

Alcohol, Drugs **& Tobacco**

*Descriptions of Services and
Referral Guidance*

**West Lothian
2003**

West Lothian Drug Action Team

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Tobacco Services

Contents:

- Tobacco Issues Worker (p6)
- Smoking Cessation Clinics (p8)
- Want2Quit (p11)
- Cloud 9 (p12)
- Stop for Life (p14)

Name of Service:

Tobacco Issues Worker

Contact:

Brian Pringle
West Lothian Drug and Alcohol Service
43 Adelaide Street
Craigshill
Livingston
EH54 5HQ

Tel: 01506 430225

Email: brian.pringle@wldas.org

Services Offered:

- Information and Advice for clients and professional workers
- 1:1 or Group Support
- Specialist 1:1 support for people with concurrent mental health issues
- Support for people who use other substances e.g. cannabis, alcohol etc.

Who can access the service?:

- Any age
- Lives or works in West Lothian
- People who want to stop smoking OR people who are not ready to stop but are looking to discuss or reduce their smoking

Where and when is the service?:

- Normal office hours 9- 5.15
- Appointments available outwith normal hours if needed
- Appointments available at WLDAS premises, or on an outreach basis in local health centres, community centres, or client's own home

Referral Process:

- Referrals accepted from any source including self referral
- Formal or informal methods of referral accepted

Name of Service:

Smoking Cessation Clinic and Nurse

Contact:

Helena Connelly
St John's Hospital
Howden
Livingston

Tel: 01506 419666 Ext: 3000

Email: helena.connelly@wlt.scot.nhs.uk

Services Offered:

- Information and advice
- Group support
- 1:1 Support
- Information on NRT and Zyban
- Education and Training for healthcare professionals on NRT, general smoking cessation etc.

Who can access the service?

- Any age
- Want help to stop smoking or to address any issues relating to their smoking
- Pregnant women and under 18s are priority groups - aim to offer appointment within 1 week.
- Live in West Lothian or work in West Lothian

Where and when is the service?

(NB: for all clinics / sessions times and dates can be variable – contact Smoking Cessation Clinic or Local Health Centre for more details)

- a) **Smoking Cessation Clinic, St Johns Hospital:**
- Group Work - Thursday from 6.30pm by appointment
 - Group work Drop-in – Tuesday 3.15pm – 4pm * *no appointment necessary*
 - 1:1 support – Monday to Friday 10am – 6pm by appointment

- b) **Local Health Centres:**
- 1:1 support and group support
 - For details of clinics, type of support, times and dates available see following information sheet or contact your local health centre

Referral Process

- Referrals accepted from any source (self, GP, Health Visitor etc.)
- Referrals via phone, email or post accepted
- Referral forms are available at health centres etc., however are not necessary

Area	Health Centre	Phone No.	Support
Bathgate	Newland Medical Practice	01506 655155	1:1
	Kingsgate Medical Practice	01506 653134	1:1
	Simpsons Medical Group	01506 654444	1:1
Blackburn	Ashgrove Medical Practice	01506 652956	1:1 and Group
Blackridge	Blackridge Health Centre	01501 751238	1:1

Area	Health Centre	Phone No.	Support
Broxburn	Strathbrock Partnership Centre	01506 855244	Group
Fauldhouse	Fauldhouse Health Centre	01501 772038	Group
	Fauldhouse Health Centre	01501 772038	1:1
Linlithgow	Linlithgow Group Practice	01506 670027	1:1
Livingston	Carmondean Health Centre	01506 430031	1:1
	Craigshill Health Centre	01506 432621	Group
	Dedridge Health Centre	01506 414586	Group
	St John's Hospital	01506 419666	1:1 and Group
Stoneyburn	Stoneyburn Health Centre	01501 762515	1:1
West Calder	McBride's Pharmacy	01506 871164	1:1
Whitburn	Whitburn Health Centre	01501 740297	Group
Winchburgh	Winchburgh Health Centre	01506 891078	1:1

Name of Service:

Want2Quit

Contact:

Steven Ward/Moira Brown
The Village Pharmacy
21 Main Street
Winchburgh

Graham MacBride
Macbride Pharmacy
34 Main Street
West Calder

Tel: 01506 890313

Tel: 01506 871164

Services Offered:

- Information and advice on stopping smoking in pregnancy
- Provision of Nicotine Replacement Therapy (NRT) to pregnant women following assessment by a pharmacist
- 1:1 Support

Who can access the service?

