

Drug and Alcohol Team

Information Pack



Welcome

Welcome to Perth & Kinross Council Drug & Alcohol Team.

This information pack tells you:

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Who is in the Team?

Team Leader

6 full time Social Workers

4 full time Social Work Assistants

1 full time Resettlement Officer

2 full time Community Support Workers

1.75 full time Carers Support Workers

2.5 full time Administrative Staff

What we do?

We support residents of Perth and Kinross who are over 16:

- To recover from their drug and/or alcohol and/or solvent misuse and make positive changes to their lives. In particular we support parents, people with a complexity of needs, people subject to Court Orders and/or who are leaving prison, people with long term alcohol needs
- To resettle in the community after a period in Prison.
- Who are homeless and who have a complexity of needs to address reasons for their homelessness and make positive changes to their lives.
- Who have been diagnosed with Hepatitis and/ or HIV and who would like emotional and practical help.
- Who look after or are affected by someone's drug and/or alcohol misuse, blood borne virus, homelessness and who would like some support.

What is our aim?

In the Drug and Alcohol Team we believe that everyone can change if given the support and opportunity to do so.

We always endeavour to:

- Support service users towards sustainable change and reducing harm caused by drug and/or alcohol misuse, homelessness, blood borne virus.
- Meet National Quality Standards for Drug & Alcohol Services
- Provide opportunities for change
- Enable service users to make positive and considered choices.
- Have a continued focus on positive outcomes
- Support service users integration with local communities
- Promote the needs and rights of carers
- Work in partnership with service users, their families/ carers and all relevant agencies which will support change.

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What is our ethos?

The Drug And Alcohol Team Recognises That To Support Service Users Towards Change We Need To:

- Work in partnership with other agencies
- Work in partnership with service users and their carers.
- Recognise that people can change and focus on achieving positive outcomes.
- Be professional and creative, imaginative, non judgemental and committed in our approach.
- Have respect for the individual and be client centred.
- Recognise both the rights and responsibilities of the service user
- Be honest with service users about the purpose of our involvement
- Empower service users to make positive choices and take responsibility to change.
- Be well trained and up to date on current research.

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What is our approach?

The Drug And Alcohol Team Interventions Are:

- Focused on enabling the service user and/ or carer to make positive changes
- Based on research, evidence and a comprehensive assessment and action plan.
- SMART – specific, measurable, achievable, realistic, and targeted.
- Provided in a safe environment in which to support the service user and/ or to work through identified issues
- Individually tailored in response to the service user's level of understanding and ability, level of motivation, individual strengths.
- Community based where appropriate and possible, time scaled and regularly reviewed. Residential options will only be used when appropriate and when community based options are exhausted or unsuitable.
- Focused on moving service users on to appropriate resources when they have completed their planned work.
- Provided confidentially but within professional boundaries and limits.

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Our assessment

We undertake a specialist assessment to assist service users to reflect on the following:

- The reasons for their substance misuse/homelessness
- The factors that relate to further use/homelessness
- The impact of substance misuse/homelessness on their lives, their carers and children
- What will help them to make changes to their lives
- Their motivation to change

This helps us to gain a holistic picture of service user needs and involve them in planning of own care

Based on the outcome of this assessment, we agree a care plan with the service user which will assist the service user to meet agreed their identified goals.

We review the progress with the care plan at 3 months; 6 months and 12 months and 6 monthly thereafter using a specialist review tool to determine what changes have been made.

We also complete a welcome pack, GOPR Checklist and GOPR screening tool throughout this process

