



Alcohol and Drug Support and Treatment

**Service Directory
2010-11**

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What's this directory all about?

This directory provides information about where and how to get support if you, or someone you know, has an alcohol and/or drug problem in the City of Edinburgh.

The services listed meet the needs of many different groups – adults, younger people, children and families, carers, the homeless and people in contact with the criminal justice system.

Please remember that if you have an alcohol and/or drug problem, these services are about providing real help. They are not about judging you. Unless a service has serious concerns about the health and well-being of you or others, your confidentiality and privacy will also be respected.

Who is this directory for?

In addition to providing information for the public, the directory should be useful to professionals who need the help of another service.

How to use this directory

This directory provides a description of each alcohol and /or drug support and treatment service located in the city. Some provide support across the city, others in local areas.

It also details how each service can be accessed and what support and treatment options are available. These options are explained at the back of the directory.

At the front of the directory there is information about what to do in an emergency/crisis and an A – Z of services, which can be read/ printed off separately to the whole directory.

Towards the back of the directory there is also a list of national organisations that might be able to help, some of which provide local services.

Working together

On page 14 there is a diagram which explains how the services listed in the directory work together to meet the needs of people with alcohol and/or drug problems. This is based upon a way of working recommended by the Scottish Government.

Getting it right

The key to helping people with alcohol and/or drug problems is finding and agreeing to the right support and treatment at the right time. On page 15 we have therefore provided a plan of how an individual's journey through the services in this directory might take place. The aim of this journey is about helping people to move on.

Edinburgh Alcohol & Drug Partnership

This directory is produced on behalf of Edinburgh's Alcohol and Drug Partnership. It is a strategic partnership of the city's key bodies that deal with the different aspects of alcohol and drugs misuse. For more information visit our website at: www.actionalcoholdrugsedinburgh.org

Copies of the report are available from the Edinburgh Alcohol & Drug Partnership website, or by telephoning 0131 529 2118. Please also use this number if you have any comments, updates or additions to the directory.

What to do in an emergency/crisis?

Medical related emergency

If you, or someone you know, needs medical help, you should contact your GP, or if it is a life threatening emergency, call 999.

NHS 24 is also available to everyone in Scotland for health advice 24 hours a day throughout the year on 08454 24 24 24.

Drug and/or alcohol related emergency

Usually accessed via the Alcohol (Tel: 0131 537 6557) or Community Drug Problem Services (Tel: 0131 537 8345), the Ritson Clinic (Royal Edinburgh Hospital) provides an in-patient assessment and/or detoxification unit for people with alcohol and/or drug problems who may be at the point of crisis.

The Harm Reduction Team (Tel: 0131 537 8300) also offers an initial gateway into methadone prescriptions and support for injecting drug users via drop-in during normal office hours (Monday to Friday).

Adult social care related emergency

If you think you or someone you know needs help from Adult Social Care Services, your first point of contact should be Social Care Direct on 0131 200 2324. The opening hours for Social Care Direct are 8.30am – 5pm Monday to Thursday and 8.30am – 3.40pm Friday.

Outside of these hours and on public holidays, the Emergency Social Work Service can be contacted on 0800 731 6969.

Children, young people and families related emergency

If you wish to make an enquiry or request from Children and Families Social Work Services, please call Children & Families Social Care Direct on 0131 200 2327. The team are able to take calls between 8.30am – 5pm Monday to Thursday and 8.30am – 3.40pm on Fridays.

This number should also be used if you are worried about a child and think they are at risk because of someone's alcohol and/or drug problem. If a call is assessed to be a child protection matter, the Council will immediately follow its child protection procedures.

Calls outside these hours should be made to Emergency Social Work Services on 0800 731 6969.

Housing related emergency

The Council's Housing Options Team provides advice on the many housing options in Edinburgh available to people who have problems where they live. It can be contact during normal office hours on 0131 529 7368.

If you, or someone you know, becomes homeless out of office hours, you can also contact the Council's Out of Hours Service on 0800 032 5968 (freephone). It provides basic emergency assistance, but you will need to go to a housing office on the next working day to make a homelessness application.

Mental health related emergency

Urgent mental health assessments are undertaken by the Mental Health Assessment Service (MHAS) based at the Royal Edinburgh Hospital and Royal Infirmary of Edinburgh. MHAS can be contacted on 0131 537 6000.

The Edinburgh Crisis Centre also provides a 24 hour freephone helpline (0808 801 0414) and one-to-one support in the centre for people in Edinburgh who are 18 years old and over and who use or have used mental health services. An alternative freephone text phone is available for deaf and hard of hearing people on 0808 801 0415.

If you are feeling distressed, in a state of despair, suicidal or need emotional support, contact Samaritans on 08457 90 90 90 (local rate call). Your call will be confidential and will be taken by a trained Samaritans volunteer. The phoneline is available 24 hours a day, 7 days a week.

If you are depressed or experiencing low mood, you can also phone and speak to a Breathing Space advisor between 6pm and 2am any day of the week on 0800 83 85 87 (calls are free of charge).

A – Z of services (See main text for full details)

A

Aberlour Outreach Project

Intensive family support for parents and children who are experiencing difficulties with substances.

Tel: 0131 656 8071

E-mail: edinburgh.outreach@aberlour.org.uk

Access to Industry (Passport and Transition)

Employability and education service for people recovering from drug and/or alcohol problems.

Tel: 0131 226 3006

E-mail: admin@accesstoindustry.co.uk

Alcohol Education Probation Service (SACRO)

Group work programme for people whose offending has been directly linked to their use of alcohol.

Tel: 0131 622 7500

E-mail: info@lothiancjs.sacro.org.uk

Alcohol Liaison Nursing Service

Range of services provided for in and out-patients of the Royal Infirmary of Edinburgh who have issues with drinking.

Tel: 0131 242 1396

Alcohol Problems Service

NHS Lothian assessment and treatment service for adults with an alcohol problem.

Tel: 0131 537 6557

Alcohol Referral Team

Short-term social work assessment, care management and action planning service for adults with an alcohol problem.

Tel: 0131 525 8040

E-mail: alcohol.referrals@edinburgh.gov.uk

Anchor Project (CrossReach)

24-hour supported accommodation for men recovering from drug and/or alcohol problems.

Tel: 0131 225 4901

E-mail: rankeillor@crossreach.org.uk

Another Way Service (SACRO)

Intensive support for drug using sex workers.

Tel: 0131 622 7500

E-mail: info@lothiancjs.sacro.org.uk

Arrest Referral Service (SACRO)

Support for adults at the point of arrest whose offending is linked to drug or alcohol misuse.

Tel: 0131 622 7500

E-mail: info@lothiancjs.sacro.org.uk

Assisting Drug Addicted Parents Team (Four Square)

Housing support for young parents (16 – 25) who have addiction issues.

Tel: 0131 557 7915

E-mail: followup@foursquare.org.uk

B

Bethany Christian Centre

Supported residential community for adults wishing to recover from alcohol and/or drug problems.

Tel: 0131 554 4071

E-mail: info@bethanyct.com

C

Castle Project

Range of services for people with drug related problems and their family and friends in South East Edinburgh.

Tel: 0131 669 0068

E-mail: admin@castleproject.org.uk

CHAI Substance Misuse Support Service

Range of services for individuals with substance problems in Wester Hailes, Sighthill, Broomhouse and surrounding areas.

Tel: 0131 442 2100/2465

E-mail: CHAI@mail.wh1.org.uk

Circle Harbour Project (Family Service Unit Scotland)

Voluntary and early intervention support for children and families affected by parental substance problems.

Tel: 0131 552 0305

E-mail: admin@circlescotland.com

Community Addiction Recovery Service (Turning Point Scotland)

Structured day programme for adults wishing to recover from their drug problem.

Tel: 0131 553 2222

E-mail: hayley.croad@tps9.co.uk

Community Drug Problem Service

NHS Lothian assessment and treatment service for adults with a drug problem.

Tel: 0131 537 8345

D

Community Links Centre (SACRO)

Throughcare and case management service for short-term prisoners with substance problems returning to the community.

Tel: 0131 622 7500

E-mail: info@lothiancjs.sacro.org.uk

Crew 2000

Targeted at younger people (12 – 25) and adults, range of services for recreational to problem drug users.

Tel: 0131 220 3404

E-mail: admin@crew2000.org.uk

Detox and Relapse Prevention Service (Substance Misuse Directorate, NHS Lothian)

Assessment, preparation and funding for opiate detoxification, residential rehabilitation and relapse prevention.

Tel: 0131 537 8345

Drug Prevention Group

With a focus on Leith and the surrounding area, drop-in centre for people with drug issues.

Tel: 0131 553 2841

E-mail: dpgadmin@googlemail.com

Drug Referral Team

Short-term social work assessment, care management and action planning service for adults with a drug problem.

Tel: 0131 525 8040

E-mail: drug.referrals@edinburgh.gov.uk

Drug Treatment and Testing Order Team (City of Edinburgh Council and NHS Lothian)

Implementation of Drug Treatment and Testing Orders for individuals whose offending is directly linked to their drug problem.

Tel: 0131 225 7788

E-mail: val.lawrie@edinburgh.gov.uk

E

Edinburgh Access Practice Substance Misuse Team (NHS Lothian & City of Edinburgh Council)

Health, housing and social care for people experiencing difficulty accessing Primary Healthcare, whose accommodation arrangements are uncertain and who have a drug and/or alcohol problem.

Tel: 0131 529 7438 (The Access Point);
0131 240 2810 (Cowgate Clinic)
E-mail: accesspoint@edinburgh.gov.uk

Edinburgh & Lothian Council on Alcohol (ELCA)

Advice, information, counselling and support for adults who are worried about their own drinking or the drinking of a family member, partner or friend.

Tel: 0131 337 8188
E-mail: elca@btconnect.com

Edinburgh Young Carers Project

Support for children and young people (5 – 25) at home who care for someone with drug and/or alcohol problems.

Tel: 0131 475 2322
E-mail: info@youngcarers.org.uk

F

Family Support Addictions (VOCAL)

Support and information for families and carers (18 and over) affected by someone else's drug or alcohol problem.

Tel: 0131 622 6262
E-mail: mscarcliffe@vocal.org.uk

Fast Forward (Positive Lifestyles)

Drug and alcohol education and prevention service for young people aged 11 – 25.

Tel: 0131 554 4300
E-mail: admin@fastforward.org.uk

Forthland Lodge Care Centre

Residential care for men and women with alcohol related brain damage.

Tel: 0131 555 0601
E-mail: forthlands@meallmorelodge.co.uk

G

Genesis Project (CrossReach)

Housing support service for men or women struggling with drug and/or alcohol problems in their own tenancies or in a B&B.

Tel: 0131 225 4901

E-mail: rankeillor@crossreach.org.uk

H

Harm Reduction Team (NHS Lothian)

Direct access harm reduction services for drug users, including an initial gateway into treatment for heroin users.

