Public Social Partnership

Tests of Change Sustainability Assessments

Projects Included

1. Benzodiazepine Brief Intervention for non-clinical staff
2. Boost Dundee
3. Custody Assessment and Referral Service (CARS)
4. Douglas Recovery Community
5. Hillcrest Recovery Allotment
6. Hillcrest Recovery Learning Project
7. Lived Experience Network
8. Lived Experience/Outdoor Recovery
9. Lochee Hub
10. Making Dundee Home (MDH) & Just Bee Productions
11. Peer Support/Mentoring Programme
12. Safe Zone Outreach
13. Scottie Centre
14. Transitioning Young People’s Access to Substance Use Services

**PSP - 1**

1. **Test of change title**

Benzodiazepine Brief Intervention for non-clinical staff

1. **Lead Agency/Lead Officer**

Hillcrest Futures Danny Kelly

1. **Test of Change- Brief Summary**

The aim of this test of change would be to create a method for non-clinical staff to carry out Benzodiazepine brief interventions. Lead pharmacists for Tayside, prescribers and other relevant staff would input on a clear pathway of support for benzodiazepine reduction/detox. This would include a pathway for Illicit Benzodiazepine use where there are no current clear guidelines.

This would take in to account the variable strengths and numbers taken by people which can range from 10-50 tablets per day.

This would give clarity to staff but also offer the chance for those seeking support to be guided towards an end goal of reduction or to become benzodiazepine free.

Brief interventions can address and reduce someone’s motivation to use and act as a first step in the treatment process.

As a result of Benzodiazepine’s becoming a restricted drug the number being prescribed across Tayside has fallen in the last seven years. The concerning point is that in the last year 2019/2020 paid form prescriptions for Diazepam have more than halved across the region following from 82,744 to 41,168

 A coordinated staff approach to providing the initial brief intervention that may lead onto reduction through harm reduction and support into appropriate treatment pathways. NHS Integrated Substance Misuse Service (ISMS)states that a reduction program to start when a person is cut down to 30mg of Benzodiazepine use daily and not using any other substance alongside.

This TOC would engage at an early stage with those using higher levels of benzodiazepines to negate future risk of overdoes and support in a coordinated and structured manor towards safe use or no use at all.

1. **Resources required to deliver TOC outcomes**

Hillcrest Futures Harm Reduction team have been working in partnership with staff from We Are With You to co-produce a workbook and intervention tool that can be used to support people around their Benzo use.

Staff from Hillcrest Futures and We Are with You have identified people with lived experience to be involved in this process.

The aim would be to share a draft of the workbook with as many people who use services as possible in draft in order to have honest and accurate feedback and make suggestions for improved or alternative content.

Seeking feedback will continue throughout the development of the project. There will also be another feedback phase to get Individuals to review the document when it is at publishable level.

Hillcrest Harm Reduction staff will be completing the 'Risks of Poly Drug Use' & 'Harm Reduction' chapters and We Are With You staff completing the other sections.

Hillcrest Futures staff will liaise with their Communications Team re undertaking the design and layout of the workbook.

Alongside this a Benzo Brief Intervention map has been designed to support the role out of training and to support staff in carrying out a brief intervention (see Appendix 1)

1. **Sources of funding to support TOC activities**

Other than the use of staff time there has been no additional costs accrued during this TOC so far.

1. **Extent to which TOC activities can be incorporated into mainstream service delivery beyond the PSP**
2. **Within existing resources**

The view would be that this resource will support a wide range of staff operationally who are providing daily one to one support to those people who are using illicit Benzo’s.

The tools will be flexible in the way that they can be amended and updated as drug trends change within the city.

1. **With additional resources (please specify additional resource requirements)**

**PSP - 2**

1. **Test of change title**

Boost Dundee

1. **Lead Agency/Lead Officer**

Bryan Smith, Transform Community Development & Gregor Coulson, ENACTUS Dundee

1. **Test of Change-Brief Summary**

ENACTUS Dundee understand the importance of creating meaningful relationships and trying to empower people who are experiencing instability in their lives. Boost Dundee allows the opportunity for local vulnerable people to make the transition from ‘begging-to-busking’. Working with partners, the programme team will provide the beneficiary with all the equipment and support needed to get them started, helping them learn an instrument to then busk with. Keeping participants safe is important, so risk assessments will be undertaken with all parties involved as appropriate.

