



Supporting you one step at a time

Annual Review

2022-2023



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Thank you

to the Volunteers, Trustees and staff who worked so hard during this time of financial constraints and our office relocation.



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Chair's Foreword

2022-23 was yet again a very challenging year for Fife and for FASS. We might have expected that demand for our services would fall back towards pre-covid levels. However this has not been the case, with people and communities still requiring significant additional support. It has been heartening to see the FASS network – staff, volunteers, partners and supporters – pulling together to meet these needs.

This continued demand on services has also been a driver for positive change. FASS is now employs effective remote and hybrid methods, as well as still being very much an 'in person' organisation. Key new operating systems across IT, finance and HR have been implemented and embedded.

Finally, FASS achieved a long-held aspiration in this reporting year, in finally finding our new HQ in Hill Street, Kirkcaldy. A considerable amount of work needed to be done to complete the move but we are delighted with the results. We are also extremely grateful to all who helped us achieve our new space and the potential it offers for our beneficiaries.

The narrative below gives a wonderful overview of the many, varied and innovative projects FASS delivers. I would like to thank our staff, our volunteers – including our Board – and our supporters for helping FASS go from strength to strength.



John Hamilton
Chair

Alcohol Counselling Service

The Alcohol Support Service provides psycho-social counselling for individuals aged 16 and over concerned about their own or someone else's drinking.

Our counselling is tailored to meet individual need, with a choice of abstinence or controlled drinking regimes. A collaborative, goal focused and recovery-based approach assists our clients to address their concerns about alcohol use and does so within a context of inter-related psychological, social and relationship issues. Counselling is also available for family members and friends.

It was during the year from April 2022 until March 2023 that people again faced a return to something approaching normal life and work. However, what was noticeably different was that there was a negative shift in drinking patterns and mental health issues, developed during or because of lockdown which had increased significantly. Many chose to approach FASS and this resulted in demand for alcohol counselling increasing significantly to **891** referrals being received.



There was also an increase in people presenting with complex mental health issues, particularly extreme anxiety combined with alcohol use. Higher levels of suicidal ideation were noted and Counsellors were dealing with more complex cases, with more intensive and long lasting support required by clients. It has also been noted that we have seen an increase in referrals from significant others looking for support. It has also been noted that we have seen an increase in referrals from significant others looking for support.

Another challenge we've faced has been clients staying in the pathway for longer. Counselling services began to look at new ways of extending and further supporting people by introducing groupwork. Fast Forward began with a primary focus on Lapse and Relapse Prevention using a CBT approach. These groups were delivered on an 8-week programme. Their basis was to be able to offer people who were approaching the end of counselling another opportunity to revisit lapse and relapse prevention before finally leaving the service.

“

Word of thanks in recognition of all the help and support you have provided over the last few months. The home visits were extremely beneficial, and whilst I am regretful that they have come to an end I am also pleased we have achieved a positive outcome. The the hospital visits were very much enlightening. However for me the journey continues. Please pass on my thanks to everyone who has supported me during this difficult period.

”

The service towards the latter part of the year also provided additional one to one counselling sessions throughout Fife to ensure we had the increased capacity to meet the demand and maintain the current waiting time of 21 days.

Highly recommend FASS counselling. The Dynamic with the counsellor, coupled with her experience and knowledge was the best.

I would like to express my thanks and gratitude to everyone involved in my recovery. The hospital sessions and home visits were excellent, all carried out in a very caring and professional manner.

From feeling very anxious and not being able to speak when I first arrived. I felt very different by the time I left. I enjoyed the support of the group and facilitators and was keen to complete the programme. I felt heard and understood and related to the group and the work that was being done.



Our EMDR or Eye Movement De-sensitisation and Reprocessing psychotherapy continued to operate face-to-face when restrictions allowed. EMDR is used to aid recovery from complex Post-Traumatic Stress Disorder, anxiety and panic attacks, addictions and other intransigent problems. The service dovetails with counselling. During the year until March 2023 EMDR helped **21** clients.