Tel: 0131 537 8300

Homeless Outreach Project (HOP) Addiction Service

As part of the Edinburgh Access Practice Substance Misuse Team, addictions support service for people who are homeless or at risk of homelessness and have drug and/or alcohol problems.

Tel: 0131 554 3961

E-mail: mail@hopuk.org

J

Jericho House (Jericho Benedictines)

Residential care for men and women who have alcohol related issues.

Tel: 0131 225 8230

E-mail: jericho.ed@btconnect.com

L

Leith Project (Turning Point Scotland)

Range of services for people living in North East Edinburgh to address drug or alcohol use and related issues.

Tel: 0131 554 7516

E-mail: admin@tpsleith.co.uk

Library & Resource Centre NHS Lothian

Holds a range of resources including leaflets and training materials on a range of health topics including alcohol and drugs. The centre is open to all those living and working in Lothian.

Tel: 0131 536 9451

E-mail: Library@nhslothian.scot.nhs.uk

Website: www.nhslothian.scot.nhs.uk/ourservices/library/library.asp

Lothian & Borders Police Drug Awareness Officers

Drug and alcohol awareness input to schools, colleges, workplaces and wherever else this is required or requested.

Tel: 0131 469 5554

E-mail: james.mckenna@lbp.pnn.police.uk

LEAP (Lothians and Edinburgh Abstinence Programme) (NHS Lothian)

Residential rehabilitation for people who wish to get and stay off alcohol and/or drugs.

Tel: 0131 456 0221

E-mail: leap.programme@nhslothian.scot.nhs.uk

N

North Edinburgh Drug Advice Centre (NEDAC)

Range of services for individuals and their families and friends who are affected by substance problems in North West Edinburgh.

Tel: 0131 332 2314

E-mail: mail@nedac.co.uk

O

Oxgangs Community Support Project (CHAI)

Range of services to assist individuals with drug and/or alcohol related problems in Oxgangs and the surrounding area.

Tel: 0131 442 2100

E-mail: CHAI@mail.wh1.org.uk

P

Phoenix Futures Enhanced Addiction Casework Service (HMP Edinburgh)

Addiction support for all prisoners on a voluntary basis who are serving more than 31 days in custody in HMP Edinburgh.

Tel: 0131 444 3109

E-mail: carmen.mcshane@sps.gov.uk

PrePare (NHS Lothian & City of Edinburgh Council)

Intensive outreach support for women who are pregnant or have just given birth and are affected by drug and/or alcohol problems.

Tel: 0131 455 7936

E-mail: michelle.kirkpatrick@edinburgh.gov.uk

Progress2Work

Employability service for people who have made sufficient progress in their recovery from substance problems.

Tel: 0131 467 8300

E-mail: lothian@apexscotland.org.uk

R

Residential Rehabilitation Referral Team (3RT)

Social work assessment, care management and care planning team for adults, including parents with children, with a history of drug dependency who require residential rehabilitation.

Tel: 0131 525 8040

Rowan Alba (Thorntree Street)

Permanent supported housing for men aged over 50 who have alcohol-related problems.

Tel: 0131 229 7554

E-mail: davie.rutherford@rowanalba.org

S

Serenity Cafe

Cafe-club events and volunteering for people recovering from dependency through abstinence.

Tel: 07980 844350

E-mail: ruth@comas.org.uk

Simpson House Counselling

Counselling service for adults affected by drug use.

Tel: 0131 225 1054/6028

E-mail: simpsonhousecounselling@crossreach.org.uk

Sorted Project

Life skills programme for people recovering from alcohol and/or drug problems.

Tel: 0131 243 2657/07982 729561

E-mail: maddie@sortedproject.co.uk

Sunflower Garden

Range of therapeutic support for children affected by drug and alcohol use in their families.

Tel: 0131 220 2488

E-mail: sunflower@crossreach.org.uk

T

The Junction – Young People, Health & Wellbeing

Alcohol awareness for young people living in Leith and North East Edinburgh.

Tel: 0131 553 0570

E-mail: info@the-junction.org

W

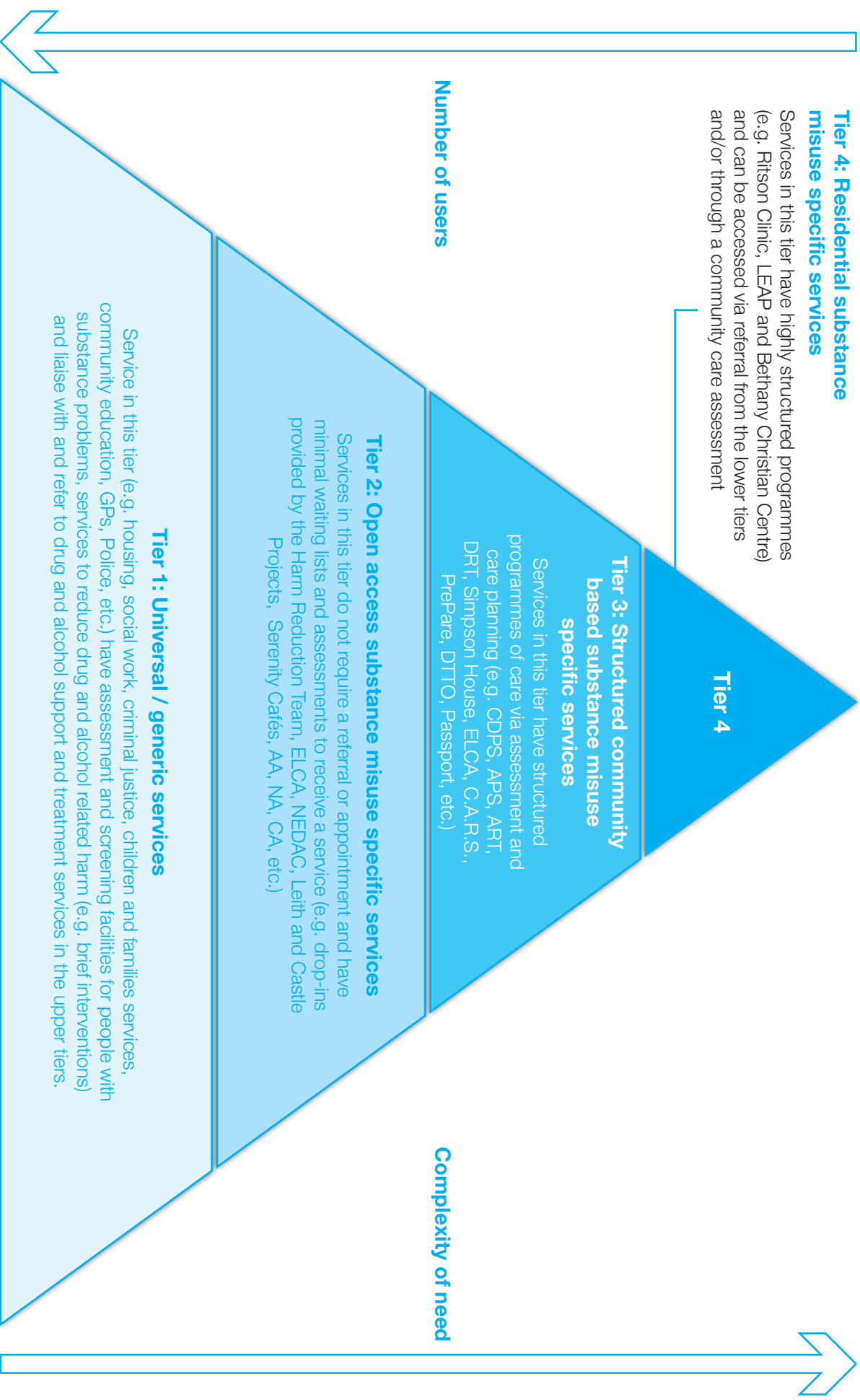
Wester Hailes Youth Agency

Alcohol and drug awareness workshops
in local schools.

Tel: 0131 442 4015

E-mail: val@youthagency.net

Edinburgh Integrated Service Delivery Pathway for People with Alcohol and Drug Problems



Edinburgh Integrated Recovery Pathway for People with Alcohol and Drug Problems

Stage 3: Moving on

Types of intervention:

- Aftercare
- Accessing mainstream services
- Further education and learning
- Employability and training services
- Volunteering
- Self-help
- Leisure and recreational activities
- Promoting a healthy lifestyle



Stage 2: Rehabilitation/relapse prevention

Types of intervention:

- Counselling/Cognitive Behavioural Therapy
- Rehabilitation/relapse prevention programmes
- Housing support
- Parental/life skills training
- Group/peer support
- Carer support
- Structured day care
- Education/prevention programmes
- Complementary/alternative therapies



Stage 1: Stabilisation/protection/harm reduction

Types of intervention:

- Adult/child protection
- Substitute prescribing
- Pharmacological treatment
- Detoxification
- Crisis housing
- Mental health treatment
- Debt/financial advice
- Needle exchange
- Controlled drinking

These interventions are explained at the back of the directory

Adult city-wide services: alcohol only services

Alcohol Problems Service (Substance Misuse Directorate, NHS Lothian)

Tier(s) of service

Tiers 3 and 4

Service description

The Alcohol Problems Service (APS) provides an assessment and treatment service for people with alcohol problems, including individuals with alcohol and mental health issues and alcohol and drug problems.

In and out-patient appointments are provided at 35 Morningside Park (South Central Edinburgh). Community nursing clinics are also provided at various locations across the city, including Leith Community Treatment Centre (North East Edinburgh), Craigroyston Health Clinic (North West Edinburgh), Craigmillar Medical Centre (South East Edinburgh) and Sighthill Health Centre (South West Edinburgh).

Support and treatment options

- The Ritson Clinic provides twelve beds for individuals who require in-patient assessment and/or detoxification from alcohol and/or drug problems
- Clinical psychology service
- Occupational therapy service
- Individual and group therapy for relapsed prevention

The service also has an attached Social Worker (Health & Social Care Department, City of Edinburgh Council).

How to make a referral

Referrals are accepted from GPs, social work, voluntary sector and other health professionals/NHS services.

Contact details

Royal Edinburgh Hospital
35 Morningside Park
EH10 5HF

Tel: 0131 537 6557

Fax: 0131 537 6866

Website: www.nhslothian.scot.nhs.uk

Opening times

Enquiries can be made during normal office hours. For urgent medical advice out of hours (when your GP practice is closed) call NHS 24 on 08454 24 24 24. Or if it is a life threatening emergency, call 999.

Alcohol Referral Team (Health & Social Care Department, City of Edinburgh Council)

Tier(s) of service

Tier 3 and access to tier 4

Service description

The Alcohol Referral Team (ART) provides a short-term (around 16 weeks) social work assessment, care management and action planning service for adults with alcohol problems who are willing and able to engage in planned support to address their alcohol related problems, and to resolve other life issues that may be getting in the way of their recovery.

