



Fife Alcohol and Drug Partnership Annual Report 2022 – 2023

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Executive Summary

Fife Alcohol and Drug Partnership (ADP) is a strategic partnership of the Health and Social Care Partnership. Its role is reducing the prevalence, impact and harms associated with problematic and dependent alcohol and drug use throughout Fife. The ADP Strategy 2020 – 2023 has five main themes;

- **Prevention** of problematic substance use involving work with young people.
- **Early Intervention** to prevent worsening or development of harms which will make recovery less challenging.
- **Recovery and treatment** for those who have developed a physical and psychological dependence on substances.
- **Protection** of children and young people affected by another's use of substances.
- **Whole Population Approach** with an aim of achieving and maintaining health supporting levels of alcohol consumption.

All ADPs are required to report annually to their Integrated Joint Board and nationally to the Scottish Government on progress on embedding the strategy and improvements achieved from the annual ring-fenced government alcohol and drugs allocation and partner agency contributions.

Commissioning and Quality Improvement

Family Support - Continued whole family support improvements to the joint commissioning with Education and Children's services for whole family and young people. New services commissioning to address gaps in adult family support and carer's service and kinship care.

Residential Rehabilitation – Self assessment completed with pathways, staffing and service model improved to increase coverage, access and choice for people and their families in Fife affected by alcohol and drug use.

Medication Treatment Standards Improvement Programme 2022/23 - For MAT 1 to 5, same day prescribing, and choice of medication have progressed from amber to provisional green. Harm reduction, assertive outreach and retention in services has progressed and improvements recognised but the Public Health Assessment indicates the RAGB has remained the same. Partial implementation has been achieved on MAT 6 to 10 in particular psychological interventions and independent advocacy, but further work is needed for MAT 9. A one stop shop approach in Levenmouth has been highlighted in the MAT Standards National Report as an area of good practice for community-based approaches informed by local data.

Assertive Outreach and Harm Reduction – New commissioning for services to reach people in police custody suites, prison, hospital and social work. Development

of a whole system overdose awareness and take-home naloxone programme to prevent overdose and substance related deaths.

Lived/Living Experience Panels – Fife ADP has commissioned Scottish Recovery Consortium to enhance and sustain the already established autonomous Lived Experience Panel. An independent living experience group in Dunfermline - with a management group implementing feedback and improvements - has been established with support of services and Scottish Drugs Forum

Fife ADP Strategic Performance and Service Delivery

Fife ADP and its services are required to record and achieve national targets for Alcohol Brief Interventions (ABI), local delivery for numbers in treatment target and 90% of people seen within three weeks and Take-Home Naloxone distribution. The ADP also tracks national datasets on substance related deaths to assess impact of the strategy. Furthermore, each project and operational service is monitored on a six month and annual basis against evidence-based activity, outputs and outcomes as contained within the strategy.

National Targets – Some targets have been sustained and some show improvement. ABI delivery has yet to fully recover from the impact of lockdown. A review has commenced with improvements expected in year.

National Datasets – There has been a delay to National Records Scotland report for 2022 for drug related deaths but data from Police Scotland on suspected does not indicate a significant reduction for Fife. Alcohol specific deaths are lower in Fife than the Scottish average but more is needed and the current approach is outlined.

Service Delivery – Most services (Tier 3 and Tier 2) including newly commissioned and those reviewed as part of the strategy have met or exceeded targets and continue to meet demand and manage capacity.

Next Steps for 2023 - 2024

Fife ADP priorities over the final year of this strategy are further embedding the MAT Standards using its community based one stop shop approach in Cowdenbeath and Kirkcaldy, enhancing the voice of lived and living experience, an improvement approach for early engagement and treatment of those affected by alcohol use and further targeted prevention work with people and communities at risk of harm. Development of a new strategy will be a main focus for the partnership aligned with the health and social care partnership strategy.

ADP Introduction and Reporting

Fife Alcohol and Drug Partnership (ADP) is a strategic partnership of the Health and Social Care Partnership. Its role is reducing the prevalence, impact and harms associated with problematic and dependent alcohol and drug use throughout Fife. Membership is drawn from senior officers of Fife Council, Fife Health and Social Care Partnership, NHS Fife, Fife Constabulary, HMP Perth Prison, Voluntary Sector alcohol and drug services and people with lived and living experience. Following the development of the strategy a restructuring occurred over 2021/22 to align with strategic priorities and meet the needs of the people of Fife.

The new ADP structure is presented with group descriptions is contained in structure and governance section of this report. The ADP forms strategic alliances with many other partnerships and directorates where there is a shared responsibility for outcomes and service delivery planning, some of these include the Plan for Fife, Safer Communities Partnership, Fife Violence Against Women Partnership and Children's Services Strategic Plan and also include national groups. In its role of supporting the ADP Committee and its services, the ADP support team provides this function to ensure that people affected by alcohol and drugs are considered in wider strategic planning particularly on drivers for substance use and there is a collaborative approach to prevention, early intervention and whole population and system approaches.

All ADPs are required to report annually to their Integrated Joint Board and nationally to the Scottish Government on progress and improvements achieved from the annual ring-fenced government alcohol and drugs allocation and partner agency contributions. This funding is routed through NHS Boards to Integrated Authorities for onward allocation.

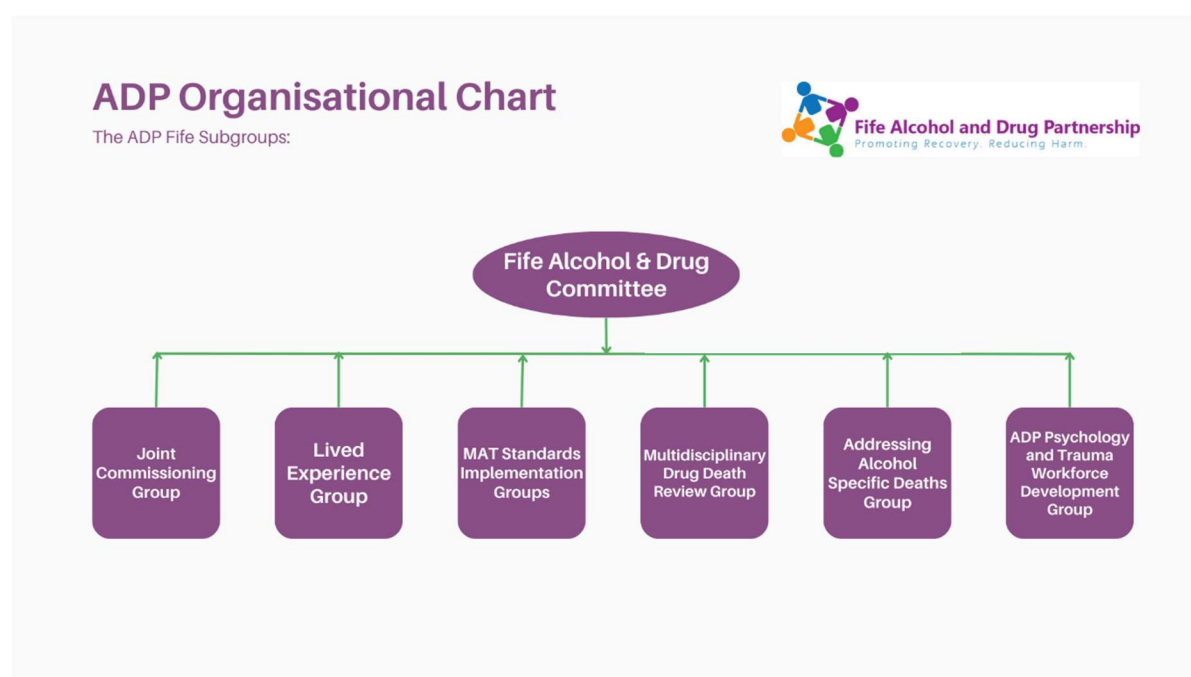
The Fife ADP Annual Report 2022/23 is in two parts.

- A local annual report for the Health and Social Care Partnership, detail on structure, governance, commissioning and improvement work and performance of commissioned and statutory services undertaken in the year to progress towards outcomes within the ADP Strategy 2020 to 2023.
- The second part is a mandatory template provided by the Scottish Government and reflects activity against the five themes indicated in the national strategies, Rights Respect and Recovery 2018 and latterly Drug Mission Priorities 2022 - 26. These are prevention, improvement of the support and treatment system, protecting and supporting families, parity in

delivery for those within the criminal justice system and whole population approaches for alcohol.

