Caribbean communities based in Sussex, and the stakeholder day is a chance to meet and discuss key issues. SACP has been providing HIV and AIDS awareness in the community for 5 years, and is keen to address remaining gaps in service provision such as prevention. Please contact Beatrice on [Beatrice@afss.org](mailto:Beatrice@afss.org) to book your place on the day as soon as possible.

PA passed round information collated by the RUOK? Team about **Mieow Mieow (MCat, Mephedrone)**. A young woman of 14 died in Brighton on Saturday, and although the facts are not yet clear it is thought she may have been using drugs and/or alcohol. This tragedy has further highlighted the issue of 'legal highs' being used in the city, and a multi-disciplinary meeting has been convened for next week to look at ways to address the issues. Dawn told us that the 180 detached project will be out at the St Nicholas churchyard this weekend to support her friends and acquaintances.

**Holly Sheppard** introduced herself as the new **BHT Sexual Health Worker**. Holly is based at First Base, and is accepting referrals from hostels, the Rough Sleepers Team and No.11 St George's Place. Holly's focus is on raising awareness and combating stigma related to sexual health issues.

**Simon from St John's Ambulance** told us about the new outreach programme the team has; they will be based at First Base from 9.15 to approximately 10.30 on Mondays, after which they will be going to St Ann's day centre.



**Sam Bean (CAMHS and RUOK? Early Intervention Psychosis lead)** has sent us the electronic information about referrals; please ring the team on 01273 764500 to learn more about the service and make referrals.

**Rick** has collated all the feedback from **service users**, and this will be sent round to you all.

**Grace** from the alcohol **Brief Intervention Service** updated us about the team having stands at Bhasvic and the universities in the run up to Christmas - please keep an eye out for them!

**Oasis** has a **Healthy Living programme** run by Vicky Byrne. She cooks with service users and gives information about food and mood, and how healthier eating can have a hugely positive impact on lives. Vicky will now be able to offer this service to other venues - please contact Oasis for details.



**PA** talked about the **Christmas campaigns** planned by the Safe in the City team; these are being finalised and will be sent out via email.

**Steve** will be producing a leaflet for those bereaved by overdose. Please contact him via Rick if you have any suggestions.

**180** detached youth project is running a Christmas campaign around alcohol and sexual health, and is training peer educators at Bhasvic.

**Support for Housing** has an **Open Day** on Friday 11.12.09 between 10 and 12 noon. The team is keen to get more referrals; please go along to 144 London Road and find out how the service will support your clients with housing issues.

**Dry blood spot testing** (for blood-borne viruses) has been agreed for the city. This is blood testing using only a spot of blood from a pin prick to the finger, making it much easier for those with poor veins and those with needle phobias.



Jane from Pathways to Health came to give us leaflets on the service - service users regularly report to Rick that the oricular acupuncture was one of the best aspects of their treatment, despite any initial misgivings they might have had! Please contact them on 01273 720200 for further information on how to access this for your clients and or colleagues!



A team of service-users will soon be undertaking training on interviewing skills; this is really good news for inclusive practice. Rick is soon to put on more advocacy training; information and further details to follow.

PA gave a brief update about **Naloxone** and Overdose training, currently available to hostels in the city to service users and staff where appropriate. **Naloxone** is an opiate antagonist, and can reverse effects of an opiate overdose. It is prescribed only to opiate users, but can be administered by anyone to save a life. Please call St Johns on 01273 371500 for more information about the training in your area, or call Rachel Robinson (Nurse at SMS, Vantage Point) to ask about Naloxone specifically. Please **CLICK ON THIS LINK** to access the information booklet.



#### Next DAWGs are as follows:

Tuesday 26th January at the Brighthelm, North Road from 11 to 1.30

Friday 26th March at the Friends meeting House, Ship Street from 11 to 1.30

Friday 28th May at the Friends meeting House from 11 to 1.30

Wednesday 28th July at the Friends Meeting House from 11 to 1.30

Tuesday 28th September at the Friends Meeting house from 11 to 1.30

Tuesday 23rd November at the Friends Meeting House from 11 to 1.30