Support and treatment options

- Assessment and care management
- Signposting

How to make a referral

Telephone, e-mail or referral form.
Self-referrals are not accepted.

Contact details

Alcohol Referral Team
Department of Health and Social Care
Waverley Court
Level 1.6
4 East Market Street
EH8 8BG

Tel: 0131 529 6260
Email: alcohol.referrals@edinburgh.gov.uk
Website: www.edinburgh.gov.uk

Opening times

Enquiries can be made during normal office hours. Outside of these hours and on public holidays, the Emergency Social Work Service can be contacted on 0800 731 6969.

Alcohol Liaison Nursing Service (NHS Lothian)

Tier(s) of service

Tier 3

Service description

The Alcohol Liaison Nursing Service offers advice, education and information to in-patients and out-patients at the Royal Infirmary of Edinburgh who have issues with their drinking.

Where appropriate, the service manages short-term alcohol withdrawal and arranges follow-up support through other services.

Support and treatment options

- Education/prevention
- Brief intervention
- Signposting
- Detoxification

How to make a referral

You must be an in or out-patient at the Royal Infirmary of Edinburgh. Referrals can be made by telephone or in writing.

Contact details

Department of Psychological Medicine
Royal Infirmary of Edinburgh
51 Little France Crescent
Old Dalkeith Road
EH16 4SA

Tel: 0131 242 1396
E-mail: helene.leslie@luht.scot.nhs.uk

Opening times

Enquiries can be made during normal office hours.

Edinburgh & Lothian Council on Alcohol (ELCA)

Tier(s) of service

Tiers 2 and 3

Service description

Edinburgh & Lothian Council on Alcohol (ELCA) provides advice, information, one-to-one counselling and support for people aged 18 and over who worried about their own drinking or the drinking of a family member, partner or friend.

As well as Clifton Terrace (Haymarket), the service has community bases in Craigmillar, Gracemount, Wester Hailes, Sighthill, Leith, Pennywell/Crewe, Kirkliston, South Queensferry, Oxfords and the SACRO Community Links Centre.

ELCA also provides a drop-in service Mondays (women only), Wednesdays and Saturdays and a Support Group for Women.

Support and treatment options

- Counselling
- Information and advice
- Drop-in

How to make a referral

By telephone or in writing.

Contact details

6 Clifton Terrace
EH12 5DR

Tel: 0131 337 8188

Fax: 0131 337 9825

E-mail: elca@btconnect.com

Opening times

Monday to Thursday 9am – 9pm.

Fridays 9am – 4pm. Saturdays 9am – 2pm.

Answering machine out with these hours.

Adult city-wide services: drug only services

Community Drug Problem Service (Substance Misuse Directorate, NHS Lothian)

Tier(s) of service

Tiers 3 and 4

Service description

The Community Drug Problem Service (CDPS) offers treatment for patients aged 18 and over with problematic drug use. The service forms part of the Edinburgh Drug Care Partnership which provides a number of locality clinics (refer to separate entries) in partnership with GP's, pharmacists, the Drug Referral Team and voluntary sector.

Following assessment, clients usually receive substitute medication with specialist support from the CDPS, including education, tolerance testing, community detoxification, relapse prevention, CBT, counselling and referral to other agencies in the community. Staff act as keyworkers and have additional training in mental health.

Based at the Spittal Street Centre, the CDPS also provides one to two beds for low threshold drug users who require detoxification at the Ritson Clinic (Royal Edinburgh Hospital).

Support and treatment options

- Substitute prescribing
- Community or hospital detoxification
- Relapse prevention
- CBT
- Counselling
- Education/prevention
- Signposting

How to make a referral

Referrals to the CDPS are accepted from GPs, social work, voluntary sector and other health professionals/NHS services.

Contact details

Spittal Street Centre
22-24 Spittal Street
EH3 9DU

Tel: 0131 537 8345

Fax: 0131 537 8350

Website: www.nhsllothian.scot.nhs.uk

Opening times

Enquiries can be made during normal office hours. For urgent medical advice out of hours (when your GP practice is closed) call NHS 24 on 08454 24 24 24. Or if it is a life threatening emergency, call 999.

Detox and Relapse Prevention Service (Substance Misuse Directorate, NHS Lothian)

Tier(s) of service

Tiers 3 and 4

Service description

As part of the Community Drug Problem Service (CDPS), the Detox and Relapse Prevention Service (DRPS) offers assessment and preparation for community opiate detoxification, relapse prevention and assessment for funding for detox at either a five day detox facility or at a residential rehabilitation unit, but only as part of a longer term programme.

Staff are trained clinical specialists in addiction, mental health, psychological therapies and offer a diverse therapeutic approach to recovery.

Support and treatment options

- Community opiate detoxification
- Assessment for funding for private detoxification and residential rehabilitation
- Relapse prevention

How to make a referral

Referrals to the DRPS are accepted from GP's and specialist drug agencies only.

Contact details

Spittal Street Centre
22-24 Spittal Street
EH3 9DU

Tel: 0131 537 8345

Fax: 0131 537 8350

Website: www.nhslothian.scot.nhs.uk

Opening times

Enquiries can be made during normal office hours. For urgent medical advice out of hours (when your GP practice is closed) call NHS 24 on 08454 24 24 24. Or if it is a life-threatening emergency, call 999.

Drug Referral Team (Health & Social Care Department, City of Edinburgh Council)

Tier(s) of service

Tier 3 and access to Tier 4

Service description

The Drug Referral Team (DRT) provides a short-term (around 16 weeks) social work assessment, care management and action planning service for adult drug users who are willing and able to engage in planned support to address their drug use, and to resolve other life issues that may be getting in the way of their recovery.

Workers are also attached to four of the locality clinics (refer to separate entries) which are run in partnership with GP's, pharmacists, the Community Drug Problem Service and voluntary sector.

Support and treatment options

- Assessment and care management
- Signposting

How to make a referral

Telephone, e-mail or referral form.
Self-referrals are not accepted.

Contact details

Drug Referral Team
Health and Social Care Department
Building 4
5-7 Regent Road
EH7 5BL

Tel: 0131 525 8040

Fax: 0131 558 7391

E-mail: drug.referrals@edinburgh.gov.uk

Website: www.edinburgh.gov.uk

Opening times

Enquiries can be made during normal office hours. Outside of these hours and on public holidays, the Emergency Social Work Service can be contacted on 0800 731 6969.

Residential Rehabilitation Referral Team (Health & Social Care Department, City of Edinburgh Council)

Tier(s) of service

Tier 3 and access to tier 4

Service description

The Residential Rehabilitation Referral Team (3RT) is a service for adults with a history of drug dependency who have exhausted all community based options to realise their goal of a drug free life. Alongside the service user, 3RT undertakes an intensive assessment of the individual's needs and motivation to change. Recommendations for rehabilitation are based upon the outcome of this process.

The team prepares clients for entering rehab, reviews progress and supports their aftercare. The 3RT is responsible for the individuals care management throughout this time.

As well as individuals, the service is able to provide some parent and child placements.

Support and treatment options

- Assessment and care management
- Access to residential rehabilitation and/or detoxification services
- Reviews
- Liaison with Rehabilitation Units
- Aftercare

How to make a referral

Telephone, e-mail or referral form.
Self-referrals are accepted.

Contact Details

Drug Residential Rehabilitation Referral Team
Health and Social Care Department
Building 4
5-7 Regent Road
EH7 5BL

Tel: 0131 525 8040

Fax: 0131 558 7391

Website: www.edinburgh.gov.uk

Opening times

Enquiries can be made during normal office hours. Outside of these hours and on public holidays, the Emergency Social Work Service can be contacted on 0800 731 6969.

Harm Reduction Team (Substance Misuse Directorate, NHS Lothian)

Tier(s) of service

Tiers 2 and 3

Service description

The Harm Reduction Team provides a range of direct access services for drug users in the city.

Support and treatment options

- Low Threshold Methadone Programme offers an initial gateway into methadone prescriptions and support for injecting drug users via drop-in. Though other agencies and individuals can refer, the service encourages self-referral for clients who are motivated to change their behaviour. The programme includes motivational interviewing, relapse prevention and a clinical psychology service. Once a client becomes stable, the service provides a gateway into other support and treatment options.

- Needle Exchange drop-in Monday to Friday. The team also oversees NEON (Needle Exchange Outreach Network), which is responsible for organising and maintaining a network of pharmacies and drug agencies who provide needle exchange and deliver outreach services. A full list of needle exchange outlets in Edinburgh can be found at: www.actionalcoholdrugsinburgh.org
- Women's Clinic and Midwife Service providing a family planning and sexual health service for clients involved in the sex industry and/or drug and alcohol problems.
- Dental service via drop-in and appointment for anyone who is a drug user and has had difficulty accessing dental care.
- Wound Care Clinic for clients with skin care problems related to drug use.
- Training on harm reduction for individuals and organisations

How to make a referral

All drop-ins are via The Exchange at the Spittal Street Centre.

Contact details

Spittal Street Centre
22-24 Spittal Street
EH3 9DU

Tel: 0131 537 8300

Fax: 0131 537 8303

Website: www.nhslothian.scot.nhs.uk

Opening times

The Exchange is open Monday, Wednesday, Thursday and Friday 10am – 4pm and Tuesday 1pm – 5pm.

Simpson House Counselling

Tier(s) of service

Tier 3

Service description

Simpson House Counselling provides a counselling service for people aged 16 and over affected by drug use in the community and Edinburgh Prison. The service is accredited with the British Association for Counselling & Psychotherapy.

Support and treatment options

- Counselling

How to make a referral

Only self-referrals are accepted, which can be made via telephone, writing or e-mail.

Contact details

Simpson House Counselling
Simpson House
52 Queen Street
EH2 3NS

Tel: 0131 225 1054/6028

Fax: 0131 220 0064

E-mail: simpsonhousecounselling@crossreach.org.uk

Website: www.simpson-house.org

Opening times

9am – 9pm Monday and Wednesday.

9am – 5pm Tuesday, Thursday and Friday.

Community Addiction Recovery Service (Turning Point Scotland)

Tier(s) of service

Tier 3

Service description

The Community Addiction Recovery Service (C.A.R.S.) provides a recovery focused programme of one-to-one support, group work and complementary therapies for individuals with substance misuse issues.

C.A.R.S. supports individuals with a combined drug and alcohol problem, but not an alcohol problem in isolation, and is open to anyone over the age of 16 residing in the City of Edinburgh.

The service works in partnership with CLAN to offer literacy and numeracy support and the Sorted Project to explore goal setting and motivation through group work.

Support and treatment options

- Structured day programme
- Rehabilitation programme
- Group work
- Complementary therapies

How to make a referral

Referrals are accepted from any agency and self referrals are also welcomed. Referral forms can be posted, e-mailed or faxed, or the service can take referrals over the telephone.

