



# First

Fife Intensive Rehabilitation  
& Substance Misuse Team



## ANNUAL REPORT

2015 - 2016





**Fife Intensive Rehabilitation  
& Substance Misuse Team**

Fife Intensive Rehabilitation & Substance Misuse Team (FIRST) provides a Fife wide community based Rehabilitation Service to clients with substance misuse issues via one to one, group and volunteer support.

**Dunfermline Base**

Unit 20  
Dunfermline Business Centre  
Izatt Avenue  
Dunfermline  
KY11 3BZ

**Registered Office**

3 South Fergus Place  
Kirkcaldy  
Fife  
KY1 1YA

**Glenrothes Base**

Unit 14  
Edison House  
Fullerton Road  
Glenrothes  
KY7 5QR

**Auditors**

EQ Accountants  
Pentland House  
Saltire Centre  
Glenrothes  
KY6 2AH

**Bankers**

Royal Bank of Scotland  
23 – 25 Rosslyn Street  
Kirkcaldy  
KY1 3HA

**Funders**

Fife Council  
Fife Alcohol and  
Drug Partnership  
NHS Fife



Registered Charity Number: SC034720  
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Registered with the Care Inspectorate

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# CHAIRPERSON'S REPORT

When I sat down to write this report, my initial thoughts were, “not much has changed – everything’s going well”. While the last part of the sentence is certainly true, the same cannot be said of the first part. Change, of course, is both important and necessary to sustain the growth and development of the organisation. A look back over the year shows that FIRST has introduced a number of new services and developed others.

- Naloxone counters the effects of a drug overdose and can save a life. It is safe and easy to administer and FIRST is playing its part in making it more widely available by distributing the kits.
- We have taken part in a multiagency collaboration with NHS Fife Addictions Clinical Psychology Service and DAPL to develop a Psychological Intervention Team (PIT). Services include evidence based psychological group therapy to individuals, and structured training and coaching in skills for understanding and working with trauma.
- The Auricular Acupuncture group has been popular, and now runs throughout Fife.
- Our Residential Rehabilitation programme goes from strength to strength and is achieving a good success rate.
- We held our second Service Development Day, which was very well attended and enjoyed by the staff. Not only did it result in an Action Plan for future development, but also a call for this to become an annual event.
- Our website has been refreshed and is more accessible. We have started using social media to provide information and to communicate with clients.

None of this would be possible without our staff and funders. Despite pressures on their budgets, we continue to be well supported by Fife Council, NHS Fife and the Fife Alcohol and Drug Partnership. Thanks are due to them and our Link Officer, Carolyn King.

That our staff have bought into the vision, mission and goals of FIRST is made evident in the retention of our Investors in People Gold Award. This year, we had a new assessor. In her report, she spoke of being inspired to hear the progress and developments that we have made in our services and that everyone spoke very passionately about FIRST. Well done to everyone: we have an excellent staff team!

The assessor also commented that FIRST is a well-managed and respected organisation and I would like to thank April and the senior staff for another successful year. I also thank my colleagues on the Board of Directors for their continuing support in this, my first full year as Chairperson. It has been a year of change. But more importantly, it has been a year of growth. I look forward to the next one!



## SERVICE MANAGER'S REPORT

At the heart of our work over the past twelve months has been the Quality Principles and ensuring we cover all bases in this regard. Indeed this played a major part in our Service Development Day back in March this year.

As well as the Quality Principles, we have also placed great emphasis on Quality Assurance and the need to maintain and improve standards at every level. With this in mind, we have introduced regular coaching sessions for staff as well as regular internal file reading as part and parcel of our practice to ensure we are meeting the requirements of the Quality Principles. Ensuring consistency across the Service in terms of materials used and the delivery of Service is crucial and the staff themselves identified this at our Service Development Day.

Providing a high level of training and support for staff is crucial so they can, in turn provide an excellent standard of support to our client group and this was clearly evidenced at our Investors In People Inspection earlier this year when we maintained our Gold Standard with ease.

I recently held two Client Consultation Sessions with a number of our Service users, affording them the opportunity to give their views (whether positive or negative) about the Service and the staff, the findings of which are included in this Annual Report. The views of our clients are taken very seriously and, as we did last year, changes/procedures that can be implemented will be.

FIRST staff are now playing an active part in the distribution of Naloxone throughout Fife and we hope to play our part in reducing the number of drug deaths as a result. In partnership with other Services we are hosting a Naloxone Event at FIRST later in June as other Services have done/will do as well. A number of our staff have still to receive the necessary training but this is in hand and our Administration Team will also be participating in this.

It's been another productive year for FIRST with staff playing active parts in SMART Recovery, Peer Support, Restoration and the newly established Psychological Interventions Team (PIT), providing Trauma Resources Groups for clients, as well as coaching sessions for staff.

We can now confidently report on the overwhelming success of the Residential Rehabilitation Service. Of the clients who completed the twenty-six week programme, 80% are still in recovery up to seventeen months later, a truly staggering figure. Offshoots from this Service are the Phoenix Family Support Group, which is held in FIRST each month as well as the Peer Recovery Group, which takes place on a weekly basis, also at FIRST and managed by one of the clients mentioned above who fully completed the programme.

Our Prescribing and Rehabilitation Service Glenrothes (PARG) was rolled out to Leven (PARL) and is appreciated by the clients. This is a partnership between FIRST and NHS Fife Addiction Services.



Another FIRST/Addiction Services initiative has been the Patient Detox Pilot (PDP) which keeps clients in service and prepares them for treatment.

We have had a number of staff changes over the year and welcome Rebecca, Bill, Sharon and Kirsten.

I'm delighted to report that we now have four staff in recovery who have graduated from the Addiction Worker Training Project (AWTP). I'm also delighted to report that Gary, FIRST volunteer has secured a place on the AWTP.

We also now have a fully staffed Administration Team for the first time and can focus on things that we didn't have time for before.

We now have our own Facebook Page so clients can easily get in touch with us and at no cost. We also have a new webpage which is regularly updated.

And finally, I'd like to end by thanking all the staff, volunteers and Directors for making 2015/2016 so successful and helping our client group make some real positive changes in their lives, as can be evidenced today by the contributions from our Guest Speakers, and the content of the Annual Report. I'd also like to thank the clients for using the service and working hard to improve their lives.

Going forward, we will further strive to deliver a Rehabilitation Service that Fife can be proud of and move clients through into recovery.

