

Celebrating

30

Years

Collaborative partnerships;
making safer communities



EUROPE & SCOTLAND
European Social Fund
Investing in a Smart, Sustainable and Inclusive Future



" Recovery from drug and alcohol use is an every day reality for thousands of lives. Many pathways to Recovery exist and recovered people are part of the solution. The aim and focus of all our work is towards Recovery."



Peddiston PolyTunnels Project

Apex Specialist Community Engagement Northern Development

April 2016—March 2017 Contact: highland@apexscotland.org.uk

Tel: 01463 717 033



Recovery Walk 2017

Saturday 30th September 2017



Glasgow 2015 was amazing, Falkirk 2016 was inspirational, we aim to make our trip to Dundee in September 2017 bigger and better with more service users, friends, families, supporters, flags and whistles with added bells on.

The Highland Alcohol & Drug Partnership once again will have service users planning group meeting, the first being held on Friday 26th May.

We would encourage all our service users to attend, take ownership and make their recovery be represented and celebrated on a national level. Don't miss out on what has become a highlight in our calendar !



The Vox Sessions: Recovery

HMP Inverness 8th & 9th February 2017

Apex were delighted when Highland Drug & Alcohol Partnership invited to nominate two service users to participate in a two day song writing workshop on the theme of recovery at HMP Inverness. Service users Chris and Gavin jumped at the chance despite Chris's fear of never been inside and Gavin's vow that he would never return. Working alongside members of the prisons SMART Recovery group, two members of staff and the trio of musicians / song writers producing over ten striking and moving songs.

On 29th May Vox Liminis returned to the prison to perform to a selected invited audience including participants and residents. The evening began with Apex service user Chris's song "Ruthless" based on his personal relationship with drugs and alcohol and the devastating impact it has had upon his life. This was followed by prison SMART group members Stephen's "If Only I Can Make It" Stuart's "Driftwood", and Liam's "I Won't Follow Him to the Grave" all of which were excellent. "Black Rainbows" was Gavin's (Apex & DTTO service user) contribution and while dark it offered a glimmer of hope on the horizon. The entire evening was splendid , the creativity amazing and uplifting, it was definitely the place to be in Inverness for sure, if not the whole of Scotland. Applause all round.

All songs were composed, performed and recorded during the session by participants along with musicians Emma Pollock, Findlay Napier and Louise Abbott. Vox Liminis is building community that explores in and of criminal justice through creative arts.



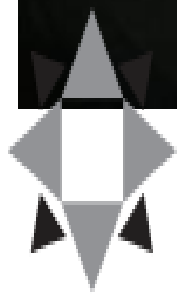
Tanya



Kenny



Chris



UK SMART Recovery®

Self-Management and Recovery Training

Apex Highland hosted Trish Allan, SMART National Co-ordinator Scotland, to deliver Face to Face SMART Facilitator Training at Apex. There was a mix of staff and peers with various roles and experience that filled the dynamic group.

Mandie Smith, Personal Development Mentor and Counsellor had initially completed the on-line training and when offered the opportunity to do the face to face training jumped at the chance. Having found the on-line training challenging in certain parts, the face to face group training proved easier and more effective to grasp the concepts of some of the exercises and motivational tools.

Over two days, there was lots of group involvement which made the training fun and informative. Mandie stated 'the benefit of the face to face training was that we got to see how and when to apply various tools. This increased my confidence to

facilitate the meetings in the future'

"We are now delivering two SMART groups in Inverness and potentially developing one in Easter Ross. Having new facilitators both volunteer peer, Chris, Willie, and Champions, Mandie, Grace and Tanya, allows some variety to the meetings and adds more shared lived experience. The mentor's commitment has been astonishing and they have added a different dimension to the groups, assisting in their continuing success and an asset to the local recovery community" Kenny Robertson
Apex Highland SMART Co-ordinator and Personal Development Mentor

85 SMART Recovery Groups facilitated by APEX at Osprey House and also at APEX Highland with 541 attendances between April 2016—March 2017. 7 SMART Peer Facilitators and 5 members of staff have received Face to Face SMART Training in the same period.