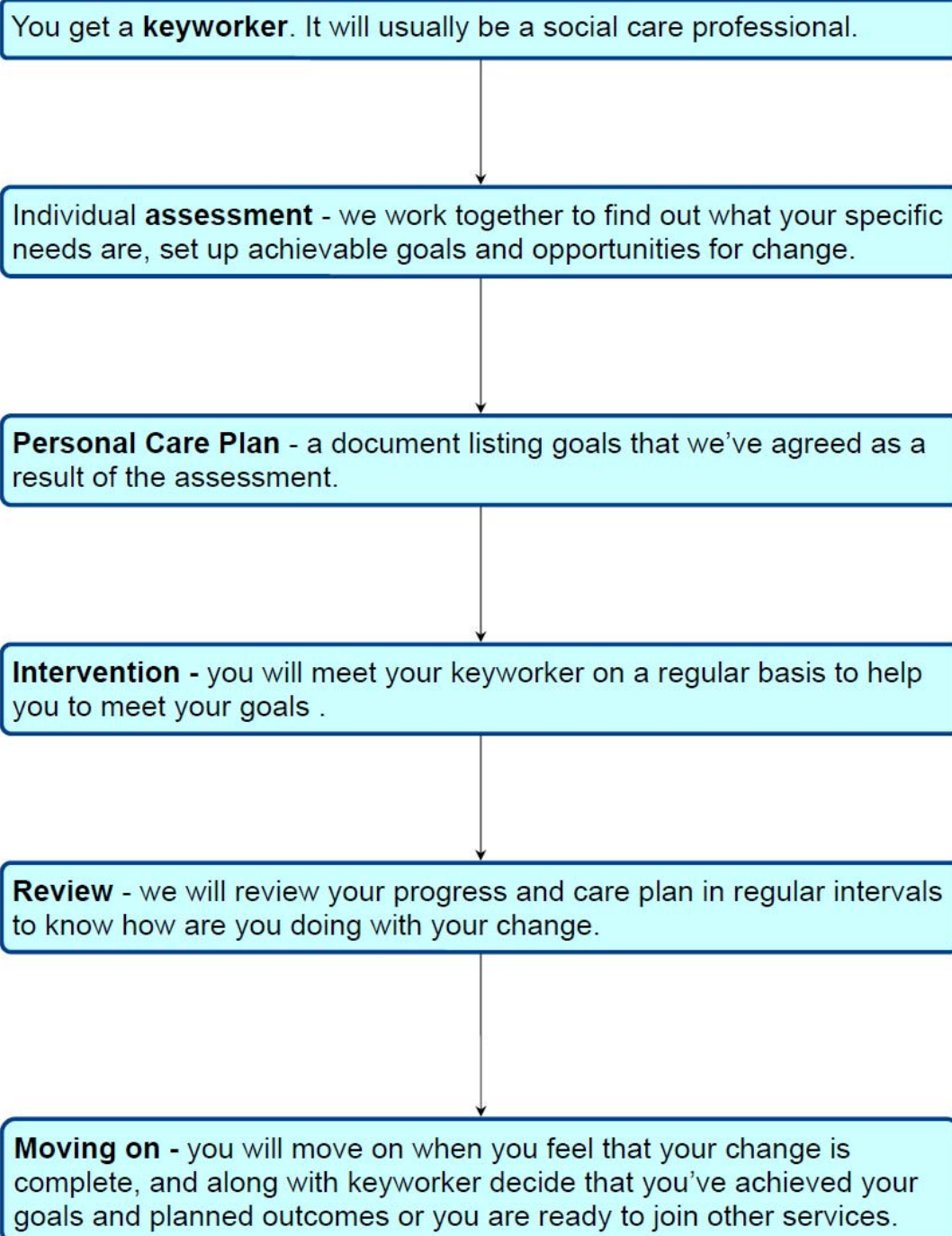
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What interventions we offer?

Drug and Alcohol Team offers the following interventions:

- Motivational Interviewing,
- Relapse Prevention,
- Basic Counselling,
- Basic CBT
- Coping Strategies,
- Anxiety Management,
- Grief Counselling
- Education And Harm Reduction
- Emotional Literacy
- Emotional Support
- Practical Support
- Lifestyle Choices
- Relationships
- Self Esteem And Self Worth
- Looking at finances
- Testing Where Therapeutic Need

How it works?



Summary of what we do

- Individual assessment, care planning and review
- Obligations & expectations placed on service user and worker
- Recovery Focused in terms of person centred, clear goal setting and focus on achieving positive outcomes
- Multi-agency and partnership working as part of a comprehensive care package.
- Risk assessment and risk management where required
- Child protection and adult protection focused
- Emphasising personal responsibility for change
- Emphasising therapeutic and effective relationship
- Enabling service users to set and achieve personal goal.

Drug and Alcohol Team referral process

Referrals can be made to Drug & Alcohol Team services by a variety of sources including Self Referrals, GP's, Keyworkers, Social Work Services, Access Team, NHS Tayside Substance Misuse Services, Voluntary Sector, Homeless Services, SPS.

Referrals should be made to Drug & Alcohol Team at daservices@pkc.co.uk or to Drug & Alcohol Team Admin Assistant at 01738 474455 or to PKC Access Team.

Once a referral is received, a letter will be sent to the service user acknowledging the referral and offering an appointment for an initial assessment within 7 days of referral. A letter will also be sent to the referrer acknowledging the referral and advising of process.