1. **Resources required to deliver ToC outcomes**.

Primarily the ToC requires dedicated space to facilitate lessons and musical instruments, generally guitars.

1. **Sources of funding to support ToC activities**.

ToC is supported by ENACTUS Dundee, which is a not for profit, social enterprise that works with universities across the world. ENACTUS Dundee is made up of students from different courses across different years ranging from 2nd to 4th year looking to make a difference and help the community in Dundee. Partners in Dundee will support the programme by signposting beneficiaries and providing premises.

1. **Extent to which ToC activities can be incorporated into mainstream service delivery beyond the PSP.**
2. **Within existing resources**

Resources are currently, and will be provided by ENACTUS Dundee, support from agencies is in kind.

1. **With additional resources (please specify additional resource requirements)**

*n/a*

**PSP - 3**

1. **Test of change title**

Custody Assessment and Referral Service (CARS)

1. **Lead Agency/Lead Officer**

Val Darroch

1. **Test of Change- Brief Summary**

CARS will provide support to service users affected by substance use and homelessness at their first point of contact in the Criminal Justice System

1. **Resources required to deliver TOC outcomes**

£25,792 is required to employ a link worker deliver a 12 months pilot project

1. **Sources of funding to support TOC activities**

The cost of the 12-month pilot project will be divided equally between Police Scotland, The Community Justice Service and the Alcohol and Drugs Partnership.

1. **Extent to which TOC activities can be incorporated into mainstream service delivery beyond the PSP**
2. **Within existing resources**

It is unlikely that mainstream resources will be available to support the delivery of CARS beyond the 12 months pilot project

1. **With additional resources (please specify additional resource requirements)**

The intention is to apply to the Scottish Drugs Task Force for longer term funding to delivery CARS on a Tayside wide basis.

**PSP – 4**

1. **Test of change title**

Douglas Recovery Community

1. **Lead Agency/Lead Officer**

David Barrie

1. **Test of Change- Brief Summary**

The Project seeks to build a tangible recovery community in Douglas by engaging with families and services and developing clear pathways to improve access to recovery services

1. **Resources required to deliver TOC outcomes**

2 days a week of a Recovery Workers time is currently required to deliver this test of change. If there is evidence of impact the service could be further developed with the support of 1 full-time recovery worker and two part- time support workers.

1. **Sources of funding to support TOC activities**

The test of change is currently funded from the We Are With You core budget but the service could be expanded with additional resources.

1. **Extent to which TOC activities can be incorporated into mainstream service delivery beyond the PSP**
2. **Within existing resources**

The service can be resourced at the present level through the We Are With You core budget but the service could be expanded with additional resources if there is sufficient evidence of impact

1. **With additional resources (please specify additional resource requirements)**

The service could be expanded with funds for 1 Full Time Recovery Worker and two part time Support Workers

**PSP - 5**

1. **Test of change title**

Hillcrest Recovery Allotment

1. **Lead Agency/Lead Officer**

Hillcrest Futures Community Recovery Team/Alison Morris

1. **Test of Change- Brief Summary**

Developing an allotment that can give those using our service some time

Outside, learning gardening skills and improving mental wellbeing

1. **Resources required to deliver TOC outcomes**

Currently 2 Project Workers 0.5 days per week

1. **Sources of funding to support TOC activities**

More funding will be needed to source tools/seeds/plants.

Reinstatement of the shed is required, and may need funding to rebuild.

1. **Extent to which TOC activities can be incorporated into mainstream service delivery beyond the PSP**
2. **Within existing resources**

Can be incorporated into existing staffing resources, but more resources would be needed as above

1. **With additional resources (please specify additional resource requirements)**

Purchase of tools/seeds/plants

Reinstatement of the shed is required

**PSP - 6**

1. **Test of change title**

Hillcrest Recovery Learning Project

1. **Lead Agency/Lead Officer**

Hillcrest Futures Community Recovery Team/Alison Morris

1. **Test of Change- Brief Summary**

Developing a digital tablet loan scheme that can be accessed by those using our services to connect on the internet, alongside developing a recovery workbook that can be used as a virtual support tool.

