

# Rights Respect and Recovery Action Plan 2019 - 2021

## Introduction

This Action Plan sets out the actions, milestones and timeframes for activity to implement Rights Respect and Recovery – Scotland’s Strategy to Improve Health by Preventing and Reducing Alcohol and Drug Use, Harms and Related Deaths. It will be refreshed on an on-going basis as new activity is scoped and new challenges emerge. It currently covers the time period up to 31 March 2021.

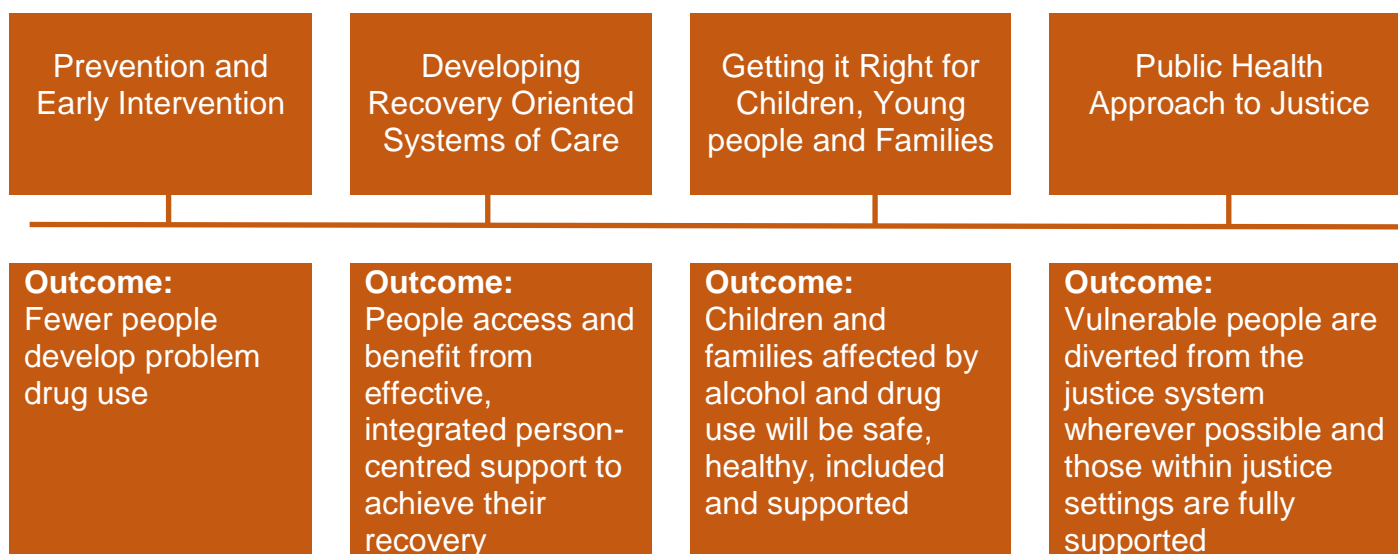
## Rights, Respect and Recovery

Rights, Respect and Recovery is Scotland’s strategy to address alcohol and drug harms and deaths in Scotland. This Action Plan must be read in conjunction with the full strategy which is available [here](#). A summary is set out below:

### Vision

Scotland is a country where “we live long, health and active lives regardless of where we come from” and where individual, families and communities:

- have the right to health and life free from the harms of alcohol and drugs
- are treated with dignity and respect
- are fully supported within communities to find their own type of recovery



## The Action Plan

The Action Plan is based around four Ministerial priorities which map on to the chapter headings within Rights, Respect and Recovery. These cover:

1. Education, prevention and early intervention on alcohol and drugs
2. A recovery orientated approach which reduces harms and prevents alcohol and drugs deaths
3. A whole family approach on alcohol and drugs
4. A public health approach to justice for alcohol and drugs

## Milestones for Delivery

The Milestones for support the implementation of the Action Plan are set out in Appendix 1.

