



Treatment Matters

The Poole Drug & Alcohol Newsletter



Issue 14: January to June 2012

This issue is about opportunity, whether that be at improving your own safety, making treatment more accessible or joining others for support. It is a new year with new prospects to be explored and we hope that we can open some positive doors for you.

The DAAT would appreciate any comments or opinions you have regarding drug and alcohol services in Poole.

Please contact Naomi Preston on 01202 261016 or email n.preston@poole.gov.uk or in writing at Poole DAAT, Borough of Poole, Civic Centre, Poole BH15 2RU

Good news!!!

Poole Service Users Forum are pleased to announce that they are now able to provide an Advocacy Service.

The aim of an Advocate is to help people to say what they want, secure their rights, represent their interests and to help people to obtain the services or assistance they need. An advocate should help a service user to make their views and needs clear and to express them effectively. An advocate should help to negotiate and resolve conflicts and obtain relevant and independent information and advice for service users.

Some people are not clear of their rights as citizens, or have difficulty in fully understanding these rights. Others may find it hard to speak up for themselves. Advocacy can enable people to take more responsibility and control for the decisions which affect their lives.

An advocate **must** be someone who is independent and must have no conflict of interest, they must not apply pressure to someone, nor should they have another reason for helping someone.

The Poole Service User's Forum Advocacy Service is totally free of charge. It will put the service user's needs first. The service aims to empower people to achieve their goals.

If you have any problems or grievances regarding the Poole Treatment Services or any individual service provider we can help to negotiate and resolve any conflict. So please do not hesitate to contact us.

Contact Details:

website: www.poolesuf.org.uk

e-mail: poolesuf@hotmail.com

facebook: Poole SUF

tel: 0777 988 0221

The forum meet at 10.00am until 12.30pm every Thursday morning. Please call for details.

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Free DAAT Training

Available to all employees, volunteers or carers who live or work in Poole, or who work with Poole residents.

Please note:
these are free courses, however if a booking is cancelled with less than one week's notice, or you do not attend on the day, a course fee of £30.00 for each day will be charged.

Drug Awareness Training (3 Half Days)

Day 1 Introduces some of the most common illegal drugs.

Day 2 Deepens the understanding of drugs, the pathway to dependency.

Day 3 The wider impact that drug use has.

Course Dates: 6th, 13th, 20th March 2012

Children of Substance Misusing Parents

A brief insight into the effects that substance using parents can have on children.

Course Date: 24th January 2012

Overdose Awareness

Raise awareness of the dangers of drug use in relation to the possibility of a drug or alcohol overdose.

Course Date: 31st January 2012

Blood Borne Diseases

An overview of the most common viral and blood borne diseases.

Course Date: 7th February 2012

Mephedrone and 'legal highs'

To provide current information regarding Mephedrone and 'legal highs'

Course Date: 14th February 2012

Relapse Prevention

To focus on the treatment philosophy of relapse prevention.

Course Date: 21st February 2012

Dual Diagnosis

Explore the use of substances where mental health issues are present.

Course Date: 28th February 2012

Alcohol Awareness

The effects of alcohol on individuals, their families and the community in which they live.

Course Date: 27th March 2012

For further information on the above courses, please contact **Janis Greenfield either by email: j.greenfield@poole.gov.uk or telephone: 01202 261013**



Electronic Referrals to SMART

Poole DAAT is introducing its new online referral service in Poole: Listen very carefully, you will see it only once!

All electronic information is encrypted with SSL technology (as used by online banking), completely confidential and requires no log-in. Once you input the referral details they will then be forwarded to SMART at 8am, 11am, 2 pm and 4pm every day.

No one can access information already put into the system—the referrer will see the referral just the once. Emailed confirmation that a referral has been made will be sent to the referrer with no identifying information, this will be followed up with whether the referral is accepted or not.

So who would use this? GPs, hospitals, social services, community teams and other professionals who feel that this would be appropriate for their clients with their agreement.