The Alcohol Support Service invests a great deal of effort and resource to enable a high quality and standard of service. Our counselling is delivered in line with COSCA Standards & Ethics and the quality of our organisation continues to be acknowledged through COSCA's Recognition Scheme for Organisations.

Training: The service also continued to fulfil its role as a placement provider for University and College counselling students. Throughout the year we continued to recruit counsellors into the service, providing training, peer support and practice supervision often delivered face-to-face or by Zoom and Teams. During the year we added 8 volunteer trainee counsellors who each received pre-placement training and an in-house Induction.

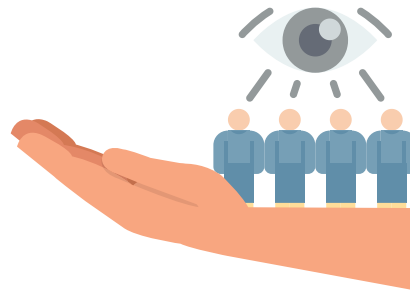




Both our Counselling Service Co-ordinators are registered Scottish Mental Health First Aid (SMHFA) and Applied Suicide Intervention Skills Training (ASIST) Trainers. This year we increased the number of our registered trainers to 4 in SMHFA and 3 in ASIST. All trainers continue to support NHS Health Promotions (Fife) in delivery of the required number of these courses to both the public and voluntary sector workers in Fife.



Support and Supervision: Practice Supervision is mandatory for all volunteer and staff counsellors and is defined by Governing Bodies, Codes of Practice and Ethics Frameworks. All supervision is organised and monitored to ensure safe practice and delivery of a quality service. Counselling Services also extended their provision of support and supervision to include all support staff within Adapt Service to ensure all meet the mandatory requirements to maintain good practice throughout the service.



Helen Hutton, Sarah White / Counselling Service Co-ordinator

Adapt Substance Recovery

ADAPT offers advice, easy access to person centred support services and counselling for individuals and family members who are worried about their own or other's alcohol, drug, and prescribed medication use.



With the introduction of the new MAT Standards in April 2022, ADAPT Substance Recovery had to ensure the services offered were evidence based and aiming to enable the consistent delivery of safe, accessible, high-quality treatments and services across Fife, which were relevant to people and families accessing or in need of such services. ADAPT are now classed as MAT CRITICAL in terms of the services offered and delivered.

There has been an intensity to the outreach case management support needed by our clients and their families. Many were first time service users and we continue to see the after-effects of the covid pandemic and the isolation that brought to many. They came seeking help for their reliance on substances, but many continue to have their mental health impacted. There was often a complexity of problematic issues around family relationships and their socio-economic situation. The cost-of-living crisis has impacted many, in different ways, and turning to substances use has been a method of escape for some with which we actively help and support.

Triage Team: As the main Substance Use Triage service in Fife, ADAPT is often the first point of contact for support. We receive people wishing to be assessed, referred, and supported into the services that they, their families or significant others may require. The service provides care planning and includes a community active links and mentoring programme. It supports people accessing clinical and psycho-social treatments, maintaining contact with them and their families until they are safely within appropriate services. ADAPT Triage Service supported 633 individuals seeking to access treatments and services in the last financial year. Our goal is to motivate service users, build and strengthen their recovery capital, support engagement and compliance with treatment, and assist with any identified health and social needs.



ADAPT's Triage Service and quality of assessment is well respected within our sector. We ensure we are capturing as much information as possible to allow the client the full benefit of each service they may have to 'pass through' during their recovery journey without having to repeat their 'story' and relive trauma and turmoil.

Clients benefited from ADAPT's engagement and support into **many** Third and Statutory Sector services such as (but not limited to due to the person-centred approach):

- Housing and Homelessness
- Social Work
- Education/Further/Higher Education
- DWP and the Benefits System
- Help for Debt/Legal Issues
- GPs and Primary Care
- Harm Reduction, Blood Born Virus Testing, and Naloxone distribution.
- Advocacy/Rights Based Approach
- Help with Travel to Appointments.
- Mental Health
- Befriending Services
- Utilities Advice and Support
- Accessing Household Goods for Tenancy Sustainment



Substance Misuse Counselling: Brief psycho-social counselling provides help for clients in crisis and for those not requiring opiate treatment services. A solid foundation for recovery is established through a solutions-focused approach, which includes identification of the



client's personal strengths and resources. Relapse prevention strategies help maintain recovery. Counselling provides a full range of ADAPT first contact interventions including immediate care and triage assessment where necessary. **203** people were referred into counselling during the year.

