



## **Recovery Scotland Overview**

### **About**

At Recovery Scotland, we believe recovery is possible for all and that with the right support, everyone can reach their full potential. If you or a family member are affected by addiction and associated mental health problems, we can provide trauma informed, solution focussed and person-centred support. We offer a range of activities and services including our local peer-led recovery communities, physical and mental health wellbeing initiatives, education and employability programmes and more.

Previously known as Addictions Support and Counselling (ASC), we have been working in the Forth Valley since 1975 and more recently in North Lanarkshire, with the aim of working in more regions across Scotland to ensure recovery is a reality for all. We are proud that 90 per cent of our staff team and recovery volunteers come from a lived experience background.

The organisation formally changed its name to Recovery Scotland in January 2022. We are in the process of building a new website to represent our new brand and services and we hope it will be ready for public access by the end of March 2022.

**Our vision...** is a Scotland where recovery is a reality for all people affected by addiction and associated mental health problems; a Scotland where stigma is no longer, and everyone is supported to reach their full potential.

**Our mission...** is to build and empower communities of people that connect and help each other recover from addiction and associated mental health problems. We want to support individuals throughout their unique recovery journeys, fostering a stronger, healthier and happier society.

### **Our values**

**Compassionate:** We cultivate an atmosphere of empathy and understanding throughout our work as we aim to create recovery communities and services where recovery is viable, accessible and possible for all.

**Safe and respectful:** We provide safe and supportive environments where people can pursue their recovery journey with their peers. This journey will always be built on trust, hope, rights and dignity.

**Empowering:** Our person-centred and peer-led approach empowers people in recovery to nurture self-belief, self-confidence and independence so they can realise their full potential, benefitting themselves, their families and the wider community.

**Bold and connected:** We value the expertise that comes from experience, drawing on the lived experience of our staff, peer supporters and volunteers, to challenge conventional approaches in order to make full recovery a reality. We strive to better our practices through stakeholder feedback and involvement.

**Free from judgement:** We deliver our services free from judgement and we aspire to make society a safer place for people in recovery by raising awareness, reducing stigma and supporting reintegration into wider society without fear of discrimination.

### **How can Recovery Scotland help you?**

Recovery Scotland offers a range of activities, services and courses to help you. The knowledge and expertise of our staff and volunteers with lived-experience is invaluable in providing peer-led support in order to sustain and enhance your recovery.

We can help you maintain your stability, and progress to become a recovery volunteer, peer supporter and gain employment within the addiction field. We also have courses that pave the way for you to achieve qualification and pursue further and higher education opportunities.

### **Recovery Communities**

Our Recovery Communities are made of people who are committed to enhance their own recovery journey and to make recovery happen for everyone. The communities host weekly activities that support people in various stages of recovery from addiction.

Our recovery communities are open to anyone. You are welcome to join us whether you are a service user, a friend, a family member, a professional working with the addiction field or even a neighbour who is interested to help.

Attendance is voluntary. The main requirements for anyone attending a recovery event or activity is that he or she must be drug and alcohol free on the day, they must not engage in any drug seeking behaviour and show respect to each other at all times.

Attending our community events will provide you with invaluable peer support and help you:

- Maintain stability

- Enhance your recovery
- Increase self confidence
- Strengthen social and personal relationships
- Introduce new leisure activities

Our recovery communities are focussed on maintaining and enhancing individual's recovery, health and wellbeing, reintegration and active citizenship. We ultimately aim to help our members acquire a new identity and help individuals and their families realise that recovery is real and accessible.

We facilitate various recovery activities, however not all the listed activities below are available in our cafés:

- SMART recovery meetings
- Peer Support
- Recovery Ramblers
- Recovery in the Wild
- Free gym sessions
- Yoga sessions
- Thai Chi sessions
- Reiki sessions
- Street Soccer
- Circuit training
- Support from the Citizen's Advice Bureau (CAB) advisor
- Litter picking & environmental activities.
- Other outdoor activities
- Music and arts sessions
- Naloxone training

It is very important to note that our recovery activities are not an alternative for service led treatment and/or support interventions.

