

Drug and Alcohol Team

Welcome Pack



**PERTH &
KINROSS
COUNCIL**

**Housing &
Community Care**

Drug and Alcohol Team, January 2009

Welcome

You've done a lot already. Yes, You!

Some say that to realise there is a problem is a half of the solution. Others say that even greatest journeys start with a small step forward. A step you've just made.

- Do you want to **change** your life
- Do you want **help** with your drug or alcohol misuse
- Do you need **help** and support
- Do you want to know your **rights** and responsibilities
- Are you not sure if **you can make it**



If you've answered 'yes' to any of the above questions services provided by Drug and Alcohol Team are for You. Please read on to get more information .

Our agreement

In The Drug and Alcohol Team we believe that everyone can change if given support and opportunity to do so. This working agreement sets out what we can expect from each other:

We always will:

- Respect you and your rights.
- Be honest with you.
- Treat you as an individual.
- Support you and people close to you while you make the change.
- Focus on positive outcomes.
- Give you a chance to make your own choices.
- Help you to make links with your local community.
- Be committed to you whether you work with other services or not.

In return we expect you to:

- Attend all appointments as written in your care plan. If you are unable to come, please let us know at least one hour beforehand on tel: **01738 474455**. It is also necessary that you actively participate in these meetings. We may have to stop the service if you fail to attend three consecutive times.
- Come on your own or with support and not under an influence of drugs or alcohol.
- Work towards making positive changes.
- Contribute to your assessment and inform us of any changes to your circumstances.
- Behave well when attending the service. No verbal abuse, intimidation, threats or physical violence to staff or visitors. Don't take or supply drugs or alcohol on the premises or nearest area. You will be asked to leave immediately if you do so, and we'll call the police if necessary.

SIGNATURES

You	Date
Your keyworker	Date

How does it work?

You get a **keyworker**. It will usually be a social care professional.

Individual **assessment** - we work together to find out what your specific needs are, set up achievable goals and opportunities for change.

Personal Care Plan - a document listing goals that we've agreed as a result of the assessment.

Intervention - you will meet your keyworker on a regular basis to help you to meet your goals .

Review - we will review your progress and care plan in regular intervals to know how are you doing with your change.

Moving on - you will move on when you feel that your change is complete, and along with keyworker decide that you've achieved your goals and planned outcomes or you are ready to join other services.

Confidentiality

Personal information you give us won't be passed on anyone else without your consent. We'll only use it to be able to provide you with the best possible service and support.

Sometimes you and your keyworker may decide that other services or agencies should be involved in your change. They will get access to some of your information.

Your keyworker will explain what we've told them and why. You'll also be asked for a written consent to do so.

There are some instances that confidentiality may be broken. Usually this happens when you have threatened to or it seems likely you will do serious harm to yourself or someone else. Some other reasons may be:



- Child suffering or being at risk.
- Court order or criminal justice services request.
- Legal obligation to disclose information (when suspicions of drug or person trafficking or prevention of terrorism are involved).
- A medical emergency - information will be given to ambulance or hospital staff to save you.
- Where your behaviour has resulted in notifying or calling the police.
- Information about committed or planned serious crimes.

This decision won't be taken lightly. Unless we feel that someone is in danger, we will discuss it with you. If you feel that your right to confidentiality has not been respected, you have the right to use the complaints procedure.

Sharing of information



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As a part of your assessment, professional involved in your change will gather information about you. This form gives you the opportunity to agree or disagree to share this information with other agencies directly involved in helping you. You have the right to withhold consent and to change your mind at any time.

Please fill this form using capital letters

Your name:

Your date of birth:

Your address:

Where someone is authorised to make decisions on your behalf under the Welfare Measures of the Adults with Incapacity (Scotland) Act 2000, that person can sign this form.

Their name:

Telephone number:

Their address:

I agree that The Drug and Alcohol Team shares information about me only after informing and explaining me the purpose of doing so and extent of information disclosed.

I do not agree that The Drug and Alcohol Team shares information about me. I understand that this may mean repeated assessment and delays in service delivery.

Signature

Date

Consent sought by:

Name:

Telephone number:

Designation:

Signature:

Useful contact details

There are other agencies and organisations you could ask for help. Below you'll find contact details and a short description of their work.

For drug or alcohol problems:

Agency	Service	Contact details
Alcoholics Anonymous	Support to recover from alcohol use.	National helpline: 0845 769 7555 www.alcoholics-anonymous.org.uk
Narcotics Anonymous	Support to recover from drug use.	0845 3733366 or 0870 200 1 200 www.ukna.org
Cocaine Anonymous	Support to recover from cocaine use.	0800 612 0225, www.cauk.org.uk
Drug & Alcohol Team	Assessment, advice and support.	01738 474455, Highland House (Suite A3) St. Catherine's Road, Perth
NHS Tayside Substance Misuse Services	Assessment, treatment and support.	01738 474455, Highland House (Suite A3) St. Catherine's Road, Perth

Support in a crisis:

NHS 24	Professional 'out of hours' health and medical advice.	08454 242424 www.nhs24.com
Tayside Police	Safety in the community.	999 or 112 in an emergency 0845 600 5705
Perth & Kinross Council	Out of hours social work assistance for adults.	0845 301 11 20
Samaritans	Confidential emotional support for people feeling depressed or suicidal.	08457 909090, Perth Branch (01738) 626666, www.samaritans.org
Breathing Space	Listening, information and advice when you are feeling down.	0800 83 85 87 (6pm - 2am daily) www.breathingspacescotland.co.uk