**April Adam**  
**Service Manager**



# HUMAN RESOURCES

## Board of Directors

Alan Russell, Chairperson  
John Jones, Vice Chairperson  
Alex Haddow, Director  
Donald MacKay, Director  
Jenny MacLeod, Director

## Staff Team

### Management and Administration

April Adam, Service Manager  
Jeanie Nowland, Business Manager  
Tricia Smith, Finance Officer and PA to Service Manager (until 06.11.15)  
Fiona Wotherspoon, Service Administrator (until 25.09.15)  
Kayleigh Gourlay, Service Administrator  
Kelly Bolton, Service Administrator  
Sharon Barker, Service Administrator (from 18.01.16)  
Alice Simpkins, Administration Assistant  
Yvonne Grieve, Service Administrator (until 02.09.15)

### Groupwork / Volunteer Co-ordinator

Caroline Mackenzie

### Residential Rehabilitation Assessor / Co-ordinator

Liz Nardone

### Community Rehabilitation Team

Kenton Francis, Co-ordinator  
Paul Watson, Co-ordinator  
Arlene Hanafin, Rehabilitation Worker  
Bill Webster, Rehabilitation Worker  
Christine Graham, Rehabilitation Worker  
Colin Orr, Rehabilitation Worker (until 18.03.16)  
Mark Young, Rehabilitation Worker  
Rebecca West, Rehabilitation Worker (from 14.09.15)  
Tracy Crisp, Rehabilitation Worker  
Trish Allan, Rehabilitation Worker (until 21.08.15)  
Bill Dorman, Support Worker (from 17.08.15)  
Grant Young, Support Worker  
Kirsten Holland, Support Worker (from 11.04.16)

### Fife Council Link Officer

Carolyn King



# FIRST STATISTICS

## Referrals into Service

There was a total of **1144** referrals into FIRST in 2015-2016.

Service	Number of Referrals
NHS Addiction Services	527
ADAPT	157
Social Work	104
Self Referrals - FIRST Triage	84
Addaction	71
Frontline Fife	66
FIRST - referrals between 1-1 support, Groupwork and Residential Rehabilitation	39
DAPL	15
Psychology	15
GP	13
Health - Hospital, ARBD, CPN, Occupational Therapy, Penumbra	9
Fife Community Drug Service	8
Prison	8
Clued Up	5
Training, Employment / Volunteering Services - Working Links, Job Club, Scottish Drug Forum, SMART	5
Fife Alcohol Support Service	4
Housing Services - Fife Housing Partnership, Fife Council Homeless Assessment Team, Homes4Good	4
Restoration	4
Advice / Financial Services - Scottish Welfare Fund, Citizen's Advice and Rights Fife	3
Community / Family Services - Barnardos, The Cottage Family Centre, YMCA	3

## Referrals by Postcode

<b>KY1</b>	193	<b>KY11</b>	122
<b>KY2</b>	139	<b>KY12</b>	125
<b>KY3</b>	40	<b>KY13</b>	1
<b>KY4</b>	94	<b>KY14</b>	11
<b>KY5</b>	112	<b>KY15</b>	29
<b>KY6</b>	56	<b>KY16</b>	5
<b>KY7</b>	85	<b>DD2</b>	1
<b>KY8</b>	105	<b>DD6</b>	8
<b>KY9</b>	1	<b>FK10</b>	3
<b>KY10</b>	13	<b>PH2</b>	1



## CLIENT STORIES

Michael

My name is Michael. I started to use alcohol to cope with a traumatic event I witnessed at the Forth Rail Bridge eight years ago. I was using alcohol to block out my emotions and help me forget.

I lost my job, family home which I had to sell due to the financial mess I was in and eventually my relationship with my wife and children. I had to move into emergency accommodation for twenty-four weeks. At this time I felt worthless, depressed and isolated. I didn't realise that it was alcohol that was the main cause of all my problems.

Eventually I got my flat, I felt that I had to accept it even though it looked out onto the Forth Rail Bridge, which increased my symptoms of Post Traumatic Stress Disorder (PTSD). I went to see my GP as I had realised I needed to look at my alcohol intake and mood. My GP referred me to FIRST. They helped me to reduce my alcohol intake to three to four days per week – eventually getting down to a couple of times a week. I tried Acupuncture but it wasn't for me. My worker Arlene referred me to Psychology and I attended the Trauma Resources Group to help me manage my symptoms of PTSD. At this point I was discharged by my Rehabilitation Worker and I was open to groupwork only.

The facilitators of the Trauma Resources Group recognised that I was struggling to process what I had covered on the group and arranged for me to get another Rehabilitation Worker for ongoing support and Zoe, Addictions Psychologist agreed to see me to work on graded exposure.

I looked at continuing to reduce my alcohol intake with my new Rehabilitation Worker and boundary setting. We also looked at having better daily routines – making sure I got out of the house at least once a day as I was guilty of locking myself away for days if my mood was low.

I started to engage with Psychology and decided that I needed to be alcohol free to get the best possible result out of the therapy. I was started on Antabuse after being referred to NHS Fife Addiction Services.

FIRST have supported me with managing my emotions. Looking at different ways to distract myself when nothing else works. Talking over how I felt in appointments and giving me encouragement and reassurance.

Eventually I felt able to visit the Forth Rail Bridge, both my Psychologist and Rehabilitation Worker supported me with this. I managed my emotions and realised I can move forward without using alcohol to cope. I faced my fear and crossed the rail bridge by train.

I feel that I have worked through my issues. I feel more in control in all areas of my life. Family relationships have definitely improved. I see my children regularly and also communicate well with my ex-wife and I am now in a position to step in when I am needed for parenting.



A huge weight has been lifted off my shoulders. I have a real sense of freedom. I can watch the news!! Previously I would avoid anything that showed the rail bridge. I am a stronger person, more confident and assertive. I now see a future for myself. My next goal is to move into volunteering and eventually get back to work. I would like to take this opportunity to thank FIRST and Psychology for their support in helping me make these changes.

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## Alcohol and Me

Alan

Drinking was a major part of my adult life and I drank for 17 years. I had my first drink when I was 16 for a school disco and I guess I did it because everyone around me was doing it too. I enjoyed the way it made me feel and before I knew it I was doing it every Saturday night with my friends. I didn't see myself as an alcoholic at this time. It wasn't long before I started experimenting with drinking during the week and when I turned 18 it opened up the door to me being able to buy it myself in shops. Also at this time I started going out 'on the town' to pubs and clubs. At the time I thought it was great and I thought I was just having a laugh but looking back I believe I was behaving irresponsibly.

