

How the 3rd Sector Works to Reduce Harm

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Who we are?

Previously known as CAIR Scotland but have merged into the Hillcrest Group of Companies with all staff moving across to Gowrie Care as subsidiary of Hillcrest.

Funded by local ADP's and NHS to deliver services to adults and young people affected by substance use.



Fatal and Non Fatal Overdoses

What statement reflects Tayside situation:

- 1 Overdose in Every 15 is Fatal?
- 1 Overdose in Every 25 is Fatal?
- 1 Overdose in Every 30 is Fatal?





90 % of DRD are preventable

Background

- Dundee known as ‘Drugs death capital of Scotland’
- DRD on continuous increase
- Dundee Drugs Commission launched

Evening Telegraph Dundee Born and Bred

DUNDEE LOCAL OTHER NEWS DUNDEE FC DUNDEE UTD SPORT LIFE

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Dundee is ‘drugs death capital’ of Scotland

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Dundee’s drug problem: ‘One person a week could die from overdoses’

HOME / NEWS / DUNDEE

Concern over fatal drug overdoses in Dundee ward

THE COURIER.CO.UK

Addicts warned of deadly batch of heroin in Dundee following fatal overdoses

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DUNDEE LOCAL OTHER NEWS DUNDEE FC DUNDEE UTD SPORT LIFE

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New Dundee drugs commission ‘must listen to addicts’



Interventions to Reducing Harm

- Peer education and peer led initiatives –
Creative writing group
- Break the Cycle to increase awareness of
alternatives to injection
- Dryve Nights
- SMART Family and Friends
- Life Coaching programmes
- Community Allotment



Interventions cont.

Gowrie Care staff deliver outreach within 5 main hostels in Dundee to identify those not engaging in existing services

Dedicated service aimed at increasing awareness of associated risk

Homeless Groups

Image and performance enhancing drugs



Street Begging/
Rough
Sleeping

Multi agency approach





Naloxone Programme

- 3rd sector staff now issue Naloxone alongside NHS staff in the Cairn Centre
- Resulted in an increase of Naloxone uptake
- Issue 100+ Naloxone per month
- Provide 60-70 training sessions to service users and external staff per month
- In hostels we are providing weekly drop in services and more training for staff
- Promoting Naloxone through OD Not Me Campaign
- Local events to raise awareness

ODnotMe

**1 OVERDOSE
IN EVERY 7 IS FATAL**



 **NON FATAL OVERDOSE**
FATAL OVERDOSE

DO YOU FIT THE PROFILE?

**MIX YOUR DRUGS?
IN TREATMENT?
RECENTLY OUT OF PRISON?
RECENTLY HAD A NON FATAL OVERDOSE?
IN RECOVERY?**

WOULD YOU KNOW WHAT TO DO? CALL 999

CARRY NALOXONE - IT SAVES LIVES

**CALL 01382 200532 OR DROP INTO
THE CAIRN CENTRE TO GET A KIT**



HARM REDUCTION SERVICES, CAIRN CENTRE, 12 RATTRAY STREET, DUNDEE 01382 200532

ODnotMe

**MORE PEOPLE DIE
IN DUNDEE FROM DRUG
RELATED DEATHS THAN
ROAD TRAFFIC ACCIDENTS**



 **DRUG RELATED DEATHS**
ROAD TRAFFIC DEATHS

**MANY PEOPLE ARE AT RISK OF OVERDOSE BUT DON'T REALISE IT
WE CANNOT ALLOW THIS TO CONTINUE
WOULD YOU KNOW WHAT TO DO? CALL 999**

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ODnotMe

OVERDOSE DOESN'T DISCRIMINATE



AT OVER HALF OF OVERDOSES A WITNESS WAS PRESENT
BUT NO HELP WAS GIVEN.

90% OF OVERDOSES ARE PREVENTABLE.

WOULD YOU KNOW WHAT TO DO? CALL 999

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THE ROAD TO RECOVERY CARRIES RISKS

WHEN IN RECOVERY
YOUR TOLERANCE
IS REDUCED

SUPPORT GROUPS CAN
HELP RECOVERY AND
PREVENT OVERDOSE



WOULD YOU KNOW WHAT TO DO? CALL 999

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Dry Blood Spot Testing from 3rd Sector staff

- DBST testing for HBV, HCV and HIV (HCV current prevalence in Tayside 23%)
- Out of 3000 DBST carried in Tayside, Harm Reduction staff have carried out just over 1500 since 2009.
- Currently 94% of results have been issued -**This demonstrates that positive relationships are being built in the Needle Exchange and that “Chaotic” individuals will return for results and do want to address their behaviours and their well-being.**
- Over 300 re – tests



- Of the positive patients 88% have attended for follow up blood tests
- DBST has resulted in 200% increase in HCV diagnosis in Tayside



Advance HCV

- Aim to eradicate HCV from injecting population within next 2 years
- A Direct Observed Therapy vs. Fortnightly Collection Study for HCV Treatment
- Aims to eradicate Hep C in Tayside
- Links into sexual health services, community hub, support & recovery groups, women's only group, food banks

Legislation Awareness

- Being aware of current and changing legislation
- Regulations – Services supplying Naloxone introduced in 2015
- New Psychoactive Substance Act 2016
- Safer Drug Consumption Rooms – “Fix rooms”



What do we need to do?

- Provide informative training programmes within a variety of settings to ensure shared learning.
- Continued representation at a strategic level to influence positive change
- Continued multi agency approach
- Work to reduce stigma in communities
- Peer led initiatives to raise awareness of harms associated to substance use

WALKED INTO A HOSPITAL,
AND I WAS FUCKING STEAMING,
THE DOCTOR DONE AN ULTRASOUND,
AND SAW AN IMAGE OF A DEMON,
HE WENT CHALK WHITE,
AND BOLTED FROM THE ROOM,
THEN THE DEMON SPOKE TO ME,
ABOUT THE DANGERS OF THE SPOON,
I WORKED MY WAY INSIDE YOU,
AS YOU PUSHED ME THROUGH YOUR SKIN,
THE CAPSULE WAS A 2 MIL BARREL,
YOU'D FILLED WITH HEROIN,
AND NOW THAT IM INSIDE YOU CHRIS,
IM GONNA TAKE YOUR SOUL,
PIECE BY PIECE I'LL TAKE YOUR LIFE,
THATS WHY YOUR GROW HAS A HOLE,
NEXT I'LL TAKE AN ARM,
OR MAHBE TAKE A LEG,
GIVE YOU HEP OR HIV,
OR OVERDOSE YOU DEAD,
EITHER WAY I WILL LIVE ON,
INSIDE OF SOMEONE ELSE,
AND THEIR LIFE WILL BE TOOK APART,
AND SOUL BE DRAGGED TO HELL!

(DEMONIC PROPHECY)

Thank you

Any Questions?



Sources

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9. <https://www.eveningtelegraph.co.uk/fp/new-drug-commission-set-tackle-substance-abuse-scourge-dundee/>
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