1. **Resources required to deliver TOC outcomes**
* Currently: 1 Project Workers 0.5 days per week in development
* Future: All Project Workers to use with appropriate service users once finalised and rolled out
1. **Sources of funding to support TOC activities**

We have been given a grant by the Hillcrest Foundation for the purchase of tablet, which are currently being programmed by IT, and for the initial printing of the workbook, which are currently being finalised.

1. **Extent to which TOC activities can be incorporated into mainstream service delivery beyond the PSP**
2. **Within existing resources**

Can be incorporated into existing staffing resources.

1. **With additional resources (please specify additional resource requirements)**

Purchase of further Internet Data Packages once the initial data is used Funding to have a further print run of the Workbook once initial quantity has been used.

**1-1 Case Study**



**Young Person’s Details**

**Age at referral:** 19

**Sex:** Male

**Referrer:** Self

**Accommodation Status**: Living alone

**Length of Intervention:** 3 months and ongoing

**Reason for Referral:**

* Increased alcohol and cocaine use over lockdown- not engaging with adult services

**Background/ Presenting Issues:**

* Worked with the service previously for drugs and alcohol use
* Mental health issues, particularly anxiety
* Attending college full time and searching for employment
* Concerns over sexual health and intimate relationships
* Council Tax debt and other debts
* Lack of family support
* Unsatisfactory living conditions

 **Challenges**

* Increased daily alcohol use
* Isolation due to living alone during lockdown
* Difficult family relationships and lack of support
* Mental health issues
* Tenancy issues

**Ongoing Outcomes**

* Alcohol use controlled during the week
* Attending The Corner for mental health counselling
* Working with Citizens Advice Bureau debt consolidators
* Started a new job
* Issues with flat now resolved
* Accepted onto a HNC college course
* Building positive relationships
* Increased confidence

 **Types of Intervention**

* Outcome star and action plan
* Harm reduction techniques and strategies
* Provided safe place and active listening for young person to explore his issues
* Sexual health education
* Access to condoms
* Discussed healthy and unhealthy relationships
* Encouraged and supported to search for employment
* Support to contact landlord regarding living situation
* Partnership working with other agencies
* Confidence building

**PSP -8**

**PSP - 7**

1. **Test of change title**

Lived Experience Network

1. **Lead Agency/Lead Officer**

Ruth Brown (Lived Experience Network Co-ordinator)

1. **Test of Change- Brief Summary**

A Lived Experience Network will be established for people affected by substance use and homelessness to provide them with a voice in decision making and opportunities to shape services going forward.

1. **Resources required to deliver TOC outcomes**

Two years funding has been awarded to employ a Lived Experience Network Co-ordinator and two fieldworkers

1. **Sources of funding to support TOC activities**

The Alcohol and Drugs Partnership has funded the Project for two years

1. **Extent to which TOC activities can be incorporated into mainstream service delivery beyond the PSP**
2. **Within existing resources**

Continuation of external funding is required

1. **With additional resources (please specify additional resource requirements)**

The staff employed to develop the Lived Experience Network will be offered permanent contracts, but the continuation of additional resources from the ADP or other funding sources will be required to support the project beyond the initial two-year funding period.

**PSP – 8**

1. **Test of change title**

Lived Experience/Outdoor Recovery

1. **Lead Agency/Lead Officer**

David Barrie

1. **Test of Change- Brief Summary**

People with lived experience will be involved in the planning and delivery of a programme of outdoor activities to support their recovery.

1. **Resources required to deliver TOC outcomes**

2 hours a week of a Recovery Workers time is currently allocated to support this test of change.

1. **Sources of funding to support TOC activities**

The funding for this test of change is contained within the WAWY core budget.