My father died when I was 18 as well and I was shocked and upset. This was when I started drinking like an alcoholic. The day I found out I dealt with it by going to the shop to buy two bottles then went to a friend's. This destructive behaviour continued as I was at university at the time and I started to miss classes in favour of drinking on my own anywhere I could. All this led to me leaving university as I couldn't cope with the work load because I was missing classes and failing exams.

I tried to carry on with my life and I got a job in a supermarket but the drinking continued, it wasn't causing me much of a problem yet. I was doing alright at work and I ended up sharing a flat but my alcohol intake just continued, I don't know how I could afford it. By now I thought this was my life, drinking, working and paying bills. This was what I did for the next ten years where I moved flat on various occasions, lived in Edinburgh for six months, had a new full time job, got myself in debt all whilst I drank every night.

Eventually it caught up with me. I had got myself in trouble as I was spending too much on alcohol and was made bankrupt. I lost my home and I was homeless with next to nothing. I also started experiencing medical problems with seizures and developed nerve damage in my feet. I got admitted to hospital a few times for an inpatient detox but suffered of being lonely and ended up drinking again. When I drank it wouldn't be for a few days, I just never knew when to stop so months would go by until I was back in hospital for a detox. There seemed no way out and I was just existing and being a statistic.

However eventually with the help from family, FIRST and Addiction Services my life was turning around. Firstly I got accepted into a rehab which taught me how to live again but I still was fighting demons and drank when I got out after six months. After about nine months of drinking I got another detox. This time I was determined to stop. After being discharged at Christmas I stayed sober and enjoyed it. I got straight involved with recovery work with FIRST, Restoration and the AA. It helped pass the time and it kept me sober.



Today I live a happy life with a loving family and I have some new friends. I enjoy sports and activities and I am also busy all the time. I have my own flat in Dunfermline where I grew up and I like living here. My next goal is to get myself to college after the summer on the next stage on my journey of recovery. Change has been hard for me but I know if I work hard and don't have the first drink I will live a sober healthy life.

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Looking back to the first time I took heroin, although most of the time since has passed in a blur, it still feels like a lifetime ago. The guy I was staying with at the time had just got 3 months and I wasn't used to being alone so went straight to my ex's house for a few vannies (Valium), so I could get my head down. I knew at the time he was a heroin dealer but didn't think much of it as it had never really affected me or anyone I was close to. When I got there he didn't have any vannies and had to call out for them. Whilst I was waiting he put a bit gear on the foil and told me it would chill me out. Not knowing then how destructive the stuff was and thinking he was only trying to help me out I took it without too much worry or forethought. I'll never forget that day, it was the start of a 10yr+ downward spiral that I thought at the time was never going to end. It was made really easy for me to develop a habit, because my ex was the biggest dealer in the place, my heroin was always free and before I knew it I had a tenth (sixteenth) a day habit. I actually thought at the time that he was helping me by giving me it free but now know that he was only trying to find a way of controlling me again which is why I left him in the first place. After a good few years of this he eventually got busted and jailed and I had to fend for myself with a kid and a habit, that really opened my eyes to how hard it can be. The days just passed in a blur of getting up, scoring, then looking for the next tenner to start again. For 10 long, tedious years that was my life. I'm lucky I had a good family behind me because that lifestyle is not a good environment to bring a kid up in. When I came to FIRST initially I had no intention of coming off heroin, not that I liked the way I was living, I had just done it for so long the thought of being without it was terrifying. It was to heroin I turned when I lost my mum then my boyfriend, in my mind heroin had been there for me and I wasn't ready to let it go, I only came along to get my drug worker off my back. But I've got to say working with Kenton and of course the Walk & Talk with Mark, which I can't praise enough, really opened my eyes, and a few months into it I realised this wasn't the life I wanted I was going to get my act together. So slowly but surely I started to change my life and it was one of the hardest things I've ever had to do, losing all the so called friends I had was tough, as was trying to keep myself busy. I'm a charity shop hunter, I love looking for a bargain so I decided to nip into one of my local shops and hand in an application for volunteering. I started off doing a few days a week and then a job came up for Assistant Manager in the shop, Although I had never done that kind of work before, and in fact hadn't worked at all for years the shop manager thought that I'd be good at it and asked me to fill in an application and she would try her best to push it through and speak up for me. Luckily I got the job and my life has only improved since. I ultimately would love to work in an organisation like FIRST. If I can turn my hellish experience to helping others going through the same thing then that's what I want to do. I hated the stigma of going to the chemist to pick up my script. When people saw me going into the private room they would look me up and down. It made me feel worthless. I often wanted to scream at them that not all drug addicts are bad people.



I freely admit to telling the odd lie in order to borrow money but I have never stole or cheated to feed my habit. Now that my chemist has taken over the methadone prescribing though it's made a difference, he's the one that is dealing with us on a daily basis, and can reduce or increase, without having to wait for our next appointment. I think this is a great idea and would help in people's recovery if it was more widespread. After all the doctor was only seeing me once a month, but my chemist sees me everyday.

My family has been amazing through all this, so supportive. They have been there and encouraged me every step of the way, and I'm sure it couldn't have been easy most of the time, I'm not sure I could've done it without their help.

I was lucky enough never to have overdosed though having been in the company of people who have. You'd think that would've been a deterrent but you never seem to worry about that at the time.

I would like to say a thank you to both Mark and Gary, I seemed to have an instant connection to both of them, maybe because they have both been through the same circumstances and have successfully come out the other side. I could see a lot of myself in the stories they spoke about and knew if they were strong enough to do it then I could too.

I now want to go on to eventually get into this kind of work too. I figure if I can help people through their own recovery then the past 10+ years wouldn't have been in vain, I've discussed with Kenton my ideas for perhaps starting up my own Walk and Talk Group in the Benarty area, as we don't have anything through my way like that, and I think that was one of the biggest contributors on my own path to recovery, I just want to take the things that FIRST have taught me and use them to help other people succeed.

I am very proud of myself. A few years ago I never saw a way out of the life I was living, but I now know that there is always hope as long as you never give up trying.