ADP Structure and Governance

Following a consultation with the ADP Committee members, services and people with lived and living experience, the ADP reviewed its membership, subgroup membership, purpose and terms of reference to ensure increased governance and performance towards the targets and improvement work set out in the local strategy and guided by national strategy and expectations for the MAT Standards 2021 and Drug Mission Priorities 2022-26. Below is the new structure and governance developed by the ADP:



There are four new sub-groups focused on addressing harm caused by alcohol and drug including prevention of alcohol specific and drug related deaths. These groups work across partnerships and directorates within HSCP, Fife Council and NHS Fife and include relevant representation from the voluntary and independent sectors and lived and living experience. There are clear remits with a focus on analysing and reviewing our current position and assessing options and opportunities to deliver improvements across the entire system, reporting back to the ADP Committee. Below is an outline of each subgroup:

- **Multiple-agency Drug Related Death Review Group** – A Public Health Surveillance Group focused on a full review and real time learning of each suspected drug related death to implement, immediate service to service improvements and highlight systematic gaps applicable to services and systems of care beyond the ADP, thus influencing whole system change. This group also runs meetings in conjunction with the NHS Fife addictions team's cluster review which addresses all those who were open to addiction services at the time of death.
- **Medication Assisted Treatment (MAT) Standards Implementation Group** – To deliver the rights-based trauma informed framework for the safe and effective provision of opiate substitution therapy, psychosocial support, and psychology interventions. This group project manages the implementation of the standards within the ADP system of care and works to influence provision in other interconnected strategy development and service delivery.
- **Addressing Alcohol Specific Deaths Group (AASDG)** – To analyse and review all ASD in 2020 for the purpose of developing a profile of those at risk, identify points at which an earlier intervention could have contributed to prevention. This learning will be forming the basis of recommendations presented to the ADP Committee as part of its improvement-based action plan for policy and service delivery to address alcohol harm and alcohol specific deaths.
- **Medication Assisted Treatment (MAT) Standards 6 & 10** - Psychology based workforce development subgroup delivering a plan compliant with MAT standards to retain people in treatment improve the quality of psychosocial support trauma informed response within the current system of care involving all ADP funded services.

The **Joint Commissioning Group** continues in its role of strategic commissioning, managing performance and overseeing the financial position and reporting of the ADP, including the new commissioning for the Drug Mission Priorities and MAT Standards. The **Lived Experience Panel** (established December 2020) continued in its role of amplifying the voices of people with lived and living experience within the ADP Committee and its structure ensuring the work places the needs of the care group at the heart of strategic planning.

Over 2022/23 Fife ADP has continued to address the national Drug Related Death crisis and has worked closely with the national Drug Death Taskforce and Scottish Government Drug Mission Policy Unit to align provision to the new evidence-based recommendations. This galvanised the approach across Fife to focus on its strategic priorities through the lens of delivering interventions to focus on addressing the drug related deaths crisis. Locally the ADP has adopted a similar commitment to address alcohol specific deaths and related harm and a subgroup specifically

focused on analysing this and developing recommendations for improvement both in and out with the current treatment and support system.

ADP National Strategy:

Rights Respect and Recovery (2018)

The National Strategy for Alcohol and Drug use “Rights, Respect, Recovery” was published in November 2018. The strategy reaffirms that individuals’ families and communities have the right to:

- health and life free from the harms of alcohol and drugs.
- be treated with dignity and respect.
- be fully supported within communities to find their own type of recovery.

It is mapped against five key themes followed by the ADP Committee in the development of the Fife ADP Strategy for 2020 to 2023. These themes are:

- **Prevention** of problematic substance use involving work with young people.
- **Early Intervention** to prevent worsening or development of harms which will make recovery less challenging.
- **Recovery and treatment** for those who have developed a physical and psychological dependence on substances.
- **Protection** of children and young people affected by another’s use of substances.
- **Whole Population Approach** with an aim of achieving and maintaining health supporting levels of alcohol consumption.

Progress against these themes is provided in the commissioning and improvement work section of this report.

The Alcohol Framework for Preventing Harm (2018)

The National Strategy for prevention of harm associated with alcohol use focuses on four main impacts:

- Protecting Young People

- Tackling Health Inequality
- Improving National Systems
- Whole Population Approaches

Aspects of this strategy were again mapped against the themes in the ADP Strategy 2020 – 23.

The Drug Mission Priorities (2022 – 26)

The drug mission priorities were announced in January 2021 focused entirely on preventing the drug related deaths in Scotland, these are focused on:

- Whole family support and development of family inclusive practice
- Increase the capacity and access to Residential Rehabilitation for women, veterans, those with dual diagnosis and young people.
- Fast and appropriate access to treatment in line with the Medication Assisted Treatment:
 - People at high risk are proactively identified and offered support.
 - Effective pathways between justice and community services are established.
 - Effective near-fatal overdose pathways are established across Scotland.
 - People are supported to make informed decisions about treatment options.
 - People are supported to remain in treatment for as long as requested.
 - People have the option to start MAT from the same day of presentation.
 - People have access to high standard, evidence based, compassionate and quality assured treatment options.
- Assertive outreach and Non-fatal overdose pathways
- Lived Experience Panel

Progress against these priorities is provided in the commissioning and improvement work section of this report.

Medication Assisted Treatment Standards (2021)

The Medication Assisted Treatment Standards were published in June 2021 by the Scottish Government with an expectation of full implementation in all ADP areas by the end of that financial year. The standards are part of the National Drug Mission

Policy response to address the prominent levels of drug related deaths in Scotland, declared a national public health crisis by the First Minister. In Fife drug related deaths have increased by 86% over the last ten years reaching 65 deaths in 2020 and increasing to 70 deaths in 2021.

Commitment to the implementation of the standards was adopted very early by the ADP and as such the standards aligned with work already underway to improve assertive outreach, harm reduction, advocacy and increasing participation and engagement with people with lived and living experience. They are also strategically aligned with early intervention and whole family support service redevelopment.

The ten standards are simple statements intended to be understood by those who use the system of care and drug and alcohol services and presented with evidence and rationale for their inclusion in the framework. NHS Board, ADP and HSCP responsibilities for each standard are detailed with process, numerical and experiential measures required to be submitted to Public Health Scotland and Scottish Government on an annual basis. The MAT Standards are:

1. All people accessing services have the option to start MAT from the same day of presentation.
2. All people are supported to make an informed choice on what medication to use for MAT and the appropriate dose.
3. All people at high risk of drug-related harm are proactively identified and offered support to commence or continue MAT.
4. All people can access evidence-based harm reduction at the point of MAT delivery.
5. All people receive support to remain in treatment for as long as requested.
6. The system that provides MAT is psychologically informed (tier 1); routinely delivers evidence-based low intensity psychosocial interventions (tier 2); and supports individuals to grow social connections.
7. All people have the option of MAT shared with Primary Care.
8. All people have access to independent advocacy as well as support for housing, welfare, and income needs.
9. All people with co-occurring drug use and mental health difficulties can receive mental health care at the point of MAT delivery.
10. All people receive trauma informed care.

In August 2022, a programme improvement plan was submitted to Public Health Scotland and the Scottish Government based on feedback from the first year of assessment. This aimed to further enhance the services and system delivery moving Fife close to full implementation of the MAT Standards and to comply with reporting,

benchmarking, and assessment criteria for the end of year assessment. Specific deliverables were identified and agreed by the MAT Standards Implementation subgroup, the ADP Committee and both Chief Executives for the Local Authority and NHS. Fife ADP continued its aim to invest the majority of the funding with the NHS Addiction Service due to the focus of the first five standards on health board provision. Although longer-term funding was not confirmed until July 2022, causing some delay to implementation and recruitment.

An additional £204k from the ADP's drug mission funding was also allocated to the project to increase capacity in the service. This will be sufficient to achieve the "Numbers in opiate replacement treatment target" linked to MAT Standards. This will be measured centrally by PHS and reported and published on a quarterly basis. The target will measure a planned and sustained increase in the numbers of people receiving opiate replacement in the area to improve the prevalence of problematic opiate dependent drug use/ people receiving OST treatment percentage. This is currently an estimation and thus all boards have been given a universal 9% target (154 patients for Fife) increase over the next 2 years.

Fife ADP have monitored and managed progress towards the standards via quarterly reports submitted to the Scottish Government indicating completion of milestone actions and through their risk assessment. These have been shared with all partners and used as a mechanism for assurance and redirection, if necessary, though the ADP has recognised that a more robust performance framework is required for the remaining three years of the implementation plan to measure impact, improvement and progress in year.

