

Orkney Alcohol and Drugs Partnership Education, Community and Training Input - June 2024 – March 2025

Introduction

In late June 2024, Orkney ADP welcomed their new development officer into post (Cameron McConnachie). In his first weeks in post, he connected and visited ADP commissioned services (Orkney Drugs Dog, Relationship Scotland Orkney & Rightthere Orkney), non-commissioned services (Blide Trust, Community Learning and Development, Action For Children, Women's Aid and ORSAS).

These visits provided Cameron the opportunity to re-connect with previous colleagues and build new working relationships with others due to his previous experiences of working in this field. The visits also helped expand ADP reach across Orkney and supported the re-establishment of the **ADP Services Subgroup**. This subgroup has a strong representation with professionals having a wide range of expertise. Twenty-five professionals currently sit on this subgroup, ranging from tier 1 to tier 3 supports. The group have met on three occasions in the last year (31st July, 13th November & 12th February) and group members have named in meetings that:

“We feel more connected”

“We feel there is less duplication in our work as we know more about what each and every one of us does”

“It's great having a network for us as professionals to link in and connect with others doing similar work, quarterly meetings are great but also having the Teams channel too really benefits my practice”

Orkney ADP has also developed further nationally in the last year, with partnership working growing with RADAR (Rapid Action Drug Alerts and Response Team). This has allowed us to set up Orkney's first RADAR key contacts and mailing list for professionals in Orkney. This ensures professionals are alerted to any key drug alerts in a local and/or national context. We have also built on existing relationships with CREW 2000, SDF and Re-Solv to widen the training opportunities available in Orkney from an alcohol and drugs perspective.

Education Input

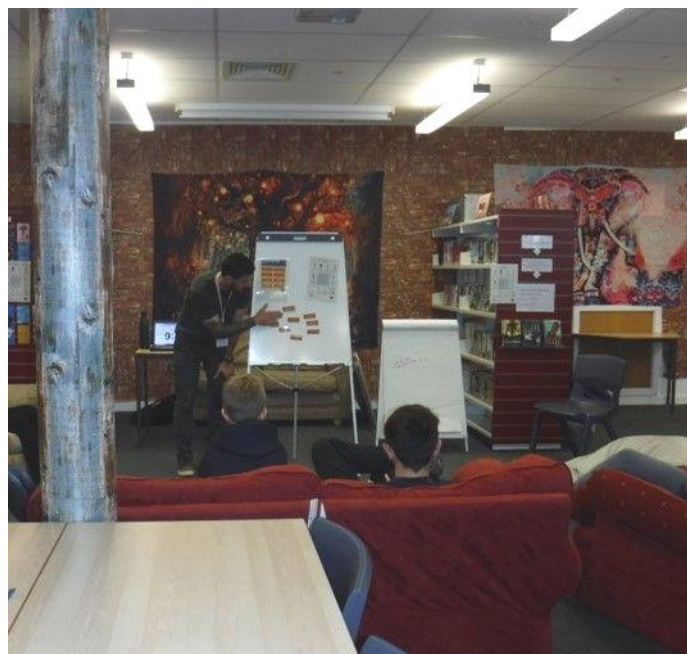
We held one of our strategic outcomes central to all our work in education over the last year:

Invest through both monetary and time in education and ensure that our children and young people have access to evidence based, appropriate and informative education and harm reduction inclusive all of settings acknowledging that some of our young people may not be in education, training, or employment.

To support this outcome, we utilised our ADP Education Strategic Member (*Siobhan Wilks -learning & Inclusion manager at Orkney Islands Council*) who has been actively involved in elements of our education input over the past year. Our education delivery has been rolled out to all secondary schools across Orkney and includes:

- **S4 sessions with all KGS pupils (further information later in report)**
- **S3 drop in at Stromness Academy**
- **Safe Islander Event (further information later in report)**
- **KGS Health and Wellbeing event (further information later in report)**
- **Alcohol & Drugs Awareness sessions with a number of representatives from all secondary schools in Orkney (guidance, teachers, deputy headteachers etc)**
- **Lunch time sessions at both mainland secondary schools with NHS Orkney School Nurses and Orkney Alcohol and Drugs Team.**
- **Visits completed to smaller island Junior High Schools alongside a community drop in opportunity for islanders (April/May 2025):**
 1. **Westray Junior High – 28th April 25**
 2. **Stronsay Junior High – 8th May 25**
 3. **Sanday Community School – 21st May 25**

Safe Islander 2024



Safe Islander 2024 took place at Kirkwall Grammar School on Thursday, 19th September.