My adviser at the Job Centre even asked to use me as a casefile to encourage others and show that just because you've had an addiction doesn't mean that your life is over.

Dave

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Dave referred himself to FIRST as his alcohol use was out of control. He was binge drinking which was impacting on his family life. When under the influence, Dave would fight with his wife and his six children were witnessing this in the home.

Dave's relationship with his wife had got to a point where they were unable to live with each other and were only together for the sake of the children. The youngest child was age four and the oldest child was fifteen. The children were on the At Risk register. The worry of looming redundancy was also impacting on Dave's mood and on the family environment.



Dave was offered weekly appointments with a dedicated worker from FIRST. Originally, his aim was to stop drinking altogether but due to stress, found this difficult and agreed to work on decreasing his alcohol intake instead. Dave was asked to keep an alcohol diary and bring this to his appointments.

With the help of his worker, Dave compiled an Action Plan identifying key goals and issues he wished to address resulting from his alcohol consumption. It was identified that Dave used alcohol as a coping mechanism for stress and anger and alternative methods were discussed. During appointments, work was also completed on relapse prevention, dealing with stress, anger management and identifying and avoiding the triggers which would make him want to consume alcohol.

Regular appointments were attended and after a period of three months, Dave found himself to be alcohol free and he continued to work with FIRST for additional support.

Dave had moved out of the family home and was supported to get his own tenancy. Due to this the relationship with his wife vastly improved and both shared joint access to the children. Dave used his redundancy payment to purchase a van and tools and started his own business.

He has never looked back. Dave is now able to spend quality time with his children and due to the improvement in their relationship, he and his wife now take the children on family days out. Due to Dave's continuing abstinence, improved personal relationships and lifestyle changes, the children were no longer deemed as being at risk and were removed from the register.

He continues to be free from alcohol, enjoying spending time with his family and running his business. With the support and guidance of his worker, Dave was able to remain motivated and determined to achieve and maintain his goals.



# GROUPWORK

Every year as I sit down to write this report, I always want to start it differently, I worry that it will sound the same as it has in previous years, so I sit and waste time trying to come up with something other than “It has been another busy year for groupwork at FIRST” However the reality is that it has been another busy year, and no matter how hard I try, I just can’t think of a more original way to say it.

## Walk & Talk

These have continued to run on a rolling programme, with two walks still running every week. The popularity remains, with both sessions operating with waiting lists of clients wishing to access this group. It never ceases to amaze me how such a simple concept can be so much in demand, but it is and that’s great. Our clients really enjoy the camaraderie they experience on these walks and are able to experience both receiving support and giving it in equal measure. I watch as they encourage each other on and it’s a pleasure to observe. Due to the demand for places on these groups, we are often only able to allow clients the experience of one block of ten sessions, but everyone is advised they can continue on the next block if spaces allow. This year, I’ve really noticed my ageing memory! As I’ve managed to get us lost a couple of times on walks I’ve done before and thought I knew well. Thank goodness for Gary, our Volunteer, keeping me right. The walks continue to benefit our clients both physically and mentally and the feedback is always good.



“Really enjoyed it. It’s a really important part of my treatment”

“Yeah loved the walk & talk really enjoyed the company and the walk was great”

“Felt low all week, but coming to walk meetings, the guys cheered me up.”

“Felt more settled within myself after being with the group”

“I enjoyed today’s outing and felt a lot better for getting out the house”

“I always look forward to the Walk & Talk Groups”



## Acupuncture

This is provided throughout Fife and involves clients attending a one hour session where they will have five small pins inserted into specific points in their ears, followed by a period of sitting quietly for forty minutes in a quiet, non-stimulating environment. This has shown to have benefits for improved mental health by increasing mood level, motivation and energy levels, reducing anxiety level and providing an overall feeling of well-being. Our clients also report that it helps with sleep problems. Clients can attend for as many sessions as they want, however I do recommend at least six, to experience the full benefit. At present these sessions are running in Dunfermline, Kirkcaldy, Buckhaven and Cupar. Below are the statistics taken from the Acupuncture group from 1st April 2015 to 31st March 2016.



79% of clients felt their appetite had increased

86% of clients felt their sleep had improved



79% of clients felt their general energy levels had increased

57% of clients felt their mood had improved



71% of clients felt their anxiety had improved

64% of clients felt their concentration had improved



57% of clients felt they socialised more with family/friends

57% of clients felt that they managed cravings better



57% of clients felt their withdrawals had reduced

64% of clients felt they experienced less irritability/anger



## Anxiety Management

These run whenever and wherever there is demand. In the past year I have run seven groups. Each group consists of four weekly sessions of two hours. Each week we focus on different areas and aim to increase awareness of what anxiety is, how it effects a person's body and how thinking patterns are involved. Clients learn how to recognise what triggers an anxiety response for them and how they can manage the effects using a range of techniques. The groups are usually small in number, up to five or six attending in order to ensure a more comfortable and less threatening setting.

"I have taken a lot of very good advice away from the group that are practical and good to know when the time comes when I do need to use it. I have already used some of the ideas given to me in this group with succesful (successful) results :) I'm glad to have came to this group, well done Caroline :) x"

"Gave me information to help me understand the problem and taught me teqnuiaes (techniques) to help alleviate the discomfort."



## Men's Group

We have two Men's Groups running at present, one in Kirkcaldy that is facilitated by Grant Taylor, Support Worker and Gary Trotter, Volunteer, and one in Dunfermline facilitated by Bill Dorman, Support Worker. Grant and Bill both gave a brief summary on how these groups have been going.

The Dunfermline group has been running since October 2015 and is based at Dunfermline Business Centre, Izatt Avenue. The purpose of this group is to encourage clients to socialise with their peers and have the chance to engage in various activities and group discussions in line with their individual recovery plans. The groups are spread over eight weeks, with a two week break prior to new block starting. The activities we have covered so far have included a visit to the Secret Bunker near St. Andrew's, a trip to the Museum in Edinburgh, walks on Fife's coastal path, outings to the ten pin bowling and golf driving range. Group discussions have included identifying triggers, managing cravings, building self-esteem and we finished off this current block with a session practising meditation. All sessions have been well attended with numbers each week averaging six men. Feedback from the men has been very positive with most clients looking forward to continuing with this group into the future.

**Bill Dorman**  
Support Worker



“An outstanding group which I have realised has let me be ‘distracted’. I forget my worries and hassles (hassles). It really is the time during the week where I feel ‘HAPPY’. Thank you FIRST and for your fantastic two guys who are amazing.”