Jo



Mandie



Willie



From crisis to success

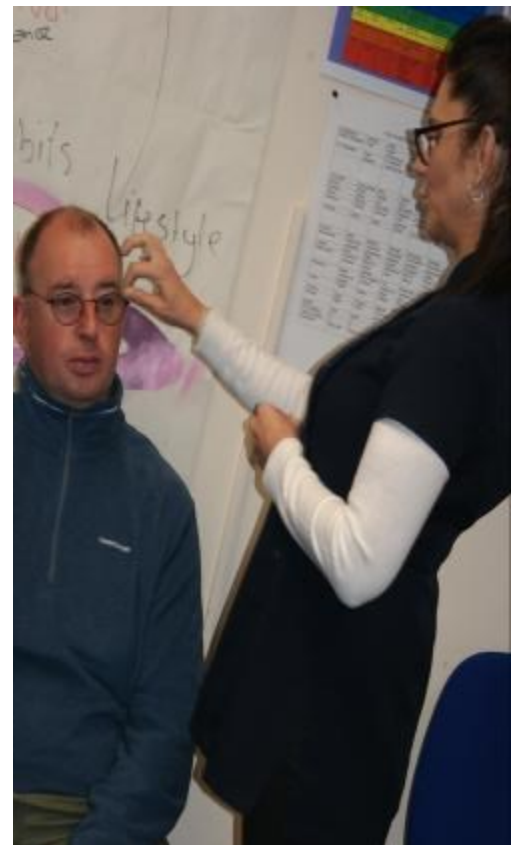
I originally engaged with Apex Scotland in October 2015, at the time I was on bail awaiting sentencing for a crime that I committed in July 2015 whilst in a toxic relationship.

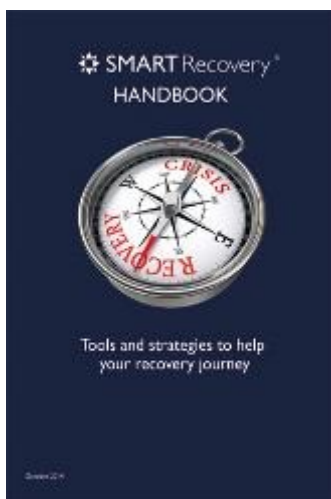
Given support immediately, to cope with the trauma of the circumstances I received counselling, acupuncture to help with my anxiety and insomnia and was introduced to SMART recovery meetings. Eventually I received a 2 year prison sentence in November 2015, however having had support from Apex I felt that I was ready to come to terms with this and used the opportunity to make changes to my life.

I separated from my partner, attended courses in assertiveness, living safely, decision making and choosing healthy relationships. I became a Peer Support Mentor whilst in HMP East Sutton Park for RAPt a charity who deal with people with addiction and completed their training programme.

Upon release I decided to re-locate permanently from England to Scotland, Apex had kept in regular contact with me whilst I was serving my sentence and were responsible for helping this relocation happen. Having benefited from auricular acupuncture myself, I was offered a place on a Auricular Acupuncture training course based in the Apex unit in October 2016, on securing the Qualification, I commenced a paid job as Sessional Auricular Acupuncturist in October 2016 working in the Apex unit twice a week and in HMP Inverness where I worked one day a week.

I have received further training with Apex including Self-Management and Recovery Training (SMART) Facilitator, Rehabilitation & Disclosure of Convictions, Sex Offender Awareness, Naxlone Training and Emergency First Aid in the Workplace. In February 2017 I started as a Sessional Personal Development Mentor my role is to engage with service users on a one to one basis to assist them to overcome barriers to progression whilst maintaining professional boundaries, client confidentiality and equal opportunities. Part of my role is to also co-facilitate SMART recovery weekly groups within the community and in the Apex unit. I am beginning to really enjoy my recovery and hope I can pass that on.





NADA Scotland



We have 8 volunteers/service users who have been able to attend this course to become NADA DETOX ACUPUNCTURIST SPECIALISTS.

The course is a full 5-day course facilitated by Steve Pinnington from Nada Scotland.

Steve is a fully qualified full body acupuncturist and a Member of the CMIR (Chinese Medical Institute & Register – Beijing University of Chinese Medicine).



The attendees will be trained in the NADA 5 Point Ear Acupuncture Detox protocol, this comes from traditional Chinese medicine. Also, included alongside the acupuncture there is a form of meditation called the Five Finger Qi Gong.

The treatment is a powerful and effective way of dealing with anxiety in the mind and the body and associated symptoms. After treatment you can expect to feel much calmer, thoroughly relaxed and focused.

Apex run two well attended acupuncture groups a week and our new acupuncturists will be joining our team to deliver the service.