Safe Islander is an educational program designed to provide young people with life skills that will help to keep themselves and others safe. Small groups of S1 pupils rotate around a number of “sets” that are hosted by a range of agencies. Each agency presents the group with risky or dangerous scenarios and gives advice on how to identify, avoid and deal with specific situations. Safe Islander is an excellent example of partnership working and is a very effective and efficient way of teaching large numbers of children how to look after their personal safety.

Approximately 230 S1 pupils from Kirkwall Grammar School, Stromness Academy, Sanday Community School and Westray Junior High attended on the day.

Orkney Alcohol and Drug Partnership – issues around alcohol

The pupils were each given a paddle board with "True" on one side and "False" on the other. They were asked to take part in an interactive quiz around alcohol use which included some facts and myths. This allowed for an open discussion and provided a mixed response to the questions which furthered knowledge and understanding. Laminated "Risk" cards were then used to present a number of different situations and the pupils were asked to consider which situations carried the greatest risks and the cards were placed in order of risk. All the risks were connected to alcohol use and allowed the group(s) to understand the dangers of drinking alcohol to unsafe levels.

Anecdotal feedback indicated that the pupils enjoyed the event and learned some important lessons on how to keep themselves safe in a wide range of situations. Sanday Community School commented that Safe Islander is very important to them and that they follow it up with their own safety program.

Kirkwall Grammar School Input – in partnership with Orkney Drugs Dog (Sarah Work, Chair) & (Kevin Moar, Dog Handler)

This alcohol & drugs educational delivery involved two separate inputs to all 4th year pupils: ODD provided an overview of their preventative work alongside providing information about the drugs wheel and the risks to drug use. ADP provided a harm reduction discussion with the focus on what does alcohol & drugs mean to us? Three questions were central to the delivery and they included:

3 overarching questions throughout all our education input

- 1. Why do people choose to use illegal drugs?**
- 2. What are the potential negative impacts of drug use?**
- 3. How can we reduce harm from drugs and keep ourselves safe?**

Class role:

- S4F1(26 pupils)
- S4C2 (28 pupils)
- S4E2 (30 pupils)
- S4C1 (28 pupils)
- S4E1 (27 pupils)
- S4F2 (26 pupils)

Total = 165 pupils



Stromness Academy Guidance Classes drop in (4th October, 8th October, 11th October & November 26th).

Stromness Academy S3 pupils were tasked by their guidance teachers to research a specific drug and present their findings to their classmates. Orkney ADP was invited in to support their research and be a guest for these presentations. This opportunity

provided the chance to speak to these YP around all the different types of drugs and support them in finding accurate and up-to-date information. It allowed for wider conversations to take place and overall the YP commented on the fact, they felt more informed around drugs and the dangers associated with them. It also allowed for them to improve their confidence in public speaking.

Kirkwall Grammar School Health & Wellbeing Event (S4-S6's) – 11th February

25



This event supported senior pupils at KGS (S4-S6) to think more about their own health and wellbeing and how they can take positive steps to support self-care. Looking after their own mental and physical wellbeing may not always be a priority for a young person but the hope was that this event will make them consider the things they can do to look after themselves, particularly around stressful times, such as exams or hard times at home, when they may feel overwhelmed and anxious.

Our display focused around alcohol and drug use, throughout the event we dispelled some myths and provided factual advice and information when it comes to alcohol and drugs. We were able to be interactive with this by using our drug box, leaflets, measuring cups and alcohol unit calculators. We had some really good engaging conversations with young people from S4 through to S6 and the aim is that through these conversations the young people came away from the event thinking more about how to keep themselves safe around alcohol & drugs but also that they know where they can go to get further support for themselves or others.

As well as this event focusing on pupil(s) health and wellbeing, many of the pupils may be considering careers in this area as many asked questions in relation to working in this field and what steps it would require.

Partnership working with Orkney Alcohol & Drugs Team

- On the 31st January, we carried out a basic alcohol & drugs awareness session to the Kirkwall Boys Brigade, this provided the chance to discuss the reasons why people use drugs and/or alcohol, the impact of this and some simple harm reduction messaging with children from the ages of 11-17.
- On the 19th November, we carried out a lunchtime session available for all secondary aged pupils at the Stromness Academy, we provided an overview of alcohol and drugs for the benefit of the attendees. The format was Q/A based for pupils to ask questions about drugs and/or alcohol but also find out about careers in this field.

Partnership working with School Nurses

- On the 5th of December, we supported the school nurse team with an input on alcohol & drugs during a lunchtime session available for all secondary aged pupils at the Kirkwall Grammar School. The format was information sharing but more focused around a Q/A format for pupils to expand their knowledge on these topics but ultimately understand the risks attached to both alcohol and/or drugs.

Community Input:

We have been building resilience into the local community to challenge a historic detrimental embedded culture of problematic alcohol and/or drugs consumption in line with our strategic outcomes. This has involved tighten our link with the community justice partnership and working closely with them around restorative justice and child impact assessment training.

