



DUNDEE PARTNERSHIP FORUM

ROUTES TO RECOVERY

WEDNESDAY 20th OCTOBER 2012

WEST PARK CENTRE, DUNDEE

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Dundee Partnership Forum

ROUTES TO RECOVERY

Wednesday 24th October 2012

West Park Centre, Dundee

BACKGROUND

Feedback from the Dundee Partnership Community Conference held on the 17th September 2012 at Discovery Point, Dundee and from subsequent partnership meetings identified that greater clarity would be helpful around the ethos of Recovery. It was also felt that greater discussion and input from Local Community Planning Partnerships and Dundee Partnership members and discussion around the implications for services, communities and users of services would be helpful in progressing the Recovery agenda in the City. This report provides a summary of, and action points from the forum event held on 24 October at West Park Conference Centre.

SUMMARY

With the issue of Recovery having already been identified as a major concern for community members, the purpose of the day was twofold. Firstly, a number of professionals working in the drugs misuse field were given the opportunity to present relevant information to the conference. Secondly, the event brought together community representatives from across the city to discuss tackling drug misuse in their communities.

- The National and Local picture on Recovery was highlighted through presentations by:
 - Kuladharini (Director, Scottish Recovery Consortium)
 - Paul Devine (Chair, Dundee Substance Forum) (Dundee Alcohol & Drugs Partnership)
 - Interviews with Stacy and Michelle, individuals who are on their recovery journeys

WORLD CAFÉ CONVERSATION

The event then moved to a “World Cafe” Style discussion. This is a method of allowing those who attend the opportunity to actively engage and contribute to a group discussion. It is based on the understanding that individuals already have the knowledge and creativity to consider ways of addressing the most difficult challenges in relation to a specific topic.

The key characteristic of a world café is to provide participants an opportunity to move between tables and actively contribute to discussions around different topics. Participation is

really important within a world café framework and it is crucial that everyone has the opportunity to participate and contribute whilst also allowing anyone who wants to participate by simply listening, to do so.

When a group moves to the next table the intention is that they take with them the key ideas, themes and questions from the previous conversation and bring those to their new conversation. The aim at the end of all the conversations is to identify key themes, ideas and patterns for future actions.

The aim of the session was to provide participants the opportunity to discuss the broad process of recovery from substance misuse. This was undertaken through three key themes: Recovery / Prevention / Involvement. These themes were identified to ensure as broad a discussion as possible.

A summary of the responses given through the workshops are below with a comprehensive list of responses attached as Appendix 1.

PARTICIPANTS

The conference was attended by over 60 delegates. David Lynch ADP Chair acted as host for the event and facilitation of the World Cafe discussions was provided by staff from Alcohol and Drug services, ADP Support Team and the Dundee Partnership Team. The ADP Lead Officer circulated between the workshop tables to compare notes and provide additional information and on-hand expertise if required.

A wide range of groups from across the City were represented including;

- Local Community Planning Partnerships
- ADP members
- Community Regeneration Forums
- Dundee Civic Forum
- Community Councils
- Neighbourhood Representative Structures
- Tenants & Residents Associations
- Community Safety Group
- Dundee Healthy Living Initiative
- Users of Services
- Alcohol and Drug Service Providers

SPEAKERS

Kuladharini: Director of the Scottish Recovery Consortium

The Scottish Drug Recovery Consortium (SDRC) provides national direction and coordinates action to promote the recovery of individuals, family members and communities from drug problems and addiction in Scotland. Kuladharini's presentation to the audience, explored her personal journey and highlighted the individual nature of others recovery paths. She also explained that the most effective way for stigma and stereotypes to be addressed is through the involvement of people in recovery at all levels of service planning and delivery. Awareness raising through the use personal stories of people in recovery, especially visual stories, can also have a considerable impact on stigma and prejudice.

Kuladharini also outlined the 5 key messages of the SDRC:

- Recovery is a journey towards a stable and fulfilling life
- People can and do recover from drug problems and addiction
- Recovery is a reality
- Recovery is a belief that things can get better and that you are right to be hopeful for the future
- Recovery is contagious

Paul Devine: Chair of the Dundee Substance Forum

Paul took up the Chair of the Dundee Substance Forum earlier in 2012 and has been involved in developing the role of the forum and prioritising areas of work over the last few months. ADP. Paul took the opportunity of speaking at the event to outline his personal road to recovery and detail his experience as a previous user of services. Paul discussed the advantage of self help/mutual aid groups in making the principles of Recovery become a reality. He gave his view on the positive role community involvement has to play in the Recovery agenda and also in helping overcome the stigma frequently attached to substance users. Paul pointed to the involvement of current and past users of services as crucial to making Recovery a reality in Dundee.