- Pregnant women living in Depcat 5, 6 & 7 areas of West Lothian. (Winchburgh, Broxburn, Polbeth, Addiewell, Blackburn, Fauldhouse)

Where and when is the service?

- Contact individual pharmacies for details/ appointment

Referral Process

- Referrals usually via the woman's midwife or GP

Name of Service

Cloud 9

Contact:

Rab Sneddon
West Lothian Drug and Alcohol Service
43 Adelaide Street
Craigshill
Livingston
EH54 5HQ

Tel: 01506 430225

Email: rab.sneddon@wldas.org

Services Offered:

- 1:1 or Group work
- Taylor made interventions including: Video / Audio work, Problem Solving, Drama /Art, Stress Management
- Access to Nicotine Replacement Therapy
- Peer Support
- Smoke Free Residentials

Who can access the service?

- People aged 12-18 in the following groups:
 - Looked after young people
 - Young people in alternative curriculum or alternative education
 - Young people with mental health difficulties
 - Pregnant young women
 - Youth employment
- Resident in West Lothian

Where and when is the service?

- Monday – Friday 9 – 5.15
- Out of Hours appointments available by arrangement
- Place of appointment is flexible and arranged by young person and project worker

Referral Process

- Referrals accepted from any source (open door policy) including self referral
- Referrals can be made by phone or letter

Name of Service:

Stop for Life

Contact:

Helena Connelly
St John's Hospital
Livingston

Tel: 01506 419666 Ext: 3000

Email: helena.connelly@wlt.scot.nhs.uk

Services Offered:

- Group and 1:1 support and counselling
- Pre-conception interventions
- Training for health professionals

Who can access the service?

- Pregnant women, new mothers and women planning pregnancy
- Any age, including under 18s
- Resident or working in West Lothian

Where and when is the service?

- Home visits, community-based visits and hospital-based sessions available
- Office hours 9am – 5pm Monday to Friday
- Out of hours appointments available if needed

Referral Process:

- Referrals by phone / in writing to contact above
- Self-referrals and referrals from professionals accepted

Alcohol Services

Contents:

- Alcohol Problems Service (p16)
- ELCA West Lothian Services (p18)
- Alcoholics Anonymous (p20)
- Libra (p23)

Name of Service:

Alcohol Problems Service (APS)

Contact:

Ian Davidson / John Gray
CPNs for Alcohol Problems
c/o Bangour Day Centre
Bangour Village Hospital
Broxburn
EH52 6LW

Edinburgh service:
Alcohol Problems Service
35 Morningside Park
Edinburgh
EH10 5HD

Tel: 0131 537 6557

Tel: 01506 419666 Ext: 5401 Fax: 0131 537 6866

Services Offered:

In Edinburgh:

- Specialist assessment and treatment for individuals with alcohol-related problems
- Outpatient groups and in-patient detoxification at the Royal Edinburgh Hospital.

There are two Community Nurses for Alcohol Problems in **West Lothian** who offer:

- Consultation or advice about individual cases *for professionals*
- Assessment and advice to patients
- Community detoxification from alcohol
- Assessment of individuals who may require in-patient detoxification in the Alcohol Problems Clinic (Edinburgh)
- Follow-up focusing on relapse prevention

Who can access the service?

- Residents of West Lothian
- Aged over 18 years
- Exhibit high level of alcohol dependence or psychiatric / physical co-morbidity

Where and when is the service?

- Edinburgh service located at the Royal Edinburgh Hospital
- West Lothian service available on outreach basis and from GP practices
- Appointments available 9am – 5pm Monday to Friday

Referral Process

- Formal referral from medical profession or specialist agencies only
- Referrals should be made in writing to Broxburn address above
- CPNs have pagers and can be contacted through St John's switchboard (01506 419666) to discuss referrals
- Individuals who prefer to be seen by the Edinburgh-based service can be referred for assessment to Edinburgh Service (details above)

Name of Service

**Edinburgh and Lothian Council on Alcohol:
West Lothian Services (ELCA)**

Contact:

Eddie Dunlop
Suite P, Kirkton Business Centre
Kirk Lane
Livingston Village
Livingston
EH54 7AY

Tel: 01506 414247
Fax: 01506 419595

Email: wlserv@aol.com

Services offered:

- Counselling and support for individuals with alcohol problems
- Counselling and support for family members and carers
- Information and advice for individuals with alcohol problems around rehousing and resettlement
- Supported accommodation
- Tenancy support
- User led group work sessions focusing on development of skills and support

Who can access the service?