Contact details

Turning Point Scotland
5 Links Place
EH6 7EZ

Tel: 0131 553 2222

Fax: 0131 553 1101

E-mail: hayley.croad@tps9.co.uk

Website: www.turningpointscotland.com

Opening times

Monday – Thursday 9am – 5pm.

Friday 9am – 4.30pm.

Crew 2000

Tier(s) of service

Tiers 2 and 3

Service description

Crew 2000 provides a range of integrated services for recreational and problem drug users. This includes a counselling service for people aged 16 and over, information and advice shop, complementary therapies, outreach service and a number of training courses.

Most of Crew 2000's services are targeted at younger people (aged 12 – 25), however its acupuncture and drug counselling services have no upper age limit.

Support and treatment options

- Counselling
- Information and advice
- Education/prevention
- Complementary therapies
- Outreach

How to make a referral

By telephone or in writing.

Contact details

32 Cockburn Street
EH1 1PB

Tel: 0131 220 3404

E-mail: admin@crew2000.org.uk

Website: www.crew2000.org.uk

Opening times

As well as normal office hours, the advice shop is open Thursday evenings and Saturdays.

Adult city-wide services: alcohol and drug services

Bethany Christian Centre

Tier(s) of service

Tiers 3 and 4

Service description

Bethany Christian Centre aims, through a supported residential community, to assist individuals in their recovery from alcohol and/or drug problems.

The Centre provides access to a Christian recovery programme including structured group work, one-to-one support, recreation, work activities and training opportunities for up to seventeen people.

Individuals who want a recovery programme, but do not want the Christian aspect, are also accommodated and are provided with a tailored recovery programme.

A stay of at least six months is recommended and clients are normally asked to be off alcohol or drugs before it starts.

If the programme is successful, the Centre provides a visiting agreement which allows people to access the unit for support from a named person on a weekly basis.

Support and treatment options

- Residential rehabilitation
- One-to-one and group support
- Therapeutic community
- Housing support
- Life skills programmes
- Aftercare
- Work and training opportunities

How to make a referral

By telephone or in writing.

Contact details

Bethany Christian Trust
Bethany Christian Centre
6 Casselbank Street
EH6 5HA

Tel: 0131 554 4071

E-mail: info@bethanyct.com

Opening times

Enquires can be made during normal office hours.

LEAP (Lothians & Edinburgh Abstinence Programme) (Substance Misuse Directorate, NHS Lothian)

Tier(s) of service

Tiers 3 and 4

Service description

Lothians & Edinburgh Abstinence Programme (LEAP) aims, through a therapeutic community, to provide an intensive programme for up to twenty individuals who want to get and stay off alcohol and/or drugs.

The programme lasts three months and involves structured activities every day. This includes group work, workshops, presentations, education, training, recreation and relaxation. Detoxification can also be provided from modest amounts of drugs or alcohol.

In partnership with City of Edinburgh Council, supported accommodation can be offered during the programme at Randolph Crescent Hostel.

In partnership with Access to Industry, the programme also encourages individuals to take up training, employment and further education as part of their recovery plan.

Individuals who complete the programme can attend aftercare for up to two years as part of a comprehensive aftercare plan.

Support and treatment options

- (Residential) rehabilitation
- Therapeutic community
- Detoxification
- Group support
- Peer support
- Aftercare
- Employability service

How to make a referral

LEAP will take referrals from any professional involved in the care of a suitable client.

Contact details

Malta House
1 Malta Terrace
EH4 1HR

Tel: 0131 456 0221
Fax: 0131 332 3294

E-mail: leap.programme@nhslothian.scot.nhs.uk
Website: www.nhslothian.scot.nhs.uk/ourservices/leap/

Opening times

Enquiries can be made during normal office hours.

Edinburgh Access Practice: Substance Misuse Team (NHS Lothian & City of Edinburgh Council)

Tier(s) of service

Tiers 2 and 3

Service description

Based at The Access Point (TAP) and Cowgate Clinic, and as part of the Edinburgh Access Practice, the Substance Misuse Team provides a health, housing and social care service for people who are experiencing difficulty in accessing Primary Healthcare, whose accommodation arrangements are uncertain and who have additional support needs arising from a drug and/or alcohol problem.

The team includes a number of Community Psychiatric Nurses who specialise in addiction, Occupational Therapists and an attached Social Worker. The Substance Misuse Team also works in partnership with the Homeless Outreach Project's Addiction Team.

Support and treatment options

- Community detoxification
- Substitute prescribing
- Healthcare
- Assessment and care management
- Housing
- Mental health support and treatment
- Occupational therapy service
- Outreach

How to make a referral

You can register with the Edinburgh Access Practice if you are experiencing difficulty in accessing Primary Healthcare, your accommodation arrangement are uncertain and you have additional support needs arising from addiction issues. Both self and professional referrals are accepted.

Contact details

The Access Point
17-23 Leith Street
Edinburgh
EH1 3AT

Tel: 0131 529 7438
Fax: 0131 557 8122
E-mail: accesspoint@edinburgh.gov.uk
Website: www.edinburgh.gov.uk

or

Edinburgh Access Practice
20 Cowgate
Edinburgh
EH1 1JX

Tel: 0131 240 2810
Fax: 0131 557 9918

Opening times

Edinburgh Access Practice is open at both surgery sites Monday to Friday from 9am – 5pm. Normal out of hours arrangements for registered EAP patients exist via NHS 24 on 08454 24 24 24.

In the event of homelessness, if you or someone you know becomes homeless out of office hours, you should contact the Council's Out of Hours Service on 0800 032 5968 (freephone). It provides basic emergency assistance, but you will need to go to a housing office on the next working day to make a homelessness application.

Anchor Project (CrossReach)**Tier(s) of service**

Tier 3

Service description

The Anchor Project provides 24-hour supported accommodation on a temporary basis for up to seven men recovering from drug and/or alcohol problems.

Usually following a period of detoxification, service users must be alcohol or drug free for three months and willing to address the issues around their problems.

Support and treatment options

- 24-hour supported accommodation
- Rehabilitation

How to make a referral

By telephone or in writing.

Contact details

CrossReach
Rankeillor Initiative
52 Queen Street
EH2 3NS

Tel: 0131 225 4901
Fax: 0131 220 0064
E-mail: rankeillor@crossreach.org.uk
Website: www.crossreach.org.uk

Opening times

Enquires can be made during normal office hours.

Genesis Project (CrossReach)

Tier(s) of service

Tier 3

Service description

The Genesis Project provides housing support for around fifteen men or women struggling with drug and/or alcohol problems in their own tenancies or in a B&B.

Support and treatment options

- Housing support
- Rehabilitation

How to make a referral

By telephone or in writing.

Contact details

CrossReach
Rankeillor Initiative
52 Queen Street
EH2 3NS

Tel: 0131 225 4901
Fax: 0131 220 0064
E-mail: rankeillor@crossreach.org.uk
Website: www.crossreach.org.uk

Opening times

Enquiries can be made during normal office hours.

Progress2Work

Tier(s) of service

Tier 3

Service description

Progress2Work, a partnership between Apex Scotland, Jobcentre Plus and Phoenix Futures, provides a one-to-one employability service for people who have made sufficient progress in their recovery from substance problems.

The service is targeted at individuals with a history of drug and/or alcohol use which is preventing them from getting or keeping a job.

As well as its base, the service works from a number of local job centres in Edinburgh.

Support and treatment options

- Employability service

How to make a referral

By telephone or in writing.

Contact details

Apex Scotland
Unit 1
Bonnington Business Park
106 Jane Street
Leith
EH6 5HG

Tel: 0131 467 8300
Fax: 0131 467 7914
E-mail: lothian@apexscotland.org.uk
Website: www.apexscotland.org.uk

Opening times

Enquiries can be made during normal office hours.

Access to Industry (Passport and Transition)

Tier(s) of service

Tiers 1 and 3

Service description

Passport is an accredited employability programme, providing support for people moving out of care, prison, substance misuse, homelessness or street sex work.

Through SQA qualifications, structured work placements and training opportunities, Passport supports and motivates clients to move back into work and further education.

Transition operates as a mini college for recovering substance users. It provides a daily structured programme of accredited learning on a rolling basis. Qualifications focus on specific job training and core skills to move students onto further education and employment.

Support and treatment options

- Education/training
- Employability service

How to make a referral

By telephone or in writing.

Contact details

Access to Industry
15 Blair Street
EH1 1QR

Tel: 0131 226 3006

Fax: 0131 226 6277

E-mail: admin@accesstoindustry.co.uk

Website: www.accesstoindustry.co.uk

Opening times

Enquiries can be made during normal office hours.

Sorted Project

Tier(s) of service

Tier 3

Service description

Sorted provides a life skills programme for people aged 16 and over who are recovering from alcohol and/or drug problems. Areas addressed include confidence building, communication and emotional intelligence.

The programme is targeted at clients at the post-treatment, pre-employability stage and is offered in group settings, on a one-to-one basis and via outreach.

Much of the work of Sorted is done in partnership with other local agencies in the directory.

Support and treatment options

- Life skills programme

How to make a referral

By telephone or in writing.

Contact details

The Sorted Project
Fourth Floor, Thorn House
5 Rose Street
EH2 2PR

Tel: 0131 243 2657/07982 729561

E-mail: maddie@sortedproject.co.uk

Website: www.sortedproject.co.uk

Opening times

By appointment.

Serenity Cafe

Tier(s) of service

Tier 2

Service description

The Serenity Cafe is an initiative which aims to help people recovering from dependency through abstinence, to build social networks and establish a 'recovery community'.

The initiative is led by a steering group of people in recovery, and engages volunteers in recovery in staging cafe-club events with music, food, 'mocktail bar' and dancing.

Support and treatment options

- Volunteering
- Attending cafe-club events

How to make a referral

Dates for upcoming cafe-club events can be checked at:

- www.serenitycafe.org.uk
- Facebook 'Serenity Cafe Edinburgh'
- Or register for Serenity Cafe updates by e-mailing: ruth@comas.org.uk

Clients/workers are welcome to make contact prior to cafe-club events, and if necessary arrangements can be made for someone to meet newcomers to ensure they feel welcome.

Clients wishing to volunteer can also meet a member of staff prior to attending planning meetings/volunteer sessions.

Contact Details

Comas
14 Montrose Terrace
EH7 5DL

Tel: 07980 844350

E-mail: ruth@comas.org.uk

Website: www.comas.org.uk

Opening times

Cafe-club events are monthly.

Volunteer sessions are flexible.