1. **Extent to which TOC activities can be incorporated into mainstream service delivery beyond the PSP**
2. **Within existing resources**

The service can be maintained at this level within existing resources

1. **With additional resources (please specify additional resource requirements**)

The service could be expanded with additional resources should there be sufficient evidence of impact.

**PSP - 9**

1. **Test of change title**

Lochee Hub

1. **Lead Agency/Lead Officer**

Pamela Mclaughlin

1. **Test of Change- Brief Summary**
* A wraparound service delivery model will be established to ensure people affected by substance use and homelessness are able to access the services they need when they need them
* People affected by substance use and homelessness are involved in the planning, delivery and evaluation of services
* People affected by substance use and homelessness will have access to the support, learning and development opportunities they need to support their recovery
1. **Resources required to deliver TOC outcomes**
* Flexible resources
* Well-developed array of services and supports
* Course / training content
* Funding to cover cost of accredited courses e.g. paying for Adult Achievement Awards
* IT
* Stationery
* Staff member
* Other staff from other service
* Communication pathways
* Information sharing / consent to share
* Advocacy – to give a voice to the seldom heard
1. **Sources of funding to support TOC activities**

Funding for Staff/ projects

1. **Extent to which TOC activities can be incorporated into mainstream service delivery beyond the PSP**
2. **Within existing resources**
3. **With additional resources (please specify additional resource requirements)**

All will be added to mainstream service delivery but need funding for the staff as funding finishes November this year.

**PSP - 10**

1. **Test of change title**

Making Dundee Home (MDH) & Just Bee Productions

***Outcomes / Outputs***

* Develop our 1:1 support more effectively than hitherto.
* Achieve proper recording and reporting of this 1:1 support. **(Output)**
* Increase the numbers supported 1:1 to recover from homelessness & substance misuse. **(Output)**
* Improvement in recovery from homelessness and substance misuse through our support.
1. **Lead Agency/Lead Officer**

MDH – Gordon Sharp

1. **Test of Change- Brief Summary**

Change to be delivered by developing the 1:1 support for those with substance use and homelessness, though our 1:1 support will include others. This includes time spent at the drop ins and follow ups.

Records of those supported will be created and used for reporting as well as the feedback and stories of participants.

1. **Resources required to deliver TOC outcomes**

The existing resources of Just Bee Productions and MDH. In particular, three members of staff that lead on both projects + grant funding and fund raising to support these salaries as well as all associated costs including the use of crisis funds. In addition to the above the DWP Kickstarter programme is assisting with the provision of two part-time posts (administrative & communications) as well as expert input being provided by the NHS Keep Well team.

1. **Sources of funding to support TOC activities**

Church of Scotland Go for It fund, NHS Innovation Fund, Dundee Common Good Fund, The Robertson Trust and fund raising / donations.

1. **Extent to which TOC activities can be incorporated into mainstream service delivery beyond the PSP**
2. **Within existing resources**

The TOC is intended to be a permanent shift in how work is done by Just Bee Productions and MDH. However, with COVID restrictions easing there will be a return of other activities such as Dry’ve evenings, Dance for Parkinson’s that are not related to the TOC. Therefore, whilst the lessons of the TOC can be adopted, they will be limited and perhaps reduced within existing resources, especially as the pandemic eases.

1. **With additional resources (please specify additional resource requirements)**

There are plans to pool organisational management to assist in minimising duplication between Just Bee Productions and MDH. This will remove duplication and improve efficiency, but does not add to our capacity, either to deal with activities that will return or with developing our expertise, skills and partnerships growing through the TOC.

In addition, it must be borne in mind that our funding support is short-term, often for one year or less and without the commitment of personnel to work in such an uncertain environment we could not do what we do. In particular, the Go for It fund will end in May 2022 after three years at £30,000 per annum. As we work more collaboratively together, we are hopeful that this may assist us in obtaining longer term replacement funding, but obviously this is uncertain. Ideally, we wish to achieve a couple of core funding sources (perhaps the Lottery + a major trust) to create stability for at least three members of staff + support costs and administrative / communications support. However, to this we should really add at least one other support worker post in medium to long-term.