There were **114** closures of counselling programmes, with 79% of clients indicating either complete success or significant improvement. Another **27** people finished counselling after requiring a single appointment for crisis counselling or relapse prevention.

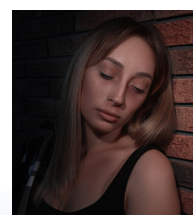
Near Fatal Overdose (NFO) Team: The team supports those who experience near fatal overdose and engages with them following intervention from Fife Scottish Ambulance



Service. It provides follow-up advice and support for people at risk and their loved ones. It also offers the opportunity to explore substance misuse issues, mental and physical health issues, family relationships, social environment and housing. Screenings and tests for Blood Born Viruses and sexual health are available, as safe injecting equipment, needle exchange and Naloxone. The team

engages with vulnerable people who have overdosed on heroin and other opiates. These have often been taken in combination with alcohol, street Valium and prescribed medications.

In total, ADAPT NFO engaged with **626** people, clients and families, who were impacted by a Near Fatal Overdose or Drug-related Death. This project works as a partnership between ADAPT, the Scottish Ambulance Service and the Fife ADP Drug Death Coordinator. ADAPT NFO is funded by Fife ADP and the Corra Foundation.



REACH Team: REACH is ADAPT's contribution to the Hospital Liaison service. Our partners are the NHS Addiction Service and We Are With You. The REACH team provides dedicated support in the community for people discharged from Victoria Hospital following treatment for alcohol and drugs.

REACH aims to reduce deaths by increasing and maintaining service user engagement with harm reduction, alcohol and drug treatment and rehabilitation services. This improves



outcomes for people who are at risk, and for their families. Our support usually lasts for up to 9 months from first point of contact. Each patient can receive multiple contacts including home visits, often several per week. The REACH team also offers Auricular Acupuncture in both 1-1 and groupwork settings and **261** individuals have accessed the service.

This year, the REACH team engaged with **128** new patients. The main referral routes were 44 directly from Victoria Hospital and 58 directly from Addiction Services. The others came from various sources including Social Work, FASS, GP's and Self. The breakdown of the substances involved were 107 (84%) alcohol-related conditions, 5 (4%) using illicit substances and 16 (12%) poly-substance misuse.

Retention Service: The team's aim is to work with partner agencies to identify clients at risk who may have fallen out of treatment, and we seek to engage, and aid their return to work with services. We continue to work in direct partnership with Addiction Services as one of our main sources of referral, working with clients that have begun to disengage or 'fall' out of their treatment and recovery plan for a variety of reasons. These patients may be considered very high risk in terms of health and wellbeing and are often very vulnerable at this time.

Our dedicated team responds to referrals in a very proactive and person-centered manner. We offer quick response and appointment times in an attempt to re-engage client's back into treatment and services with the least amount of disruption to their treatment and care plans as possible. It is often the case that upon our quick involvement we uncover additional support needs that are unmet. This gives the client the opportunity to engage on a level they perhaps couldn't access before.



Once the client's support needs are identified, we work directly with our partner agencies and services to ensure the needs of the client are being met. Ensuring that there are adequate and appropriate support services in place reduces the risk of further disengagement from treatment. The relationship our Retention team have built up with Addiction Services since they started in 2021 shows the benefit of reducing 'missed appointments' and an increase in treatment and engagement within an already busy and essential NHS service.

Retention Services also receive referrals from all other statutory sectors and services in Fife. The work and commitment our Retention Team offers to our clients continues to be well respected by our partners.

Please give my support worker a huge pat on the back. I would never have achieved my goals without their outstanding support, knowledge and professional input. They gave me so much encouragement and helped to rebuild my confidence.