Local services for adults with an alcohol and/or drug problem

Local Health Partnership areas

The City of Edinburgh is divided into five areas by NHS Lothian and the Health and Social Care Department of City of Edinburgh Council. These areas match with the GP boundaries of each Local Health Partnership. For more information go to:

www.nhslothian.scot.nhs.uk

Neighbourhood Partnership areas

The City of Edinburgh is also divided into twelve Neighbourhood Partnership areas which are responsible for planning community services in a local area. For more information go to:

www.edinburgh.gov.uk

The following locality based alcohol and/or drug services work within these boundaries:

North West Edinburgh

North Edinburgh Drug Advice Centre (NEDAC)

Tier(s) of service

Tiers 2 and 3

Service description

NECAC offers information and advice, counselling, education and training, complementary therapies and a needle exchange service for individuals and their families and friends who are affected by substance problems.

The service operates a duty system during normal office hours for people who require immediate support and provides limited support in the evening and at the weekend.

NEDAC has a specific worker for people with alcohol problems.

Support and treatment options

- Duty system (direct access)
- Signposting
- Counselling
- Education and training
- Needle exchange
- Complementary therapies

How to make a referral

By telephone or in writing.

Contact details

10 Pennywell Court
EH4 4TZ

Tel: 0131 332 2314

Fax: 0131 538 7101

E-mail: mail@nedac.co.uk

Opening times

Enquiries can be made during normal office hours, apart from Tuesday when the office opens at 1 pm.

North West Locality Clinic

Tier(s) of service

Tier 3

Service description

North Edinburgh Drug Advice Centre and the Community Drug Problem Service provide a treatment and prescribing clinic with follow-up support for drug users referred through their local GP at Dears Pharmacy (Drylaw) on a Monday and Wednesday.

Support and treatment options

- Substitute prescribing
- Signposting

How to make a referral

Through your local GP.

Contact details

Contact in the first instance should be made through your local GP.

Opening times

Mondays and Wednesdays.

North East Edinburgh

Leith Project (Turning Point Scotland) & North East Locality Clinic

Tier(s) of service

Tiers 2 and 3

Service description

The Leith Project offers one-to-one support for people living in North East Edinburgh to address drug or alcohol use and related issues.

An open access drop-in is provided 1pm – 4pm (Monday to Friday) for people who don't have an appointment.

The service includes a needle exchange, complementary therapies, and in partnership with the Community Drug Problem Service, the locality assessment and substitute prescribing clinic for drug users. To access the clinic a GP referral is usually required.

The service has a specific worker for people with alcohol problems.

Support and treatment options

- Drop-in
- Needle exchange
- Substitute prescribing
- Complementary therapies
- Employability service

How to make a referral

Local GP referral is required for the clinic, otherwise referrals can be made via telephone or in writing.

Contact details

3 Smith's Place
EH6 8NT

Tel: 0131 554 7516

Fax: 0131 555 4453

E-mail: admin@tpsleith.co.uk

Website: www.turningpointscotland.com

Opening times

Enquiries can be made during normal office hours.

Drug Prevention Group

Tier(s) of service

Tier 2

Service description

With a focus on Leith and the surrounding area, the Drug Prevention Group provides a drop-in centre offering welfare and health advice and follow-up support.

Support and treatment options

- Drop-in
- Needle exchange
- Information and advice
- Signposting

How to make a referral

Open access.

Contact details

53 Prince Regent Street
Leith, EH6 4AR

Tel: 0131 553 2841

E-mail: dpgadmin@googlemail.com

Opening times

The centre is open 10am – 4pm Monday to Fridays.

South East Edinburgh

Castle Project

Tier(s) of service

Tiers 2 and 3

Service description

The Castle Project provides one-to one and group support for people with drug related problems and their family and friends in Liberton, Niddrie, Craigmillar and the surrounding areas. This includes information and advice and a needle exchange.

In addition to home visits, service users can drop-in to the base anytime between 11am and 3pm (Monday to Friday).

The Project also provides training for professionals and education programmes for young people (12 – 18 years of age) in schools, youth clubs and informal settings.

Support and treatment options

- Drop-in
- Needle exchange
- One-to-one and group support
- Information and advice
- Education/prevention

How to make a referral

By telephone or in writing.

Contact details

14 Niddrie House Drive
EH16 4TT

Tel: 0131 669 0068

Fax: 0131 657 4676

E-mail: admin@castleproject.org.uk

Opening times

Enquiries can be made during normal office hours.

South East Locality Clinic

Tier(s) of service

Tier 3

Service description

The Community Drug Problem Service provides a weekly treatment and prescribing clinic for drug users referred through their local GP at the Inch Pharmacy and Craigmillar Surgery.

Support and treatment options

- Substitute prescribing
- Signposting

How to make a referral

Through your local GP.

Contact details

Contact in the first instance should be made through your local GP.

South Central Edinburgh

Community Help & Advice Initiative (CHAI): Oxgangs Community Support Project

Tier(s) of service

Tiers 2 and 3

Service description

The Oxgangs Community Support Project assists individuals with drug and/or alcohol related problems to encourage positive alternative lifestyles.

Support and treatment options

- Needle exchange
- Emotional and housing support
- Information and advice
- Signposting
- Complementary therapies

How to make a referral

By telephone or in writing.

Contact details

C/o 13-14 Hailesland Place
EH14 2SL

Tel: 0131 442 2100

Fax: 0131 538 8534

E-mail: CHAI@mail.wh1.org.uk

Website: www.wh1.org.uk

Opening times

Enquiries can be made during normal office hours.

South Central Locality Clinic

Tier(s) of service

Tier 3

Service description

Boroughloch Medical Practice provides a treatment and prescribing clinic for drug users referred through their local GP.

Support and treatment options

- Substitute prescribing
- Signposting

How to make a referral

Contact in the first instance should be made through your local GP.

Contact details

Boroughloch Medical Practice
1 Meadow Place
Edinburgh
EH9 1JZ

Tel: 0131 229 7529
Fax: 0131 656 4500

Opening times

By appointment only.

South West Edinburgh

Community Help & Advice Initiative (CHAI): Substance Misuse Support Service

Tier(s) of service

Tier 3

Service description

Following the closure of WEST, CHAI will host the service until longer term arrangements are considered. This will involve CHAI providing a Substance Misuse Support Service in Wester Hailes, Sighthill and Broomhouse. This includes an Alcohol Worker from the existing CHAI Alcohol Misuse Support Service.

Support and treatment options

In partnership with the Wester Hailes Health Agency (WHHA), the service provides the following support and treatment options:

- Needle exchange
- Emotional and housing support
- Group work
- Cognitive Behavioural Therapy
- Access to counselling through the WHHA
- Signposting
- Complementary therapies

How to make a referral

By telephone or in writing.

Contact details

13-14 Hailesland Place
EH14 2SL

Tel: 0131 442 2100/2465
Fax: 0131 538 8534
E-mail: CHAI@mail.wh1.org.uk
Website: www.wh1.org.uk

Opening times

Enquiries can be made during normal office hours.

South West Locality Clinic

Tier(s) of service

Tier 3

Service description

The Community Drug Problem Service provides a weekly treatment and prescribing clinic for drug users referred through their local GP at the Sighthill Health Centre.

Support and treatment options

- Substitute prescribing
- Signposting

How to make a referral

Through your local GP.

Contact details

Contact in the first instance should be through your local GP.

Opening times

The clinic is open Monday 9am – 1pm (reception only); Tuesday 9.30am – 1pm (Nurse only); Wednesday 9am – 1pm and 2pm – 5pm (Nurse only); Thursday 9am – 1pm and 2pm – 5pm (Nurse and Doctor); Friday 9.30am – 1pm (Doctor only).

Children and families services

Aberlour Outreach Project

Tier(s) of service

Tier 3

Service description

Aberlour Outreach Edinburgh aims to work with families, mothers and fathers who are experiencing difficulties with substances who have children 0 – 12 years, including pregnant women and women with new born babies.

The service offers intensive support for families for up to three times per week, Monday to Saturday, including early mornings and evenings up to 8 pm.

The main focus of the work is to address the impact of parental substance use on the child and to reduce or stabilise parental drug and/or alcohol use.

The service includes an individual project for children aged 5 – 12 years experiencing problems as a result of their parents substance use.

Support and treatment options

- Intensive family support programme
- Parental skills training

How to make a referral

By telephone or in writing.

Contact details

63 Niddrie Mains Terrace
EH16 4NX

Tel: 0131 656 8071

Fax: 0131 656 8064

E-mail: edinburgh.outreach@aberlour.org.uk

Website: www.aberlour.org.uk

Opening times

Enquiries can be made during normal office hours.

Circle Harbour Project (Family Service Unit Scotland)

Tier(s) of service

Tier 3

Service description

Circle Harbour Project offers a voluntary and early intervention support service for children and families affected by parental substance problems.

The service supports parents to access other services including drug agencies, counselling employment and education, to meet with other professionals including housing officers and social workers, to fill out forms and manage correspondence, and to manage their children's routines and behaviour. The service also supports other family members who are involved in the children's lives.

The service directly supports children through providing a listening ear and supporting them to get to school and out-of-school activities.

Workers are based in Pilton and Broomhouse, but the service covers most of the city.

Support and treatment options

- Voluntary family support programme
- Parental skills training

How to make a referral

By telephone or in writing.

Contact details

18 West Pilton Park
EH4 4EJ

Tel: 0131 552 0305

Fax: 0131 551 3976

E-mail: admin@circlescotland.com

Website: www.circlescotland.org

Opening times

Enquiries can be made during normal office hours.

PrePare (NHS Lothian & City of Edinburgh Council)

Tier(s) of service

Tiers 2 and 3

Service description

PrePare provides an intensive outreach support service for women who are pregnant or have just given birth and are affected by drug and/or alcohol problems.

A multi-disciplinary team provides health care, social care and practical support throughout pregnancy and in the first few months of the postnatal period.

The service includes a drop-in at the Women's Clinic (Harm Reduction Team).

Support and treatment options

- Assessment and care management
- Outreach
- Specialist Addiction Nurse
- Midwife
- Family support
- Health Visitor
- Drop-in

How to make a referral

Self referrals are accepted and all professional referrals should be made through Social Care Direct on 0131 200 2324.

Contact details

Stenhouse Child and Family Centre
43 Fords Road
EH11 3HS

Tel: 0131 455 7936

Fax: 0131 443 9730

E-mail: michelle.kirkpatrick@edinburgh.gov.uk

Opening times

Monday to Friday, 8am to 4pm. If you have any worries or concerns about your pregnancy outside these hours, contact the Triage and Assessment Unit at the Royal Infirmary of Edinburgh on 0131 242 2657.

Sunflower Garden

Tier(s) of service

Tier 3

Service description

Sunflower Garden provides a range of therapeutic support for children aged from birth to the end of primary school affected by drug and alcohol use in their families.

Support and treatment options

- Therapeutic support for children

How to make a referral

By telephone, writing or e-mail.