“Men's group great for taking mind of (off) things.”

“I enjoyed the groups and gained a bit confidence.”



## Men's Group (Continued)

The Kirkcaldy group has been running continuously for over two years. This year they have been continuing with the guitar sessions following on from a period of tuition last year. They have also managed to fit in trips out to the golf driving range and up to Templehall for a game of carpet bowls as well as the annual Xmas meal out. The men report that just having the chance to meet up and enjoy some activity with others is very beneficial.

**Grant Taylor**  
Support Worker



“I have enjoyed the Men's group overall. Its giving me something to look forward to each week and Grant is sound to get on with, Gary is sound aswell (as well), defo (definitely) helping me with confidence.”

“Really enjoyed all the activities. Found the group helped me relax and helped boost confidence.”

“Was nice seeing everybody and it was guitar which I particularly enjoy.”

## Snooker Group

This group was started in August 2015 by our Volunteer, Gary Trotter following a discussion he had been having with some of the clients in one of our other groups where the need for an activity based group in the evening was expressed. After further discussion everyone agreed on snooker and Gary asked if he could set this up. It runs on a Monday evening and clients contribute £1 each week to the cost of hiring the tables. There are up to six clients each week who attend and they report that it has been invaluable in helping them with social isolation, boredom and the chance to have some fun in a safe environment.



## Drumming Group

This group has been running for over a year now and has gained in popularity during that time. Starting initially as part of the Kirkcaldy Men's Group and now with the addition of some women, it has become a group in its own right. The feedback from clients is very positive, with some feeling it has contributed to their confidence and self-esteem levels, as well as being just good fun. We were asked last year to lead the Recovery Walk in Glasgow organised by the Scottish Recovery Consortium, which we were very proud to accept, and everyone involved had a great time. The experience was extremely up-lifting. We hope to continue with this group, especially as we now have our own fabulous set of Djembe drums.



## Peer Support Group

This is a new group this year, facilitated by Paul Watson, Co-ordinator and Grant Taylor, Support Worker. It runs every Tuesday evening at Edison House in Glenrothes and offers clients a chance to meet up and talk about issues they are dealing with. It provides a forum to both give and receive support in a safe environment. They have also had the opportunity to go out for a game of snooker and to the golf driving range. Clients who are working during the day and unable to access other groups are finding it particularly useful.

**Caroline Mackenzie**  
**Groupwork/Volunteer Co-ordinator**



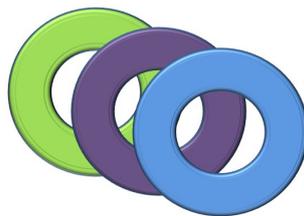


# PSYCHOLOGICAL INTERVENTIONS TEAM

Over the past year I have been very fortunate to be involved with the Psychological Interventions Team. This was set up as a multiagency collaboration between NHS Fife Addictions Psychology Service, FIRST and DAPL with funding provided by the Fife Alcohol and Drug Partnership. The team had three core objectives which were to:

- Offer the Resources Group throughout Fife
- Provide evidence based structured training and coaching in basic psychological interventions and therapeutic skills including Motivational Interviewing, basic CBT, and skills for understanding and working with trauma
- Triage all referrals for individuals affected by substance use requiring psychological interventions and direct them towards the most appropriate service/professional.

This has been a very innovative and exciting project to have been part of.



Psychological Interventions Team

## Resources Group

This group is a joint initiative between NHS Fife Addictions Psychology Service, DAPL and FIRST. It is a six week course aimed at clients who may have experienced trauma in the past and who experience difficulties regulating their emotions as a result. It provides a simple framework for clients to understand and identify their emotions and the triggers that precede them, and teaches a range of strategies/resources to manage these in a more helpful way. The group is open to clients of FIRST, DAPL and NHS Fife Addiction Services. In the past year we have run two groups in Dunfermline, one in Kirkcaldy and one in Glenrothes.



**Caroline Mackenzie**  
**Groupwork/Volunteer Co-ordinator**

## COMMENTS FROM FIRST CLIENTS

“you take the time to understand each person personally and get to route cause and work on that together and you couldn't ask for better service. I have worked with other services and to be honest NO COMPARISON. TOP CLASS SERVICE.”

“FIRST provides an excellent service. It has been extremely supportive”

“I'm really grateful from the bottom of my heart for the help I'm getting”

“FIRST were very genuine and wanted to help and support me. I was also offered other support and tools such as acupuncture and walk & talk, which are fantastic. I enjoy the tools that were suggested to me to use”.

“You are an individual and treated as such. Given respect and listened to.”

“All the staff at FIRST have been great, friendly and make you feel welcome”

“If I did not work with Grant I would be on the wrong path. He gives me a kick up the back side when I need it”

“FIRST has been a major factor in me being able to accomplish so much from drug user to being in recovery. “

“Tracy's doing a really good job and puting (putting) me in the right direction for a healthy manageable life so Im (I'm) happy and open to all she suggests.”

“Extremely helpful and willing support worker”



# VOLUNTEERS

We currently have five volunteers active within the service, having lost a lot over the past year due to people moving on to other things, some into training, some into employment. However, the volunteers who are left have been active in supporting our service. I have really enjoyed working with the volunteers who support me in groups, I have Gary who helps with one of the Walk & Talk groups, one of the Men's groups and also started the Snooker group. He is tireless in his commitment to FIRST. I have introduced a new volunteer to the Tuesday Walk & Talk. Steven has been helping us for several weeks now and has integrated well into the group, proving popular with the clients on this group. We also still have Don, our Volunteer Representative on the board, a very valued member. I have noticed in recent years that it has been very successful for our clients when they are moving on from the service, to offer them the opportunity to volunteer, if this is something they are interested in. This is giving them the chance to experience and develop some working skills in an environment that is familiar to them, offering them the chance to continue to develop in confidence. Volunteers who have personal experience of substance misuse issues themselves, offer another dimension to the support that our clients receive at FIRST, they are able to offer peer support/mentoring and feedback from clients is that this is very important. This experience is also great for the volunteers as often they will want to move on to training in the field of Substance Misuse. Over the years we have had three volunteers who successfully completed the Addiction Worker Training Project with the SDF and who are now employed at FIRST as Support Workers/Rehabilitation Workers.