The total costs of three salaries + administrative and communication support should be £117,723.48. Presently, our administrative and communication support is covered by the DWP part-time and the other three posts receive less to fit with the actual funding. To this there are also costs for premises, activities, materials, sessional support, crisis support and events.

The above gives some background to our project and financing. The focus on addiction and homelessness is a segment of what we do as we are open to others with poor mental health, loneliness, low income and who may experience exclusion in other ways, particularly poor physical health, like our dance for Parkinson’s group. The best way to make our TOC sustainable is to have dedicated funding that contributes to part of our total costs that then allocates staff, time and resources specifically to bring our assistance to bear on those with addiction and homelessness. Our TOC is enabling us to know the people who fit within this category and our recording enables an assessment to be made of the commitment made as well as the outputs and outcomes. If we were to estimate, based on our TOC, that our support for addiction and homelessness is 70% of our total activity then financial viability requires us to secure £70,634.09 per annum prior to any costs for rent, etc. Bear in mind that our support includes creative activities, the provision of meals/food and the ability to provide a place that participants often use to just drop in any weekday as making appointments often does not work in maintaining contact. This of course does not consider one extra person that is desirable or any of our necessary overheads. However, if the question is what makes us sustainable, then the figure provided above is a really good starting point and to this we would add to with whatever grant funding and fund raising that we can achieve.

GS – 8th May, 2021

**PSP - 11**

1. **Test of change title**

Peer Support/Mentoring Programme

1. **Lead Agency/Lead Officer**

Bryan Smith, Transform Community Development

1. **Test of Change-Brief Summary**

The test of change would work with the current service at DVVA and support those with lived experience by promoting and support lived experience informing the decision-making process. This would be carried out by trained and supported peer mentors to support others to get involved. This could be done via the development of peer support groups and networks and the availability of peer mentoring. The level of peer support to be defined by peers themselves and not exceeding qualified professional boundaries. It is not intended to replicate Advocacy services.

The test of change would target those who have

* experienced multiple homeless.
* have multiple complex needs; and
* a willingness to engage.

The rationale for looking at this cohort, instead of the mainstream homeless population is that we have evidenced that this group is more likely to benefit to the introduction of enhanced peer support and engage positively, with a view to achieving improved individual outcomes for those involved. It is also intended to provide participants engaging in delivering peer support adhere to all regulatory requirements including support and supervision, PVG registered and working toward meeting necessary SSSC qualification requirements.

1. **Resources required to deliver ToC outcomes.**

Primarily the ToC requires volunteer and a robust support framework, in addition, it needs minor resources to facilitate engagement e.g., travel expenses, coffee etc.

1. **Sources of funding to support ToC activities.**

ToC is currently included within the Housing First Dundee programme and the support for the volunteer is embedded within the programme. It is envisaged that this will be included in the mainstreaming of Housing First Dundee.

1. **Extent to which ToC activities can be incorporated into mainstream service delivery beyond the PSP.**
2. **Within existing resources**

Volunteers are currently trained and supported by DVVA and are recruited in conjunction with Housing First Dundee. When on placement, the volunteer(s) are supported by the Housing First Dundee team. Resources for undertaking the work is included within the current budget and it is envisaged that it will be included in mainstreamed budget.

1. **With additional resources (please specify additional resource requirements)**

*n/a*

**PSP - 12**

1. **Test of change title**

Safe Zone Outreach

1. **Lead Agency/Lead Officer**

TCA/ Kathryn Baker

1. **Test of Change- Brief Summary**

Provision of out of hours outreach support to those most at need/vulnerable across the city. The service provides an immediate crisis response and follow up to support visitors to access the help, advice or services they need for longer term support

1. **Resources required to deliver TOC outcomes**

Safe Zone Vehicles (converted single deck bus and mini-bus), SZ Coordinator, Team Leaders (min 4), volunteers and support from partners organisations. Funding is also needed for consumables e.g. hot drinks, hot snacks, first aid, PPE, fuel.

