

The EDAS Effect

I visited the EDAS Aftercare group on 1st June 2011 and asked what they thought of the Poole Treatment System.

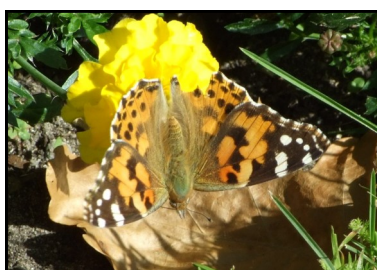
To be honest I intended to ask the Aftercare Group what they thought about the new government policy the "Recovery Agenda". However, what I found, upon joining their acupuncture session, was a diverse group of people with the most positive attitude that I have ever met. They were welcoming and helpful, full of positive feedback and a little constructive criticism. I would like to thank them all very much for making me welcome.

"EDAS saved my life"

The group was made up of mainly alcohol clients, they were generous in their praise of EDAS (their main provider). Everyone agreed that it was a valuable service with the acknowledgement that they could possibly not have survived without the support they have received. Another comment was that the workers "**listen and hear**".

Everyone felt that their addiction was an illness and nothing to be ashamed of. They were here to learn about it, the causes and triggers and now to ensure relapse is prevented. It was thought that it was important to educate families, carers and GPs as well as the general public about addictions and create a general awareness. They felt that there was a stigma associated with the illness, even within their own families, and this was the only place they felt free to talk about it. Education about substance misuse was referred to several times as being incredibly important for everyone, including other services.

There was a great sense of camaraderie amongst the group who felt that they were not just supported by the workers but also by each other. Coming to the groups and one to one sessions gave people a reason to get out of bed. There is also a social benefit to attending with the creation of a band for the summer fayre, camping and bowling trips. No one is made to feel a nuisance or a pain if they need help. One person pointed out that we are "**fortunate in Poole**" to have access to the services here.



Clients were particularly impressed with Arches, described as "**like a Youth Club**", the group for clients to attend with their families/carers. They felt this helped family members to understand the situation they were in as well as getting them out of the house. People thought it very important that family members could speak to their counsellor who could explain what was happening.

The EDAS Learning Academy was also really appreciated particularly because they were able to leave treatment with a qualification. You don't just learn about substance misuse at EDAS, there are also 12 week courses in Local Community, Career Preparation and a follow-on 15 week programme called Recovery to Work.

The group thought that ideally there would be more space at EDAS, with more staff and a psychologist would be helpful. They would also like a proper kitchen.....

The idea of a possible rapid access back to treatment in case of relapse was welcomed. People can feel lonely and vulnerable when they leave services although they were mainly impressed with the rapidity of the service at SMART as well as how "**lovely**" the staff there were it was felt this would be helpful to everyone knowing there would be something/someone there should they need it.

The group thought that they were happy to share information with other providers involved in their care and that they had signed the information sharing agreement upon entering the service. I mentioned the new National Institute for Clinical Excellence
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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.

Free DAAT Training

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

Drug Awareness Training (3 Half Days)

Day 1 Introduction to 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:

✦ 5th, 12th, 26th July 2011

✦ 1st, 15th November and 13th December 2011

Dual Diagnosis: to explore the use of substances where mental health issues are present.

Course Date: 19th July, 2011

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

Course Date: 6th September, 2011

Brief Interventions for Alcohol Users: to ensure all workers are informed of the tools available in identifying risk associated with client's alcohol use.

Course Date: 13th September, 2011

Mephedrone and 'legal highs': provides current information about Mephedrone and 'legal highs'

Course Date: 27th September, 2011

Crime and Addiction: to provide up to date information regarding the correlation between addiction and crime.

Course Date: 4th October, 2011

Stress and Depression: to raise awareness of mental health problems in combination with substance misuse.

Course Date: 11th October, 2011

Crack Cocaine: raising awareness of the effects of using crack cocaine.

Course Date: 18th October, 2011

Working with Young People: ensures staff can identify risks and review ways of engagement.

Course Date: 25th October, 2011

Motivational Interviewing: an introduction to Motivational Interviewing as an approach to working with people in active substance misuse and aftercare.