### **What are recovery cafés?**

Our recovery cafés are drug and alcohol free environments that provide a safe space for anyone affected by addiction to benefit from peer-support and sustain their recovery in an informal setting.

Our cafés operate throughout the Forth Valley and North Lanarkshire. The cafes offer variety of activities including music, entertainment, home cooking, gym based circuit training, Tai Chi, Yoga and holistic therapies etc.

Everyone is welcome and dropping in for a hot drink and a chat might be the perfect way to begin your recovery.

### **Forth Valley Recovery Community (FVRC)**

There are five main cafés operating in Forth Valley:

- Recovery café in Alloa.
- Recovery Café at ASC office Falkirk.
- Recovery café in Grangemouth.
- Recovery café in Stenhousemuir.
- Recovery café in Stirling.

In addition to the cafés, there are four drop-in recovery venues (mini café s) in Forth Valley:

- The Women's drop-in/mini-café in Stirling.
- Recovery drop-in/mini-café in Denny.
- Recovery drop-in/mini-café in Alva.
- Recovery drop-in/mini-café in Tamfourhill.

### **North Lanarkshire Recovery Community (NLRC)**

There are five main cafés operating in North Lanarkshire:

- Recovery café in Airdrie
- Recovery café in Coatbridge
- Recovery café in Cumbernauld.
- Recovery café in Motherwell
- Recovery café in Wishaw

We continue to run a daily reflection and discover recovery groups via zoom that is open to members of or recovery communities.

### **Mental Health Support**

Recovery Scotland has been supporting people affected by problematic substance use and underlying mental health problems since 1975. We believe that people who experience poor mental health are more disposed to problematic substance use to help them cope with their symptoms and feelings. We also accept that problematic substance use could impact negatively on peoples' mental wellbeing by affecting their mood, thoughts and behaviours leading in some cases to long-term problems.

We believe that in Scotland, we are facing a worsening mental health and addiction crisis. There is separation of adult mental health services and addiction treatment services, in many local authorities, as well as very long waiting times to access adult mental health services. People who have addiction and mental health problems regularly fall through gaps where services are not joined up and mental health and addiction are treated in isolation from one another.

At Recovery Scotland, one of our renewed key focus is addressing underlying mental health problems for people affected by problematic substance use, and in accordance with the Scottish Government's Mental Health Strategy, we are committed to identify and

support people with mental health and addiction problems who may have been missed and addressing the root causes of addictive behaviours, tackling the comorbidity of trauma, mental health and addictive behaviours.

We are extending our reach to non-substance addictions such as gambling and eating disorders, which alongside problematic substance use have risen dramatically due to the ever-rising mental health and financial difficulties faced by so many.

In the Forth Valley, we have fully qualified counsellors who can offer individual or group based therapy sessions to support you or your family member.

We also have a new course in Stirling for young people aged 18-24 to tackle mental health awareness and wellbeing. Connect to Progress is a 12-week course designed to catch young people who are struggling with addiction and mental health problems at an impressionable age. The course covers trauma, communication and personality types and its goal is to spark an interest and self-awareness in young people.

### **Education and Employability**

In partnership with the Forth Valley College, we offer courses in Falkirk and Stirling to gain accredited qualifications, access to further education and provide a roadmap to employment and financial stability.

Our main course, Go Forth, has been running in Falkirk since 2008. Go Forth is an 18-week course in an informal, welcoming and supportive setting, designed specifically for people in recovery from addiction and mental health issues.

In 2021 we started delivering a similar course in Stirling to support service users from Stirling and Clackmannanshire.

The courses include five accredited units and students can achieve qualifications from the Scottish Qualifications Authority (SQA), including Highers. The classes cover subjects on questioning morality, health and wellbeing, developing communication skills, teambuilding, employability and IT.

While attending these courses, you will have access to a dedicated support worker for one-on-one support and to your local recovery community where you can join a range of peer-led activities. Many students have gone on to further education and employment and most of the team at Recovery Scotland have been through the Go Forth course at some point.

We hope to deliver similar courses in North Lanarkshire, in the near future, in partnership with the New College Lanarkshire.

**Tim**, (previous course participant):

“After coming for a while, I’m seeing how this course helps me each day. My home life is easier, I’m not drinking and I’m coping differently. It makes me want to keep going and gives me confidence.”

