



INFORMATION BOOKLET

Our vision is to ensure that individuals, families and their communities can live happy and healthy lives free from drug and alcohol harms.

The Inverclyde Alcohol and Drug Partnership will deliver this by supporting choice, ensuring dignity and enabling recovery.



Scottish Government
Riaghaltas na h-Alba
gov.scot



Inverclyde
council



INTRODUCTION



The Inverclyde Alcohol and Drug Partnership (ADP) works with the aim of reducing harm from alcohol and drugs. The ADP is made up of a range of statutory and third sector organisations. All services work collectively to implement local and national strategies to reduce alcohol and drug misuse in Inverclyde.

The ADP comply with strategic direction from the Scottish Government and apply a whole system approach to deliver sustainable change for the health and the wellbeing of Inverclyde residents. The ADP work to achieve this through a strong Governance structure, implementation of MAT standards and Alcohol Support Services.

The ADP delivers statutory requirements and national and local priorities which include:

- **Medication Assisted Treatment (MAT) Standards.**
- **Alcohol and Drug Recovery Services.**
- **Family Support Services.**
- **Early Intervention Support.**
- **Recovery Community Development.**
- **Commissioning of Residential Rehabilitation.**

Our services are accessible to everyone, and aim to effectively prevent harm, whilst promoting protection, resilience, and recovery.



INVERCLYDE ALCOHOL & DRUG RECOVERY SERVICE (ADRS)



WHO IS THIS SERVICE FOR:

The service is intended for adults 18 years and over who are experiencing issues with alcohol and/or drug use

WHAT DOES THIS SERVICE DO:

Inverclyde Alcohol and Drug Recovery Service is part of Inverclyde Health and Social Care Partnership (HSCP) and includes staff from health and social care. The service provides a wide range of alcohol and drug treatment, recovery help and support to adults aged 18 years and over. The service offers recovery focused treatment and support including:

- An initial assessment to help support a specific recovery care plan, counselling and support with mental and physical health issues linked to alcohol/drugs.
- A named worker who will support the individual's care plan during their time with the service.
- Medication Assisted Treatment (Methadone, Buprenorphine).
- Group based recovery support and options to access residential rehabilitation.
- Alcohol support and treatment including alcohol detoxification and protective medication.
- Harm Reduction advice and services such as naloxone and blood borne virus testing, sterile injecting equipment.
- Assertive Outreach team including Non-fatal Overdose (NFOD) response.
- Signposting to a range of support and recovery network services.

HOW DO PEOPLE ACCESS THIS SERVICE:

Self-referral – people can contact the service directly to self – refer on 01475 715 353. The duty worker will ask you a few questions in order to review best suitable treatment and support options.

You will be allocated a keyworker who you will receive regular contact with.

Contact can be within a suitable location of your choice including Wellpark Centre, Health Centre or Home.

CONTACT DETAILS:



alcoholanddrugrecovery@inverclyde.gov.uk



01475 715 353



Wellpark Centre, 30 Regent St, Greenock PA15 4PB

SCOTTISH FAMILIES AFFECTED BY ALCOHOL AND DRUGS (SFAD)



WHO IS THIS SERVICE FOR:

Scottish Families Affected by Alcohol and Drugs offer support to anyone in Inverclyde over the age of 16 who is affected by someone else's drug or alcohol use.

WHAT DOES THIS SERVICE DO:

SFAD will offer you time and space to explore the issues affecting you, let you express your thoughts and feelings, and help you to come up with ideas and solutions to move forward. Common topics include improving communication, setting boundaries, and looking after yourself.

Support comes in a range of different sizes. In Inverclyde, we offer:

- One-to-One Support.
- Group Support.
- SMART Family & Friends.
- CRAFT (Community Reinforcement Approach & Family Training).
- Access to Naloxone.
- Support to Access Bereavement Counselling.

HOW DO PEOPLE ACCESS THIS SERVICE:

You can self-refer by contacting 01475 302816 or email inverclydefss@sfad.org.uk.

SFAD also take referrals from all external agencies.

CONTACT DETAILS:

 Inverclydefss@sfad.org.uk



01475 302 816

MOVING ON INVERCLYDE

moving **on**
inverclyde

WHO IS THIS SERVICE FOR:

Moving On supports individuals and their families affected by problematic substance use.