Course Date: 9th November, 2011

Alcohol and Older People: the potential difficulties for older people who may be drinking at harmful levels.

Course Date: 29th November, 2011

Harm Minimisation: information regarding Harm Minimisation.

Course Date: 6th December, 2011

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

The EDAS Effect (continued)

Guidance (NICE 120) regarding closer working between NHS and substance misuse services. The thoughts were that as long as it was with the consent of the client and assessed on an individual basis, sharing information then could also be helpful. For those that had experience of mental health services opinions differed greatly. EDAS is hoping to start a Dual Diagnosis Workshop with a mental health nurse to co-facilitate in the hope of improving services for those people with both substance misuse and mental health issues.

Overall the impression of Poole Treatment services was that it was good and accessible—once you know it is there. There was a great deal of good feeling towards workers and volunteers particularly knowing that some of them were once in the same

position.

What about the acupuncture? There was guided relaxation during which needles were placed in people's ears. Following this there was the chance to talk about how they felt and everyone seemed more relaxed. One person saying that they **never left feeling the same way they did when they came in.**

If you want to let us know what you think of Poole Substance Misuse Services you can telephone the DAAT on 01202 261016 or email n.preston@poole.gov.uk. We always welcome your views as they help to shape services for the future.

We are hoping to be able to visit PACT for the next issue.

Poole Service Users Forum

So why not have your say?

Welcome to the Poole Service Users Forum, we have been running for the last four years. In that time we have established ourselves as part of the Drug and Alcohol Treatment System in Poole.

We are a small group of volunteers, consisting of male and female ex alcoholics and addicts who have had experience of the treatment system in Poole and who speak your language.

We are the recognised voice of the Service User and as such we have a positive influence in the way things are run and the power to change the way the Treatment Services are provided. So why not come along and have your say, we welcome your input.

We operate on a totally independent basis, relying on the feedback from service users and input from our own experience. Maintaining our independence is paramount.

There are many benefits for attending the Poole Service Users Forum, including friendship, peer support, personal growth, confidence building and a sense of usefulness and achievement. There are also opportunities for education and training.

So why attend? Well, attending helps us to stay clean and sober.

We meet up every week with no obligation. In a safe, friendly relaxed environment. It's free and so are we

So come check us out.....

**meeting: 10.00 till 12.30 every Thursday morning
54a Ashley Road, Parkstone, Poole, BH14 9BN**

**website: www.poolesuf.org.uk
e-mail: poolesuf@hotmail.com
facebook: Poole SUF
helpline: 07779880221**





“Everyone has inside of him a piece of good news. The good news is that you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is!” Anne Frank

- * YADAS (Young Adults Drug and Alcohol Service) has had an uncertain start to the year after being decommissioned in Bournemouth and faced with losing its contract in Poole due to cuts to local government funding. Despite facing budget cuts themselves all partner agencies of the DAAT, together with EDAS, have managed to secure funding for the next two years for it to carry on providing care for young people in Poole.
- * It has also been agreed with Children and Young People's Social Care for two Family Support Workers (previously based in PACT) to work with SMART. They will work with clients with parental responsibilities and assess if they may require help during their time with services. They will also have dedicated time to work directly with client's children and be able to continue the excellent work that was started in PACT a few years ago.
- * Poole Service Users Forum, the service providers and the DAAT have all worked together to put together a guide to Poole substance misuse services. The "Recovery Booklet" has now been published, if you wish to have a copy please contact us or you could read it online on www.pooledat.com.
- * PACT will be providing community alcohol detoxification service and are in the process of employing one part time and one full time nurse to join their team. We hope that this will be a real benefit for people with alcohol dependency.



NEW

**Needle Exchange Pharmacy
for Poole**



We are pleased to welcome Tesco to our pharmacy needle exchange scheme

**Tesco Pharmacy
Tower Park
Yarrow Road
Mannings Heath
Poole
BH12 4NX**

For all other needle exchange pharmacies please check our website or Recovery Booklet. Thank you.

Opening Times

Monday	08.00	20.00
Tuesday	08.00	20.00
Wednesday	08.00	20.00
Thursday	08.00	20.00
Friday	08.00	20.00
Saturday	08.00	20.00
Sunday	10.00	16.00

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

Please contact me, 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