Stacy and Michelle, interviewed by Steven Dalton, Lead Officer Dundee City ADP

Steven began the interviews by congratulating Michelle on her recent appointment to TSMS as support worker.

Stacy and Michelle both commented on their experience of services and the support they had received on their individual journeys. They discussed the most helpful support they had received and both agreed that non-judgemental attitudes from staff (including reception staff) were crucial in helping their recovery. They highlighted different episodes where stigma had been a barrier to their progress with the most recent being Stacy having her college place removed due to her previous drug offences.

COMMENTARY ON WORLD CAFÉ DISCUSSIONS

Questions participants were asked to discuss in groups were;

- What does Recovery/Prevention/Involvement mean to you?
- How can you (or your agency) help in developing/promoting Recovery/Prevention/Involvement in Dundee?
- What support would be helpful to you in developing/promoting Recovery/Prevention/Involvement?

The sessions of round table discussions led to a wide range of points being raised in answer to the various questions that were put forward. These points are presented more fully in Appendix 1 Workshop feedback but a summary of the main topics is given below.

What does Recovery mean to you?

- Stigma felt by Alcohol and Drug users and their families is greatest barrier to recovery in the City

How can you (or your agency) help in developing/promoting Recovery in Dundee?

- The recovery agenda needs to be fed through the LCPPs to ensure that communities are included in the process
- Recovery updates should be regularly raised within the committee structures of the local authority and NHS to ensure it remains a priority in the City
- LCPPs can be helpful in making Recovery more widely understood and adopted in local areas

What support would be helpful to you in developing/promoting Recovery?

- Local events mirroring the CPP forum would be helpful
- Recovery Café's should be developed across the City This should be undertaken in partnership with local communities through the LCPP structure
- Individuals in recovery and those who have completed their recovery journey should be actively involved in assisting the recovery process in Dundee

What does Prevention mean to you?

- Prevention of substance misuse is linked to poverty and employability / unemployment and any prevention activities should include links with activity designed to assist those in poverty and unemployment.

How can you (or your agency) help in developing/promoting Prevention in Dundee?

- "Build community capacity" – an example of this is the work done by the Dundee Rep; working in local communities to stage productions etc. (Whitfield in particular) – Further develop the approach of local Arts resources going into communities – particularly relevant given the development of the V&A. A stage production of a Recovery story?"

What support would be helpful to you in developing/promoting Prevention?

- Support for Communities and community groups from professionals in the form of better communication, information to raise awareness and education on the issue.
- Local areas need better Information of what services are available to assist in the early stages of substance misuse
- There should be greater emphasis on education and awareness raising for young people on alcohol and drug use

What does Involvement mean to you?

- Ideally service users their families and community reps should be attending and/or contributing to our governance processes through monitoring/advisory groups and management committees etc. This also includes a role in service development and commissioning and in the planning process.
- Closer working relationships are required to reduce the likelihood of conflict between professionals and community

How can you (or your agency) help in developing/promoting Involvement in Dundee?

- Community leadership is needed to support the recovery discussion locally.
- The recovery agenda needs to be fed through the LCPPs to ensure that communities are included in the process
- Recovery Café's should be developed across the City This should be undertaken in partnership with local communities through the LCPP structure
- The issue needs to be raised at the highest level on a regular basis to ensure that it doesn't "fall off" the agenda

What support would be helpful to you in developing/promoting Involvement?