“Steve really knowledgeable and passionate about his topic and it was a good mix of practical and theory” **Jo, Personal Development Mentor**

“It was easy to stay focussed on discussions and the course kept my interest all week, thank you for the opportunity” **Sarah, service user**

“Great mix of students and a privilege to hear their experiences of recovery and how acupuncture helped them. It has motivated me to discuss starting groups at work in future and reviewing the impact on a client’s wellbeing and recovery from addictive behaviours” **Sharon, Social Worker, Drug Treatment and Testing Order**

William, Volunteer Peer Mentor and Jo, Personal Development Mentor both achieved Acupuncture Specialist Detox Assessor Training.



David was referred to Apex, from Easter Ross Community Mental Health Team, in September 2016. He had been engaged with this service to help address a long standing addiction to alcohol.

David, when he engaged was fully abstinent when he engaged with us, having been

a success story in treatment the challenge for Apex was to offer appropriate and meaningful support to maintain this and help him progress his personal recovery journey while simultaneously improving his employment prospects.

After a few one to one sessions where we worked on David's C.V and covered which of his previous conviction were spent.

It became apparent, while we were looking at David's skill set , that he had skills, but no formal qualifications to evidence them. He also had a long gap since he was last employed.

Award Presentations



Above: Two DTTO (Drug Treatment Testing Order) staff, Shona and Sharon presenting Gavin with Outstanding Achievement Award for his participation, talent and creativity working with Vox Liminis and producing his song 'Black Rainbows'.



Above:

David receives his John Muir Award for his dedication to Peddieston Horse Sanctuary and the Poly Tunnels Project from Gerard McEneaney, Director of Operations Apex Scotland. He agreed to attend our voluntary outdoor project at Peddieston Horse Sanctuary near Cromarty.

While quickly became apparent that David had a huge skill set and was able to turn his hand to a wide range of tasks. He particularly came into his own when involved in the poly tunnels, offering a range of transferrable skills that were of immense use. He also encouraged others who were less skilled.

He has also gained a certificate in Introduction to Poly Tunnel Horticulture. David is using his spare time gainfully, he is making huge steps in his recovery journey.

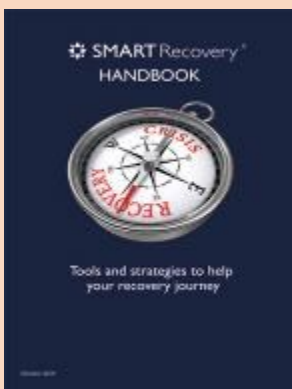


Above: Chris receiving his Outstanding Achievement Award for production of his song 'Ruthless' from Gerard McEneaney, Director of Operations Apex Scotland, alongside Certificates for NHS Naloxone Training, SMART Recovery Peer Mentor Facilitator Training. Chris has also recently completed NADA Scotland Acupuncture 5 Point Detox Specialist Training and will be volunteering his services at Apex Highland.



From left to right : Gerard McEneaney, Director of Operations Apex Scotland presents Awards and Certificates to Volunteer-Campbell, Kenny Robertson -Staff PDM, Tanya Green - Sessional Peer Mentor, Darren - Sessional Peer Mentor and Group Photo with Apex Highland Service Development Manager Alistair McDonald.





MONDAYS

SMART (Self Management & Recovery Training)

1.30—3.30pm at Apex Scotland

One 2 One Personal Development Sessions

TUESDAYS

Construction Skills in a Work Environment 10-4pm

One 2 One Personal Development Sessions

WEDNESDAYS

Construction Skills in a Work Environment 10-4pm

One 2 One Personal Development Sessions

Acupuncture & Meditation as Relaxation Therapy

1.30 -2.30pm

Animal Sanctuary & Peddington poly Tunnels Project

Voluntary Outdoor Project

Women Services & Counselling Sessions

THURSDAYS

Construction Skills in a Work Environment 10-4pm

One 2 One Personal Development Sessions

One 2 One Personal Development Women Services

Counselling Sessions

FRIDAYS

Animal Sanctuary & Peddington poly Tunnels Project

Voluntary Outdoor Project

Acupuncture & Meditation as Relaxation Therapy

11.00 —12.00

Self Management and Recovery Training (SMART)

1.30-3.30pm

at Osprey House, Raigmore Avenue, IV2 3DZ

Apex Scotland Unit 7 , 23 Lotland Street

Inverness, IV1 1ST Tel: 01463 717 033