

DTTO
(Drug Treatment Testing
Orders)
Unit 6
Langlie Mill
Level Crossing Road
Selkirk
TD7 5EO
Tel: 01750 725255

The Drug Treatment and Testing (DTTO) Service is run jointly by Criminal Justice, Social Work and NHS Borders. It works with serious drug users whose offending is connected to their drug use.

It aims to:

- **stop or reduce problem drug use, and**
- **make positive changes to the scale and frequency of drug related offending**

Who is it for?

It is for anyone aged 16 and over appearing before the Sheriff Court or High Court who is dependent on illicit drugs. The offender is required to have regular treatment and testing. He or she will have the support and supervision of an addiction nurse, an addiction worker and a social worker.

Treatment programmes are evaluated monthly at Court by the Sheriff. They can include:

- **individual counselling, information and advice**
- **detoxification/substitute prescribing**
- **group work**
- **employability and return to learning support**
- **referral to suitable services**

Who can make referrals?

DTTO's are made by the court. Recommendation or request for a Drug Treatment and Testing Order Assessment can come from:

- **the individual or his or her solicitor, or**
- **the Social Worker completing a Social Enquiry Report, or**
- **the Sheriff**

NEEDLE EXCHANGE
Information available from
Borders DAAT
Tel: 01896 825566

There are five Community Pharmacy needle exchange services in the Borders.

These are at the following:

- **Hawick Health Centre**
- **Eyemouth Pharmacy**
- **Lloyds Pharmacy, Peebles**
- **Lloyds Pharmacy, Kelso**
- **Dawsons Pharmacy, Jedburgh**

The Big River Project also offers this service daily in Galashiels, and 1-2 afternoons per week in Hawick and Eyemouth. Please contact The Big River Project for further details: 01896 759740

NATIONAL HELPLINES

Cannabis

Online Self-Assessment and Self-Help Programme
www.knowcannabis.org

Cocaine Anonymous

Scottish Helpline – Tel: 0141 959 6363

Volatile Substance Abuse – Re-Solv – Tel: 01785 810762

Main Aim of helpline is to provide immediate information and support

Alcoholics Anonymous – Tel: 0845 769 7555

National Drugline – Tel: 0800 587 587 9

National Drinkline – Tel: 0800 7 314 314

QUEST SUPPORT GROUP
42 High Street,
Galashiels
TD1 1SE
(opposite Iceland)
Tel: 01896 825566

Support group for families affected by substance misuse.

Quest aims to stop families feeling isolated by providing a place to share, trust and confide in a non-judgemental and confidential environment. The group provides local support, information on substance misuse, coping strategies and access to complimentary therapies to improve our health. Further support is also available via SNFAD (Scottish Network of Families Affected by Drugs)

This group is free to access every alternative Wednesday night between 7.30pm - 8.30pm (phone for details)
For further information: 01896 825566

NHS
Borders

NHS Borders is committed to ensuring that all relevant policies and documents are made available in any language, Large Print, Audio Tape, Braille format. Please contact us at the address below for further information or for additional copies.

Borders DAAT, NHS Borders, Newstead, Melrose TD6 9RB
Tel: 01896 825566
bordersdaat@borders.scot.nhs.uk

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NHS
Borders

DRUG AND ALCOHOL SERVICES IN THE SCOTTISH BORDERS

BIG RIVER PROJECT
(Turning Point Scotland)
79 High Street
Galashiels
TD1 1RZ
Tel: 01896 759740

This confidential drug outreach project operates across the Borders. It offers flexible support to people over 16 who:

- are having problems because of their drug use, or
- are affected by someone else's drug use

Staff work in a number of community settings, and support may be offered through individual sessions. The Project provides:

- counselling • advice • information • practical support
- needle exchange • complimentary therapies
- support to get into employment, education or training

People may contact the project directly or be referred by another agency.

HUNTLYBURN HOUSE
Borders General Hospital
MELROSE
TD6 9BD
Tel: 01896 827181

Huntlyburn House is an acute psychiatric admission unit. It provides short-term care for people with mental health problems. This may be for:

- detoxification, or
- treatment of mental health problems along with substance misuse

The Borders Community Addiction Team refers people to this service.

CASTLE CRAIG CLINIC
Blythe Bridge
WEST LINTON
EH46 7DH
Tel: 01721 752625

Castle Craig is a private residential treatment centre specialising in helping people overcome alcohol and drug dependence. The clinic, however, can accept NHS patients who are referred by a Health Board.

The treatment at Castle Craig is based on the AA 12-step philosophy. The clinic offers:

- an initial 6-week programme, which includes detoxification and treatment
- longer-term rehabilitation in the Extended Care Unit for those who need it
- individual and family programmes
- a full aftercare service

Other residential rehabilitation services are available outwith the region. Assessment and referral is through BCAT unless being privately financed.

ADDACTION
9 Bank Street
Galashiels
TD1 1EN
Tel: 01896 757843

'Addaction' is a Borders wide direct access service for people with alcohol problems. Assessments and support will be provided on an individual basis in the community. These will be carried out using Cognitive Behavioural Therapy and solution focussed approaches.

A number of peer groups will also run across the Borders. Addaction Scotland believe that people have the resources, expertise and experience to help themselves and help others.

