



ALCOHOL &
DRUGS ACTION

2022

ALCOHOL & DRUGS ACTION

Recovery Services



ABERDEEN RECOVERY COMMUNITY (& ALCOHOL)

Provides structured 1-2-1 support with an allocated worker. Designed to meet the need and aspirations of the individual.

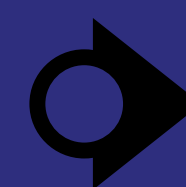
ARC can be accessed through GP referral, CMHN (Community Mental Health Nurse) or ADA duty drop-in (self referral)
ARCA is accessed through the Integrated Alcohol Service



Provide assessment of need, using a holistic approach to harm prevention and reduction.



Support to access Medically Assisted Treatment (MAT), sustain engagement and support reduction of MAT when the individual is ready.



Rapid access to Dry Blood Spot Testing (DBST) for Hepatitis B, Hepatitis C and HIV. Access to Naloxone Training & Supply



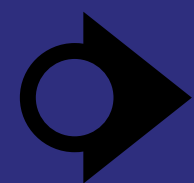
Preparation for residential treatment/detox resources.



Support towards a self-directed recovery lifestyle.



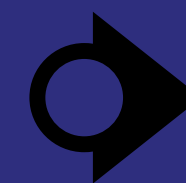
Support the process of abstinence or reduction in alcohol and/or drug use



Alcohol Brief Interventions
Drug Brief Interventions



General counselling.



Support and assistance to access GP and Dental services.



Address any underlying issues with referrals / signposting to appropriate agencies.



Access to all other ADA Services, including groups. Assistance to find groups/activities outwith ADA.



Assertive Outreach to support engagement with IAS.

EIW

Early Intervention Work

Based at the Timmermarket clinic, our EIW support in the identification of the right support at the right time to achieve the best outcomes for the individual.

PFR

Prescribing For Recovery

Working in partnership with GP surgeries. Opportunity for individuals to remain with primary care services alongside the full support of an ARC worker.

Shared Care

Collaborative approach with the individual, ARC and Community Mental Health Nurse (CMHN) to ensure ongoing access to medically assisted treatment, while individuals increase and maximise their personal wellbeing and recovery.

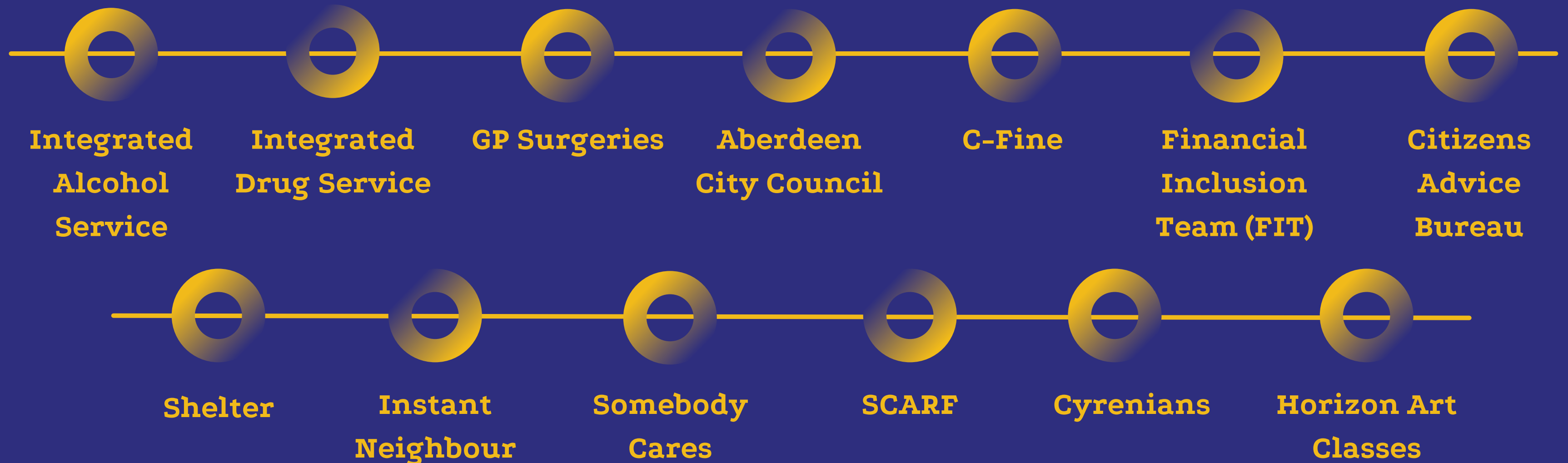
MULTI- AGENCY APPROACH



ALCOHOL &
DRUGS ACTION

ARC/ARCA

SIGNPOSTING, REFERRAL AND JOINT WORKING WITH





WORKING IN PARTNERSHIP

Aberdeen Foyer

ARC employability is delivered in partnership with Foyer on behalf of NHS Grampian. Foyer is an Aberdeen City based employability support service for those in recovery from substance use, commissioned by NHS Grampian and Aberdeen City Council and part of the Aberdeen Recovery Community.