### **Housing and Criminal Justice**

At Recovery Scotland, we believe that having a safe home is a human right. We work in partnership with the Falkirk Council and Housing First team, to offer recovery peer support to those who have found themselves without a home or at risk of becoming homeless.

We also offer recovery peer support within the Stirling Justice Services to support people whose offending is influenced by problematic substance use and who might benefit from our services.

We established a link with HMP in Addiewell. We’re keen to help people who are affected by substance use and have been in prison to make positive changes. We can offer a diversion from prosecution services, which means that we can integrate an individual who has committed a petty crime into one of our communities rather than them going in front of a sheriff. This initiative is an alternative solution to try and break the cycle where some individuals are back in prison again and again.

### **Recovery Outreach Service**

In 2021 Recovery Scotland launched a Recovery Outreach service in response to the increasing number of people dying from substance use within Forth Valley.

The service has been developed to reach out to people who are displaying high risk behaviours and who have a poor compliance with treatment & support services or who have never meaningfully engaged with such services.

Many of our Recovery Outreach Workers remember that feeling of hopelessness and are eager to offer as much support as need. The aim is to motivate and where necessary accompany you, your friend or member of your family to attend our recovery activities and engage with treatment and support services. Once in the community, the individual will have access to psychological support as well as peer support.

### **Rapid Response**

In partnership with the Substance Misuse Team in Forth Valley (SMS) and Change Grow Live (CGL), we are in the process of launching a new service that will respond to people who have recently experienced a near fatal overdose (NFO).

When emergency services are called for a near-fatal overdose they will seek the individuals consent to contact the response team. Once consent is obtained, one of our team members will contact the individual to offer hope and support and where necessary refer to relevant treatment and support services in Forth Valley.

Our Recovery Workers, with lived experience backgrounds, have a good understanding of how an individual who have experienced a near fatal overdose may be feeling and are able to offer practical support and help. Offering help to an individual immediately after an overdose is important as they will be in a vulnerable state and in danger of overdosing again.

### **Recovery Stories**

Some of the best recovery stories are from members of our own team. At Recovery Scotland, we offer support, socialisation and education for the community, by the community. Most of our team members have been through addiction and recovery themselves and have been supported and helped by our communities. The practical and emotional support they received has allowed them to be further educated on addiction and recovery and they have gone on to help others.

#### **B Wood:**

“A café had just opened in the Forth Valley when I was 30 days clean. It was perfect to have somewhere safe to go and meet others in the same boat so early in my recovery. The community really helped me get tools to manage my life in recovery as maintaining it proved more difficult than coming off drugs in the first place.”

#### **J Sludden:**

“I started out as a community member. When I began doing well in my own recovery, I took advantage of the opportunities provided. I was a volunteer, involved in peer support, ran events and so was delighted to be offered the position of Recovery Development Worker.”

#### **Our funders:**

- Bank of Scotland – Reach grants programme
- Clackmannanshire Third Sector Interface (CTSI) – Pre-employability in Clackmannanshire programme
- The CORRA Foundation
- Falkirk Council
- NHS Forth Valley and The Forth Valley Alcohol & Drugs Partnerships
- The National Lottery Community Fund
- NHS North Lanarkshire and the North Lanarkshire Alcohol & Drugs Partnership
- The Robertson Trust
- The Scottish Government – Drug Deaths and Harm Prevention Team
- Scottish Drugs Forum (SDF) – Take Home Naloxone programme
- Stirling Council
- Stirling Voluntary Enterprise (SVE) – Young Persons Guarantee programme

We are also grateful to many organisations and trusts, who provided us with small grants to enhance the delivery of our services.

**Our partners:**

- The Addictions Psychology Service (APS) - Lanarkshire
- Addiction Recovery Team – North Lanarkshire
- Change Grow Live (CGL)
- Circle
- The Criminal Justice Services in Stirling
- The Forth Valley College
- Scottish Recovery Consortium (SRC)
- Substance Misuse Service – Forth Valley
- Substance Use Psychology Service – Forth Valley
- Stirling Community Enterprise
- Transform Forth Valley

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