WHAT DOES THIS SERVICE DO:

Moving On provide a recovery programme for people affected by drugs and/or alcohol through group sessions and one to one support, as well as peer led SMART recovery Meetings. Moving On also offer various physical and mental health wellbeing activities as well as having access to Trauma Counselling.

In addition, Moving On have a specialised recovery programme for those engaging with justice services.

HOW DO PEOPLE ACCESS THIS SERVICE:

Referrals can be made via services such as Wellpark, or you can self-refer directly by dropping in, calling, texting or emailing or through our website.

“ A Centre Of Excellence Facilitating
Long-Term Recovery Pathways ”

CONTACT DETAILS:

✉ contact@movingoninverclyde.co.uk

📞 01475 735 200

📍 Kingston House, 3 Jamaica Street, Greenock, PA15 1XX

YOUR VOICE

INVERCLYDE COMMUNITY CARE FORUM



WHO IS THIS SERVICE FOR:

Your Voice Recovery is a service that supports individuals struggling with all forms of recovery, from alcohol addiction to drug addiction and many other life controlling problems.

WHAT DOES THIS SERVICE DO:

Your Voice Recovery Hub is a 7-day service who offer a variety of support throughout the week. We reach out to the wider community with drop ins in Branchton, Port Glasgow and Greenock. With Late night drop ins also on offer. Support offered or available:

Community Outreach • 1-2-1 support • Activity Days
Group Work/ Woman groups • Rehab Referrals • Recovery Music
Jam • Partnership Working .

Your Voice have a staff team of people with lived experience, along with volunteers who all have their own lived experience of addiction and recovery. They all aim to offer the best support possible to individuals across Inverclyde.

HOW DO PEOPLE ACCESS THIS SERVICE:

To access the service, you can pop into our Recovery Hub, or contact us by phone, email, social media or drop by our weekly recovery groups in the community. Referrals can also be made by any organisation.

CONTACT DETAILS:

 **enquiries@yourvoice.org.uk**

 **01475 728 628**

 **11 Clyde Square, Greenock PA15 1NB**

JERICO HOUSE



WHO IS THIS SERVICE FOR:

Jericho supports men or women who require Residential Rehabilitation to obtain a totally abstinent way of life.

WHAT DOES THIS SERVICE DO:

Jericho has two separate Houses, a Men's facility in Bank Street for up to 18 residents and a Women's facility in Shankland Road for up to 10 residents. We provide an evidence based, programme of Residential Rehabilitation to address the underlying issues including Trauma to empower people to achieve a total abstinent lifestyle and become productive members of their community. "A life beyond my wildest dreams".

Jericho are on the EXCEL National Framework for Residential Rehabilitation, which requires evidence of Best Practice.

HOW DO PEOPLE ACCESS THIS SERVICE:

The Referral Process requires applicants to speak with our local ADRS at Wellpark to access a 'Care Manager' to help with Pre-Rehab preparation and to apply for the Funding required to cover our Service Provision.

Please feel free to call 01475 741950 (men) or 01475 742383 (women) to arrange an Initial Assessment and help with the interagency communication between Jericho and the ADRS at Wellpark.

CONTACT DETAILS:



**bankstreet@jerichosociety.org.uk or
shanklandroad@jerichosociety.org.uk**



01475 741 950 (men) or 01475 742 383 (women)



**5/7 Bank Street, Greenock PA15 4PA (men)
14-16 Shankland Rd, Greenock PA15 2NE (women)**

SALVATION ARMY

ADDICTION SERVICE



WHO IS THIS SERVICE FOR:

The Salvation Army Addiction Service is for any individual or family dealing with addiction.

WHAT DOES THIS SERVICE DO:

The service offers 1:1 support as well as the opportunity to attend group sessions.

HOW DO PEOPLE ACCESS THIS SERVICE:

People can self-refer by getting in touch (contact details below). Other agencies can refer people to the service.

**“ For too long the field of addiction has
focused on "What's wrong with..." Rather than
"What's happened to..." ”**

CONTACT DETAILS:

 **Lesley.j.anderson@salvationarmy.org.uk**

 **01475 721 949**

 **39 Regent Street, Greenock**

SALVATION ARMY

(FLOATING SUPPORT SERVICE)



WHO IS THIS SERVICE FOR:

Adults that require housing support with a range of support needs including addiction, mental health, learning disability and homelessness.

