

1. Introduction

The Scottish Government's Distress Brief Intervention (DBI) programme is an innovative way of supporting people in distress.

It is a pilot programme which is hosted by Health and Social Care North Lanarkshire and South Lanarkshire Health & Social Care Partnership.

The DBI approach is initially being piloted over 53 months (November 2016 to March 2021) in four sites across Scotland: Inverness, Aberdeen, Borders and South & North Lanarkshire

2. What is Distress Brief Intervention (DBI)?

A Distress Brief Intervention is a time limited and supportive problem solving contact with an individual in distress. It is a two-level approach:

DBI *Level 1* is provided by front line staff and involves a compassionate response, signposting and offer of referral to a DBI level 2 service.

DBI *Level 2* is provided by trained third sector staff who contact the person within 24 hours of referral. They offer community-based, problem solving support for a period of up to 14 days.

2. Who is the DBI for?

Anyone who is experiencing an *emotional pain for which the person sought or was referred for help and which does not require (further) emergency service response.*

The initial pilot programme focuses on people aged 18 and over.

3. Who will provide the DBI and where?

For the pilot, the DBI approach is being tested primarily in relation to people presenting in distress to:

- Emergency Departments
- Police Scotland
- Scottish Ambulance Services
- Primary Care (including out of hours)

The 14 day *Level 2* support is provided by third sector services.

4. Evaluation: To evaluate the effectiveness of the approach the Scottish Government has commissioned an independent evaluation, informed by an evaluability assessment completed by NHS Health Scotland.

5. When will DBI be available? DBI has been available in a limited, trial form for in all 4 test sites since October 2017. Since April 2018 all 4 frontline services (ED, Ambulance, Police, Primary Care) have been able to make DBI referrals in all 4 sites (Inverness, Aberdeen, Borders, South & North Lanarkshire).

For further information or to be added to the e-bulletin distribution list, contact:

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Programme Overview