Retention Services have engaged 251 clients within the last financial year, of which 233 of those referrals were directly from NHS Fife. 93% of those who exited support from our Retention Service went on to engage with relevant additional support services to enhance their recovery journey.

I'm glad I met my support worker, because I was finally able to open up in your company. You were a good listener and I am so grateful for your support.

KY8: We opened our KY8 Club doors to the Levenmouth area of Fife in March 2022 due to the documented rise in drug deaths within the area. Since then, the KY8 Club team and our supporting partners have gone from strength to strength and continue to offer a weekly community drop in club from Methil Community and Education Centre – every Friday 11am–1pm. We aim to offer a ‘wrap-around’ and ‘one-stop-shop’ service to individuals and their family members affected by substance misuse. We are an all-inclusive club and welcome anyone wishing to drop in for an informal chat or simply a cuppa and a bite to eat.



The KY8 Club have welcomed and supported over **1100** individuals and their family members since our reporting began. Within the club there are a host of free Fife based services that co-host with our dedicated team on a weekly basis, having their own individual areas of expertise that can be accessed by attendees.

Supports available:

- Housing
- Benefits
- Sexual Health
- IEP
- Food Parcels
- Travel Warrants
- Access to essential household item
- Recovery and Support Services
- Mental Health Services
- Family Support Services



With the introduction of the new MAT Standards, the KY8 Club in direct Partnership with Addiction Services, began to offer Rapid Access to Treatment Clinics – with no appointment necessary. 75% of those accessing Rapid Access Clinics had drug related addiction support needs and were offered same day treatment and prescribing along with access to mental health advice and support.

Homeless Liaison Services: We offer a weekly Drop In and Support Clinic to residents of various Homeless Units around Fife. Trust In Fife – Oasis Project and Valley Accommodation Unit and The YMCA Units (and their residents) benefit from a weekly visit from our team to discuss subjects such as:

- Harm Reduction Measures
- Access to Treatment and Services
- Drug and Alcohol Education Sessions.
- Support with Housing and Tenancy Issues



83 residents attended the sessions, with a further **30** of those entering ongoing regular 1-2-1 support, with alcohol being the most prevalent substance that the residents were seeking support for.

The Homeless Liaison Service provided an ADAPT information and awareness session with 45 Fife Council Housing and Homeless Services employees. A referral pathway was discussed and developed for clients encountering housing issues with additional addiction related support needs.

Fife Liberation Services: ADAPT and the NFO Team have been working in Partnership with the Scottish Prison Services (SPS) since September 2022. We now have established a referral pathway for those returning to Fife after spending a period of time within the Scottish Prison Service.



FASS works closely with HMP Glenochil, HMP Edinburgh, HMP Perth , HMP Castle Huntly and are soon to visit the new Community Custody Units in The Bella Centre, Dundee, to discuss developing the links for women returning back to the Fife area that require ongoing support with addiction related issues. We have directly supported **43** clients returning to the Fife area.

To mark International Overdose Awareness Day and their Recovery Week , ADAPT attended 3 'Recovery Walks' with our various SPS partners and engaged with **150** residents to raise awareness and highlight the importance of linking in with services early into liberation to reduce the risks of Near Fatal Overdose and Drug Related Deaths.



HMP Edinburgh invited us to their Recovery Open Day and Marketing Day where we spoke with residents about the help and support they could access upon their liberation. We engaged with **86** residents with different variations of addiction and in different stages of recovery.

ADAPT are in partnership with Fife based services commissioned to offer Through care and After Care with the offer of a Gate Pick Up upon liberation date.

Dave Dempster | ADAPT Manager

Fife Community Drugs Service (FCDS)

Fife Community Drug Service works in direct partnership with enhanced NHS Fife Primary Care Services. Residents of the Dunfermline, West Fife, and Kirkcaldy areas of Fife benefit from FCDS and the option for same day prescribing via their GP with person centered support offered as standard.

Since September 2022 FCDS have engaged and supported **113** people with Primary Care same day prescribing. FCDS also offers an out-of-hours telephone support service. Often working with families and significant others in times of crisis, FCDS offers direct assessments and referrals to services pertaining to their needs.