Contact details

Simpson House
52 Queen Street
EH2 3NS

Tel: 0131 220 2488

Fax: 0131 220 0064

E-mail: sunflower@crossreach.org.uk

Website: www.simpson-house.org

Opening times

9 am – 5 pm Monday to Friday.

Assisting Drug Addicted Parents Team (Four Square)

Tier(s) of service

Tier 3

Service description

The Assisting Drug Addicted Parents Team (ADAPT) provides housing support for young parents (16 – 25 years of age who have children or are about to have children) who have addiction issues and live within the Edinburgh area.

The team works alongside a number of locally based organisations to offer a package of support including drug and alcohol counselling, parenting advice, personal support, health advice and, where appropriate, housing.

Other support on offer includes free membership of a local toy library, leisure opportunities for families and help to access essential childcare items (e.g. bedding, bottles, etc.).

Support and treatment options

- Housing support
- Signposting

How to make a referral

By telephone or in writing. A referral can also be made on behalf of the young parent/s.

Contact details

ADAPT
Four Square Hub
67 Logie Green Road
Edinburgh
EH7 4HF

Tel: 0131 557 7915

Fax: 0131 557 7901

E-mail: followup@foursquare.org.uk

Website: www.foursquare.org.uk

Opening times

Enquires can be made during normal office hours.

Young peoples services

Fast Forward (Positive Lifestyles)

Tier(s) of service

Tier 2

Service description

Fast Forward delivers an alcohol, drug and tobacco education and prevention service for young people (aged 11 – 25) in the city.

Other support on offer includes information, advice and training for professionals and parents, and volunteering opportunities for 16 – 25 year olds

Support and treatment options

- Education/prevention
- Peer support

How to make a referral

By telephone or in writing.

Contact details

4 Bernard Street
EH6 6PP

Tel: 0131 554 4300

Fax: 0131 554 4330

E-mail: admin@fastforward.org.uk

Opening times

Enquires can be made during normal office hours.

Wester Hailes Youth Agency

Tier(s) of service

Tiers 1 and 2

Service description

The Youth Agency runs alcohol and drug awareness workshops in local primary schools for primary 6 and 7 pupils.

The agency also trains local pupils to provide peer education workshops around the issues of alcohol and drug use for S1 and S2 pupils.

Support and treatment options

- Education/prevention
- Peer support

How to make a referral

Workshops are open to primary 6 and 7 and S1 and S2 pupils in the local area.

Contact details

12 Dumbryden Road
Edinburgh
EH14 2AB

Tel: 0131 442 4015

E-mail: val@youthagency.net

Website: www.youthagency.net

Opening times

Enquires can be made during normal office hours.

The Junction – Young People, Health & Wellbeing

Tier(s) of service

Tiers 1 and 2

Service description

The Junction provides alcohol awareness sessions in schools and through drop-ins, brief interventions and one-to-one support for young people aged 12 – 21 in Leith and North East Edinburgh.

Support and treatment options

- Drop-in
- Education/prevention

How to make a referral

By telephone, e-mail or letter.

Contact details

160 – 162 Great Junction Street
EH6 5LJ

Tel: 0131 553 0570

E-mail: info@the-junction.org

Website: www.the-junction.org

Opening times

Office hours 10am – 5pm weekdays.

Please see website for drop-in times.

Crew 2000

Refer to entry on page 23.

Castle Project

Refer to entry on page 32.

Carer Services

Family Support Addictions (VOCAL)

Tier(s) of service

Tier 2

Service description

Family Support Addictions provides support and information for families and carers (18 years of age and over) affected by someone else's drug or alcohol use.

The service includes a number of peer support groups, a clinic and training for carers and families affected by alcohol use in partnership with the Alcohol Problems Service, and opportunities for carers to take a short break.

The service has a specific worker for South Edinburgh (Liberton, Gilmerton, Gracemount, Gilmerton Dykes, Southhouse, Burdiehouse, Mortonhall, Alnwickhill, Inch and Moredun).

Support and treatment options

- Information and advice
- Peer/group support
- Training
- Short breaks

How to make a referral

By telephone or in writing.

Contact details

VOCAL Carers Centre
8 Johnston Terrace
EH1 2PW

Tel: 0131 622 6262

Fax: 0131 622 7621

E-mail: mscarcliffe@vocal.org.uk

Website: www.vocal.org.uk

Opening times

VOCAL Carers Centre is open during normal office hours and some evenings if you prefer.

Edinburgh Young Carers Project

Tier(s) of service

Tier 2

Service description

Edinburgh Young Carers Project provides one-to-one, group and mentoring support services for children and young people (5 – 25 years) caring for an ill or disabled family member. The projects drug and alcohol worker supports young carers caring for someone with drug and/or alcohol problems.

Support and treatment options

- One-to-one and group support
- Mentoring

How to make a referral

Referral forms are available to print off from www.youngcarers.org.uk or by contacting the office.

Contact details

Edinburgh Young Carers Project
Norton Park
57 Albion Road
EH7 5QY

Tel: 0131 475 2322

Fax: 0131 475 2324

E-mail: info@youngcarers.org.uk

Website: www.youngcarers.org.uk

Opening times

Enquires can be made during normal office hours.

Homelessness services

Homeless Outreach Project (HOP): Addiction Service

Tier(s) of service

Tiers 2 and 3

Service description

HOP's Addiction Team provides an addictions support service for people who are homeless or at risk of homelessness and have drug and/or alcohol problems.

HOP's Addictions Team is part of the Substance Misuse Team in conjunction with the Edinburgh Access Practice.

Support and treatment options

- Needle exchange
- One-to-one support
- Advice and information
- Routes into substitute prescribing
- Outreach clinics
- Assertive outreach service
- Access to in-house mental health and women's support service
- Blood borne virus prevention advice and treatment options
- Overdose training for service users

How to make a referral

Self and professional referrals are accepted via telephone or in writing.

Contact details

19 Smith's Place

Tel: 0131 554 3961

Fax: 0131 561 4381

E-mail: mail@hopuk.org

Opening times

Enquires can be made during normal office hours.

Criminal justice services

Alcohol Education Probation Service (SACRO)

Tier(s) of service

Tier 3

Service description

The Alcohol Education Probation Project provides gender-specific groups for people whose offending has been directly linked to their use of alcohol.

Service users must be subject to some sort of statutory social work supervision or have been referred as part of their throughcare.

Support and treatment options

- Cognitive behaviour-based groupwork programme

How to make a referral

Referrals are made via the Court or local authority criminal justice teams, usually at the pre-sentencing stage and when social enquiry reports are being compiled.

Referrals can also be made for people who are already under supervision.

Contact details

SACRO Alcohol Education Probation Service
Community Links Centre
Epworth Halls
25 Nicolson Square
Edinburgh EH8 9BX

Tel: 0131 622 7500

Fax: 0131 622 7525

E-mail: info@lothiancjs.sacro.org.uk

Website: www.sacro.org.uk

Opening times

Enquires can be made during normal office hours.

Arrest Referral Service (SACRO)

Tier(s) of service

Tier 2

Service description

The Arrest Referral Service engages with people over 16 years of age at the point of arrest whose offending is linked to drug or alcohol misuse.

By seeing the offender as soon as they are arrested, the service can offer them a pathway into harm reduction, treatment and rehabilitation services. Service users can also get support and referrals to help deal with other health and social inclusion needs.

Engagement is voluntary and not a formal part of any criminal justice process.

Support and treatment options

- One-to-one support
- Signposting

How to make a referral

Staff offer the service to anyone transferred from police custody to appear at Edinburgh Sheriff Court. Initial assessments take place in the court cells area, with follow up on release.

Anyone released from police custody on an undertaking to appear in court is also informed of the service and, if they wish, the police pass their details to the service. People accessing the service this way get an appointment for assessment at SACRO. Anyone who has refused an assessment while in custody can access the service later by phoning or calling in person at the SACRO office.

Contact details

Arrest Referral Service
Community Links Centre
Epworth Halls
25 Nicolson Square
Edinburgh EH8 9BX

Tel: 0131 622 7500
Fax: 0131 622 7525
E-mail: info@lothiancjs.sacro.org.uk
Website: www.sacro.org.uk

Opening times

Enquires can be made during normal office hours.

Another Way Service (SACRO)

Tier(s) of service

Tier 3

Service description

Another Way offers intensive support and guidance for drug using street sex workers.

The service supports and encourages women to engage with drug treatment and care services, helping them break the cycle of drug dependency and offending.

Support and treatment options

- Intensive one-to-one support
- Signposting

How to make a referral

Referrals can be made by police officers, by procurators fiscal as a diversion from prosecution, or by courts as part of a deferred sentence. Referrals can also be taken from any agency working with a woman who is involved in street sex work and has a problem of drug or alcohol misuse.

Contact details

Another Way Service
Community Links Centre
Epworth Halls
25 Nicolson Square
Edinburgh EH8 9BX

Tel: 0131 622 7500
Fax: 0131 622 7525
E-mail: info@lothiancjs.sacro.org.uk
Website: www.sacro.org.uk

Opening times

Enquires can be made during normal office hours.

Community Links Centre (SACRO)

Tier(s) of service

Tier 3

Service description

Incorporating the Throughcare Addiction Service (TAS), the Community Links Centre (CLC) provides a case management service for short-term prisoners returning to the community in Edinburgh.

The three main prisons served by the CLC are HMP Edinburgh, HMP YOI Polmont and HMP Cornton Vale.

While in custody short term prisoners referred to the service receive a comprehensive assessment of their needs to plan the arrangement of important community appointments.

The centre also acts as a one-stop-shop for ex-prisoners to access a range of services, include housing, homelessness, literacy and numeracy, employment, education, training, healthcare, family issues, benefit and legal advice agencies.

Support and treatment options

- Throughcare
- Case management
- One-stop-shop

How to make a referral

Referrals are usually made by prison-based social work teams.

Other agency and self-referrals are also accepted.

Contact details

Community Links Centre
Epworth Halls
25 Nicolson Square
Edinburgh EH8 9BX

Tel: 0131 622 7500

Fax: 0131 622 7525

E-mail: info@lothiancjs.sacro.org.uk

Website: www.sacro.org.uk

Opening times

Enquires can be made during normal office hours.

Drug Treatment and Testing Order Team (City of Edinburgh Council & NHS Lothian)

Tier(s) of service

Tier 3

Service description

The Drug Treatment and Testing Order Team is made up of staff from City of Edinburgh Council's Criminal Justice Team and NHS Lothian and is responsible for implementing Drug Treatment and Testing Orders (DTTOs).

DTTOs are an order which can be imposed in the Courts on adults whose offending is assessed as being directly related to their drug misuse. It is important that the offender is willing to cooperate with treatment and s/he must consent before an order can be imposed.

The order contains a requirement for regular reviews by the Court to enable the sentencer to monitor progress and also a requirement that the offender consent to regular and random drug testing throughout the period of the order.

Failure to comply with the treatment plan may result in a breach of the order, which could result in re-sentencing and possibly imprisonment.