- There needs to be a greater targeting of existing community groups to assist the recovery agenda locally and help those in recovery to link with specialist services
- Closer working relationships are required to reduce the likelihood of conflict between professionals and community
- Community leadership is needed to support the recovery discussion locally

APPENDIX 1: WORKSHOP FEEDBACK AND RELATIONSHIP TO THE ADP DELIVERY PLAN

ISSUE	FEEDBACK	RELATIONSHIP TO ADP DELIVERY PLAN
Prevention	<ul style="list-style-type: none"> • Local areas need better Information of what services are available to assist in the early stages of substance misuse • Build community capacity through better communication and information and appreciation of the resources that are available and untapped in local communities • Prevention of substance misuse is linked to poverty and employability / unemployment. Prevention activities should include links with activity designed to assist those in poverty and unemployment. • There should be greater emphasis on education and awareness raising for young people on alcohol and drug use 	<ul style="list-style-type: none"> • We will reduce the prevalence of substance use amongst young people in Dundee • We will improve the effectiveness of substance misuse education at schools including the support of peer-led education and prevention interventions • We will provide support and extend to other settings the future delivery of Alcohol Screening and Brief Intervention • We will increase the range and level of support for young people affected by alcohol/substance misuse • We will ensure the “Writing to Reach You” resource is fully utilised in all appropriate settings across the City. • Work with partners to increase youth diversionary activities for young people engaging in substance misuse • We will further the development and delivery of alcohol resources and interventions for young people in Dundee • Ensure the availability of accessible and appropriate harm reduction and treatment services that provide a range of evidence based recovery focussed options
Recovery	<ul style="list-style-type: none"> • Stigma felt by Alcohol and Drug users and their families is the greatest barrier to recovery in the City • The issue needs to be raised at the highest level on a regular basis to ensure that it doesn’t “fall off” the agenda • Recovery Café’s should be developed across the City This should be undertaken in partnership with 	<ul style="list-style-type: none"> • The ADP will ensure stigma related training and awareness is available to all groups in Dundee • The ADP will input to all relevant forums in the city and will contribute to all key strategic planning mechanisms including Dundee City’s SOA. • Regular updates on substance issues will be available to all chief officers, relevant boards and committees including NHS executive and non executives and local authority elected members

	<p>local communities through the LCPP structure</p> <ul style="list-style-type: none"> • Workforce development should be based within a recovery ethos • Mutual Aid groups should be developed across the city to cater for the different needs of substance misusers. • Individuals in recovery and those who have completed their recovery journey should be actively involved in assisting the recovery process in Dundee 	<ul style="list-style-type: none"> • Ensure the availability of accessible and appropriate harm reduction and treatment services that provide a range of evidence based recovery focussed options • The ADP will continue to develop the Recovery care pathway for all service provision in the City • We will explore the development of mutual aid groups to best meet the needs of substance misusers. • The ADP will work with Tayside colleagues to progress the ongoing needs assessment program • We will develop the research program designed to identify the position Recovery holds with service providers, service users, carers and communities in the City • We will improve the engagement on Recovery through the strengthening of existing links with community groups, family support groups and Local Community Planning • We will work in partnership to improve our ability to meet the needs of substance misusers within the criminal justice system • Work with key partners to complete the SUMIT information system for substance misuse • Work in partnership with all substance misuse agencies to improve the quality of the outcomes reporting structure • Continue to improve structures to ensure accurate information is available to measure HEAT Target for access to services
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Involvement	<ul style="list-style-type: none"> • The recovery agenda needs to be fed through the LCPPs to ensure that communities are included in the process • Service users their families and community reps should be involved in governance through relevant groups and committees. It is important to help families and communities develop a role in identifying gaps and planning and commissioning services. • Local events based on the CPP forum would be helpful in taking the Recovery agenda to a larger local audience • Community leadership is needed to support the recovery discussion locally. • There needs to be a greater targeting of existing community groups to assist the recovery agenda locally and help those in recovery to link with specialist services • Closer working relationships are required to reduce the likelihood of conflict between professionals and community 	<ul style="list-style-type: none"> • Strengthen the engagement with local communities that enhances the overarching Dundee Partnership and Community engagement model • Expand the Focus On Alcohol project in Dundee through :Developing a body of evidence and recommendations in relation to overprovision of alcohol in Dundee; Responding to adults buying alcohol for young people through an awareness raising campaign • Continue to develop the role of the Dundee Substance Forum ensuring the Forum represents the views and experiences of service users, their families, community • Continue to support the Community Café in Lochee and expand this model across the City • Through Local Community Planning Partnerships (LCPP) involve communities in developing local solutions in relation to their concerns regarding substance misuse, enhancing local skills and knowledge to enable communities to deliver local services • Improve mental wellbeing through increasing the resilience of residents in dealing with the negative impact of substance misuse • Engage and involve young people in substance related planning processes • Create opportunities to build capacity in individuals and communities • Continue to provide Overdose Prevention training and continue to extend the programme to service users, carers and community members, keeping under review the issue of incorporating the use of take-home naloxone in this provision
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A G E N D A