Other information or advice:

Shelter Scotland	Free housing advice helpline.	0808 800 4444 9am-5pm, Mon to Fri www.shelter.org.uk
Perth and Kinross Council - Housing Advice Centre	Advice and assistance for homeless and people at risk of losing their home.	10-16 York Place, Perth, PH2 8EP 01738 474500 (outwith office hours, please call 0800 917 0708)
Welfare Rights Team	Help and advice on benefits, tax credits, and income maximization.	01738 646830 www.pkc.gov.uk
Citizens Advice Bureau	Free and impartial information and advice with legal, money and other problems.	4 - 12 New Row, Perth, PH1 5QB 01738 624301(advice) or 564304 (appointments), www.cas.org.uk
Domestic Abuse Helpline	Helpline for people worried about the treatment from a partner or ex-partner.	0800 027 1234. www.scottishwomensaid.org.uk
Victim Support Scotland	Provides emotional support, practical help and essential information to victims, witnesses and others affected by crime.	Scottish helpline 0845 6039 213 (Mon – Thurs 9 - 4.30, Fri 9 – 4) www.victimsupportscotland.org.uk
Parentline Plus	Charity working for, and with, parents. It offers the opportunity to talk and to be listened to and find solutions to your family problems.	0808 800 2222. www.parentlineplus.org.uk
Service User Involvement Group	Your opinions about the service.	Wilma Easton - 07919524325

Children wellbeing and safety:

Child Protection Team	Concerns about the care and protection of any child in the local community.	01738 476768 (9am to 5pm) 01382 432270 outside office hours
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Services for carers:

Carers Scotland	All information and advice relating to caring such as benefits or practical help.	0808 808 7777 (Wed, Thu 10 -12 and 2-4) www.carerscotland.org
Carers Support Service	Support, advice and respite.	Highland House (Suite A3), St Catherine's Road, Perth www.pkc.gov.uk , 01738 474455
Carers Reference Group	Support to hear about your opinions.	Wilma Easton - 07919524325

Drugs overdose

What is tolerance?

Tolerance relates to the amount of a drug your body needs to get the wanted effect. The more often you use the more you need to get the same hit. Tolerance to opiates (like heroin) can drop quickly over few days if you stop using it. This can mean that if you start up again with the same amount as before stopping you are putting yourself at a great risk of overdose and possibly death.

Signs of overdose:

- snoring deeply - this is often and mistaken for sleeping,
- turning blue,
- not breathing,

Sometimes there is no initial signs at all - the effects can kick-in hours after the initial hit.

Never:

- put people under a cold shower or bath,
- pick someone up to walk them around,
- smack, hit or hurt someone to try bring them round,
- inject the person with salt water.

By doing that you will only cause more damage and unnecessarily delay calling the ambulance.



Increased overdose risk

You're at a great risk of overdose if you're using a drug for first time; have recently left detox, rehab or prison or suffer from depression. Also mixing opiates with other depressants, such as benzodiazepines or alcohol enhances the risk.

It's very important:

- to get reliable information about the risks from a drug specialist,
- not to mix your drugs,
- to know what to do to if someone else overdoses when you're around, and to make sure that if you're own your own, someone knows where you are and what you're doing.



What to do:

- Check if the person is conscious by shouting or pinching their ear.
- put them into the recovery position.
- **Call an ambulance on 999!**

Alcohol information

What is a unit of alcohol?

A unit equals 10ml of pure alcohol. That's how much the body can safely get rid of in an hour.

Examples of a unit of alcohol:

A half a pint of standard beer (3.5% volume)

A standard pub measure (25cl) of spirits (e.g. vodka, gin, whisky)

A small (125ml) glass of wine (8.0% volume)

They easily add up:

A bottle of vodka = 30 units

A 440ml can of super strength lager (9% volume) = 4 units

A bottle of red or white wine (13% volume) = 10 units

A 275ml bottle of alcopop (5% volume) = 1.4 units

Hints & Tips For Sensible Drinking

Stick to the sensible drinking limits

Eat before and while you drink - Food makes the body absorb alcohol slower.

Use soft-drink 'spacers' - Change between alcoholic and soft drinks. That way you make your night last longer. You won't dehydrate and feel better the next day too.

Don't drink every day - Drinking too much alcohol damages the liver. It may repair itself but you have to have at least two alcohol-free days every week.

Check the strength, cut the quantity - Drink strengths vary. Why not choose a lower alcohol option and consider cutting back?

What is the legal driving limit?

Although there is a legal limit for the amount of alcohol a person can have in their bloodstream (80 milligrammes per 100ml of blood), there is no safe limit for drinking and driving. There is no recommended amount that you can drink and be legal to drive as every individual is affected by alcohol differently.



The only **SAFE** advice is to **NEVER** drink and drive and to limit alcohol consumption if you intend to drive the following day.

Sensible drinking guidelines:

Daily limits – 3 to 4 units for men and 2 to 3 units for women

Weekly limits – 21 units for men and 14 units for women

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