BAPFO –
Borders
Alcohol Programme
for Offenders
42 High Street
Galashiels
TD1 1SE
Tel: 01896 668811

This programme is run by BCAS on behalf of Criminal Justice. It provides alcohol education and support to over 16's to help reduce the impact of alcohol on their offending behaviour.

The project only accepts referrals from the Criminal Justice Team.

**BORDERS COMMUNITY
ADDICTIONS TEAM (BCAT)**
Galavale Lodge
Tweed Road
GALASHIELS
TD1 3EB
Tel: 01896 664430

The team includes:

- a consultant psychiatrist • GP specialist • senior addiction nurses • support workers • administration staff

Aims:

- to reduce harm related to alcohol and drug use • to engage and retain clients in treatment • to allow clients to achieve abstinence safely and effectively • to educate on the risks of drug and alcohol taking • to improve the overall health of the individual

Referral to the team is through:

- people themselves, but GPs will need to be involved if physical examination, tests or prescribing is needed.
- GPs • health visitors • social workers • other agencies

After a referral is received it will be acknowledged in writing. An appointment for an assessment interview will follow.

Services offered:

- specialist clinical assessment • advice and support • liaison with: - GPs - community pharmacists - psychiatrists - Maternity services • a full programme of care including a range of treatment • short and long-term community and in-patient detoxification programmes • ongoing structured support that includes regular review of care packages • referral to other services that meet specific needs • advice and information on alcohol and drug use to individuals, families and other professionals

**ALCOHOL LIAISON NURSE
SERVICE**
Tel: 01896 827161

The Alcohol Liaison Nurse Service is based with both the Borders Community Addiction Team and the Borders General Hospital. It can offer the following:

- advice, education and information to patients in the BGH who are concerned about their drinking • agree and arrange follow-up with other services as necessary • offer support to relatives • work in partnership with hospital staff, community teams and voluntary groups to provide co-ordinated care • provide education and ongoing support to staff

Who can refer people?

Any health care professional may refer. Patient consent must be obtained before referral.

The service operates Monday-Friday 9am to 12pm. Patients are referred by the liaison secretary on **01896 827161**.

There is an answer machine out with these hours and at weekends where details can be left.

THE REIVER PROJECT
42 High Street
Galashiels
TD1 1SE
Tel: 01896 668811
Email: reiverproject@bconnect.com

The Reiver Project provides a Borders wide, community based service. It is for young people (11-18 years) with problems associated with alcohol, drugs or solvents. It also provides support to the parents of the young people.

Help will be offered to:

- raise awareness • explore problem behaviours • find other ways of coping to avoid or reduce drink and drug related harm.

The project accepts referrals from:

- young people or their parents • schools • social work • youth organizations.

Where possible the referral should be discussed with the young person before contacting the project.

SMOKING CESSATION
smoking.cessation@
borders.scot.nhs.uk
Tel: 08448 118180

NHS Borders offers Smoking Cessation Services for people who live in the Borders area and want to give up smoking. The service is free and delivered by trained workers.

Behavioral support and prescription for Nicotine Replacement Therapy can be provided.

Support is offered in a number of places including:

Community groups – People are first of all assessed and then invited to attend a course which covers topics such as:

- preparing to quit • coping with withdrawals • preparing for difficult situations

One to one support - for those who are house bound or experiencing other ill health.

Doctors surgeries - one to one support from a practice nurse.

Community pharmacies - one to one support from pharmacy staff.

You are four times more likely to stop smoking with a trained worker for support and use a product like Nicotine Replacement Therapy. For more information please contact the Smoking Cessation Service on **08448 118180** or email: **smoking.cessation@borders.scot.nhs.uk**

**BORDERS YOUNG CARERS
DRUG AND ALCOHOL
PROJECT**
The Princess Royal Trust
Borders Carers Centre
Roxburgh Street
Galashiels
TD1 1NY
Tel: 01896 752431

Borders Young Carers Project provides information, advice and support to young carers in the Scottish Borders. Support is tailored to those most in need. It is time limited, 6 months to a year at most.

A young carer is a child or young person under the age of 18 who is:

- affected by the illness or disability of a family member, or
- is carrying out significant caring tasks for a member of their family

Illness and disability issues include:

- physical disability • mental health problem
- drug or alcohol problem, or • any other debilitating condition

Support is offered through:

- issue, activity, and outing groups • focus groups
- school appointment system at the nine secondary schools
- one to one support • telephone support

The service includes an initial assessment with planning and goal setting. Reviews are held at set intervals to make sure goals are met.

PROGRESS 2 WORK
38 Gala Park
Galashiels
TD1 1EU
Tel: 01896 668509

Progress 2 work supports people recovering from drug related problems who are looking for help to return to work. It works in partnership with Job Centre Plus, Apex Scotland and Phoenix House.

Who is it for?

- people aged 18-64, who are • getting benefits, and
- have a history of drug misuse/criminal record

Who can make referrals?

People can refer themselves or be referred by, for example:

- Job Centres • Criminal Justice • Social Work

Each person will be given a key worker, who will:

- take time to get to know and understand the person and his or her personal issues • develop an action plan based on the person's goals for the future and how this can be achieved in a realistic time scale • offer support and guidance into training or employment