We have also provided opportunities for local employers to reach out for further support around alcohol and drugs policy. This has involved providing an overview of ADP specific work, local supports & training opportunities to the Local Employability Partnership (LEP). We have re-established our link in the Licensing Forum & Youth Workers Forum Meetings and continue to be an active voice in these discussions that prioritises young people and their voice being heard across Orkney.

We appreciate that other smaller island communities across Scotland face similar pressures and challenges, which is why we have strengthened our link with both Western Isles and Shetland ADP's and frequently hold meetings to discuss matters arising. Through these partnerships, we often share training opportunities across the three Islands communities to maximise training and reach as many professionals as we can.

Facebook expansion

The image shows a screenshot of the Orkney Alcohol and Drugs Partnership Facebook page. The page features a cover photo of a beach at sunset. The profile picture is a circular logo with the text 'orkney alcohol and drugs partnership'. The page name is 'Orkney Alcohol and Drugs Partnership' with 375 likes and 443 followers. Below the name are buttons for 'Professional dashboard', 'Edit', and 'Advertise'. The page tabs include 'Posts', 'About', 'Mentions', 'Reviews', 'Followers', 'Photos', and 'More'. The 'Intro' section states: 'Orkney ADP work towards a mission of "We are committed to promoting positive change by addressing all aspects of substance misuse within Orkney. Through' with an 'Edit bio' button. The 'What's on your mind?' section shows options for 'Photo/video', 'Reel', and 'Live video'. Below this is a 'Page overview' section showing statistics for the last 28 days: Views (21,045), Reach (7,158), Content interactions (361), and Follows (28). A 'See more' button is present. The 'Top content' section shows a post titled 'The newly formed alcohol & drug recovery support service has been...' published by Cameron McConnachie on March 17 at 12:00 PM. The post has 14,882 views, 5,862 reach, and 76 interactions. A 'Boost post' button is available.

Page overview	
Last 28 days	
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Top content		See all	
Last 28 days			
Boost this post to reach up to 1958 more people with every £14 you spend.			
The newly formed alcohol & drug recovery support service has been... Published by Cameron McConnachie - March 17 at 12:00 PM	Views	Reach	Interactions
	14,882	5,862	76

Another success that we have found in the last year, is through our expansion on social media and in particular Facebook. This page was inactive for a couple of years and we were keen to get this page back up and running. It also allowed for us to share information widely across Orkney ourselves, but we have also been approached on many occasions by members of the public and organisations asking for us to share information on their behalf. For example, the newly formed alcohol & drug recovery support service has been viewed and reached by a high percentage of

our population here in Orkney. Which has positively impacted on the numbers this group has seen come through their doors in the first few weeks of starting.

International Overdose Awareness Day (31st August 2024)

Each year on the night of August 31, landmarks all around the world light up purple for International Overdose Awareness Day. In Orkney we provided the opportunity for members of the public to pay tribute to those who have tragically lost their lives by viewing the light display at the St Magnus Cathedral. It is one of the most visible and powerful ways to raise awareness of the growing global overdose crisis.

“By coming together to remember them, we stand together to say that more needs to be done to end overdose in our communities,” said Stephen Brown (Chief Officer/ADP chair).



Community Learning Development & Employability - Family Networking Event **– 14th November 2024**



Other community events/inputs:

- Visited Blide Trust (in partnership with CLDE) on the 27th of March to deliver a basic alcohol and drug awareness session for a group with additional needs.
- Visited Action for Children's drop in event on Friday 28th of March in Stromness. During this visit, an information stand was provided surrounding drugs and alcohol, we looked at the drug box together and during these conversations we dispel some myths the young people had. It also allowed for us as an ADP to develop our relationships in the local community.
- Visited Orkney Rugby Club for a interactive session with the young people during their 'warm up Wednesdays' on the 23rd of April. We looked at the impact of alcohol use on sports/performance and health whilst playing 'information pong' together. The young people engaged really well and discussions flowed. We also looked at the drug boxes together which opened up a number of questions from the YP.



Training Input:

One of our local outcomes for meeting our strategic priorities is to employ and invest in a trauma-informed workforce across the whole of Orkney ADP, who have the skills to recognise and tackle stigma experienced by people affected by substance misuse. This outcome alongside the training needs which were voiced at various partnership meetings has helped shape the training delivery we have offered across Orkney in the last year.

'*Alcohol Brief Intervention*' (ABI) training was prioritised by Orkney ADP to get back up and running. We worked closely with NHS Learning Department to create a new learning experience in which NHS Orkney professionals could opt in to complete the E-Learning course before attending the ADP delivered session over Teams by our development officer. From looking into the training database on the 12th of March 2025, a total of Thirty-three professionals have either started or completed this E-Learning course on TURAS, many of whom have also completed the ADP led session too.