Post-Covid, FCDS were able to restart face to face appointments in September 2022 and have responded to the need for easily accessible self-referral substance recovery clinics attached to GP practices.

FCDS have since developed Drug and Alcohol Treatment and Referral Clinics within the partner enhanced practices. The success of these clinics has benefitted and supported **79** clients and/or family members/significant others into treatment and support. FCDS are working directly with Addiction Services to enhance and promote the options of Primary Care Prescribing Services to clients.

Dave Dempster | ADAPT Manager

Curnie Clubs

We commenced our operations in September 2016 to support lonely and isolated individuals. The year 2022 – 2023 has been difficult in some respects and we have had to adapt, as many other organisations have, to maintain a Fife-wide presence on reduced income. Nevertheless, we have continued to achieve our objectives, working with vulnerable people who have become socially isolated or lonely to help them rejoin communities and networks of support.

Now free of covid restrictions, we operate a balanced hybrid model of delivery. We have used our learning from operating within covid by working online to continue to reach the less mobile or those with not yet enough confidence to attend groups. This allowed people to feel involved to a greater degree.

We have face to face clubs in Dunfermline/Cowdenbeath, Glenrothes, Kirkcaldy and Levenmouth. Some members travel so they can attend more than one club per week. The clubs have developed to reflect the interests of our client group. Our group activities are in constant review and development. This reflects the changing nature of activities the members like to attend. Of late our requested activities include mindfulness in various forms, meditation, and our usual favourites of arts and crafts, quizzes and board games.



We also provide a healthy online presence by way of our private Facebook group. Members can access this anytime day or night and there will be someone to chat to. This is a peer led activity and used mostly for fun but it also provides a safety net for those reaching out for help.

Our overarching goal or outcome is to move people on into community activities of their choice, so that post Curnie there would be less chance of sliding back into old behaviours. So members continue to work, at their pace, with staff in goal-setting and with peers in mutual support and confidence building. We are working with around **150** people per year now, improving mental health, wellbeing and resilience and seeing our members move on to other volunteering opportunities, education, training and jobs. Our staff and members are helping ensure that post-Curnie there is less chance of losing social connections and networks of support.

Most of our volunteers have been members themselves so they bring with them two very valuable assets, namely they 1) have lived experience; 2) have come out the other side stronger and therefore know the process.



Volunteering with Curnie can be in two distinct areas. One being community bridge the other group based. Community bridge requires really good telephone skills for supporting over the phone and they also meet potential members in their community to help build enough confidence for the member to eventually come along to a group.

Group volunteers assist in the delivery and development of group activities, working closely with a member of staff.


Gardening: Curnie gardeners, you will not find on the Beech Grove Garden! If you walk amongst the well-manicured and productive plots at the Bennochly Hub, Curnie Garden stands out because of its unusualness. If its artichokes or prize strawberry's you want, then don't come. If it's a place of tranquillity and serenity, then we have a place for you. Although Curnie members do plant the garden, it is also an art installation. Painted stones and tree stumps, scarecrows - some made by individuals and others being group efforts. The biggest benefit is the look on individuals faces whilst being in amongst it all and for those few hours life's challenges are parked at the door. The garden is attended by members from all areas of Fife.



Flourish With Nature: This has allowed for a very different approach which seems to be very popular and oversubscribed. Activities include free travel to a Fife nature spot of interest. Mindfulness sit spots, mindful photography, meditation and journaling. Our pilot did prove the need for such outdoor pursuits.



Curnie provides a peer led safe space where members can re-engage with themselves, rediscovering natural attributes and skills. Curnie is a place where support is truly tailored to the needs of individuals, somewhere they can be involved in their own emergence back into public life. Curnie is a place where friendships are formed and confidence to regain their place in society can and does happen.



I have re-learned how to live again ... I couldn't ask for help because I didn't trust people easily and felt too proud to ask.

In conclusion, Curnie weathered the storms of 2021 – 2022. We adapted through the learning Covid forced upon us, and we have grown. We do not appear to have lost ground through being closed to face-to-face work and referrals are again at pre-Covid levels. Our position is stronger than ever, as we now have new experience, knowledge and skills at our disposal.