**Caroline Mackenzie**  
**Groupwork/Volunteer Co-ordinator**

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# NALOXONE

Following a change in the legislation in 2015, non-clinical staff can now supply naloxone without the need for a prescription. The widespread supply of naloxone aims to reduce the incidence of drug-related deaths due to accidental opioid overdose by providing education on the signs and symptoms of an overdose, calling an ambulance, basic life support and the administration of naloxone.

Free training and a supply of naloxone can be accessed at FIRST.



# CLIENT CONSULTATIONS

Following the success of last year's consultation sessions, new sessions were held in Dunfermline and Kirkcaldy in May. Feedback gained from last year proved to be very useful; not only did it reassure FIRST that we were doing what we should be doing but also gave us ideas on ways we could improve. Clients who attended, all agreed that the relaxed and open atmosphere was very inviting and helpful for expressing their true thoughts and views. It was also nice to be able to meet the clients and put a name to a face.

There have definitely been actions following on from points raised last year including having the involvement of a family member in their recovery, acupuncture is now Fife wide, the aftercare/check-in service continues to operate ensuring clients are contacted after closure and we are currently working on a friends/family leaflet.

Key points/comments from this year's consultations include:

Key points:

- Telephone support would be helpful until a first appointment is able to be offered.
- Reminder texts on the morning of the appointment would be a benefit to clients who have mobile telephones and are new into treatment (head all over the place).
- More advertising especially in pharmacies, etc.
- The importance of having family support and how this could be expanded within FIRST.

Comments:

- You work at your own pace, you do not get pushed.
- You are not judged.
- Can't do enough for you – fantastic.
- I was lost until I found FIRST.
- Being able to openly discuss feelings, anxieties, etc in a safe environment.
- Helped me realise my triggers.
- Directed onto other groups/services whilst working with FIRST.

Clients also highlighted the benefit of attending FIRST's groupwork programmes as it provided a safe setting for those attending who have shared experiences and are working towards a common goal.

SMART groups were reported as being an excellent source of support for a number of clients who attended the sessions.



# CLIENT QUESTIONNAIRES

Client Feedback Questionnaires were also made available to ensure that FIRST clients were given the opportunity to provide feedback about the service. Information collated from completed questionnaires allows FIRST to gain an insight into client needs to ensure that the best possible support is provided.

## Length in Service:

1 - 6 months	3
6 - 12 months	9
Over 12 months	7

## Presenting Issue:

Drugs	12
Alcohol	7
Both	0

## Gender:

Male	15
Female	4

## Age:

25 and under	0
26 – 35	8
36 – 45	9
46 – 55	2
56 – 65	0
66 and over	0

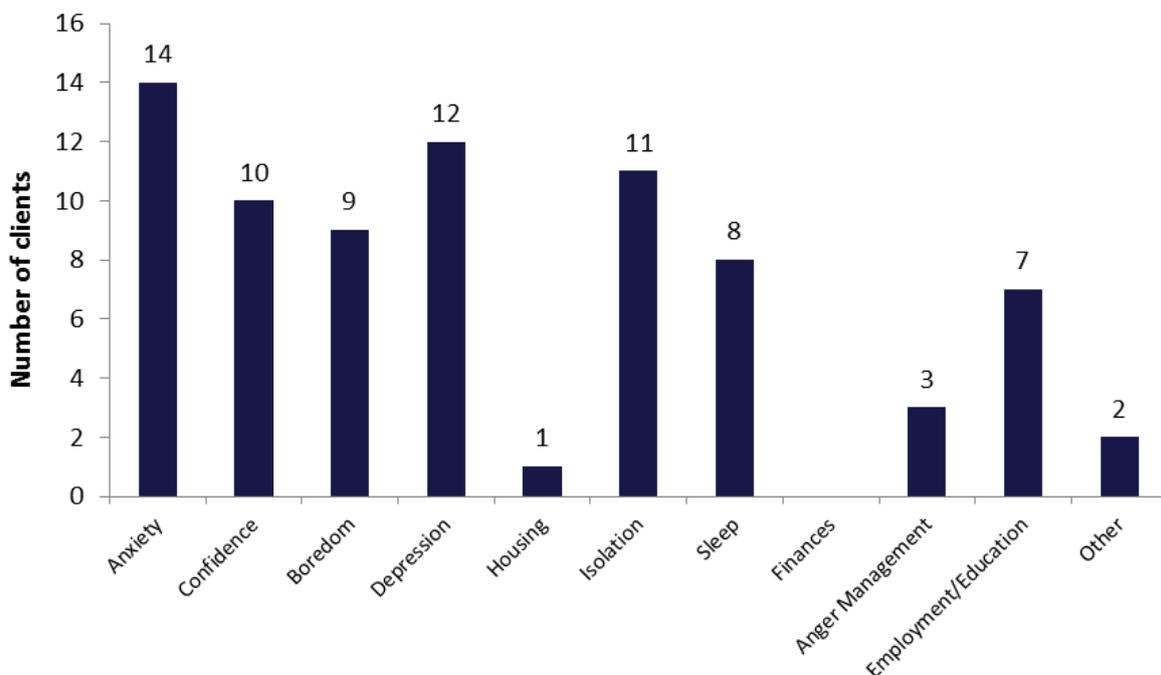
## Employment Status:

Employed	1
Unemployed	17
Retired	0
Disabled	1
Other	0

## Locality:

Glenrothes	2
Kirkcaldy	5
Dunfermline	5
Lochgelly	2
Rosyth	1
Buckhaven	1
Cardenden	1
Unanswered	2

Clients were asked, other than drug/alcohol issues, if they attended FIRST for support with other things?



Clients who ticked 'other' went on to elaborate. One answered "emotional issues" and the other "communication/relationships".



**1. Do you feel that your worker has been supporting you with these issues and you have been making progress in addressing these?**

**100% of clients answered yes**

If yes, can you identify what you think has worked for you? i.e. one to one support, resources used, etc.