- Residents of West Lothian
- Age 25-64

Where and when is the service?

- Daytime counselling in Bathgate, Craigshill and Howden Health Centres
- Evening counselling service available in the West Doc Service at Carmondean Health Centre
- Tenancy support work is done on an outreach basis, and out of hours appointments are offered
- 13 Supported Accommodation sites around West Lothian
- Group sessions 11am – 2pm every Tuesday at Kirkton Business Centre (details above)

Referral Process:

- Self referrals are accepted, as are referrals from any agency or organisation
- No formal referral procedure is necessary, although preferred (see appendix for form)
- Individuals can self refer / referrals can be made by calling the above phone number

Name of Service:

Alcoholics Anonymous

Contact:

Tel: 0845 769 7555 (24 Hour Help-line) Email: N/A
OR
0141 226 2214 (Office line)

Services Offered:

- Self-help groups provided throughout Scotland
- 24 Hour Help-line

Who can access the service?

- Groups are open to anyone experiencing problems with alcohol
- “Open” meetings are open to general public as well as members

Where and when is the service?

- See list of groups below
- For details of groups outwith West Lothian contact help-line number above

Referral Process:

- Formal referral is not necessary
- People wanting to use the service should contact their local group or the help-line number above

Location	Address	Day	Time	Notes
Armadale	West Church Hall, Academy Street	Saturday	20:00	"Open" last Saturday of every month
Bathgate	St David's Church Hall, George Street	Tuesday	20:00	"Open" last Tuesday of every month
Blackburn	Blackburn Parish Church Hall, Main Street	Thursday	20:00	"Open" last Thursday of every month
Broxburn	Broxburn Family Centre, 1-3 Henderson Place	Sunday	20:00	All meetings "open"
Fauldhouse	Library Pavillion, Lanrigg Road	Wednesday	20:00	
Linlithgow	Cross House, Market Cross	Wednesday	20:00	
Livingston	Carmondean Community Centre, Nether Detchmont Farm, Fells Rigg	Monday	20:00	Non-smoking, All meetings "open"
Livingston	Craig's Park Pavillion Farm, Maree Walk, Craigshill	Tuesday	20:00	
Livingston	Toronto Primary School, Toronto Avenue, Howden	Wednesday	12:30	Non-smoking, All meetings "open"
Livingston	Parentcraft Room, Maternity Unit, St John's Hospital, Howden	Saturday	10:00	Non-smoking, All meetings "open"

Livingston	St Peter's Parish Church, 9 Carmondean Centre (next to BP Garage)	Sunday	20:00	All meetings "open"
South Queensferry	Community Centre, Kirkliston Road	Thursday	19:30	"Open" last Thursday of every month
Whitburn	Harrison Hall, Jubilee Road, Whitburn	Sunday	20:00	Non-smoking, All meetings "open"

Name of Service:

Libra

Contact:

Jane Aldous / Paula Wills
4 Norton Park
Edinburgh

Phone: 0131 6610111 Email: libra@libra-lothian.fsnet.co.uk

Service Offered

- 1:1 Counselling
- Group Work including weekly support groups, drama therapy and counselling groups

Who can access the service?:

- Women aged over 16 (women only service)
- Resident in Lothians

Where and when is the service?:

- Currently Edinburgh-based service only
- Appointments available 9am – 8pm, Monday – Friday

Referral Process

- Self referral accepted
- Referral by phone, in writing to address above

Drug Services

Contents:

- Community Drug Problem Service (p25)
- Drug Team Social Work (p27)
- Locality Clinic (p29)
- Needle Exchange Outreach Network (p31)
- Wound Clinic (p32)
- Barony Tenancy Support Service (p33)
- Police Drug Awareness Officer (p34)
- Re-Solv Scotland (p35)

Name of Service:

Community Drug Problem Service (CDPS)

Contact:

St Johns Hospital
Howden
Livingston

Tel: 01506 419666 ext. 4348

Services Offered:

- Advice and Information to clients and referrers
- 1:1 Counselling
- Assessment of inpatients and outpatients at hospital
- Substitute prescribing (including Subutex and Naltrexone)
- Community Detoxification
- Short-term follow-up

Who can access the service?