There are two types of DTTOs a Court can impose. Normal DTTOs are often used instead of prison and are used for people charged with serious or high levels of offending. DTTO II's on the other hand are for individuals who are starting to offend because of their drug use.

Support and treatment options

- One-to-one support
- Substitute prescribing
- Group work
- Access to further education
- Relapse prevention
- Drug testing

How to make a referral

Referrals are made via the Court or local authority criminal justice teams.

Contact details

29/31 Alva Street
Edinburgh
EH2 4PS

Tel: 0131 225 7788

Fax: 0131 225 9039

E-mail: val.lawrie@edinburgh.gov.uk

Website: www.edinburgh.gov.uk

Opening times

Enquires can be made during normal office hours.

Lothian & Borders Police Drug Awareness Officers

Tier(s) of service

Tier 3

Service description

Lothian & Borders Police Drug Awareness Officers provide drug and alcohol awareness input to schools, colleges, workplaces and wherever else this is required or requested.

Officers have a remit to engage with local treatment services to incorporate harm reduction measures into police enforcement activity.

Support and treatment options

- Education/prevention

How to make a referral

Officers can be accessed by all members of the public via telephone or in writing.

Contact details

Divisional Safer Communities Department
Chesser House
Edinburgh

Tel: 0131 469 5554

E-mail: james.mckenna@lbp.pnn.police.uk

Opening time

Enquires can be made during normal office hours.

Phoenix Futures: Enhanced Addiction Casework Service (HMP Edinburgh)

Tier(s) of service

Tiers 3 and 4

Service description

Phoenix Futures provides addiction support through the Enhanced Addiction Casework Service (EACS) to all prisoners on a voluntary basis who are serving more than 31 days in custody in HMP Edinburgh. Individuals serving less than 31 days are able to access prescribing and emotional support via the Prison Addiction Nurse Team. The service is provided in partnership with the Scottish Prison Service and Community Links Centre.

Additional support is available through the Addictions Support Area in Ratho Hall, which provides places for up to 36 prisoners who wish to work towards a drug free lifestyle. A multi-disciplinary team involving Phoenix Futures, Addiction Nurses, Simpson House Counselling and Programmes/Hall Officers

provides a range of interventions to promote lifestyle change and recovery. Prisoners coming to this area require a commitment to voluntary drug testing and receive an individual care plan which may include counselling, yoga/relaxation and group work.

Support and treatment options

- Assessment and case management
- Substitute prescribing
- Harm reduction information and advice
- Counselling
- Group work
- Signposting

How to make a referral

All admissions to Edinburgh Prison are offered a Harm Reduction Awareness Session, including the opportunity to access EACS. Referrals can also be made at any point in a sentence.

Contact details

HMP Edinburgh

Tel: 0131 444 3109

E-mail: carmen.mcshane@sps.gov.uk

Website: www.phoenix-futures.org.uk

Opening times

The service can be contacted during normal office hours.

Long term care services

Jericho Benedictines (Jericho House)

Tier(s) of service

Tiers 4

Service description

Jericho House provides twenty residential care places for men and women who have alcohol related issues (e.g. alcohol related brain damage) and other mental health problems.

Support and treatment options

- Residential care

How to make a referral

Unless you or the person you know has an allocated Social Worker, referrals in the first instance should be made through Social Care Direct on 0131 200 2324.

Contact details

Jericho House
49-53 Lothian Street
Edinburgh
EH1 1HB

Tel: 0131 225 8230
E-mail: jericho.ed@btconnect.com

Opening times

The service can be contacted during normal office hours

Rowan Alba (Thorntree Street)

Tier(s) of service

Tiers 4

Service description

Thorntree Street provides permanent supported housing for twelve men aged 50 and over with a history of homelessness/living in insecure accommodation who have alcohol related problems and a range of care and support needs.

Support and treatment options

- Long-term secure accommodation, housing support and care services for tenants

How to make a referral

By telephone or in writing.

Contact details

19 Thorntree Street
EH6 8PU

Tel: 0131 555 5240
E-mail: davie.rutherford@rowanalba.org
Website: www.rowanalba.org

Opening times

The service can be contacted during normal office hours.

Forthland Lodge Care Centre

Tier(s) of service

Tiers 4

Service description

Forthland Lodge Care Centre includes a specially built twelve bedded unit providing 24-hour care for men and women with alcohol-related brain damage.

Support and treatment options

- Residential care

How to make a referral

Unless you or the person you know has an allocated Social Worker, referrals in the first instance should be made through Social Care Direct on 0131 200 2324.

Contact details

6 Alemoor Park
EH7 6US

Tel: 0131 555 0601
Fax: 0131 554 7208
E-mail: forthlands@meallmorelodge.co.uk

Opening times

The service can be contacted during normal office hours.

National Organisations

Al-Anon (Scotland)

Al-Anon provides support for anyone whose life is, or has been, affected by someone else's drinking. Families and friends of people with alcohol problems share their experiences in groups in order to solve their common problems.

A number of Al-Anon Family Group meetings are held across Edinburgh. For the nearest one, check their website or contact the service directly.

Al-Anon Information Centre
Mansfield Park Building Unit 6
22 Mansfield Road
Partick
Glasgow
G11 5QP

Tel: 0141 339 8884 (Helpline 10 am – 10 pm, 365 days a year)
Website: www.al-anonuk.org.uk

Alateen (Scotland)

Alateen is for teenage relatives and friends of people with alcohol problems. Alateen is part of Al-Anon (refer to previous entry). For the nearest group meeting, phone 020 7407 0215.

Alcohol Information Scotland

Alcohol Information Scotland provides a wide range of information on alcohol in Scotland. This includes statistics, research, publications, key policy documents, practice guidelines and links to other useful websites. Up to date news is reported through daily media monitoring.

Alcohol Information Scotland
1st Floor
Information Services Division
Gyle Square
1 South Gyle Crescent
Edinburgh
EH12 9EB

E-mail: nss.isdsubstancemisuse@nhs.net
Website: www.alcoholinformation.isdscotland.org

Alcoholics Anonymous Scotland

Alcoholics Anonymous (AA) is a fellowship of men and women who share their experience, strength and hope with each other that they might solve their problem with drinking.

A number of AA meetings are held across Edinburgh. For the nearest one, check their website or contact AA directly.

AA also provides a national helpline which is charged at the local rate.

AA Northern Service Office (Scotland)
Baltic Chambers
50 Wellington Street
Glasgow
G2 6HJ

Tel: 0141 226 2214
E-mail: nso1@btconnect.com
Website: www.alcoholics-anonymous.org.uk
Helpline: 0845 769 7555

Alcohol Focus Scotland

Alcohol Focus Scotland provides information and training on alcohol issues, raises awareness of alcohol related problems and works to influence national alcohol policy.

Alcohol Focus Scotland
166 Buchanan Street
Glasgow
G1 2LW

Tel: 0141 572 6700
Fax: 0141 333 1606
E-mail: enquiries@alcohol-focus-scotland.org.uk
Website: www.alcohol-focus-scotland.org.uk

Cocaine Anonymous Scotland

Cocaine Anonymous (CA) is a fellowship of men and women who share their experience, strength and hope with each other that they might solve their problem with cocaine.

A number of CA meetings are held across Edinburgh. For the nearest one, check their website or contact CA directly.

Cocaine Anonymous Scotland
PO Box 2816
Glasgow
G61 9AX

Scottish helpline: 0141 959 6363
E-mail: info@cascotland.org.uk
Website: www.cascotland.org.uk

Drinkline (Scotland)

Drinkline (0800 7 314 314) is a national helpline offering free, confidential help to callers worried about their own drinking, information and self-help materials, support to families and friends of people who are drinking, and advice to callers on where to go for help. The service is available 24 hours a day, 7 days a week.

Drug Misuse Information Scotland

Drug Misuse Information Scotland provides a wide range of information on drug use in Scotland. This includes statistics, research, publications, key policy documents, practice guidelines and links to other useful websites. Up to date news is reported through daily media monitoring.

E-mail: nss.isds substancemisuse@nhs.net
Website: www.drugmisuse.isdscotland.org

DrugScope

DrugScope is an independent national organisation which provides information on all aspects of drugs, their use and the harm they may cause. It also provides information on the latest developments in policy, research and good practice.

DrugScope
Prince Consort House
Suite 204 (2nd Floor)
109/111 Farringdon Road
London
EC1R 3BW

Tel: 020 7520 7550
E-mail: info@drugscope.org.uk
Website: www.drugscope.org.uk

Families Anonymous (Scotland)

Families Anonymous (FA) provides support for relatives and friends concerned about the use of drugs or related behaviour problems.

For the nearest group meeting, check their website or call their helpline.

Helpline: 0845 1200 660

Website: www.famanon.org.uk

Know the Score (Scotland)

Know the Score is a Scottish Government campaign to tackle drugs in Scotland. Its website provides information and advice for the public, parents and professionals, including a free confidential 24-hour drugs information and advice helpline.

Helpline: 0800 587 587 9

Website: www.knowthescore.info

Narcotics Anonymous (Scotland)

Narcotics Anonymous (NA) is a fellowship of men and women who share their experience, strength and hope with each other that they might solve their problem with drugs.

A number of NA meetings are held across Edinburgh. For the nearest one, check their website or contact NA directly.

It also provides a 24-hour national helpline.

Helpline: 0845 3733 366 or 020 7730 0009

E-mail: NAHelpline@ukna.org

Website: www.ukna.org

Scottish Association of Alcohol and Drug Action Teams (SAADAT)

SAADAT is a voluntary association representing Scotland's Alcohol and Drug Partnerships (previously known as Alcohol and Drug Action Teams). These teams are multi-agency groups responsible for addressing local drink and drug issues in a joined-up way. Each Partnership is responsible for developing and implementing policy in their area and allocating funding to service providers.

Website: www.saadatonline.co.uk

Scottish Drugs Forum (SDF)

SDF is a national non-government drugs policy and information agency who works in partnership with others to co-ordinate effective responses to drug use in Scotland.

Scottish Drugs Forum
139 Morrison Street
Edinburgh
EH3 8AJ

Tel: 0131 221 9300

Website: www.sdf.org.uk

Scottish Crime and Drug Enforcement Agency (SCDEA)

SCDEA Interventions is a key participant in progressing the Scottish Police Service's contribution to the non-enforcement aspects of drug misuse in Scotland.

Its central role is researching and co-ordinating a range of law enforcement information, and making this available to statutory and voluntary organisations involved in drug misuse work.

Scottish Crime and Drug Enforcement Agency
Osprey House
Inchinnan Road
Paisley
PA3 2RE

Tel: 0141 302 1000
Fax: 0141 302 1130
E-mail: enquiries@scdea.pnn.police.uk
Website: www.scdea.police.uk

Scottish Drug Services Directory

The Scottish Drug Services Directory provides information on drug treatment services across Scotland.