In April 2023, Fife ADP was externally assessed by Public Health Scotland on the first five standards by process, numerical and experiential evidence and MAT 6 to 10 on process and experiential evidence as partial implementation was expected. For 2023/24, the ratings for all 10 standards are detailed in the next section with plans for further improvements over 2023/24.

Fife MAT Standards Progress 2022-2023

MAT Standard Descriptor	PHS Assessed Performance for 2021- 2022	PHS Assessed Performance for 2022-2023 Progress Description	Implementation Plan for 2023/24
1. Same day prescribing	Amber	Provisional Green ⬆ Same day prescribing through rapid access clinics (MAT 1) is available across all the sites and has been maintained at the Methil Community Centre.	To maintain same day prescribing across all sites and to continue to offer this in Methil. To roll out rapid access clinics as part of "One stop Shop" partnership with third sector in Cowdenbeath and Kirkcaldy Locality where harm is highest in Fife
2. Choice of ORT at start and review	Amber	Provisional Green ⬆ LAIB (Long-acting injectable buprenorphine) is now available across the full service at initial titration or after medical review and provides additional choice (MAT 2) for those accessing opiate replacement therapy.	To improve on choice of ORT rates at all sites
3. Assertive Outreach & Anticipatory Care	Amber	Amber ↔ Assertive Outreach is	To review outreach pathway third sector provider of Non-Fatal Overdose Project ensuring that more people are risk assessed within the three-

		available in localities with ADAPT clinics, recovery cafes but also in key areas such as prisons, custody suites and hospital wards provided both by commissioned third sector and statutory services providing anticipatory care to people with lived and living experience. The drop-in support at the Methil Community Centre is key service acting as an access point to treatment as too is the living experience group now operating in Dunfermline.	day window.
4. Harm Reduction (Injecting Equipment Provision, THN, Wound Care, BBV testing at the point of MAT delivery)	Amber	Amber ↔ Take Home Naloxone, Wound Care and Blood Borne Virus Testing available in all sites. Further improvements needed to increase coverage of Injecting Equipment	MAT 4 group to continue with implementation plan Third sector will support with a specialist trainer. Adopting a new database will allow NHS Addictions Service to record distribution and develop service-based targets and improvements.
5. Retention in Services	Amber	Amber Rapid access clinics and a third sector retention service (MAT 5) also provide additional support to those at risk of early unplanned discharge	Review current retention practises, recording and policy within services. However, retention has improved as shown in "Numbers in Treatment" target.
6. Psychological interventions throughout the	Not assessed	Amber	To continue with workforce development plan now funded

system of care.		The MAT 6 and 10 psychological interventions and trauma informed workforce development plan is complete with all services (NHS and third sector) committed to embedding decider skills and advanced motivational interviewing into their operation practice including supervision, coaching and group support. This work will commence in 2023/24 and places Fife Alcohol and Drug Partnership ahead of its current implementation plan.	by ADP
7. Primary Care Integration & choice for patients.	Not assessed	Amber embedding a MAT Standards compliant approach with primary care. This is likely to encompass locality-based work in specific areas of Fife where prevalence of harm and substance related deaths are highest.	Convene MAT 7 implementation and planning group and agree workplan and key deliverables
8. Advocacy, Housing & Welfare.	Not assessed	Amber Independent advocacy service has been commissioned and is in place with people with lived experience as part of the service workforce.	To further embed and promote advocacy, housing, and welfare support into the ADP system of care
9. Integration with Mental Health	Not assessed	Red Review improvement work for MAT Standards 9 aimed at enhancing pathways, protocol, treatment and care for those affected by dual diagnosis and/or other mental	Re-establish MAT 9 planning and implementation group for those affected by emotional wellbeing and mental health needs as well as dual diagnosis

		health difficulties has commenced with the establishment of a dual diagnosis working group. Work is currently underway to develop the 2023/24 plan and performance framework.	
10. ADP System of Care must be trauma informed.	Not assessed	Provisional Amber The MAT 6 and 10 psychological interventions and trauma informed workforce development plan is complete with all services (NHS and third sector) committed to embedding decider skills and advanced motivational interviewing into their operation practice including supervision, coaching and group support. This work will commence in 2023/24 and places Fife Alcohol and Drug Partnership ahead of its current implementation plan.	To continue with improvements (via a separate working group) required within spaces used by services to ensure a broader approach to the development of trauma informed services.

Fife Case Study from the National Benchmarking Report 2022/23 (June 2023) Background

Between 2017 and 2019, 44 people lost their lives in the conurbation of Levenmouth with 26 occurring in the town of Methil. Following extensive analysis, strategic planning and engagement with people with lived and living experience, Fife Alcohol and Drug Partnership agreed a new set of locality based strategic priorities. Central to their planning was to work with all people to save lives in a non-stigmatising way with a focus on a “no wrong door” approach that helps people access a range of services both universal and specialised in a safe, warm and welcoming space.

Impact

In March 2022, the ADAPT- KY8 one stop shop opened its doors. It opens one day a week and offers a range of statutory, third sector and lived experience informed services including:

- Naloxone training and supply of kits
- Blood borne virus (BBV) testing
- Access to harm reduction equipment
- Individual and family support
- Access to Addiction Services and Fife based Recovery Services
- Access to rapid prescribing and mental health support onsite, and
- Housing support, welfare checks and support to attend other services.

They currently welcome on average 30 people per week and offer around 20 Naloxone kits to new and repeat visitors with 30 people having already started treatment from this venue. The atmosphere is informal and relaxed. People attend to have a chat, get a bite to eat and meet with service providers and professionals to learn more about what is available to them. The hub also runs activities such as snooker, bingo and craft sessions to encourage people to engage and reduce isolation and loneliness. Several people also attend other sessions delivered by services they first discovered at the hub.

Learning

The team at the hub soon realised the importance of a protected space for their population to help them feel safe, heard and respected. They understand how anxious people are when they first attend the hub and their support often starts outside the front door, reassuring people that they are welcome, and it is safe to come in. Extensive promotion across the locality is central to the success of the hub.

Top Tips

- Continual consultation where possible with communities and people with lived and living experience is key to success.
- Be prepared to adapt and modify service delivery based on peoples' feedback.

- Identify and collaborate with partners with the same vision and ethos to build a one-stop shop approach for people.

Next Steps

NHS Fife Public Health are conducting an evaluation of the planning involved with this approach to inform future locality-based provision in other areas of Fife where its inclusion is required to address inequalities.

Numbers in Treatment Target

Baseline	Target at the end of financial year 2023-2024	Numbers in receipt of ORT – Q1 2022/23	Numbers in receipt of ORT – Q4 2022/23	Fife Percentage increase from Q1 to Q4	Overall Increase from Baseline
1711	1865	1816	1853	↑ 2.36%	↑ 8.29%

Fife over a two-year period is expected to increase and maintain its numbers in treatment target from baseline by 9% or n=154 patients. After year one, the target has increased by 8.29% to 142 patients receiving opiate replacement therapy in Fife. This demonstrates a success in increasing access and retention within the service.

Commissioning and Improvement Work – Fife ADP Strategy 2020 – 2023

Fife ADP was awarded a £1.3 million per annum across six new priorities and immediately took the view that given the high number of alcohol specific deaths in the area, any additional investment would consider this local priority too. Additional funding for MAT Standards implementation has also been awarded following the development of a project specification plan. Below is a summary of improvement work funded from these additional investments.

Children, Young People, Whole Family and Adult Family Carers Support

- Joint strategic planning and commissioning as part of Children Services Planning to create the Whole Family Support and Young Person's Service. Barnardo's and Clued Up provide whole family support at additional level for all referrers and provision for YP up to the age of 26.
- Adult family support provision across Fife co located with Tier 3 alcohol and drug services but mainly NHS Addictions to provide key working, CRAFT based support and group working to any adult family member affected by another's substance use. The service was commissioned by ADP and is provided by Scottish Families Affected by Alcohol & Drugs and will take a carers'-based approach with an aim of providing support to carers to improve their own wellbeing. A further aim is to improve access to services for the member of the family using alcohol or drugs by providing family members with knowledge, tools, and techniques to improve motivation and support recovery. Take Home Naloxone/overdose awareness training and general harm reduction advice for alcohol are also provided as part of the approach for the prevention of substance use deaths.
- Additional capacity created by ADP funding allocated to Kinship Care Social Work Team for two social work positions to focus on family intervention/support and management and prevention of trauma within the family.