Donald Grieve | Curnie Clubs Manager

Fetal Alcohol Spectrum Disorder Service – FASD Fife

Our FASD Fife project was established in May 2021 and provides support for parents and carers of children/young people with FASD and also offer support to adults on the Spectrum. The project provides intensive 1-2-1 support, advocacy, training, advice/information, strategies and resources to support positive parenting and management of the condition.



There is a well established peer network, which meets both in person and through a weekly virtual drop-in session. A Facebook group is in operation, where peer to peer support and advice is available out of hours.

We hosted an in-person information and resource event – Surviving the FASD Rollercoaster, which took place on International FASD Day 2022 (9th September) where **31** parents/carers came together to help raise awareness of FASD, network and source resources/information.

We are developing a suite of workshops aimed at supporting parents/carers to effectively manage the symptoms of the condition, for example De-escalation Strategies and Introduction to Therapeutic Parenting. We continue to add new workshops as requested directly from parents/carers we work with and from themes emerging from the 1-2-1 work we undertake.

The Project secured additional funding through Fife Communities Mental Health & Wellbeing Fund, administered through Fife Voluntary Action. This allowed us to recruit a part-time counsellor, extend our peer support network and parent/carer training opportunities.



The project delivers training to professionals through delivery of our Understanding FASD and FASD in the Classroom: An Insight for Educators workshops, which have both received high praise. As part of our FASD prevention work, we have developed our Healthy Choices | Healthy Babies workshop, which was piloted to **36** Health & Social Care students at Fife College and intend to roll this out across Fife's secondary schools during 2024.

Examples of feedback we have received from our workshop evaluations is shown overleaf.



In addition, during the period 2022–2023, we:

- responded to **197** enquiries into the service
- supported **32** families through intensive 1-2-1 work
- Supported **3** adults with FASD through intensive 1-2-1 work
- delivered various training opportunities to **154** parents/carers
- delivered our Understanding FASD workshop to **291** professionals
- delivered our FASD in the Classroom workshop to **13** education staff
- contributed **4** separate articles for inclusion in local and nation press
- facilitated 5 in-person peer support sessions to **51** parents/carers
- facilitated 12 virtual peer support sessions to **72** parents/carers
- delivered a 12 week counselling service to **4** parents/carers and **2** adults with FASD

Feedback has been consistently excellent, with service users appreciating the lived experience of the Co-ordinator and Counsellor.

Judith Knox | Co-ordinator

Supporting Families

FASS were proactive in assisting with the family support through funds from the STV Appeal, Scottish Government Winter Support Package, Carnegie Dunfermline Trust, Richardson & Starling, Scottish Digital Inclusion, NHS Charities Together and The Abbey Church of Dunfermline. The Scottish Government Winter Support Package was one of several involving ADAPT, the Alcohol Support Service and Curnie Clubs working together to aid disadvantaged families.

Others funders provided significant grants that were converted into vouchers for aid and electronic devices. With their help we provided Supermarket Vouchers, Electricity Card Top-ups, and Food Parcels for at risk families with children. We experienced significant demand for food, clothing and help with utilities. In all, our help involved:

1. A bus travel pass scheme for clients
2. Gas/Electric vouchers
3. Clothing Vouchers
4. A food voucher scheme
5. School clothing grants for children of families impacted by substance misuse
6. Distribution of telephones for clients
7. Distribution of electronic devices for clients & families
8. Distribution of Christmas gifts for individuals & families



Families with a member experiencing chaotic substance misuse issues often have complex social care needs. Lack of money for essentials is common. Isolation is also often an issue. Families who had little or no access to communication devices had trouble maintaining appointments and medical prescription requirements with our services and with NHS Fife.

Dave Dempster | ADAPT Manager

Funders and Supporters

FASS has been extremely grateful for the support this year of:



Fife Alcohol and Drug Partnership
Promoting Recovery. Reducing Harm.



THE HUGH FRASER
FOUNDATION



AWARDS
FOR ALL
SCOTLAND

**Fife Health
& Social Care
Partnership**



Various other donors and individuals



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