In the local community, we were able to train all the Police Scotland Officers in Kirkwall over the month of December 2024. We also carried out two general workforce Teams-based sessions on December 3rd and February 26th which supported a further Seventeen professionals with the skills to carry out an ABI within their practice.

We also created a new course for delivering across Orkney, which was named '*Basic Drug Awareness in an Orkney Context*'. This has been a popular course and well received across Orkney. We have delivered three face-to-face inputs (2 x Youth Work staff & 1 Women's Aid specific workforce). We have also provided opportunities for general workforce to receive this training which has been delivered over Teams on the 19th February & 25th March, with sixteen professionals involved. This monthly opportunity is continuing for the foreseeable.

SDF training feedback from professionals in Orkney

Online Cocaine & Psychostimulants – 15th October 24 – ½ day course

"It was very helpful information about the reasons people use cocaine and other psychostimulants, the effects and risks, harm-reduction techniques, and how to work with clients to try and make changes"

"I believe we need this training to keep us updated in all new trends and old trends. We have to keep our minds fresh so that we can deliver the best support possible for the patients."

"I found this training very interesting and useful. Especially the information on the 3 web resources. It was good to talk to others and hear their work and input around the subject matter and to be able to link it to my work here in Orkney. I really like the approach of asking people their story, using an unconditional positive regard"

"It was well delivered and a good update on all the statistics aswell as the impact of cocaine and psychostimulants on our patient population"

"I found the training really helpful, and I feel that I did learn new information which is always useful as information and trends around drugs in general are forever changing. Both trainers were fantastic at presenting the information as well"

"I thought the session was very informative. I feel a lot more confident in going in to speak to pupils having more background knowledge. It's also so useful to know, from the local professionals, what the trends are with drug-taking at the moment so I can focus on certain aspects when we have our conversations"

Online Cannabis Awareness – 23rd October 24 (1/2 day course) & Online Principles of Harm Reduction – 23rd January 2025 (1/2 day course) were both made available to professionals in Orkney due to our strong link with Shetland ADP

& Western Isles ADP. A number of professionals commented on the usefulness of these courses in their practice and we thanked both ADP's for inviting us along.

**Online Understanding Stigma – promoting inclusive attitudes & practice –
5th Feb 25 – ½ day course**

"I always learn from the courses delivered by SDF. They are relevant to my role and provide learning in an informative manner. The 2 courses I have recently undertaken link the subject of harm reduction and stigma using the Cycle of Stigma and the Ask, Ask, Offer, Ask models. The ask one certainly something I am going to learn and practice."

"The training was very useful, informative but not information overload. The presenter pitched the information at the right pace, allowing breaks as well as keeping to time. There was good participation of attendees, both verbally and in the typed chat"

"I particularly found my main learning points were Goffmans definition of stigma, the use of language and the importance of positively reframing language used, the need to focus on person first language and the different practical ways we can tackle stigma across different levels. Thank you for providing me with the opportunity to take part in this learning"

**Face to Face Motivational Interviewing (3 day course at Balfour – 4th, 5th & 6th
March 25)**

"Thank you very much for arranging the Motivational Interviewing training. It was one of the best courses I have done and very relative to my role. It has given me some valuable skills to use with clients and I'm looking forward to using the questioning techniques".

"Thank you very much for this and also for delivering the course. It was one of the best training courses that I have attended and totally valid for my role. I am looking forward to using the MI approach with my clients, it will be especially useful with my clients who are quite chaotic to help them (and me) focus. I look forward to any further training opportunities with you."

Re-solv training (27th November) – ½ day course:

"It helped me to understand VSU use as a hidden form of drug use and the importance of asking clients if they use solvents to achieve a change in mental state. As a hidden form of substance misuse the awareness of the likelihood of sudden death from VSU, it is key to be aware of this when supporting clients who have problematic substance use."

"The training was great, the facilitator was extremely enthusiastic and knowledgeable on the subject. The training will certainly impact on my future working as I feel much

more confident and knowledgeable to look out for the signs of solvent use and to ask my patients about this going forward in order to support them better.”

“The session was really useful in expanding my understanding of solvent abuse, particularly as a form of substance use which may be hidden and one which there is no real harm reduction advice. There were some really useful points around symptoms and signs to look out for which I feel would benefit parents/carers too. As well as steps to take if we find someone who has been using solvents.”

“From my own perspective, I’ve reflected on how I might bring this into intake/first sessions where we ask about drug use. Since I started in my role no-one has indicated using solvents so I’d be interested to see if specifically naming it changes that. I will also recommend the training to our children and young people support workers as it seemed to focus more around younger people.”