



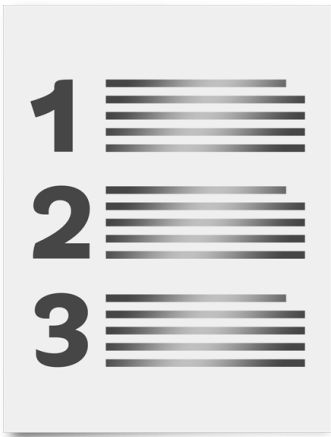
Fife Alcohol and Drug Partnership

Strategic Plan 2024 to 2027

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There may be some words you don't know in the document. When you see them for the first time they will be in **bold**.

There is a word list with the meanings of these new words at the end of the document



Fife Drug and Alcohol Partnership is a group with people from different organisations working together.

Fife ADP stands for Fife Drug and Alcohol Partnership.



The main goal of Fife ADP is to reduce:

- the number of people in Fife who use alcohol and drugs.
- the bad effects alcohol and drugs have in Fife.
- the harm caused by alcohol and drugs in Fife.



A **Strategic Plan** is a document that lists the things we will do over the next few years.

This Strategic Plan explains what Fife ADP will do to help make things better for people in Fife.



Fife Health and Social Care Partnership wants to make sure that services are fair.

They want their services to be accessible to all people in the community.



The Partnership has rules and guidance that support equality and diversity. These are called **policies**.

This ADP Strategic Plan aligns with our equality and diversity policies.



In Fife, we measure our services, and how well they are doing. This includes the number of:

- people using drugs
- people getting treatment
- times people stay in hospital
- deaths linked to drug use.



Sadly, every year there are some deaths linked to drug use in Fife. In 2022, there were 59 drug related deaths. This is less than the year before, when there were 70 deaths.



There are different types of drugs used in Fife.

Opioids are drugs that can be addictive.

Opioids continue to cause harm to people in Fife.



Drinking too much alcohol can harm your health. In Fife, we measure the harms linked to alcohol use. This includes the number of:

- people drinking alcohol at harmful levels.
- people getting treatment.
- times people stay in hospital.
- deaths linked to alcohol use.



In 2022 there were 80 alcohol related deaths in Fife. This is more than the year before, when there were 73 deaths.



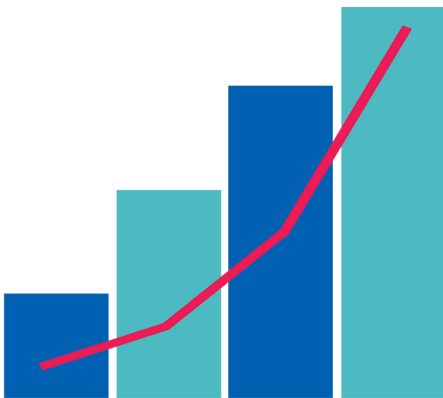
Drug or alcohol use can also have a negative impact on people's **mental health** and wellbeing.

This can lead to other long-term problems. This might be problems with money or family relationships.



Fife is divided into 7 areas. These are called localities.

Some localities have more harm from alcohol and drugs.



Levenmouth, Glenrothes, Kirkcaldy, and Cowdenbeath have had more hospital stays and deaths related to alcohol.

This is compared to other areas.



Over the same time, Levenmouth, Glenrothes, Kirkcaldy, and Cowdenbeath also had more hospital stays for drug related reasons.

This is compared to other areas.



Recently, Levenmouth has had higher rates of deaths specifically from alcohol.

It has also had more hospital stays related to alcohol and drugs than other places.



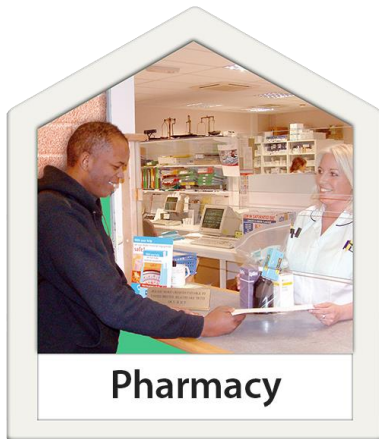
Over the last few years Fife ADP has already done many things to help the people of Fife.

These are some examples.



We have worked with partners in schools. We updated the teaching about drugs and alcohol given to children and young people.

This means that fewer young people now have problem drug and alcohol use.



