

Alcohol and Drug Snapshot

November 2023



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The Health Improvement Team within prisons in Greater Glasgow & Clyde was established 10 years ago, initially to manage the Keep Well agenda and smoking cessation services. Since this time the team have grown and evolved, as have the services provided.

Services for people living in prison need to be dynamic, reactive and change in line with the presenting needs. The team strive to adopt this and where there are gaps, the team work with people living in prison to provide opportunities to increase health literacy, social capital, self-esteem and raise awareness of services available in both prison and community.

Peer Naloxone Programme

The Naloxone Peer Mentor programme in prisons is a peer to peer training model that allows individuals with lived experience to deliver overdose awareness, naloxone training and distribution to everyone leaving prison. Peer Mentors participate in an in-depth training programme that builds on self esteem, sense of self worth and provides an opportunity to develop skills in delivering training, public speaking, peer research and community engagement.



Naloxone is a medication that that can reverse the effects of opioid drugs like heroin, methadone, opium, codeine, morphine and buprenorphine. Previously in prison, Naloxone training was only offered to individuals identifying as having a history with opiate use. The Peer Mentors have been at the fore front of addressing some of the barriers to people accepting overdose awareness and Naloxone training with a 'Take Home' supply. They are also well placed to raise awareness of drug harms with people working in Prison.



In 2022 the work of the Naloxone Peer Mentors was recognised through their nominations and success for the Glasgow City HSCP Volunteer of the Year, NHS GGC Public Health Volunteer of the Year and NHS GGC Public Health Innovation of the Year awards. In 2023, the overall winners of the Public Health Local Staff Award and the Silver Winner of the Excellence Award, they were also nominated for a Butler Trust award.

Naloxone

Naloxone kits are available to anyone in the community who may be supporting someone at risk or likely to witness an overdose. Naloxone can come as either Prenoxad, which is a pre-filled syringe or as Nyxoid, which is a nasal spray.



Scottish Families provide a 'Click & Deliver' take-home naloxone service to anyone living in Scotland who is over the age of 16 (for injection kit) and 14 (for nasal kit).

! From 1st November 2023 every pharmacy in Scotland has Naloxone available for use in an emergency either within the premises or for anyone overdosing near the premises. The pharmacy can administer the Naloxone or provide the kit to a member of the public who has had training in Naloxone and allow them to administer.

Harm Reduction Service

The Health Improvement Harm Reduction Team engage with people in prison and offer group education sessions. The sessions aim to educate participants on the risks associated with Drug and Alcohol use, Blood Borne Virus transmission and Sexual Health. Two core sessions are delivered with a focus on Drugs, Psychoactive substances, Blood Borne Viruses and Sexual Health along with an optional Alcohol specific session. The sessions provide general Harm Reduction Messages and an opportunity for individuals to be signposted to support services both in prison and in their own communities. Each session is co-delivered in partnership with Scottish Prison Service Officers and Peer Mentors. We reviewed and revised the programme into this format following feedback from previous participants reflecting on the needs of people living in prison who use alcohol and drugs.

Alcohol Liason Nurse

The Alcohol Liaison Nurses (ALN) sit within the Prison Healthcare Addictions Teams and provide specialist knowledge and experience of working with people with a history of alcohol use. Each ALN will assess every patient referred into their service and deliver psycho-social interventions relevant to their history with alcohol, they hold a caseload which is inclusive to people engaged with community support and those who are accepting support for the first time.

Lenny Anderson, ALN in HMP Low Moss has developed person centred therapeutic support plans to provide tailored support. Lenny often uses motivational interviewing techniques to deliver Alcohol Brief Interventions and a range of psycho-social interventions to form a foundation for recovery and encourage ongoing relationships with recovery communities. A key element to Lenny's role is to deliver clinical interventions in the form of detoxification programmes as required, nutritional replacement therapy eg. Pabrinex and Thiamine (Vitamin B preparations) and assessment for protective medication (medication to dissuade people from drinking alcohol or to reduce the craving) on liberation as well as delivering a through care service in relation to alcohol use including Prison to Rehab.



Partnership Working

The Health Improvement Team in Prisons have developed extensive partnerships to deliver a range of alcohol and drug information and support services for people living and working in prison. The team also work with ADP partners, GGC Alcohol and Drug Health Improvement Team, MAT (Medication Assisted Treatment) Standards Implementation Support Team (MIST) and the Scottish Prison Service to ensure that the needs of the people living in prison are met by sustainable service provision.

We Are With You (WAWY). WAWY support the delivery of a Recovery Café in HMP Low Moss and a pre-liberation and through care service to people preparing to leave HMP Barlinnie who wish to engage with Recovery agencies in their communities.



SISCO deliver a 6-week introduction to the school of recovery. This is an opportunity for people who live in prison to learn about recovery and discover alternative coping strategies to the ones they are currently using.



The aim of the 6-week course is to offer a space to explore trauma, mindfulness, and recovery from alcohol and drug use. Upon completion, all participants attain accredited qualifications.

Websites and Services



The Let's Get Connected App, commissioned by Community Justice Glasgow and developed in partnership with Glasgow Girls Club, is an online tool that identifies a broad range of local and city-wide services that can support a reduction in the risk of re-offending.



Families Outside is a national charity in Scotland working exclusively with families affected by imprisonment. The service provides information and support on issues such as housing, finance, and emotional support.



Sacro provides a wide range of direct, innovative services in Community Justice, Public Protection and Community Safety. All our services are designed to help build safe communities by reducing conflict and offending.