Website: www.scottishdrugservices.com

Scottish Network for Families Affected by Drugs (SNFAD)

The SNFAD provides a range of services for groups that support families and carers whose lives have been affected by a family member, friend or partner who uses drugs. For the nearest group meeting, check their website or call their helpline.

SNFAD
85 Berkeley Street
Glasgow
G3 7DX

Tel: 0141 221 0544
Fax: 0141 243 2777
Website: www.snfad.org.uk
Helpline: 08080 10 10 11

Scottish Government Alcohol Information

The Scottish Government has a website (www.infoscotland.com/alcohol) where you can find out about drink and how it could be affecting you.

Scottish Training on Drugs and Alcohol (STRADA)

STRADA is funded by the Scottish Government to provide training for people working with and affected by drug and alcohol misuse.

89 Dumbarton Road
University of Glasgow
Glasgow
G11 6PW

Tel: 0141 330 2335/2400
E-mail: strada02@lbss.gla.ac.uk
Website: www.projectstrada.org

Scottish Health Action on Alcohol Problems (SHAAP)

SHAAP is an independent medical advocacy organisation working to reduce the negative impact of alcohol on the health and well-being of the people of Scotland.

12 Queen Street
Edinburgh
EH2 1JQ

Tel: 0131 247 3667

Fax: 0131 247 3664

E-mail: shaap@rcpe.ac.uk

Website: www.shaap.org.uk

Support and treatment options explained

Abstinence

More of a treatment outcome, abstinence is about a person working towards and remaining free of alcohol or drugs. This approach is often linked with the 12-step program.

Aftercare

Aftercare is about supporting a person after they have completed a treatment programme (e.g. detoxification). This increases the likelihood that the person will move on in their life and decreases the possibility of relapse.

Assessment

The purpose of an assessment is to find out what people's needs are, taking into account their problems and circumstances, and to make sure that these needs are met.

Depending on a person's needs and circumstances, different assessments are employed by the agencies in this directory. These include screening, triage, comprehensive and specialist assessments.

Brief intervention

Brief interventions are mostly employed when a person does not have a significant alcohol and/or drug problem and may be carried out by a professional who does not specialise in the area of substance problems. It usually involves a few meetings designed to minimise the harm that drinking or drug taking may cause (e.g. controlled drinking or education/prevention).

Brief interventions may also refer to the process by which a service and client agree to work towards a set of time limited goals with regard to their support and treatment. This is about helping the person to move on.

Care/case management

Aimed at people who have significant alcohol and/or drug problems, and following a comprehensive needs assessment, care/case management is about a professional (e.g. social worker or nurse) planning and coordinating the care arrangements for an individual. This should be in the form of a Care Plan with mutually agreed goals and timescales.

As some people have additional needs which require the involvement of more than one service, care/case management also provides a single point of access to and co-ordination (i.e. integrated Care Plan) of the services in this directory.

This approach recognises that it is often not enough to simply address a person's alcohol or drug problem. Often people with a substance problem also have underlying issues with, for example, their accommodation, employability, relationships, finances and physical and mental health. The more of these needs that can be addressed the more likely the person is to reach their desired goal with regard to their substance problem.

Care Plan

Once an assessment has been completed and it has been agreed what help is required, most services in the directory will provide an individual Care Plan. It writes down what service/s can expect, from whom and by when. If circumstances and needs change, the plan will be reviewed.

Cognitive Behavioural Therapy (CBT)

CBT is a form of psychotherapy which is about a qualified practitioner supporting a person/s over a number of sessions to identify and change the negative aspects of their thinking and behaviour towards taking substances.

Complementary therapies

Although complementary therapies such as acupuncture are not normally regarded as a treatment option, they can aid rehabilitation and reduce the likelihood of relapse.

Controlled drinking

Controlled drinking is a form of harm reduction/brief intervention which is aimed at people who want to regain control, but do not want to stop drinking. This may, for example, involve monitoring reduced consumption as part of a drinks diary. However, if there is a long standing problem or there are significant health issues (e.g. potential liver damage), such a treatment option is not recommended.

Counselling

Counselling is a form of psychotherapy which can be provided one-to-one, in couples or as a group. It is about a qualified counsellor and individual entering into a counselling relationship, offered in privacy and confidence, to work towards living in a more positive way.

Detoxification

Detoxification is the process by which a person withdraws from the effects of alcohol and/or drugs. It usually refers to withdrawal in a safe environment (e.g. hospital) or under some kind of medical supervision in the

community. This helps to minimise the symptoms of withdrawal. This is also likely to involve some form of substitute prescribing and/or pharmacological treatment.

Depending on the level of dependency, detoxification can be done over a brief or longer period of time.

Particularly if an individual's health is at risk and/or their substance problem makes it difficult for them to engage with other services (e.g. the person often misses appointments), detoxification should be considered as a first option.

The best outcomes are achieved if detoxification is followed up by some form of structured aftercare.

Crisis services

Crisis services offer immediate and out-of-hours support and/or a short-stay bed for people in need of treatment. They can also be attached to other support and treatment options (e.g. detoxification).

Drop-in/duty system

A number of services in the directory provide drop-ins or a duty system. This means the service does not require a referral or appointment (i.e. you can just 'drop-in') and are more likely to have minimal waiting lists and assessments to receive support. Unless it is an emergency, there is a crisis, or you require medical treatment, this is a best way of getting immediate support.

Education/prevention

This is usually a brief intervention which involves giving information about the effects of alcohol and/or drugs and the harm they may cause. This option is ideal for individuals who are not physically or emotionally dependant on alcohol or drugs.

Family support programmes

Often if a person has a problem with alcohol and/or drugs, it will have a negative impact on others. Some of the services in the directory (e.g. for children and families) provide family programmes, parental skills training and help children to express their feelings. This approach is more likely to have a positive impact on the person with the substance problem.

Group support

At group support meetings members are encouraged to open up by learning from the stories of what led to their substance problem and what strategies have and might be used to support abstinence or minimise the harm that their drinking or drug taking may be causing.

Harm reduction

Harm reduction is a general term that covers activities and services which accept the continuing use of alcohol and/or drugs by an individual, but seek to minimise the harm that such behaviour may cause (e.g. needle exchange).

Life skills programmes

Life skills programmes may form part of a person's rehabilitation. They are designed to give participants the skills to function independently of substances.

Long term care

Although the vast majority of alcohol and drug services in the directory are about helping people to move on, some individuals, particularly people with alcohol related brain damage, may need long term care. This may be in the form 24 hour residential care or secure accommodation and support for tenants.

Low threshold drug services

Some services in the directory aim to support low threshold drug users (e.g. heroin users). This is about engaging with people who have not yet entered into a formal program of medical treatment such as substitute prescribing.

Needle exchange

Needle exchange is based upon the philosophy of harm reduction where injecting drug users can obtain hypodermic needles and associated injection equipment at no cost. These programs are called 'exchanges' because they encourage exchanging used for new needles. These services also offer a gateway into other services such as HIV and Hepatitis A, B and C testing.

Outreach services

Outreach services are those which are set away from their main base and where people with substance problems would normally spend their time (e.g. street, clinics and in their own home). As with drop-ins, this is about making services more accessible and reducing the likelihood of missed appointments.

Parental skills training

Usually as part of a family support programme, this intervention is about providing parents with substance problems with the skills to bring up their children in a more safe and healthy home environment.

Peer support

Peer support is about people with like experiences of alcohol and/or drug problems offering support and guidance. This makes it easier for a worker to relate to the problems facing an individual, and for the individual to relate to the worker.

Pharmacological treatment

Often linked to detoxification and substitute prescribing, pharmacological treatment is a general term for various prescribing possibilities for people with drug and/or alcohol problems. These include medication to reduce the symptoms of withdrawal from a substance, lessen the craving or harm caused by a substance, or which block or react to the effects of taking alcohol or drugs.

Psychotherapy

Psychotherapy is a broad term for a range of treatment options aimed at addressing the mental and emotional issues which may have led to a person developing a substance problem. The two most popular talking therapies are counselling and CBT.

As psychotherapy is about attending a number of sessions, it is important to make sure that the person with a substance problem is ready and able to engage in such a treatment option. It may, for example, be the case that some form of detoxification is required to be undergone first.

It is also a good idea to talk with the service about which model of psychotherapy they employ to make sure it is the right one for the person with a substance problem.

Rehabilitation programmes

Not to be confused with detoxification, rehabilitation programmes (residential or community based) aim to support individuals to attain a drug/alcohol free or safe lifestyle and be re-integrated into society. They provide intensive support and a structured programme which individuals are required to engage in over a fixed period of time.

The effectiveness of a programme is determined by time in treatment, retention, client characteristics and provision of aftercare.

Recovery

Recovery is a new approach from the Scottish Government to tackling problem alcohol and drug use. It is about helping an individual to move on from their problem alcohol and/or drug use, towards an alcohol/drug free life as an active and contributing member of society. This approach places the individual's needs and aspirations at the centre of their care and treatment.

Relapse prevention

Relapse prevention programmes usually consist of a combination of interventions aimed at maintaining abstinence or problem free drinking/drug taking following detoxification. Relapse prevention programmes are important as dependant users often face setbacks.

Self-help

Self-help is about the person with the alcohol/drug problem changing their behaviour without the assistance of others. This option is much more likely to be successful if the individual has no issues with dependency. A number of services in the directory will have self-help material that can be provided on request.

Signposting

If an individual wants to address their alcohol and/or drug problem, workers can, if requested, signpost to the most relevant service/s for support. This may involve helping with referrals and accompanying the person to appointments.

Structured day programmes

Structured day programmes provide a set series of activities for a fixed period of time with a focus on helping the person to move on from their substance problem. Although this is still quite an intensive option, it is less intensive than a therapeutic community and/or residential rehabilitation.

Substitute prescribing

Often associated with detoxification, substitute prescribing is the controlled prescribing of opiate medication (e.g. methadone) to illegal opiate users, usually heroin users. It aims to reduce the likelihood of offending and improve the physical and mental health of participants. It is also an effective gateway into other support and treatment options.

Therapeutic community

A therapeutic community is a service in which staff and clients participate as members of a social and learning community. The type of programme consists of therapy sessions involving all members of the community on an equal basis and can run for several months.

As this is an intensive support and treatment option, it is usually recommend for people who are heavily dependant users, have recently undergone detoxification, and where other less intensive support and treatment options have not worked out. It is also important that the person really wants to change their behaviour before engaging in such a treatment option.

Throughcare

Throughcare services support people to move from one stage of support and treatment to another, normally with regard to prison.

12-step program

Some services in the directory are guided by a set of principles known as the 12 Steps. It aims to work towards and maintain abstinence.



Level 1.7, Waverley Court
4 East Market Street
Edinburgh, EH8 8BG

Tel: 0131 529 2118

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