Increase Access to Residential Rehabilitation

- An increased investment in the FIRST service who provide thorough and robust preparation support, placements in any rehabilitation centre within Scotland thus allowing the service user choice of intervention, location, and length of stay. Family support whilst the placement is ongoing and referral into community-based rehabilitation on return. A self-assessment has been completed for Health Improvement Scotland, jointly with FIRST and other partners including people who attend residential rehabilitation. This has improvement pathways for priority groups which includes those who are homeless, or individuals being liberated from prison.
- Fife ADP have additionally been involved in work to develop a national framework for Residential Rehabilitation. The framework will involve providers

of Residential Rehabilitation signing up to a set of standards that are expected from every provider.

Increase of Assertive Outreach, Non-Fatal Overdose Response and Harm Reduction

- **Harm reduction** (injecting equipment provision, take home naloxone, wound care, testing for BBV) provided by services at point of need. The ADP has conducted an audit of Take-Home Naloxone distribution both within its services and its wider partners and concluded that there are further training needs for overdose awareness, take home naloxone training at an individual and training level and support to access the equipment including support to report. From this the ADP has funded a specialist trainer to develop a Fife wide plan to improve distribution and to reduce stigma by promoting take home naloxone as part of a first aid approach given the prevalence of drug related deaths across Scotland. Furthermore, the ADP has supported the development of peer led distribution of Take-Home Naloxone in partnership with We are With You and Scottish Drugs Forum. This involves people with lived and living experienced trained to raise overdose awareness and distribute equipment with people at risk.
- **Hospital Liaison Service** – The ADP will continue to redevelop this in reach and outreach partnership – provided by NHS Fife Addiction Service, We Are With You and ADAPT – to support people whose alcohol and drug use has reached crisis point and who are not getting a service, or the service provided has not yet been beneficial for their recovery. Evaluation measures are required to assess the impact this service is making in preventing the need for A&E attendance and admission to hospital. This work is due to be undertaken next year.
- **Compass Social Work Service** – This project was delayed due to recruitment issues but is now is due to be operational in 2023/24. This is a partnership between Fife Social Work Adults and Fife NHS Addictions Psychology and Therapy Service will provide support to adults affected by alcohol or drug use who have complex, severe additional needs which make it difficult to access and engage in treatment and support and/or be retained in services. This will also provide additionality to people supported through the Hospital Liaison Service whose needs include social care and support and treatment for complex childhood and adult trauma.
- **Increased assertive outreach** approaches for those in custody and in prison, delivering harm reduction and providing active linkage into universal and

specialised alcohol and drug support and treatment in the community. These services are provided by both SACRO and Phoenix Futures.

Lived/Living Experience Panels & Advocacy

- Fife ADP has commissioned Scottish Recovery Consortium to enhance and sustain the already established autonomous Lived Experience Panel. This is a recognised subgroup of the ADP with the same rights and responsibilities as other subgroups to develop policy, strategic direction and contribute to improvements of service delivery. Scottish Recovery Consortium will support the LEP in its next steps of improving the reach of the voice of lived and living experience across all subgroups of the ADP and in other relevant partnerships of the Health and Social Care Partnership. There will be training, support, and development available for the members of the LEP and a plan to embed their experience across the ADP including its subgroups and within relevant settings of the HSCP.
- Establishment of an independent advocacy service, delivered by Circles to work with adults with alcohol and drug problems.
- An independent living experience group in Dunfermline with a management group implementing feedback and improvements.

Locality Planning

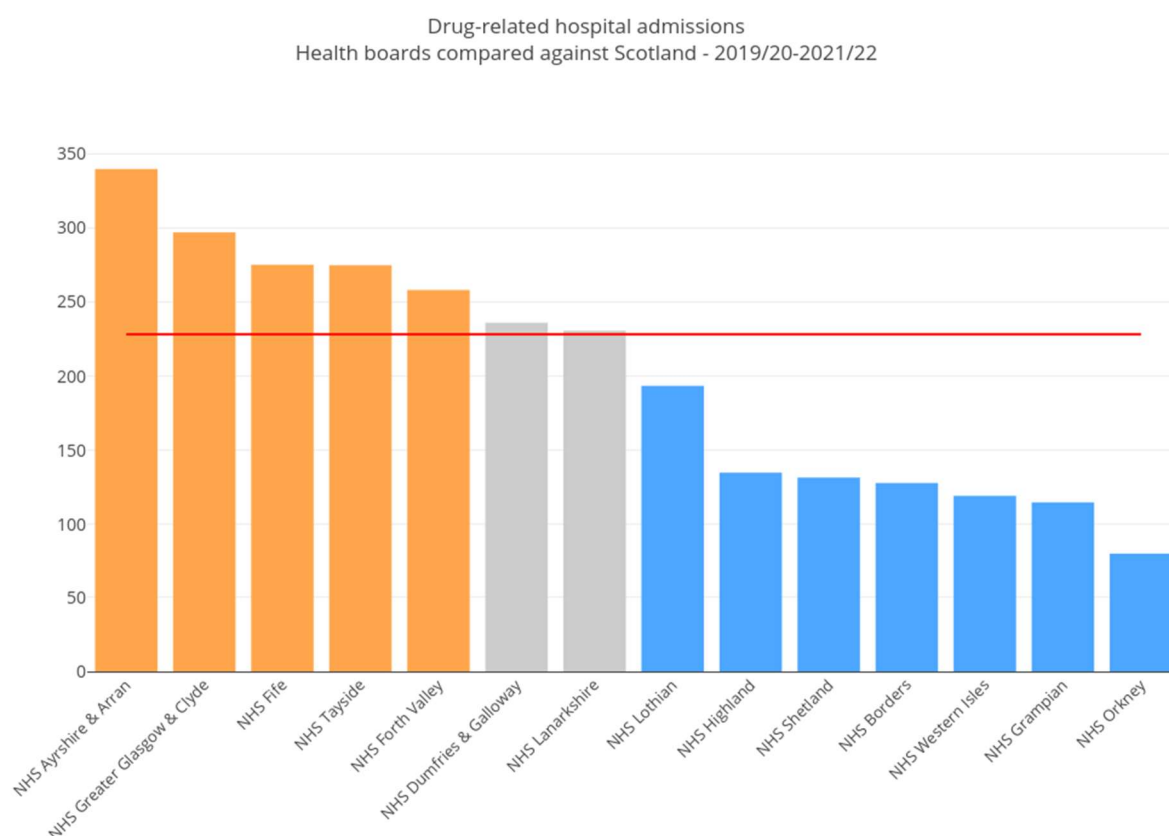
- **Methil one stop shop:** Between 2017 and 2019, 44 people lost their lives because of drug related deaths in the Levenmouth area with 26 occurring in the town of Methil. Fife Alcohol and Drug Partnership agreed a new set of localities based strategic priorities following extensive analysis, strategic planning, and engagement with people with lived and living experience. Central to the planning was to collaborate with all people to save lives in a non-stigmatising way with a focus on a 'no wrong door' approach that helps people access a range of services both universal and specialised in a safe, warm, and welcoming space. In March 2022, the KY8 one stop shop opened its doors. It opens one day a week and offers a range of statutory, third sector and lived experience informed services including:

- Hot food on the day, supplies of food and other items to relieve the cost of living crisis.
- Social activities and contact, reducing isolation and promoting connectivity based on a holistic approach.
- Naloxone training and supply of kits and other harm reduction advice and support.
- Access to NHS Addiction Services on site and Fife based Recovery Services with same day prescribing (MAT 1, MAT 2, and MAT 3) also available.
- Blood Borne Virus (BBV) testing.
- Onsite mental health support provided by NHS Addictions and third sector
- Individual and family support provided by a commissioned third sector service.
- Housing support, welfare checks and active linkage to attend other services.

The success of this approach in reaching people not currently in treatment or support has meant a similar co-production process will be followed in the Kirkcaldy and Cowdenbeath areas over 2023/24.