WHAT DOES THIS SERVICE DO:

The Salvation Army 'floating support' service offers support to adults with a range of support needs. The service works in close partnership with ADRS (Inverclyde Alcohol and Drug Recovery Service), Inverclyde Community Mental Health Team, Inverclyde Homelessness Services, and the Inverclyde Learning Disability Team. Support is delivered to people who use the service within their own homes and in the local community.

The group work programme includes addiction group work (psychosocial programme), men's group and digital inclusion. We also offer an employability service which is tailored to promote life skills and confidence building.

The floating support service works in partnership and are adjacent to the local Salvation Army church hall. Clients have access to this full programme also, which includes arts and crafts groups, community drop in (hot roll and a blether) and church services.

HOW DO PEOPLE ACCESS THIS SERVICE:

Referrals come via Inverclyde Council community commissioning Team and would be discussed with the client's care manager based at ADRS (Well Park Centre), Crown House, Learning disability team or Homelessness Services. Please see contact details for an informal chat.

CONTACT DETAILS:

 **Lesley.mcleister@salvationarmy.org.uk**

 **01475 721 748**

 **57 Regent Street, Greenock PA15 4NP**

INVERCLYDE FAITH IN THROUGH CARE (IFIT)



WHO IS THIS SERVICE FOR:

People returning to the local community in Inverclyde from a short-term period of imprisonment as well as individuals who are involved with the Justice system in other ways such as community-based sentences and supervision orders.

WHAT DOES THIS SERVICE DO:

Can meet people on liberation and provide support to help people reintegrate into the local community.

Staff support people to build structure and meaningful activity into their lives. IFIT work closely with relevant services and community groups allowing the team to access the best support for all participants.

IFIT value lived experience and recruit staff and volunteers who are committed to working together with participants in a person-centred way to meet identified needs. IFIT actively co-produce and co-educate whilst facilitating a range of recovery orientated groups and projects which change from month to month.

HOW DO PEOPLE ACCESS THIS SERVICE:

- Participants must be aged 21+.
- Participants must be short term, sentenced to 4 years or less.
- We accept referrals from community agencies, ADRS, Health and Social Care Services and self-referrals.
- Contact us for our client referral form.

CONTACT DETAILS:

✉ info@ifit.scot | robbie@ifit.scot | robmurdoch@ifit.scot

☎ 07542 149 372 | 07341 395 370

📍 14 William Street, Paisley, PA15 1BT

STREET CONNECT

CONNECT • TRANSFORM • THRIVE



WHO IS THIS SERVICE FOR:

Individuals suffering from addiction issues with associated mental health & homelessness.

WHAT DOES THIS SERVICE DO:

Street Connect offer a safe place for people and offer tea, coffee and cakes free of charge. A recovery group runs each week. Street Connect offer one to one support & create a 'recovery journal' for individuals who wish to invest in their recovery – a 'Personal Transformation Plan'. We can explore residential rehab with individuals who recognise they need to be 'air-lifted' out of their circumstances & locations to have the best chance of recovery (this would be done with an inclusive approach with the other workers who support these men & women).

HOW DO PEOPLE ACCESS THIS SERVICE:

An individual can access this service by referral from other agencies; themselves; through family; friends. Each Tuesday, we go out onto the streets in Greenock & look to explain to folks we meet what is available in relation to the above support.

CONTACT DETAILS:

 **contact@pcfchurch.org.uk or david.connell@streetconnect.co.uk**

 **01475 728 153 (Prospecthill Christian Fellowship)
or 07706 625 282 (David at Street Connect)**

 **Prospecthill Christian Fellowship, 8 Prospecthill St,
Greenock, PA15 4DL**

TEEN CHALLENGE STRATHCLYDE



WHO IS THIS SERVICE FOR:

Teen challenge is for anyone struggling with life controlling issues, such as drug addiction, alcohol addiction and mental health issues.

WHAT DOES THIS SERVICE DO:

We provide assertive outreach in the inverclyde area, in which we take the service to those who are struggling with addiction issues but also to those who may have fallen out of treatment but also lack the confidence to come to our service. We provide the outreach to meet people where they are at and to offer support.

We provide recovery hubs in 2 locations in the inverclyde area. We offer 1 2 1 support in which we support people to overcome life controlling issues. We also offer long term rehabilitation referrals if the client wishes to pursue this.