Details of the site are available from Poole DAAT email: n.preston@poole.gov.uk

New Community Alcohol Detoxification Service

Not everyone can leave home for weeks on end and now they do not have to.

At the end of January 2012 the first member of the Community Alcohol Detoxification (CAD) Team within PACT will start their newly created role.

The nurse will assess the client and help prepare for detoxification which will probably include motivational work, help to understand the process of the detoxification treatment, some work may be with family/close friends, and may include home visits or clinic appointments. They will work with the client's GP and ensure a comprehensive package of care.

Following detoxification the client will stay with the team for about a fortnight before being referred back to SMART for further placements within the treatment system.

We hope that this service in the community will help people who would prefer not to leave their homes, jobs and family to access treatment.

Referral will be through SMART as normal (tel: 01202 735777).



Jobcentre Plus

YOUR CAREER →

Working Together

The last few months have seen Jobcentre Plus and the Poole Treatment Sector continuing to work closely together to establish support for our mutual customers/clients. The EDAS Return to Work Programme now includes visits to Poole Jobcentre so clients can speak to the staff and take part in an open forum of sharing information and feedback about the service. This has previously proved to be very successful and will next be taking place in January.

The Jobcentre now hosts regular visits from employment agencies and employers who are looking for staff - recently the office has played host to companies such as Toys R Us and Avon, with different companies coming to see us each week. Its a really good opportunity to meet employers and find out about what they are looking for. Next time you are passing pop in to see if there is a visit taking place or what other Job Zone activity is scheduled. Ask a member of staff who will be happy to help.

We have recently launched the new Work Programme which is run locally by Prospects and Working Links. If you are part of the Work Programme, speak to your contact worker who will be able to offer support that you may need. If you are still working with a Jobcentre Plus Personal Adviser they can talk to you about the range of opportunities and support available to help you return to work. This may include interview skills, CV support, information about a specific sector or guidance about voluntary work.

Finally, remember to check out the Direct.gov.uk website. It is a fantastic source of information and can really help you in your return to work.

Steroid Use is Growing

Advice and information on safer injecting is available.

The use of anabolic steroids has rapidly increased in the UK in recent years. Many people who use anabolic steroids are 'self-improvers'. Steroid users like to think of themselves as healthy and fit and getting ahead in the world. Even if they are injecting, they do not think of themselves as drug users, any more than somebody who regularly takes vitamin pills.

The Harm Minimisation Clinic can provide advice on safer injecting, blood borne viruses and basic health checks. It is a free and confidential service, vaccinations for Hepatitis A & B and blood borne virus screening at:

The Harm Minimisation Clinic,
Poole Addictions Community Team (PACT),
Poole Civic Centre Annexe,
Sandbanks Road, Poole BH15 2RT
Tel: 01202 633821 or 01202 633534
Open Monday to Thursday from 9 am—5 pm & Fridays
from 9 am—4.45 pm

For those of you already attending the clinic a new Harm Minimisation Assistant is starting in early January 2012.



Poole Carers Support

For anyone living with or affected by, someone misusing drugs or alcohol.

Living or caring for a person who misuses drugs or alcohol or both can be extremely stressful and difficult for the families especially when the user's lives are so chaotic. EDAS carers support offers an informal setting where you can find support in a welcoming, confidential and safe environment.



You will not be alone you can meet others who are in similar situations as you, who can also offer their support and friendship.

The Support Group Highlights:

- × Looking at the impact on family life
- × Learning about personal boundaries
- × How to support without collusion or enabling
- × "Tough Love" what does it mean?
- × Learn how to establish boundaries and implement them

Feedback from Carers who have attended EDAS Support Service:

"There is someone to listen and support me"

"I learnt how to cope better with the situation"

"It helped me to see that I wasn't alone and not to blame"

If you would like to find out more please contact EDAS on 01202 733322