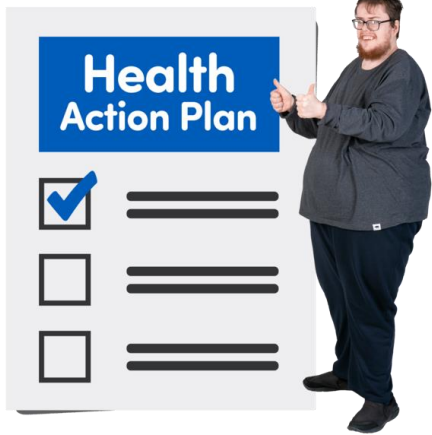
We have worked with **pharmacies**, services and families that are in contact with people who are at risk of overdose.

The training teaches people how to help others. It shows them how to give medicine to stop an **opioid overdose**.



We wanted to understand who is most at risk of dying from alcohol in Fife. We set up a group to help stop harm and death from alcohol.

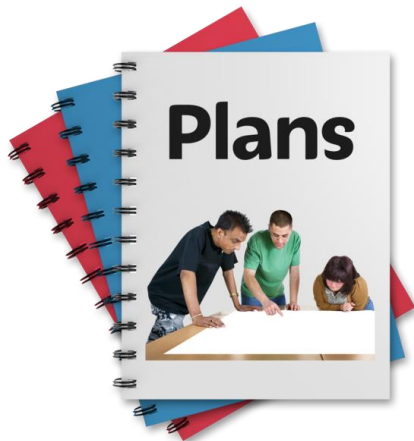
This means that less harm is caused by alcohol.



Our vision is:

‘To enable all the people in Fife affected by drug and alcohol use to have healthy, safe, satisfying lives free from **stigma**’.

Fife ADP have a plan to make this happen.



The plan has a list of things that we will do over the next 3 years. The plan has 5 different themes:

- **Prevention and early intervention**
- **Protection**
- **Treatment and recovery**
- **Quality of life**
- **Families**



Lots of different people and groups helped us to write this plan. We also looked at national guidance and legislation.

We will review the plan every year to make sure we stay on track

The next few pages have examples for each of the themes.

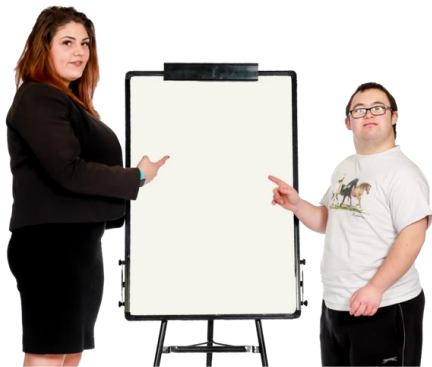




Prevention and early intervention

Prevention means stopping something bad from happening. It is done before the bad thing happens.

We want to prevent people from developing problem drug and alcohol use.



We will improve drug and alcohol education in schools across Fife.

Support and information will meet the needs of the children, young people, and staff in the schools.



We will help people make the most of the money that they have.

Fewer families and people who have problems with alcohol or drug addiction will be affected by money problems. They will have more money for food, heating and things they need.



We will set up a new group to help our workers get more information and skills. They will learn more about drug and alcohol use, and how this can hurt people.

This means that the workers will be able to help more people across Fife.



Protection

Protection means keeping someone or something safe. It means shielding from harm or damage.



We will set up an alert system to warn people about problem drugs.

This will help people and local communities avoid harmful drugs.



We will increase the support for people who could be harmed by alcohol.

People will be supported to get treatment. This will be offered in different settings. Not just in alcohol and drug services.



We will increase the number of people who have access to medicine when they have an opioid overdose.

This will help protect people who are at risk of harm.



Treatment and recovery

Treatment means medical care that someone receives from a doctor or hospital.

Recovery means getting better after being ill or hurt.



We will make sure treatment and recovery services are easy to access. They will also be high-quality.

This means that people will be able to get better sooner.

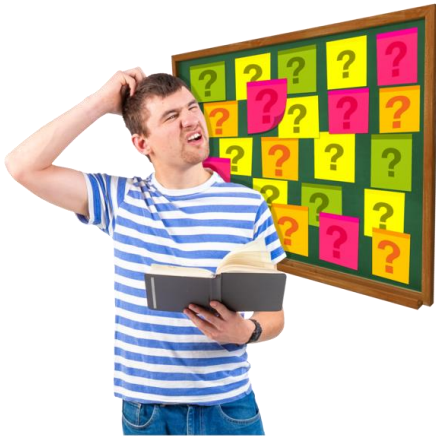


People will be able to access **residential rehabilitation**. They will be able to think about this option at the start of their treatment.



We will use more **digital solutions** to help people. This means that people will be able to get support using their phone. They can also use a laptop online.