We provide food at our recovery hubs for those who may not be able to afford a hot meal. We also offer peer support in the community, signposting to the relevant services when required. In addition to this, we also facilitate recovery meetings to introduce people to recovery.

We are a trauma informed service taking into account everyone's story, and take a fully holistic approach to each person.

HOW DO PEOPLE ACCESS THIS SERVICE:

You can self refer to access our service but also contact our recovery coordinator. Anyone is welcome to attend our recovery hubs.

CONTACT DETAILS:

✉ tcs.begleymartin@gmail.com

☎ 07518 607 852

📍 The Chalet, Horsecraig, Kilmacolm, PA13 4TH

THE HAVEN KILMACOLM



WHO IS THIS SERVICE FOR:

The Haven is a residential rehabilitation centre for men with life controlling issues.

WHAT DOES THIS SERVICE DO:

The Salvation Army floating support service offers support to adults. The Haven are a faith-based programme in combination with appropriate therapeutic inputs.

The Haven offer a structured programme which lasts for 10 months, after which there is an option to stay on for a further 6 months when we provide further support in integrating back into society with options including further training, study or work experience.

HOW DO PEOPLE ACCESS THIS SERVICE:

People can access The Haven through self-referrals, outreach agencies, statutory services and third sector organisations.

CONTACT DETAILS:

 info@thehavenkilmacolm.com

 **01505 872 099**

 **Horsecraig Kilmacolm, Inverclyde PA13 4TH**

PATHWAYS TO RESIDENTIAL REHAB



WHO IS THIS SERVICE FOR:

This service is available for anyone who is considering Residential Rehab as an option for their problematic substance use, whether that's for drugs and/or alcohol.

WHAT DOES THIS SERVICE DO:

The service aims to engage, develop and improve pathways for people accessing residential rehabilitation and provide a smooth transition following residential rehabilitation into the local community and ongoing support services.

The support we provide is always person centred, we do this by involving people who know the person well, this includes family and friends, other health and Social Work professionals, Advocacy services and our own staff members.

HOW DO PEOPLE ACCESS THIS SERVICE:

Referrals to this service can be made through your ADRS Worker, third sector recovery services, personal support programmes or any other Inverclyde organisation. You can also self-refer by contacting us directly.

CONTACT DETAILS:

 referrals@pathwaystorehab.com

 **07701 224 036** (Call or Text)

 **The Wellpark Centre, 30 Regent St, Greenock, PA15 4PB**

HARM REDUCTION IN INVERCLYDE

Harm Reduction is a range of services and interventions that aims to reduce the harms people experience due to their drug and alcohol use, such as preventing infections, long term health conditions such as cirrhosis, overdose and wounds. Inverclyde has a range of harm reduction available to people who use alcohol and drugs.

NALOXONE

Naloxone is the name of a medication which can temporarily reverse the effects of an opioid overdose. The most known opioids are heroin, methadone, buprenorphine, codeine, morphine, and tramadol.

Anyone in Scotland who is likely to find someone experiencing an overdose in their family, their community, their workplace or in a public place can request a naloxone kit and training in its use.

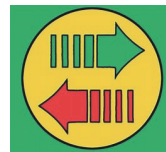
Email **ADPartnership@inverclyde.gov.uk** to find out about upcoming naloxone training.



Naloxone is available from Inverclyde Alcohol and Drug Partnership (ADP), Inverclyde Alcohol and Drug Recovery Service (ADRS), Your Voice, Moving On, Jericho House and a range of community pharmacies. Naloxone is also available to order online from Scottish Families affected by Alcohol and Drugs at **www.sfad.org.uk/naloxone**

INJECTING EQUIPMENT PROVISION IN INVERCLYDE

Injecting Equipment Provision (IEP) provides: sterile needles, syringes and other injection paraphernalia such as water, acidifier, sharps bin and foil. These services were previously known as Needle Exchanges. You are entitled to collect as much free sterile equipment as you need and this can be done from the following services: Inverclyde Alcohol and Drug Partnership (ADRS) at Wellpark Centre, McAnerney Pharmacy, Greenock, Still Pharmacy, Greenock, M&D Green Pharmacy, Port Glasgow.



www.needleexchange.scot lists all local providers of injecting equipment anywhere in Scotland.