- One to one support, advice, being able to talk to worker. Still dealing with anxiety.
- One to one support
- One to one support in fact everything has worked for me.
- One to one support has helped me identify my issues
- One to one support, help with building confidence, help with anxiety, cutting down on alcohol intake.
- FIRST, SMART.
- Speaking with Tracy and being refered (referred) to other resorces (resources) has been a massive help in my recovery.
- One to one and groupwork.
- Talking about probs (problems), playing pool and other things.
- Emotional health/well being.
- Identify issues and resolving them.
- Weekly appointments and linking in to all the groups.
- One to one support, Marks energy is infectious and spurs me on which helps my recovery.
- One to one has helped also doing men's group, and helping get me into training courses.
- Grant's words of support helped me a lot and to where I am today.
- I feel like a new man cas (because) I had a lot of thigs (things) rog (wrong).
- Men's group, one to one support, acupuncture.
- Gaining confidence, get out more and the mens groups has realy (really) helped.

**2. Would having the opportunity to include your family in your recovery be of benefit to you?**

**Yes 31.5% No 63.2% Unsure 5.3%**

Comments made:

Agreed to this. My parents are involved.



### 3. (a) Have you participated in any of our groupwork activities?

**Yes** **78.9%** **No** **21.1%**

If yes, which?

- Acupuncture
- SMART, been referred to Resources Group
- Walk and Talk, Men's Group to present day
- Anxiety Management
- Walk and Talk
- Walk & Talk, Snooker, Contact Point
- Men's Group, SMART Recovery, Walk + Talk, Recovery through Nature.
- Walk and Talk and Men's Group.
- SMART, acupuncture (acupuncture), walk and talk, recovery walk & Recovery through Nature.
- Men's Group, acupuncture (acupuncture).
- Men's group/walk and talk.
- Yes I go to the Men's Group on a Thursday.
- Mens group.
- Mens group, one to one support.

One client who answered no commented: "But going to start going to Peer Support on a Tuesday night."

### (b) Did you enjoy them and do you feel they were beneficial to you?

- Yes, I learned a lot about dealing and coping with anxiety.
- Yes definitely, helped me meet new people and stopped my isolation.
- Yes, very beneficial.
- Yes. I feel it helps me to keep busy.
- Yes.
- No 4 W&T, Yes 4 Contact Point, Snooker ok.
- Yes I really enjoyed them. Social side of things.
- I find them enjoyable and interesting.
- Yes really enjoyed all of them and will keep going as they are very beneficial.
- Yes.
  - Yes mens group helped alot (a lot).
  - It just get me out of the house and that.
  - Yes.
  - Service has help (helped) and its been enjoyable (enjoyable).



#### 4. Is there anything you would like to add about FIRST and the support you have been offered?

- First has helped me in my recovery and Im (I'm) looking forward to being more involved.
- I love FIRST and SMART. Both have helped me so much. I would never have got this far without FIRST or SMART.
- FIRST have been really great with me, help and support. If it was not for Grant giving me a kick up the butt I would not be here today, thanks.
- FIRST has been a great help in my recovery I've enjoyed my meetings.
- Very helpful and supportive, it's helped me lots i.e cut down my drinking and help me come out.
- One to one support is great and it is non-judgemental and having a worker that has been there helps and understands.
- Excellent service.
- Glad I've (I've) had the support (support) from FIRST (Mark).
- FIRST is a fantastic support organisation. The key workers are great and activities also. A1 service.
- Always friendly and helpful.
- I just really like how everybody is different and I have had all support I need.
- I've had great support and encouragement with FIRST, Mark in particular which has made me feel welcome and helped greatly with my recovery.
- If never had the support form FIRST I would never be where I am today, I am about to do a successfull (successful) closure with FIRST thanks.
- Support from FIRST has helped me address my drug problem. Im (I'm) 6 month clean and have started reducing methadone.



## SMART RECOVERY

I have been successfully facilitating two very popular SMART Recovery Meetings—running now for two years—with the help of trained peer facilitators in Dunfermline. Meetings are open to the public at Dunfermline Business Centre, Izatt Avenue at 2 pm and 6.30 pm every Thursday. Feedback from participants shows SMART Recovery is a great way of helping people through their journey of recovery—toolkits for coping that you learn for life!

Further information on SMART can be obtained from [www.smartrecovery.org.uk](http://www.smartrecovery.org.uk)

**Christine Graham**  
Rehabilitation Worker



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## INVESTORS IN PEOPLE

FIRST were delighted to be awarded Investors in People Gold standard for the second consecutive year. Well done to all of the Staff, Volunteers and Board of Directors for their continued hard work and motivation in delivering a quality service.



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## CARE INSPECTORATE

FIRST is registered with the Care Inspectorate. We are due to be inspected this year. Our last inspection was in 2013 and we were awarded Grade 6 (Excellent) for all four areas of quality examined: Care and Support, Environment, Staffing, Management and Leadership.



# RESIDENTIAL REHABILITATION SERVICE

The Residential Rehabilitation Service is now in its third year. It continues to be well utilised and referrals come from NHS Fife Addiction Services, ARBD, third sector organisations and other statutory services. I have developed good working relationships with the residential providers and have a firm knowledge of each service which I am able to share with service users who are considering residential rehab and need to make an informed choice about which rehab best suits their needs.

Clients being referred for residential rehabilitation must meet the following criteria:

- Has had a drug and/or alcohol dependency for a considerable period of time (years rather than months);
- Previously tried and exhausted drug and alcohol services in the community;
- Has not benefitted from previous formal community based detoxification or inpatient detoxification;
- Evidence of a willingness to change and to see change as a personal responsibility
- Committed to engaging in a structured and intense programme of preparatory work prior to detoxification followed by residential rehabilitation;
- Willingness and understanding of the need to continue to engage with services after returning to the community;
- Assessed as capable of achieving abstinence and prepared to do so.

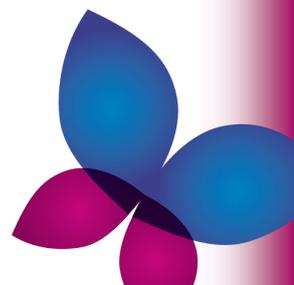
In order for the service user to have the best outcomes, I ensure joint working is at the forefront of any assessment process, utilising three way meetings with referrers and the service users. This ensures any ongoing needs and goals can be planned and discussed fully.

Once the assessment stage is complete, the service users begin preparatory work. This is when we work on their agreed goals. This can include anything that needs to be done prior to any admission to rehab. This might include medication issues, changes to methods of drug use, housing issues, health, family, basically anything that plays a part in them moving toward residential rehab. The preparatory stage also includes selecting the appropriate rehab, application for funding and an assessment at the chosen rehab.