- Registered with a GP in West Lothian
- Aged over 16
- Dependent, regular drug users
- Priority Groups: dual diagnosis, pregnant, intravenous users, polydrug users, high dose, chaotic and difficult to manage within general practice

** Clients with primary diagnosis of alcohol dependence or drug abuse of a non-addictive nature or pattern should be referred in first instance to WLDAS

** Clients outwith the above priority groups should be sent to
Locality Clinic for Assessment in first instance

Where and when is the service?

- Clinics held at St John's Hospital throughout week
- Monthly clinics in local Health Centres – phone number above for details
- Clinics held between 9 – 5pm – phone number above for details
- Occasional evening home visits by appointment in special circumstances

Referral Process

- Formal referral only – no self referral
- Referral accepted from any professional group – Health Care, Social Work, Voluntary Organisations etc.
- Referral by letter only – GPs to follow GP guidelines for referral. For other groups CDPS will give guidance on referral (e.g. information needed etc.)

Name of Service:

Drug Team Social Work

Contact:

Jane Berkley
Team Manager
Strathbrock Partnership Centre
189a West Main Street
Broxburn
EH52 5LH

Tel: 01506 775666 Email: drugteam@westlothian.gov.uk

Services Offered:

- Assessment
- Flexible, intensive support
- Rapid response (appointments within 7 days)
- Assessment for residential detox and rehab
- Harm Reduction
- Relapse Prevention
- Support in accessing other services

Who can access the service?

- People aged 16+ (although would work with under 16s if no other service available)
- Residents of West Lothian
- Service aimed at more chaotic users, IV users, parents etc. who are experiencing significant problems and who want to do something about their use

Where and when is the service?

- Service is available 9am – 5pm Monday to Friday
- Out of hours sessions are delivered from the Needle Exchange bus
- Appointments are flexible and responsive to need
- Appointments delivered on outreach basis

Referral Process:

- By phone in first instance (referral forms are available)
- Self referral accepted
- People must consent to being referred

Name of service:

Locality Clinic

Contact:

Locality Drug Clinic
Community Desk
Bathgate Primary Care Centre
Whitburn Road
Bathgate

Tel: 01506 651827

Email: N/A

Services Offered:

- Joint assessment by substance misuse professionals
- Access to specialist GP and substitute prescribing
- Advice and Information
- Support and Counselling
- Support in accessing other services
- Continued professional support to referring GPs when client is referred back to them

Who can access the service?

- Drug users receiving treatment through Primary Care / wanting to receive treatment through Primary Care
- Aged 18+
- Resident in West Lothian
- Patients **must** be registered with a GP who is willing to continue to treat them, with support from the clinic, following assessment.

Where and when is the service?

- Clinics currently run at:
Bathgate Health Centre, Bathgate: Friday 9am – 12.30pm
Strathbrock Partnership Centre, Broxburn: Monday 2pm -
4.30pm
Howden Health Centre, Livingston: Wednesday 2pm –4.30pm

Referral Process

- Referrals made via GP or any professional involved with client
- Formal referrals only, in writing to address above

Name of Service:

**Needle Exchange Outreach Network
(NEON)**

Contact:

Harm Reduction Team
Spittal Street Centre
Spittal Street
Edinburgh
Tel: 0131 5378300

Email: N/A

Services Offered:

- Needle exchange service
- Harm Reduction advice and information
- Advice and information about other services
- Injection site checks
- Free condoms

Who can access the service?

- Anybody – low threshold service

Where and when is the service?