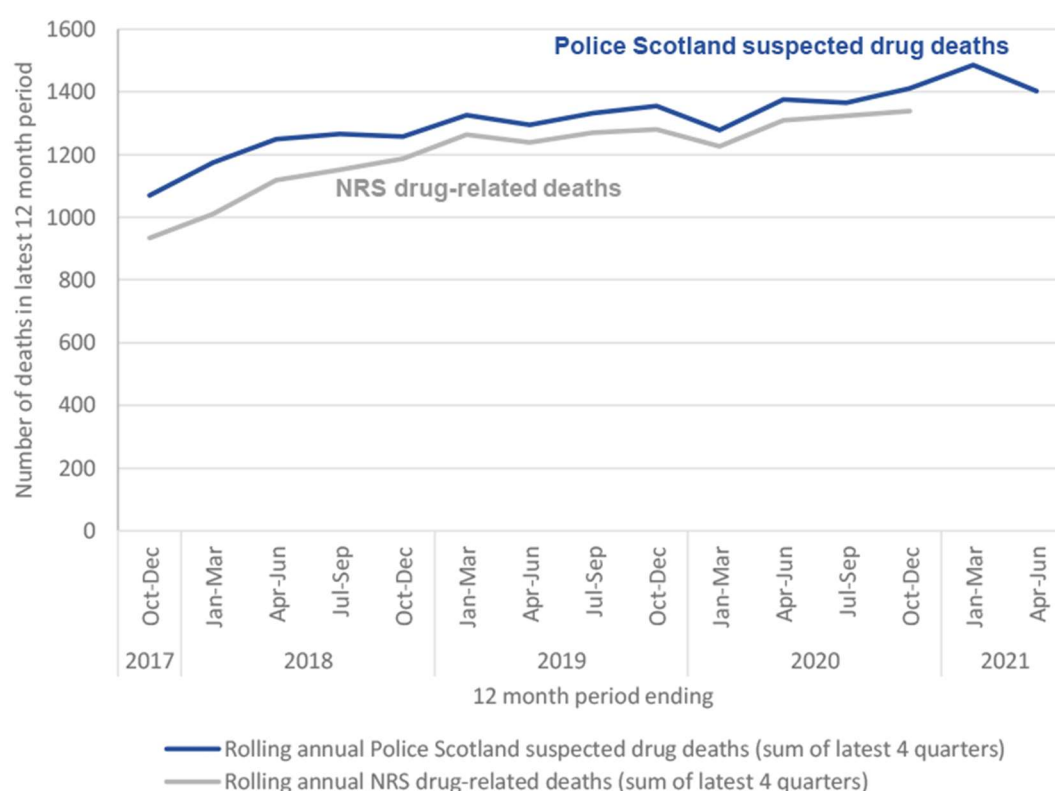
National and Local Response: Context and Performance

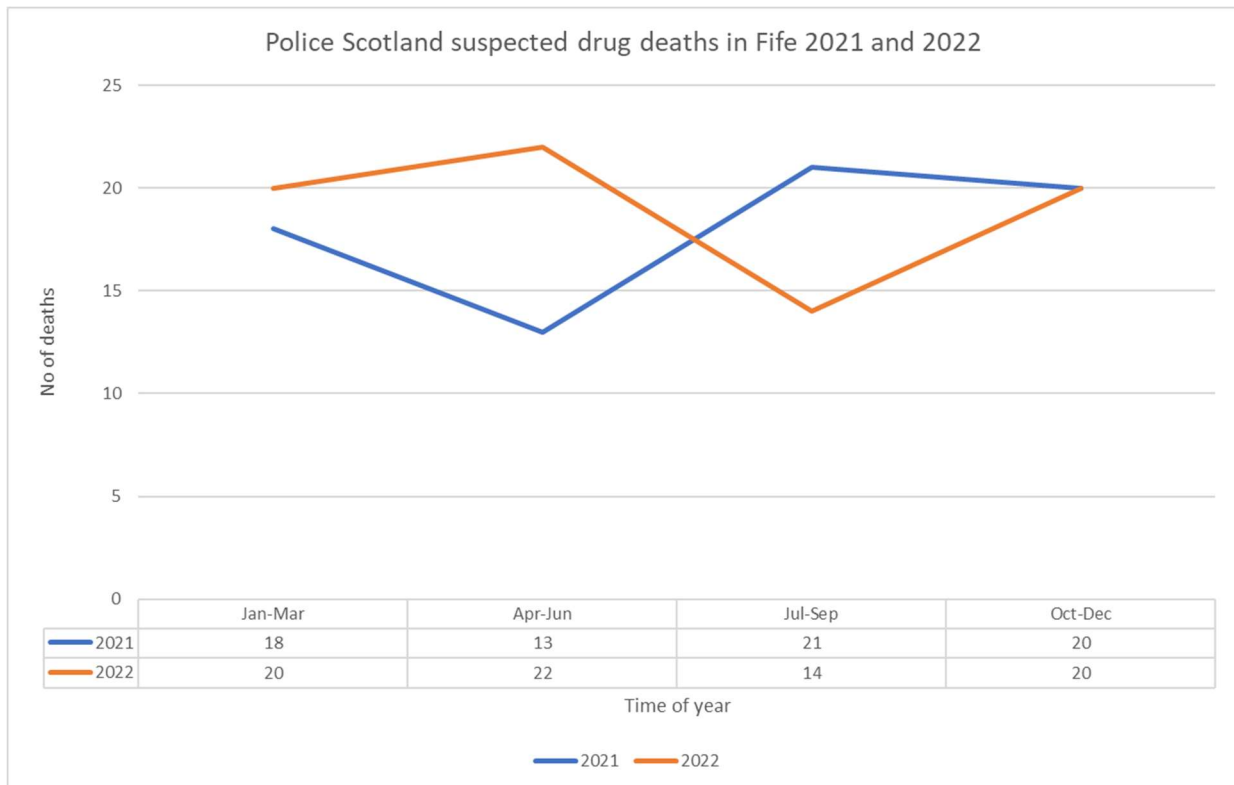
Drug related hospital admissions in Fife: Drug related hospital admissions are defined as general acute inpatient and day case stays with diagnosis of drug misuse in any position. They are measured by a 3-year rolling average number and then age-sex standardised per 100,000 population. The official 2022 figures have yet to be released, however Fife rates over the 2018/2019-2020/2021 period was 288. In the period 2019/2020 to 2021/2022 Fife rates were 275. Compared to Scotland overall, during the period 2019/20 to 21/22 the drug related hospital admissions in Fife were higher than the Scottish average.



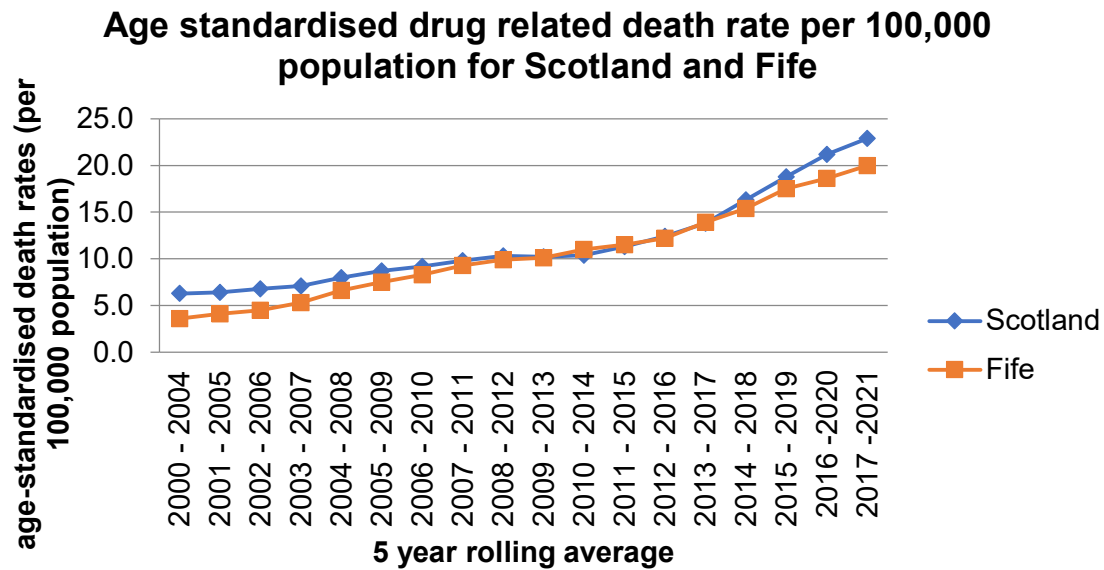
Drug related deaths in Fife: The official 2022 drug related death figures for Scotland have yet to be published by the National Records of Scotland (NRS) however the following is being reported on the **suspected** drug related deaths data gathered by Police Scotland. It provides an indication of current trends in suspected drug deaths in Scotland. This data is sourced from management information from Police Scotland who compile figures on the basis of reports from police officers attending scenes of death. Classification as a suspected drug death is based on an officer's observations and initial enquiries at the scene of death. Police Scotland suspected drug deaths correlate very closely with the official NRS drug death statistics.