Each rehab provides a structured programme which enables service users to make changes to their lifestyle, focus on issues from their past, make changes to negative behaviours and focus on recovery planning.

After completion of the residential rehabilitation programme, service users return to the community and are provided with ongoing support through FIRST and other community based services. They are supported to access voluntary work, mutual aid groups, recovery groups, college and recreational pursuits. Part of the ongoing recovery includes the option to attend the Peer Recovery Group which is facilitated weekly by an ex-service user who has completed residential rehab. Service users and their families are also invited to attend the Family Support Group which meets once a month at FIRST.

**Liz Nardone**  
**Residential Rehabilitation Assessor/Co-ordinator**



# RESIDENTIAL REHABILITATION STATISTICS

## Residential Rehabilitation Referrals

Residential rehabilitation received a total of **34** referrals between 1<sup>st</sup> April 2015 and 31<sup>st</sup> March 2016 which have been broken down into gender, age and referrer.

<b>Gender:</b>		<b>Age:</b>	
Male	<b>20</b>	16 - 25	<b>2</b>
Female	<b>14</b>	26 - 35	<b>10</b>
		36 - 45	<b>13</b>
		46—55	<b>5</b>
		56—65	<b>3</b>
		66+	<b>1</b>

<b>Service</b>	<b>Number of Referrals</b>
NHS Addiction Services	<b>12</b>
FIRST	<b>7</b>
ADAPT	<b>6</b>
DAPL	<b>3</b>
Fife Community Drug Service	<b>2</b>
ARBD	<b>1</b>
Addaction	<b>1</b>
ABI	<b>1</b>
Ex-client	<b>1</b>

## Active Clients

There are currently **12** active clients.

In residency	<b>3</b>
At assessment stage	<b>4</b>
At preparatory stage	<b>3</b>
In the community *	<b>2</b>

\* These clients have successfully completed the full residential rehabilitation programme and are still active with FIRST whilst they receive ongoing support in the community.



## Residential Rehabilitation Closures

There was 42 client closures between 1st April 2015 and 31st March 2016.

<b>Fully completed residential rehabilitation programme</b>	<b>9</b>
<b>Partially completed during residency</b>	
* 2 of the clients left residency early as they felt they have received the support they required—drug/alcohol free, gained weight, improved confidence, improved motivation.	<b>7</b>
<b>Partially completed during preparatory stage</b>	
* 2 of these clients had positive lifestyle changes and felt that they had received the required support—1 got a house and 1 had started to reduced his drug use and was getting his life back in order.	<b>5</b>
<b>Assessed as not suitable / did not wish to access service</b>	<b>15</b>
<b>Did not attend first appointment</b>	<b>5</b>
<b>Deceased</b>	<b>1</b>



# RESIDENTIAL REHABILITATION GROUPS

## Phoenix Peer Recovery

The Peer Recovery group is facilitated by a graduate of Phoenix Futures and offers weekly support to any service users who have attended rehab.

## Phoenix Family Support

This group is held once a month at FIRST to offer support to families and friends of service users who are currently in residential rehab, have been in residential rehab or currently preparing for entry.

Both groups have proved beneficial and successful and the following comments emphasise how participants view the groups.

### Group comments:

Has let my family realise that I am not a bad person I just made bad choices. I never lost my father through my addiction but having went through phoenix I now have a closer bond + trust + the main thing I think is I have gave him piece off mind + doesn't have to worry when he doesn't see me + also my O&Ds relationship between his partner + my brother has greatly improved through us having built a bigger bond + a positive relationship + I now don't only think what can I get from him but what can I give him or do for him.

I have noticed a life changing situation I'm so much more confident, I'm able to open up to peers + family I'm starting to build up a great relationship with my family that i've not had in 20 years I'm being honest but mostly to my self, I'm able to feel real feelings Guilt, Remorse, Sadness, Shame and learn how to deal with this but mostly I'm starting to enjoy a life with out substances



I've been able to get abstinent from drugs and alcohol for the first time in years. This has allowed me to start the groundwork on changing my life for good. I'm so grateful to get this opportunity. I have a real chance to make a fresh start.

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The changes I have noticed is the ability that I have learned to help myself solve my own problems and when to ask for help and assistance from other. To keep an open mind and how to deal with setbacks in life. I have noticed I willingness to try new things and to interact with people better.

This has helped my family as it gives them peace of mind of what I am doing and what I am able of achieve. It has given them their family member back in their life.

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IT HAS BROKEN THE CYCLE OF ADDICTION  
IT HAS GIVEN US HOPE FOR THE FUTURE  
IT HAS GIVEN US OUR LIVES BACK  
IT HAS BEEN AN AMAZING OPPORTUNITY  
AND A LIFE LINE

FAMILY ARE SO GRATEFUL FOR THE PROGRAMME  
AND HAS SAVED OUR LIVES



I would like to say that of all other courses this has been the best hearing other people going through things in life been where I have been can see massive changes within my son as well as myself I can now sleep at night knowing that there is help out here. I don't know where I would be if it was not for the help of the team from Phoenix and C.I. I would like to say a thank you from my family and myself  
Thanks.



# RESIDENTIAL UNITS

## Phoenix Futures

Keppochhill Rd  
Glasgow  
G22 5HS



## The Alexander Clinic

King Street  
Oldmeldrum  
Inverurie  
AB51 0EQ



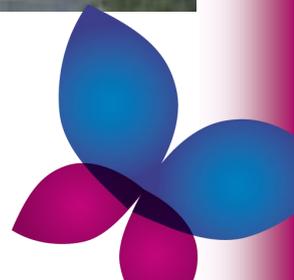
## Abbeycare Foundation

Murdostoun Castle  
Wishaw  
ML2 9BY



## Jericho House

36 Artillery Lane  
Dundee  
DD1 1PE





# First

Fife Intensive Rehabilitation  
& Substance Misuse Team

## Special thanks to our funders:

Fife Council

Fife Alcohol and Drug Partnership

NHS Fife

 **01592 585960**

 **07598 450959**

 **01592 585965**

**[enquiries@firstforfife.co.uk](mailto:enquiries@firstforfife.co.uk)**

**[www.firstforfife.co.uk](http://www.firstforfife.co.uk)**

**[www.facebook.co.uk/firstforfife](http://www.facebook.co.uk/firstforfife)**

Office opening hours:

Monday to Friday

9 am to 5 pm

Appointments are available 8 am to 8 pm