- Outreach service
- Currently operates Wednesday evenings between 6-9pm from Howden Health Centre car park
- Other sites/times to be confirmed – contact Jim Shanley for info

Referral Process:

- Referral not necessary – open access at times given

Name of Service

Wound Clinic

Contact:

Howden Health Centre Switchboard
Howden Road West
Livingston

Tel: 01506 423800 Email: N/A

Services Offered:

- Advice regarding managing injecting sites
- Direct healthcare for injecting sites, wound dressing etc.
- Further harm reduction and health promotion

Who can access the service?

- Intravenous drug users
- Any age, any area of residence

Where and when is the service?

- Thursday afternoons from 2-4pm
- Howden Health Centre

Referral Process

- Referrals via any route
- Contact switchboard at number above for further information

Name of Service:

Barony Care Services – Tenancy Support

Contact:

Fairbarn House
Fairbarn Place
Livingston

Tel: 01506 501819

Email: info@baronyha.org.uk

Services Offered:

- Support for individuals to maintain tenancies
- Information and Advice
- Assistance in accessing other services, benefits etc.

Who can access service?

- Residents of West Lothian
- Aged >16
- Having problems in maintaining tenancy due to:
 - drug use
 - offending behaviour
 - mental health problems

Where and When is the Service?

- Service operates on outreach basis throughout WL
- Available 24 hours, 7 days a week (by appointment only)

Referral Process:

- Self referral accepted although prefer Social Work
- Application forms available from email / phone above

Name of Service:

Police Drug Awareness Officer

Contact:

Iain Wells
Livingston Divisional Headquarters
Almondvale
Livingston

Tel: 01506 431200 Email: IWells@fcsb.fsbusiness.co.uk

Service Offered:

- Education for young people, parents, and professionals
- Information and advice re drugs and the law
- Community involvement in addressing drugs issues
- Business involvement (advice re policies, education etc.)

Who can access service?

- Residents of West Lothian
- Schools, community groups, businesses etc.

Where and when is service?

- Office hours: 9am to 5pm, Monday to Friday
- Available out of hours for training sessions, community meetings etc.

Referral Process:

- Contact Drug Awareness Officer via numbers above

Name of Service:

Re-Solv Scotland

Contact:

Ralph MacGregor
135b Main Street
East Calder
West Lothian
EH53 0EP

Tel:01506 881498 Email: re_solvscotland@onetel.net.uk

Services Offered:

Re-Solv has a national remit but offers services locally including:

- Advice, guidance, support to professionals re solvent use
- Educational resources and materials
- Research into solvent use etc.
- Lobbying to promote issues of solvent abuse
- National free-phone helpline number – 0808 800 2345

Who can access the service?

- Professionals with an interest / concern about solvent use
- Parents
- Community members
- Young People
- Social services/educational officers

Where and when is the service?

- Appointments available for professionals on demand

- Office hours: Monday – Friday, 9am – 5pm
- Based in East Calder but with national remit

Referral Process

- National Helpline can refer individuals to local services providing after care if needed.
- To contact Re-Solv use contact details above

Drug and Alcohol **Services**

Contents:

- Alcohol and Drug Use Co-ordinator (p38)

- West Lothian Drug and Alcohol Service:
 - Counselling services (p39)
 - Back on Track (p41)
 - Education and Training (p42)
 - Getting into Gear (p43)
 - Family Support Network (p44)
 - Prison Throughcare Service (p45)
 - Arrest Referral (p46)

Name of Service:

Alcohol and Drug Use Co-ordinator

Contact:

Bob Burnett
St Johns Hospital
Howden, Livingston

Tel: 01506 419666 Ext. 4736

Email: bob.burnett@wlt.scot.nhs.uk

Services Offered:

- Support and advice for NHS staff regarding their own or someone else's alcohol and / or drug use
- Information support and advice to NHS staff who are working with clients with alcohol, drug or tobacco issues
- Liaison with organisations external to the NHS
- Help provide / organise substance misuse training for NHS staff

Who can access the service?

- NHS Staff and their families only

Where and when is the service?

- St. Johns Hospital 9am – 5pm but can be flexible to suit client need

Referral Process

- Formal : staff can be referred following disciplinary action
- self referral
- no forms necessary, by phone or personal contact

Name of Service

West Lothian Drug and Alcohol Service

Contact:

Margot Ferguson
43 Adelaide Street
Craigshill
Livingston
West Lothian
EH54 5HQ

Tel: 01506 430225

Email: enquiries@wldas.org

Services Offered:

WLDAS offer a range of different services. Each service is detailed below in its own section. All services are offered to people experiencing difficulties with any substance.