- Drug death rates in Scotland overall have reduced from 1,339 in 2020 to 1,330 in 2021 as previously mentioned the official figures for 2022 are yet to be published.
- The Police Scotland drug deaths report showed 1295 deaths in 2021 and 1092 deaths in 2022 in Scotland overall.
- Fife figures from the Police report showed 72 deaths in 2021 and 76 in 2022.
- Opioid use continues to remain high across Fife's suspected drug related deaths overall.





The above graph shows the suspected drug-related deaths in Fife for 2021 and 2022 based on each reporting period. The Police total in Fife for 2021 was 72 and in 2022 it was 76. Although it should be noted that this is an estimation and not the official figures reported by National Record Scotland.



The above graph indicates the standardised rates per 100,000 population on a 5-year rolling average of official Drug Related Deaths and presents the challenges still faced in Fife and across Scotland. The ADP will provide an annual report for 2022, once official records are available from National Records Scotland

Take Home Naloxone Performance

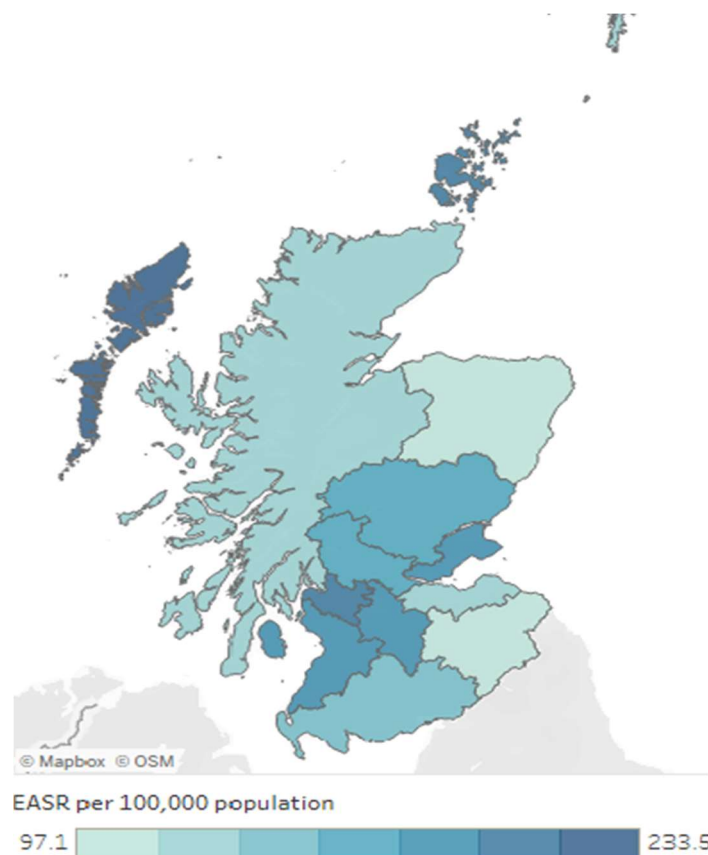
Indicator	Target	2021-2022	2022-2023	Performance Indicator
Take Home Naloxone (THN)	1400	585	1098	↑

Increasing coverage of Take-Home Naloxone (overdose reversal medication) is one of the essential interventions required to prevent drug related deaths. During the year, Fife ADP conducted an audit of its Take-Home Naloxone performance amongst its statutory and commissioned services, identifying barriers to distribution and working collegiately on a recovery plan to restore the target of 1400 needed across Fife. In addition, Fife ADP has commissioned a harm reduction trainer within We Are With You, a third sector harm reduction specialist service. This role will ensure that initial and refresher training including overdose awareness are rolled out amongst our services and a plan has been developed to mainstream this training.

with partners working with people at risk and their families. An extremely positive outcome for the ADP over the year is an increase in distribution of 88% moving significantly closer to the local target.

Alcohol Related Hospital Admissions

Fife has had an increase in alcohol related hospital admissions from 204.3 per 100,000 population in 20/21 to 233.8 per 100,000 population in 21/22. For mental and behavioural disorders caused by alcohol Fife were above the Scottish average for new patients and had the 4th highest rate of new patients compared to other NHS boards in Scotland. This was also an increase for Fife from 20/21.



New patients in 2021/22 for mental and behavioural disorders

due to alcohol. EASR per 100,000 of the population.

For new patients for alcohol liver disease, Fife was below the Scottish average for new patients. There was a slight increase from the previous year of 20/21 to 21/22.

ABI Performance

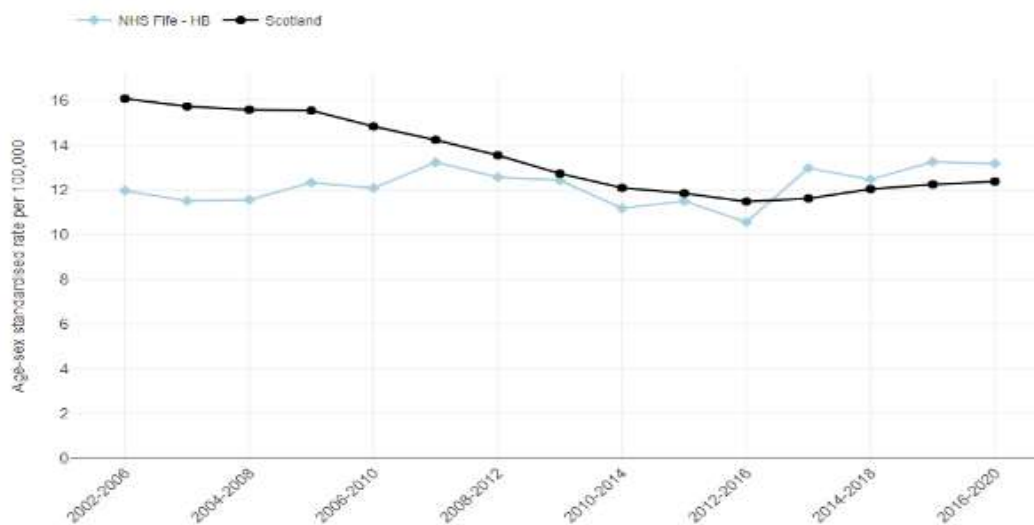
The Scottish Government are currently reviewing the local target for Alcohol Brief Interventions given that this is the first year this information has been collated since the pandemic. Fife's performance is currently lower than the pre pandemic target and clearly some element on the digital delivery of services in the ADP has had some impact though it is less clear in the priority settings. The Joint Commissioning Group of the ADP has asked for a review of the performance and recommendations for improvement over the next year.

Indicator	Target	2021-2022	2022-2023	Performance Indicator
Alcohol Brief Interventions (ABIs)	3141	Not collated	2751	↓ From annual target

Alcohol specific deaths in Fife on a whole have been lower than the Scottish average. The number of women dying from alcohol specific deaths is marginally higher however than the Scottish average.

Alcohol-specific deaths, females

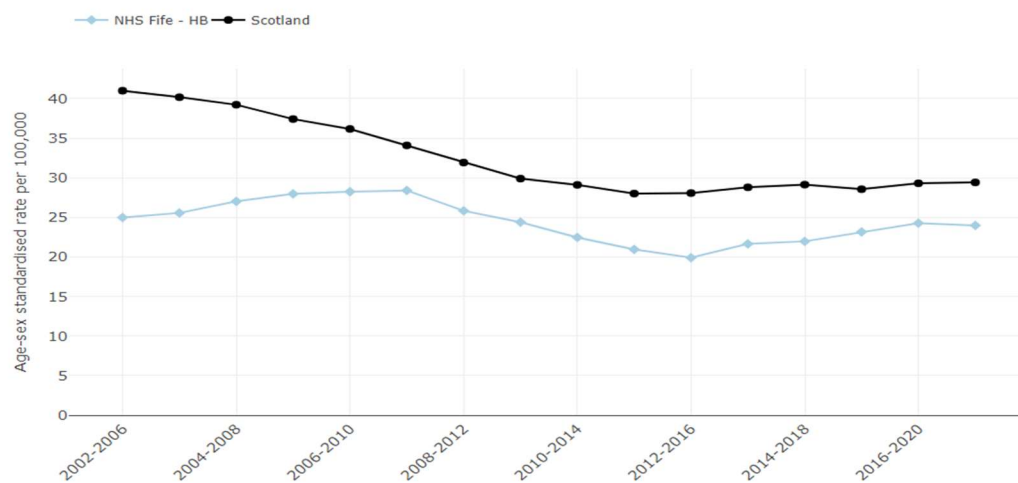
Age-sex standardised rate per 100,000



The number of men dying from alcohol specific deaths is marginally lower than the Scottish average.