Aberdeen in Recovery

Pathway to opportunities within AiR the only Lived Experience Recovery Organisation (LERO) in the North East. Volunteering and training opportunities for those with lived/living experience.

Shmu

Delivering Making Recovery Visible Music Course, Develop and learn new skills related to the production of radio shows, podcasting and film making.



ALCOHOL &
DRUGS ACTION

DART

DRUG & ALCOHOL RECOVERY TRAINING

This accredited course provides opportunities to reflect on what someone wants for their life and what they need to achieve their goals. Shared experiential learning of positive change while developing self-awareness and self-management skills.

PERSONAL GROWTH, RESILIENCE, GOAL SETTING, ASSET FOCUSED

Interested? Come along to one of our info drop in sessions

22nd March 2pm
19th April 2pm
17th May 2pm
14th June 2pm
12th July 2pm

9th Aug 2pm
6th Sept 2pm
4th Oct 2pm
1st Nov 2pm
29th Nov 2pm

Info sessions and DART course are held at The Credo, John St. Interested in DART? call the Helpline 0333 344 8355 & dart@alcoholanddrugsaction.org.uk



ALCOHOL &
DRUGS ACTION

GROUPS

Running 6 days a week face to face, online and hybrid. Share, learn, connect and try something new with others. The groups offer a safe space and a warm welcome in an atmosphere of empathy and acceptance.





ALCOHOL &
DRUGS ACTION

GROUPS

ADAPT

Co-hosted by a peer volunteer and ADA member of staff. The aim of ADAPT is to equip members with skills and self-empowering tools to allow them to cope with any urges, thoughts, feelings and behaviours. Wednesday evening 5-6.30pm face to face & online (zoom).

A.R.M

All Recovery Meeting

Developed through conversation and consultation with those accessing groups. A safe space to discuss and explore topics.

Peer led, peer informed, peer hope.

Online (zoom) Friday 3-4pm.

DCI

DAILY CHECK IN

Peer led opportunity to connect with others at the start of your day.

Six days a week online (zoom)

Mon-Fri 9.30am
Sun 10am

FAMILY & FRIENDS

A friendly and confidential space for people struggling with a loved one's alcohol and/or drug use. Connect with others in a similar position and explore alternative coping strategies. Wednesday evenings fortnightly @ 1930-2100.

fsg@alcoholanddrugsaction.org.uk

For more info and links to any of our groups - ADAPT, A.R.M and D.C.I

Please call our Helpline 0333 344 8355 or email adagroups@alcoholanddrugsaction.org.uk

Get Creative...

CRAFT



Meet with others with an interest in all things craft. Friday 11am-1pm at the Salvation Army Citadel building, no referral required.

adagroups@alcoholanddrugsaction.org.uk

Helpline 0333 344 8355

GARDENING



Garden: With proven benefits for mental health and general well being the Gardening group has it's own Polytunnel at Grove Nurseries, Hazledene Road. Meet new people and get busy growing produce. Meets Wednesday, subject to seasonal timetable.

adagroups@alcoholanddrugsaction.org.uk

Helpline 0333 344 8355

ART



ART: Release your inner Picasso. Get creative and connect with others. Workshops also held to explore styles.

Wednesday 2 - 4pm Credo building John St.

adagroups@alcoholanddrugsaction.org.uk

Helpline 0333 344 8355



ALCOHOL &
DRUGS ACTION

VOLUNTEERING

Why Volunteer with us?

- Volunteering is open to anyone with an interest in supporting ADA and the work it undertakes
- All Volunteers are PVG checked
- Gain new knowledge & skills
- Gain confidence
- Make a big difference to those in recovery and the wider community

Training Opportunities

Training provided through ADA and support to access relevant training & development opportunities.

- Take part in a variety of Events
- Co-facilitate activity & therapeutic groups
- Telephone Befriending
- Peer Naloxone Training

WHAT OUR VOLUNTEERS SAY

"I enjoy helping others"

"I have met lots of lovely people"

I am helping people move forward and learn new skills"

"Volunteering has helped to give me my life back. It has built my confidence & feelings of self-worth"

For more info and to find out what opportunities are currently available, please contact our Volunteer Coordinator Anne McAlister at volunteering@alcoholanddrugsaction.org.uk



ALCOHOL &
DRUGS ACTION

CONTACT US

**7 HADDEN STREET
ABERDEEN
AB11 6NU**

PHONE

01224 577120 (office)
0333 344 8355 (helpline)

EMAIL

adagroups@alcoholanddrugsaction.org.uk
dart@alcoholanddrugsaction.org.uk
fsg@alcoholanddrugsaction.org.uk

WEBSITE

www.alcoholanddrugsaction.org.uk

SOCIAL MEDIA



@AlcDrugsAction



@AlcDrugsAction

Scottish Registered Charity SC013582