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Name of Service

Counselling Services

Contact

Heather Watson
(see address above)

Tel: 01506 446648

Email: heather.watson@wldas.org

Service Offered

- 1:1 Counselling and support (range of techniques)
- Information and advice
- Liaison with prison, criminal justice, CDPS , SWDT etc.

Who can access the service?

- Residents of West Lothian
- Aged 16+ (for under 16s see Back on Track below)
- Experiencing difficulties with their own or another's substance misuse

Where and when is the service?

- Clinics held in health centres in Armadale, Bathgate, Broxburn, Craigshill, Howden, Linlthgow, Whitburn and Polbeth
- Counselling service open Monday – Friday, 9am – 5pm
- Clinics held on different days depending on area. For more details contact WLDAS.
- Evening appointments available by arrangement
- Home visits available by arrangement when needed

Referral Process

- Referrals accepted from all sources including self-referral
 - Referrals accepted by all means – phone, letter, email. No drop-in.
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Name of Service:

Back on Track (Young People's Referral Scheme)

Contact:

Tricia Moran

Tel: 01506 446654

Email: tricia.moran@wldas.org

Service Offered:

- 1:1 Counselling and support
- Advice and Information

Who can access service?:

- Young people aged up to 16 or up to 18 and in full time education
- Experiencing problems with their own or another's substance use

When and where is the service?:

- Service operates on an outreach basis at location determined by young person
- Service open Monday – Friday, 9am – 5pm
- Evening appointments available by arrangement

Referral Process:

- Referrals accepted from Police, Reporter to Children's Hearing, Social Work, Education, Health Professionals or other concerned professionals
- Self Referral also accepted

- Third parties required to complete referral form in presence of young person
 - Telephone referrals accepted from young person themselves
-

Name of Service

Education and Training

Contact:

Brian Pringle
(address above)

Tel: 01506 446643

Email: brian.pringle@wldas.org

Service Offered:

- Educational sessions on drugs, alcohol, tobacco and sexual health
- Professional training in drugs, alcohol and tobacco
- Tailor made courses to suit local need and needs of specific groups

Who can access service?:

- Sessions / courses can be provided for young people, parents, community members, generic and specialist professionals

Where and when is service available?:

- Contact WLDAS to arrange education or training sessions
- Available throughout West Lothian and beyond

Name of Service

Getting Into Gear (GiG) / First Gear

Contact:

Maria McCrea

Tel: 01506 446649

Email: maria.mccrea@wldas.org

Service Offered

- Both GiG and First Gear are programmes aimed at the rehabilitation for ex and stabilised drug and alcohol users into society
- First Gear:
 - Semi-structured, open ended programme to prevent relapse
 - Activities aimed at building self-esteem, motivation, social skills etc.
 - Group activities to enhance team work and social skills
- Getting into Gear:
 - structured programme aimed at developing skills to allow access to workforce, programmes of study etc.
 - includes activities to build self-esteem etc, skills needed in the workplace, group excursions, alternative therapies, jobseeking skills etc.

Who can access service?:

- Residents of West Lothian aged 16-40 years
- First Gear:
 - open to people recovering from drug / alcohol problems
 - should be ready and willing to change but no other criteria
- Getting into Gear:

- open to people who have been off drugs / alcohol or stabilised on a prescribed programme for 3 months or more
- people who want to make a positive change in their life

Where and when is the service?

- First Gear programmes are flexible and dependent on number of referrals
- GiG operates on a 10-week cycle. For information re dates of upcoming programmes please contact WLDAS at number / address above.