HARM REDUCTION IN INVERCLYDE

BLOOD BORNE VIRUS TESTING AND WOUND CARE

There are several health risks associated with injecting drug use: abscesses, cellulitis, collapsed veins and increased risk of getting a blood-borne virus (BBV), particularly Hepatitis C.

For more information on injecting related wound care, blood borne virus testing and treatment options you can contact Inverclyde Alcohol and Drug Recovery Service (ADRS) in person, call 01475 715353 or email alcoholanddrugrecovery@inverclyde.gov.uk

ALCOHOL UNITS

It's recommended that you don't drink more than 14 units of alcohol a week, spread out over at least 3 days, to keep the risks from alcohol low. This is the same for both men and women. 14 units is the equivalent of:

- 6 pints of beer.
- A bottle and a half of wine.
- Half a bottle of spirits.

www.nhsinform.scot/healthy-living/alcohol/ to learn more about units of alcohol.

If you are worried about your drinking contact Inverclyde Alcohol and Drug Recovery Service (ADRS) at The Wellpark Centre in person, call 01475 715 353 or email alcoholanddrugrecovery@inverclyde.gov.uk

ADDITIONAL SUPPORT & SERVICES:

HOMELESSNESS

Local authorities in Scotland have a legal duty to help people who are homeless or at risk of becoming homeless. Under the Housing (Scotland) Act 1987 a person should be treated as homeless, even if they have accommodation, if it would not be reasonable for them to continue to stay in it.

Through the Housing Options and Homelessness Advice Service you can access advice and assistance for a range of housing issues. The service can:

- Explore your housing options in the local area.
- Signpost you to relevant services tailored to your personal circumstances e.g. aids and adaptations, health, budget management, support to flee violence or abuse and more.
- Offer temporary accommodation where required.
- Carry out a homeless assessment if your housing situation reaches a crisis.
- Provide personalised housing and/or resettlement support to those who require it.

If you are having housing related issues, need general housing advice, are without accommodation or think that you may reach a housing crisis then please contact our service.

Housing Options and Homelessness Advice Service

Telephone: 01475 715 880 | Email: HOHAS@inverclyde.gov.uk

MENTAL HEALTH

Around one in four of us will experience a mental illness at some point in our lives. When this happens having access to the right treatment and support is vital to help people recover as soon as possible. Services to help people with their mental health in Inverclyde have been redesigned over the last few years to enable us to respond quickly to support people. We have invested in new facilities for our community and inpatient services. The community services are based at Crown House, and our inpatient service is at Inverclyde Royal Hospital.

If you are worried about your mental health, you should first see your GP. You can also refer yourself to the Primary Care Mental Health Team at Crown House on the phone number listed.

Inverclyde Community Mental Health Resource Team

Crown House, 30 King Street, Greenock PA1 1NL | Tel: 01475 558 000

ADDITIONAL SUPPORT & SERVICES:

GP - OUT OF HOURS

If you require urgent non-life-threatening care after your GP has closed, you should call NHS24 on 111.

If you or someone else is in a life-threatening emergency, you should call 999 or visit A&E.

IF YOU NEED LEGAL ADVICE:

Legal Services Agency's Inverclyde Housing Rights Project

Freephone: 0800 316 8450

Call: 01475 725 665 \ Email: greenock@lsa.org.uk

IF YOU NEED SUPPORT FOR INTIMATE PARTNER VIOLENCE:

Inverclyde Women's Aid

Helpline: 01475 888 505

Email: info@inverclydewa.org.uk

USEFUL CONTACTS:

Alcoholics Anonymous	0800 9177 650
Narcotics Anonymous	0300 999 1212
Cocaine Anonymous	0141 959 6363

Breathing Space	0800 83 85 87
Samaritans Scotland	116 123
NHS24	111
First Crisis	0800 221 8929

Emergency Social work	0300 343 1505
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Inverclyde Alcohol
and Drug Partnership

If you or a loved one need support today and are unable to access the information online, please present at ADRS:

Wellpark Centre, 30 Regent St, Greenock PA15 4PB.

Opening times: Mon – Thurs 9am-5pm | Friday 9am-4pm.

We can also be contacted on ADPartnership@Inverclyde.gov.uk

Alternatively, please contact your GP.

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Inverclyde Alcohol
and Drug **Partnership**

www.inverclydeadp.org.uk



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