More people will be able to get the help that they need.



Quality of life

Quality of life means how good your life is. It includes your health, happiness, relationships, and how you feel day to day.

Some people with alcohol and drug problems have other problems too. This can affect their quality of life.



We will provide targeted support to local communities. This means that people will be able to get help near to where they live. This support will cover lots of different problems.



We will work with other services and organisations to provide support. This includes mental health services and primary care services.

Primary care includes local doctors, dentists, pharmacists and eye doctors (**optometrists**).



We will review our current services and update them when required. We will ask people to tell us about the support that they need.

All of these things will help improve people's quality of life.



Families

We will support children, families and communities affected by drug and alcohol use.



We will improve the support we provide to young people. We will respond quickly to their needs. We will ask them to tell us what they need.

This should help prevent problems. This will help young people affected by alcohol and drug abuse.



Families will be seen as equal partners in care. They will be involved in discussions about drug and alcohol support.

We will include families in adult treatment and support services.



We will provide more support for families and young people affected by alcohol and drugs.

Families and young people will be able to reach their personal goals. They will reach goals they can continue on their own.



Fife ADP is responsible for making the best use of the money that they have. These are called budgets.



Our budgets show the amount of money we have and the things we need to buy.

Fife ADP will keep measuring their budgets closely. This will help us to do all of the things that we have planned.

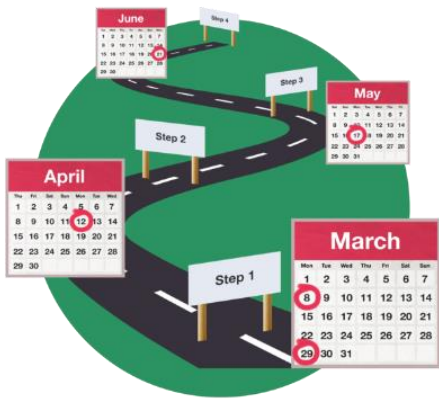


Fife ADP works with many different organisations to provide services. These organisations understand drug and alcohol problems. They know how to help people, and what support is needed.



Fife ADP pays these organisations to provide care and treatment. This is called commissioning.

We will commission services that support people to stay well and be independent.



Fife ADP has a process in place to measure how we are doing. This helps us stay on track.

We collect data about the services that we provide. There are standards in place. We use these to measure our progress.



We talk to people and ask for their views. We want to know what you think about our services..

We provide an update every year so that you can see how we are doing



We have a lot of work to do in the next 3 years. This Fife ADP Strategic Plan lists the things we will do.

The Plan will help people in Fife who are affected by drug and alcohol use. The Plan will help people to be healthy, safe and happy.



You can find out more on our website:
www.fifehealthandsocialcare.org

What the words mean.

Fife Alcohol and Drug Partnership	Fife Drug and Alcohol Partnership is a group with people from different organisations working together.
Early intervention	Early intervention means help given soon. It is given to prevent problems. Or it is given to keep small problems from getting worse.
Commissioning	Commissioning means paying money to an organisation to do something for you or to sell something to you.
Dentistry	Dentists care for people's teeth and gums
Digital solutions	Digital means technology like computers or phones. Solutions can help people. So digital solutions can help people with drug or alcohol problems.
Fife Health and Social Care Partnership	When the local council and local NHS work together to deliver services.
Mental health	Mental health is the way we think and feel. We all go through times when we feel worried, confused or down. Mental health problems are when difficulties get in the way of how we think and feel. This can mean that we find it hard to cope with family life, relationships, school or the wider world.
Opioid overdose	Opioids are drugs that can be addictive. An overdose is when someone takes too many drugs. This can affect their breathing or cause other harm. Sometimes opioid overdose can lead to death.
Optometrist	Optometrists are trained to examine, diagnose, and treat eye conditions.
Pharmacy	Community pharmacists help people to get the right medicines. They also provide advice on some health problems and wellbeing issues.

What the words mean.

Policies	Policies are rules that organisations and groups must follow.
Prevention	Prevention means stopping something bad from happening. It is done before the bad thing happens.
Protection	Protection means keeping someone or something safe. It means shielding from harm or damage.
Recovery	This means getting better after being ill or hurt.
Residential rehabilitation	This is where people stay in a safe facility. They receive support and care for drug or alcohol problems. When the person feels better, they go back home.
Stigma	Stigma is when someone sees you in a negative way because of your drug or alcohol use.
Strategic Plan	A Strategic Plan or Strategy is a plan of action. It is made to achieve a goal.
Treatment	Treatment means medical care that someone receives from a doctor or hospital.