Referral Process:

- Formal or informal referral accepted
- Referral accepted from any source including self referral

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Name of Service:

Family Support Network

Contact:

Tricia Moran
(see address above)

Tel: 01506 446654

Email: tricia.moran@wldas.org

Service offered:

- Group support for people concerned about a family member or friend with a drug or alcohol problem

Who can access service?:

- Anyone concerned about a family member or friend with a drug or alcohol problem

When and where is the service?:

- Monthly meetings held on first Tuesday of every month at 7pm in:
Common Room St John's Hospital
First Floor Howden
Post Graduate Centre Livingston

Referral Process

- For more information contact Tricia Moran (see above)

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Name of Service:

Prison Throughcare Service

Contact:

Robert Wilson
(see address above)

Tel: 01506 446653

Email: robert.wilson@wldas.org

Service Offered:

- Fast-track counselling and advice service

Who can access service?:

- Available for people released from prison with a past or current substance misuse problem

Where and when is service?:

- Service offered on outreach basis?
- Service operates by appointment 9am – 5pm, Monday to Friday?
- Evening appointments available by arrangement

Referral Process:

- Referral through Scottish Prison Service, Cranstoun or SACRO prison throughcare worker

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Name of Service:

Arrest Referral

Contact:

Robert Wilson or Anne Dawson (see address above)

Tel:01506 446653 /446644 Email:robert.wilson@wldas.org
anne.dawson@wldas.org

Service Offered:

- New pilot service beginning April 2003, initially for 6 months
- Information and advice

- Assessment for treatment
- Offers fast track access to counselling and support

Who can access service?

- People detained in custody at Livingston Police Station with a alcohol / drug problem
- Aged over 16 and resident in West Lothian

Where and when is service?

- Initial information and referral at police custody suite
- Appointments for assessment and counselling by arrangement
- Office hours: 9-5, Monday to Friday
- Evening appointments available by arrangement

Referral Process:

- Referral through contact with arrest referral worker only

Generic Services

Contents:

- Generic Psychiatric Services
 - Acute Psychiatry (p49)
 - Generic CPN Service (p50)
- St John's Hospital Medical Directorate – Acute Medical Unit (p52)
- Liaison Psychiatry Service (p54)

Name of Service

**Generic Psychiatric Services - Acute
Psychiatry**

Contact

Dr James Hendry
St John's Hospital
Howden
Livingston

Tel: 01506 419666

Email: N/A

What is offered?

- Occasional admittance to Acute Psychiatric Unit for assistance with detoxification for Alcohol Dependents

Who can access Service?

The following criteria should be met:

- Medically fit
- Associated co-morbid psychiatric disorder that is potentially treatable, e.g. major depression

Where / when is the service?

- See address above. Hospital based service.

Referral Process

- Formal referral from medical professional only
- See criteria above

Name of Service:

Community Psychiatric Nursing Service

Contact:

Mary Meikle
Bangour Village Hospital
West Lothian

Tel: 01506 419666 ext. 5048 Email: N/A

Services Offered:

- Assessment
- Referral on where appropriate
- Treatment plan developed between CPN and patient
- Range of therapeutic interventions such as: brief therapy, cognitive behavioural therapy, psychotherapy, anxiety management, behavioural and psychosocial Interventions

Who can access service?:

- Those suffering severe and enduring health problems, depressive illness, anxiety and phobic problems
- People with comorbid drug / alcohol problems where mental health problem is primary
- Patients aged 16-65

Where and when is the service?

- CPNs offer appointments at Health Centres and on outreach basis at person's home
- Working hours: Monday to Friday, 9am – 5pm

Referral Process:

- Referrals from GPs, other Primary Care staff, Consultant Psychiatrist or other members of psychiatric team
- Referrals by writing only, to the CPN

Name of Service:

**St John's Hospital Medical Directorate,
Acute Medical Unit**

Contact:

Dr D Farquhar
St John's Hospital
Howden
Livingston

Tel: 01506 419666

Email: N/A

Services offered:

- The acute medical unit is primarily for acute *medical emergencies*. This includes *acute DT's and alcohol related seizures* and also *drug overdose*.
- The unit commonly admits patients with acute conditions who are **alcohol dependent**. In these cases patients receive in-patient treatment for alcohol withdrawal.
- Similarly patients taking **other drugs** are admitted with acute conditions. These patients are treated for their acute effects and discharged. No detox regime is used unless CDPS are involved.
- **Alcohol dependent** patients offered further support including phone no.s for support agencies, contact with the Alcohol and Drug Use Co-ordinator, contact with Liaison Psychiatry

Who can access the service?:

- Patients must meet the criteria detailed above.
- Patients are not admitted for alcohol detoxification independently of other problems, but detoxification may be

offered if deemed necessary on admittance for another problem.