Alcohol-specific deaths, males

Age-sex standardised rate per 100,000



The Addressing Alcohol Specific Death Group (AASDG) a subgroup of the ADP focuses on prevention of harm and premature mortality with the ADP strategic aim to reduce alcohol specific deaths and produce a recommendation report back to the ADP Committee indicating improvements required at service and system level to reduce the prevalence of alcohol specific deaths in Fife. The group oversees two research projects, which are:

The two key priorities of the group to achieve these goals are to;

- In partnership with Public Health – a review of alcohol deaths for 2020 by collecting primary and secondary care data, as well as third sector and social work data. A report will then be produced with recommendations from the data gathered and submitted to the ADP for an improvement plan aligned to national standards for improvement of care for people affected by alcohol use.
- In partnership with Scottish Drugs Forum, services and people and families with lived and living experience – A peer research to be carried out by individuals with lived or living experience. This will result in a report with key recommendations that link in with the Alcohol Specific Death report. This work is currently on track and the group will receive the draft report for this work in August 2023.

Local Delivery Plan Drug & Alcohol Waiting Times

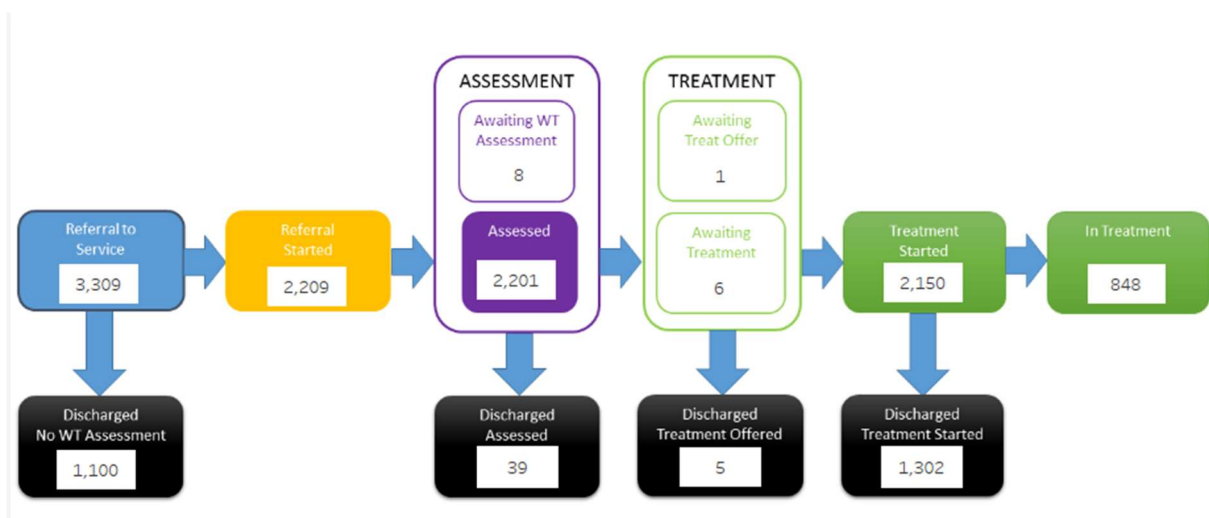
The local delivery plan requires that 90% of people accessing tier 3 support for alcohol and drug issues are seen and assessed within a three-week period. Over the last year Fife ADP has consistently meant the waiting times target for treatment for all four quarters of the year. Though there have been fluctuations these have never been lower than the national target and demonstrate a good level of access to services for people affected by alcohol and drugs in Fife.

Indicator	Target	2021-2022	2022-2023	Performance Indicator
Drug and Alcohol Treatment Waiting Times – Q1	90%	94%	94.1%	↑
Drug and Alcohol Treatment Waiting Times – Q2	90%	89%	95%	↑
Drug and Alcohol Treatment Waiting Times	90%	93%	97%	↑

– Q3				
Drug and Alcohol Treatment Waiting Times – Q4	90%	100%	96%	↓

Service and System Performance

Nationally Reported Fife Tier 3 Performance



From April 2022 - March 2023 Fife Tier 3 adult services received 3,309 referrals. 2,150 of the referrals started treatment and 848 remained in treatment after March 2023.

ADP Contract Reporting – Tier 3 Services

Tier 3 services are defined as services delivering a specialist intervention as part of a recovery/care or treatment plan. They are linked to the improving our recovery system of care theme but do undertake harm reduction and other early intervention and prevention support in the community.

Below is a summary of our tier 3 services and their performance based on reports submitted to the ADP support team:

NHS Addictions Services – The rapid access clinic reported 87 referrals between April 22- September 22 with the highest number of referrals from the Kirkcaldy area and the majority of referrals were male. There were higher numbers of people in treatment for drug use retained in service for longer than those with an alcohol dependency. For those in service due to opioid dependency 48% of those demonstrated a reduction in days the substance was used. There was however an increase in use of crack cocaine and cocaine use for those in treatment.

NHS Psychology - Psychology have submitted a report on targets, which indicates all targets are being met and data was provided for outcomes. 83 individuals received psychological assessment and evidence based psychological therapy. 29 new clients also received emotional resource approach but the funding for this work ceases in July. Psychology obtained funding from the ADP for help implementing MAT6&10, this included extra provision for two psychologists, as well as a training budget.

DAPL - This service provided a comprehensive ADP report return, which showed targets were met for counselling, ABI's, DBI's and provision of out of hours service. This service continues to deliver SMART meetings. There was a slight decline in engagement rate from referral from 59% to 44%. 277 naloxone kits were offered and 31 distributed.

FIRST – The Community Rehabilitation team has exceeded its ADP targets and demonstrated good outcomes for those engaged with the service. The highest referral rate has come from Kirkcaldy area, and 25–40-year age group. The

engagement rate from referral is 62% which is quite standard across services. Two naloxone kits were distributed and 128 ABI's and 151 DBI's were delivered.

FIRST - The Residential Rehabilitation Service received 65 referrals across the year and 17 individuals accessed residential rehabilitation in this period. Positive outcomes were demonstrated for those who accessed residential rehabilitation. Ongoing work continues with Healthcare Improvement Scotland on pathways and access for minority groups.

ADP Contract Reporting – Tier 2 Services

Tier 2 services are defined by the delivery of support on ADP strategic themes around prevention, early intervention, whole family support and a focus on creating parity in service provision by those affected by the criminal justice system. The work offered can often be outreach, sometimes to high volumes of people and brief in nature based on actively linking service users to Tier 3 provision but this has evolved and will change dependent on the needs of the service user.

ADAPT - All targets for this service were met and the report was fully completed. The service had 1117 attend the drop-in clinics and provided counselling to 109 individuals however 203 were referred. ABI (Alcohol Brief Interventions) targets were also met with 227 being delivered, and 293 naloxone kits were distributed. 35% of those working towards abstinence achieved this, whilst 70% made progress towards improvement in physical and psychological health.

ADAPT NFO - This service saw 305 individuals throughout the reporting period. 80% of referrals exited after support 19% still active in service. 50 naloxone kits were also distributed. The main substances which resulted in the referral were heroin, alcohol, and street Valium.

Barnardo's Education Service - A full report was provided from Barnardo's for Education with the majority of pupils/staff fully achieving or making progress of increased knowledge at exit. Due to the ongoing review of the Education service Barnardo's have not recruited to the vacant senior practitioner post and therefore some inputs in Q4 were reduced. Where inputs were reduced, resources were provided to teachers to cover any gaps in provision.

Barnardo's and Clued-Up Whole Family support service – A full report was provided for this service. Referrals were on target for young people provision. Outcomes for young people show positive changes in key areas including reduction in substance use, improved family relationships and improved mental health with very few leaving support having not benefitted in some capacity. For intensive whole family provision, in the reporting year 8 families were supported and some outcomes were recorded for improvement in safety for the families and relationships, parental engagement and improvements in connections to local groups.