Dundee Partnership Forum

Wednesday, 24 October 2012

9.00 am - 1.00 pm

in Balbeggie Suite, West Park Centre, Perth Road, Dundee

A G E N D A

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| 9.00 am | Registration and Coffee |
| 9.30 am | Welcome - Councillor Ken Guild (Chair, Dundee Partnership Forum) |
| 9.35 am | Routes to Recovery - Kuladharini (Director, Scottish Recovery Consortium) |
| 9.55 am | Recovery in Dundee - Paul Devine (Chair, Dundee Substance Forum) |
| 10.10 am | Interviews with individuals on their recovery journeys |
| 10.30 am | Explanation of World Cafe - Vered Hopkins (Development Worker, Dundee ADP) |
| 10.35 am | Coffee Break |
| | World Cafe Session |
| 10.50 am | Session 1 - Recovery |
| 11.30 am | Session 2 - Prevention |
| 12.10 am | Session 3 - Involvement |
| 12.50 pm | Summary and Next Steps - David Lynch (Chair, Dundee ADP) |
| 1.00 pm | Lunch |

DUNDEE PARTNERSHIP FORUM - 24th October 2012 - Delegate List

Name	Organisation
Alice Bovill	St Mary's Community Safety Panel
Ashley Shepherd	Cair Scotland
Avril Inglis	Scottish Prison Service
Avril Smith Hope	Social Work, DCC
Belle Burns	Cair Scotland
Bert Sandeman	Integrated Children's Services, DCC
Biba Brand	Scottish Government
Brian Kidd	NHS Tayside/University of Dundee
Brian Weir	Tayside Police
Bryan Harris	Community Planning, DCC
Carole Robertson	Corporate Health Improvement, DCC
Ceri Jeffries	Skills Development Scotland
Chris Johnston	Tayside Community Justice Authority
Christina Roberts	DCC
Daniel Kleinberg	Scottish Development
David Dorward	DCC
David Lynch	Dundee Community Health Partnership
David Mullen	Dundee Recovery on Film Group
David Ogierman	Dundee Recovery on Film Group
David Stapley	Tayside Fire and Rescue
Erik Cramb	Dundee Partnership
Frazer Bain	Dundee Recovery on Film Group
Neil Gunn	Communities Division, DCC
Gareth Balmer	Addaction
Gladys Ramsay	Lochee Community Regeneration Forum
Gordon Paterson	Social Work, DCC
Hilary Smith	Scottish Government
Howard Llwellyn	Tayside Community Justice Authority
Janet Hamill	Tayside Substance Misuse Service
Jo Roden	HOPE Group
Joe McLeod	SUPER
John Hosie	Community Regeneration and Health, DCC
Judith Morkis	Aberlour, Dundee
Judy Dobbie	Library and Information Service, DCC
Kay Barton	Scottish Government
Ken Guild	DCC
Ken Lynn	DCC
Kirsty Licence	NHS Tayside
Kuladharini	Scottish Recovery Consortium
Leanne McCabe	Dundee Recovery on Film Group
Len Jamieson	Community Spirit Action Group
Liz Kay	Community Safety, DCC
Lucy Rennie	Dundee Community Health Partnership
Margaret Sangster	Job Centre Plus
Michal Zagorski	Dundee Recovery on Film Group
Michelle McGregor	SUPER
Mike Bartle	Dundee College
Morna Wilson	Dundee Voluntary Action
Nan Boyd	Axis Dundee
Neil Fraser	NHS Tayside
Neil Gunn	Communities Division, DCC
Nicholas Hamilton	University of Abertay
Paul Davies	Dundee Partnership Team

Paul Devine	Salvation Army
Paul Steven	SUPER
Peter Allan	Community Planning, DCC
Rae Anderson	SUPER
Stacey Millar	SUPER
Stella Carrington	Dundee West Tenants and Residents Association
Stewart Murdoch	DCC
Stuart Derrick	Dundee Recovery on Film Group
Susanne Thomson	WRASAC
Valerie Tallon	Scottish Government