Where and when is the service?:

- Hospital based service: see address above

Referral Process

- Referral is through a GP.
- Self-referral is not accepted.
- Individuals who wish medical assistance with alcohol dependence should first visit their GP, not the hospital.

Name of Service:

Liaison Psychiatry Service

Contact:

Pauline McManus

St John's Hospital

Howden

Livingston

Tel: 01506 419666

Email: N/A

Services Offered:

- Alcohol liaison as part of wider liaison service
- Offers point of contact for hospital inpatients who wish to see somebody regarding their alcohol use
- Referral on to community based services
- Training for hospital staff in alcohol awareness, brief interventions

Where and when is the service?

- Liaison Psychiatry Nurse works 9am – 5pm
- St Johns Hospital, Livingston

Who can access the service?

- Service available to anyone in wards at St Johns who wishes to see someone regarding their alcohol use

Referral Process

- Referrals to LPN made by hospital medical staff as required

Services for Young People

Contents:

- West Lothian Youth Action Project
 - Including: Streetwork, Integr8 Befriending Project, Peer Education (p56)
- Speakeasy (p58)
- Back on Track (Young People's Referral Scheme)
 - see under WLDAS (p41)

Name of Service:

Youth Action Project

Contact: (unless otherwise stated)

Helen Davis
C/o Community House
33 Aller Place
Elburn
Livingston
EH54 6RF

Tel:01506 461588

Email: wl@youth-action-project.freeserve.co.uk
wlyaphelen@yahoo.co.uk

Services Offered:

- Detached youth work service (“Streetwork”)
 - specific focus on drugs and alcohol
 - support and advice
 - information resources
- 1:1 support
 - focusing on a range of issues for young people
- Early Intervention work
 - focusing on crime prevention
 - group, 1:1 work (contact Lorna Ivanov at no. above)
- Schools group work
 - sessions in schools on self esteem, challenging behaviour, youth issues (including drugs and alcohol)
- Youth Forum work (contact Kerry Henderson at no. above)
- Integr8 Befriending Service
- Peer Education Project
- New Deal, work experience and student placements

- Music Workshops in schools and community centres
- C Card outlet
- Residential and activity groups
- Neighbourhood Response Team Worker (linked to housing services)
- Internet Café at Broxburn

Who can access the service?

- People aged 11 – 21 years
- Except: - Youth Forums: 14-25
- Befriending Service: 14-21
- Resident in West Lothian

Where and when is the service?

- Streetwork operates a rotational programme in 6 areas of West Lothian at any one time. Days of week vary from area to area. Sessions are from 6.30pm to 9.30pm. For more information contact Helen at number above.
- Other services (Befriending service, 1:1 sessions, schools etc.) on appointment basis. To make appointments call number above between 9am - 5pm
- Appointments can be made for evenings and weekends

Referral Process

- Phone or email to request referral
 - Self referral accepted
- (NB: Youth Action Project is not qualified to take people diagnosed with mental illness)

Name of Service

Speakeasy

Contact:

44 Adelaide Street
Craigshill
Livingston

Tel: 01506 430718- Office line
0800 220 424 – Freefone contact No.

Email: speakeasy.counselling@btopenworld.com

Services Offered:

- Free and confidential counselling service
- One hour weekly appointments face to face or by phone

Who can access the service?

- Counselling available to people aged 12 – 18
- Some counselling available for 18 – 25 year olds if they fall into Council priority areas (including Youth Housing and Support, where there is Social Work involvement, child protection issues or referrals from Family Mediation)
- Resident in West Lothian
- Can also be accessed by parents and guardians

Where and when is the service?

- Speakeasy is open:
Monday, Tuesday and Thursday: 9.30am – 5pm
Wednesday: 9.30am – 12 noon
Tuesday evenings by appointment
- Other evening appointments available by request

- Appointments offered at project premises or elsewhere if appropriate venue is available (e.g. Health Centre, School)

Referral Process

- Self referral or referral by family member accepted
- Referrals also accepted from professionals involved with the young person, with their consent
- For more information on the service or referral procedures call office number above
- For support and advice for young people and parents call freefone number above

Directory produced by West Lothian Drug Action Team
01506 777135