Clued-Up Employability Service – This service has been working towards outcomes for young people to gain employment, volunteer, develop positive routines and access further education. 17 males and 11 females developed positive routines, 6 engaged in volunteering opportunities, 14 entered further or higher education and 3 males and 8 females secured employment.

Circles Network - Circles is the new advocacy service and has a responsibility within Medication Assisted Treatment Standards for independent advocacy support. The service has been working on their reporting outcomes and from April 2023 can now report on outcomes for service users and staff. Both positions for advocacy workers were commissioned specifically for individuals with lived experience. 194 cases were seen by Circles within the year with the key issues being housing, finance, and welfare.

Frontline Fife – One to one support was offered to 61 individuals with an engagement rate of 66% from referral. The highest area for engagement was Kirkcaldy which mirrors last year's reporting. All outcomes were clearly demonstrated and 25 ABI's and 34 DBI's were conducted. The team also distributed 7 naloxone kits throughout the year.

Hospital Liaison Service - ADAPT worked with 59 individuals with most referrals from the Leven and Kirkcaldy area. 99% of ADAPT referrals had an alcohol related problem. Whilst Addiction Services had 354 referrals, with 133 open cases within Addiction Services. It was also noted that addiction services received approximately 50 referrals per month. Both services referred onto other services and provided support to the individuals engaged. NHS Pharmacy services are still to recruit to their role due to the temporary nature of the funding and WAWY again highlighted only a small number of referrals are being passed to them.

Phoenix Peer Mentoring - This service has provided Fife ADP annual report showing targets and engagement. All outputs were met for volunteer opportunities, mentee engagement and engagement in wider community. There were 39 referrals

to this service, and 38 people engaged. There was one female referred however they did not engage. 37% of people when exiting the service has a reduction in drug and alcohol use as well as improvement in physical health. 14 naloxone kits were offered, and all were issued. Kirkcaldy remained to be the main area of referrals followed by Glenrothes.

Phoenix Futures Return to Nature - A full report was provided from the service. 27 people completed the RTN programme, with a target of 30 to complete. Targets were met for volunteer opportunities and recovery cultural events which has increased since the last reporting period. 20 naloxone kits were distributed which is a 100% increase from the last reporting period. There was a high engagement rate from referral and of those who did complete the RTN programme, 100% improved in physical and emotional health and increased social networks.

Restoration - This service has reported on targets with 269 active members attending at least one activity per week. The highest area of engagement is the Dunfermline and Levenmouth area with 129 active members. A client survey highlighted self-improvements in isolation, mental and physical health and feeling safe. Outgoing referrals continued to be high with people supported into services that help with transport needs, ongoing community support and foodbanks.

SACRO - This service completed a full report detailing ADP targets. Most targets were met with the service receiving 240 referrals to the service within the year, and 150 service users engaging over a period of 3-12 weeks. This is a 42% increase in referrals from the previous year due to staff recruitment. The target for service users having increased motivation to decrease substance increased to 54, with a target of 40. Staff are now able to issue naloxone kits however only 2 kits were distributed in the reporting period. There was a reduction of 84% in reported criminal activity which exceeded the target of 60%.

SFAD - 105 individuals engaged with this service through a variety of one to one's and group work. Included in this were 22 family members who received bereavement counselling. Family members had positive outcomes from their engagement with SFAD including better physical, emotional, and mental health.

WAWY - A full report was returned, and all annual outputs have been exceeded. 606 naloxone kits were distributed which is above target the peer naloxone champions are responsible for over half of this distribution. As well as this, drop-in clinics and triages were 27% over the target. Brief interventions were over double the annual output. The ADP support team will work with the service to increase annual targets

on the SLA. Levenmouth continues to have the highest referral area, with 41-50 years being the highest age range for referrals.

Next Steps for 2023 - 2024

Moving forward it is essential that the ADP continue to implement its strategy and focus on the key areas in order to prevent, intervene early and provide quality in treatment and support to all people of Fife. The continued implementation of the MAT Standards will be a critical focus for Fife ADP and nationally as we continue to embed the standards within ADP services but also mainstream the approach in universal provision where people with alcohol and drug problems struggle to engage. A complete system approach to the MAT standards is required in primary care, mental health, housing and welfare and advocacy services.

The residential rehabilitation service will continue on its continuous improvement approach in partnership with the ADP support team to continue providing positive outcomes but to also reach priority groups and identify pathways and partnerships to increase the reach of this type of support.

A focus will also be maintained on alcohol related harm and deaths and the complexities of reporting around those as well as the contributing factors involved. Fife ADP will use the information gained from the Addressing Alcohol Specific Death work and the voice of people and their families with lived and living experience to drive improvements in the system of care and other partnerships where prevention and early intervention can improve outcomes. As proposed in the delivery plan, the Addressing Alcohol Specific Death Group will form an implementation group to support wider organisations in utilising the data collated and the overarching themes from their findings.

Much has already been done to engage and ensure participation individuals with lived or living experience within the strategic planning and policy work of the ADP. A dedicated worker has been commissioned through Scottish Recovery Consortium to ensure that people and their families are fully support to co-produce and collaborate and offered development opportunities on a volunteer basis. The aim is to ensure all ADP subgroups are collaborating directly with people with lived and living experience and the voice of lived and living experience is present across the HSCP and other universal service provision where their voice can benefit service improvements, strategic planning and policy development. The ADP continues to value the work of

those with lived and living experience as part of the harm reduction approach including the provision of overdose reversal medication and raising awareness.

The ADP Strategy 2023/26 is currently in development cognisant of the HSCP themes and improvements pertaining to the ADP, aligned to correlated strategies such as mental health, prevention and early intervention and the carers strategy and also aligned to the national strategies. The new strategy will learn from our past experiences, assess, and review current data before looking to the horizon to identify the directions required to improve performance and outcomes for people of Fife affected by substance use.

Further Information

Fife ADP Strategy 2020 – 2023 - [Fife-ADP-Strategy-2020-23.pdf](https://fifeadp.org.uk/Fife-ADP-Strategy-2020-23.pdf) (fifeadp.org.uk)

Rights Respect and Recovery 2018 - [Rights, respect and recovery: alcohol and drug treatment strategy - gov.scot \(www.gov.scot\)](https://www.gov.scot/publications/rights-respect-and-recovery-2018/pages/1-10.aspx)

Alcohol Framework Preventing Harm 2018 - [Alcohol Framework 2018 - gov.scot](https://www.gov.scot/publications/preventing-harm-2018/pages/12.aspx)
(www.gov.scot)

National Drug Mission Priorities Plan 2022 – 2026 - [National Drugs Mission Plan: 2022-2026 - gov.scot \(www.gov.scot\)](https://www.gov.scot/publications/national-drugs-mission-plan-2022-2026/pages/22.aspx)

Medication Assisted Treatment Standards 2021 - [Medication Assisted Treatment \(MAT\) standards: access, choice, support - gov.scot](https://www.gov.scot/publications/mat-standards-2021/pages/introduction.aspx) (www.gov.scot)

Fife ADP Mat Standards Implementation Plan 2022 – 2023 - [Microsoft Word - Fife ADP MAT Standards Improvement Plan 22 -23](#)

Fife ADP Getting Help - [Getting Help](#) | FifeADP

AASDG – Addressing Alcohol Specific Death Group, a subgroup of the ADP

ABI – Alcohol Brief Intervention, a short structured intervention delivered to people at risk of alcohol related harm

ADP – Alcohol and Drug Partnership

DAISY – Drug and Alcohol Information SYstem, a national database for recording waiting times for treatment for Tier 3 services.

DAPL – Drug and Alcohol Psychotherapies Limited

DBI – Drug Brief Intervention, a short, structured intervention delivered to people at risk of drug related harm

FIRST – Fife Intensive Rehabilitation Substance use Team.

JCG – Joint Commissioning Group, a subgroup of the ADP

LEP – Lived Experience Panel, a subgroup of the ADP.

MAT – Medication Assisted Treatment, a framework for the safe, consistent and effective delivery of care for people who can benefit from opiate replacement therapy.

MDDRG – Multi-agency Drug Death Review Group, a subgroup of the ADP

OST/ORT – Opiate Substitute Therapy or Opiate Replacement Therapy

SACRO – Scottish Associate for the Care and Resettlement of Offenders

SFAD – Scottish Families Affected by Alcohol and Drugs

SLA - Service Level Agreement

THN – Take-Home Naloxone, a medication that can reverse the effects of an opioid overdose.

WAWY – We Are With You, the harm reduction service