1. **Sources of funding to support TOC activities**

ADP drug task force funding (awarded Oct 2020 for 2 years)

NHS Charities together – recently notified that this is successful

Community safety funding – awaiting confirmation

1. **Extent to which TOC activities can be incorporated into mainstream service delivery beyond the PSP**
2. **Within existing resources**

TCA has the capacity to manage this service as part of the range of provision in Dundee, as long as funding is available for the coordinator, team leaders and consumables.

1. **With additional resources (please specify additional resource requirements)**

Funds are required for the resources outlined in Q4

**PSP - 13**

1. **Test of change title**

Scottie Centre

1. **Lead Agency/Lead Officer**

David Barrie

1. **Test of Change- Brief Summary**

Outreach work is being used to engage with women who are victims of sexual exploitation and experiencing substance use issues. The Project will develop a blended model of support to improve women’s access to services.

1. **Resources required to deliver TOC outcomes**

This test of change is supported by 2 days a week of a Recovery Worker’s time

1. **Sources of funding to support TOC activities**

The service is currently resourced by funding from Police Scotland up to 31 March 2022

1. **Extent to which TOC activities can be incorporated into mainstream service delivery** **beyond the PSP**
2. **Within existing resources**

The service cannot be maintained without additional funding

1. **With additional resources (please specify additional resource requirements)**

Two days a week of a Recovery Workers time would be needed to maintain the service beyond the temporary funding period.

**PSP - 14**

1. **Test of change title**

Supporting hard to reach populations transitioning through services in Dundee

1. **Lead Agency/Lead Officer**

Hillcrest Futures Danny Kelly

1. **Test of Change- Brief Summary**

Hillcrest Futures propose to work alongside colleagues from NHS Integrated Substance Misuse service as well as any other service who are supporting this population to provide a service to those people aged 18-25 and transitioning between young people and adult services. People being supported will be experiencing drug and alcohol problems and are disengaged from support, there will be issues around mental health and wellbeing given the rise during the Covid-19 pandemic.

Some of these individuals are residing in local homelessness hostels and in supported accommodation which indicates that they have little or no family support, therefore staff will have to collaborate effectively with Housing First staff teams and Positive Steps to ensure those most vulnerable and isolated are offered this support.

1. **Resources required to deliver TOC outcomes**

The issue around supporting transitioning young people aged 18-25 was addressed at the service contract meeting for the Key 2 Change service which currently supports young people around substance use in Dundee aged between 12-17.

Addressing the current need due to 5 new referrals in the previous reporting period that were for young people 18+ there was an agreement made from contracts that the service could know supporting this age group where it was the case that an individual was not receiving support from a traditional adult service or did not want to engage with adult services.

The PSP TOC has enabled for this this gap to be identified and addressed.

Staff are already working on a one to one basis providing structured programs of interventions. This work to date has not needed increased resources as this is just an extension of the age group at which staff are supporting.

Given the global covid-19 pandemic referrals to the service have been slightly limited however over the last 6 months the service has supported 11 people who were 18+ around mostly cocaine (9) and opiate (2) based referrals.

Overdose awareness training and naloxone were supplied on 3 occasions to this group.

1 person was supported into employment along with input from Hillcrest Housing officer.

Joint working has been taken forward with 3 young people 18+ who were referred to the service through the Hillcrest Futures harm Reduction team. These individuals all had a non-fatal overdose in the last 24hrs and were not known to adult services. Through linking in with criminal justice teams and residential settings were young people were placed all 3 young people were engaged with and were agreeable to further support from the service.

1. **Sources of funding to support TOC activities**

Other than the use of staff time there has been no additional costs accrued during this TOC so far.

1. **Extent to which TOC activities can be incorporated into mainstream service delivery beyond the PSP**
2. **Within existing resources**

Given this has been discussed and agreed at a contractual level the aim would be for the service to be incorporated into the main service delivery and report 6 monthly on progress being made.

Moving forward the service is looking to launch Start SMART which is a mutual aid project for young people. Staff have identified a small group of people aged 18+ who have expressed interest in peer education of this nature.

Peer education is a part of our service deliver however introducing it to focus on specific needs i.e. transitioning groups will ensure people can be supported by others in a similar situation.

1. **With additional resources (please specify additional resource requirements)**

n/a at this time