## Rights, Respect and Recovery Action Plan 2019 - 21

Number	Action	Timing	Responsibility	Contributes to Commitment
<b>Overarching commitment</b>				
1.	We will work with COSLA, Alcohol and Drug Partnerships and Health Scotland to improve partnership approaches to deliver the strategy.	2021	Scottish Government, Health Scotland, COSLA and Alcohol and Drug Partnerships (ADPs)	
<b>Education, prevention and early intervention on alcohol and drugs</b>				
2.	We will revise and improve the programme of substance use education and prevention in schools and broader settings to ensure it is good quality, impactful and in line with best practice.	Commencing 2020	Scottish Government	P4; P5
3.	We will establish an expert group to develop a programme of work to address the stigma experienced by all people affected by problem alcohol and drug use including family members. This will focus on: <ul style="list-style-type: none"> <li>• Self-stigma</li> <li>• Societal stigma</li> <li>• Institutional stigma</li> </ul>	Commencing 2020	Scottish Government	P2
4.	We will develop a comprehensive approach to early intervention amongst young people who are at risk, though deprivation, inequality or other factors of developing problem alcohol and drug use.	Commencing 2020	Scottish Government	P3
5.	We will develop our online resources to ensure they provide accurate evidence based information on alcohol and drugs and where to find help.	Commencing 2020	Scottish Government	P6

Number	Action	Timing	Responsibility	Contributes to Commitment
<b>A recovery orientated approach which reduces harms and prevents alcohol and drugs deaths</b>				
6.	We will establish a Drug Deaths Taskforce to: <ul style="list-style-type: none"> <li>Co-ordinate and drive action to improve health outcomes for people who use drugs, reducing the risk of harm and death</li> <li>Monitor, support and facilitate the delivery of the commitments set out in “Rights, Respect and Recovery”, including a focus on taking an improved public health approach to justice</li> </ul>	Commencing 2019	Scottish Government	R1 - R11, J1; J4
7.	We will develop and implement a programme of work to improve access to treatment and recovery services, particularly those at most risk.	2021	Scottish Government, Health Scotland, Scottish Health Action on Alcohol Problems, Scottish Drugs Forum	R2
8.	We will continue our programme of work to ensure that there are effective and high quality treatment and recovery services across Scotland.	2021	Scottish Government, Corra, Scottish Drugs Forum, Scottish Health Action on Alcohol Problems	R3
9.	We will ensure that people with lived / living experience are involved in service design, development and delivery.	2021	Scottish Government, Scottish Recovery Consortium, Scottish Families Affected by Alcohol and Drugs, Scottish Health Action on Alcohol Problems	R4; C3
10.	We will improve access to evidence based harm reduction approaches for those experiencing alcohol and drug harms.	2021	Scottish Government, Royal College of General Practitioners, Blood Borne Virus Prevention (nonsexual transmission) Leads, Scottish Drugs Forum	R5
11.	We will develop person centred approaches alongside the range of services working with people with alcohol and drug problems, in line with the issues raised in the <a href="#">Hard Edges</a> report.	2021	Scottish Government with Partners	R6

Number	Action	Timing	Responsibility	Contributes to Commitment
12.	We will work with the recovery community in achieving its potential.	2021	Scottish Recovery Consortium	R7
13.	We will develop trauma informed approaches within alcohol and drug services.	2021	Scottish Government, NHS Education for Scotland	R8; R3
14.	We will develop an intelligence led approach which future proofs delivery.	2021	Scottish Government	R9
15.	Develop and implement a programme of work to improve access and delivery alcohol treatment and support.	2021	Scottish Government	R1-R10
<b>A whole family approach to alcohol and drugs</b>				
16.	Develop and implement a programme of work to improve our response to people (both children and adults) who are affected by a family member / loved one's problem alcohol / drug use.	2021	Scottish Government, Scottish Families Affected by Alcohol and Drugs	C1; C2
17.	We will ensure that people who are affected by another's problem alcohol / drug use are involved in service design, development and delivery.	2021	Scottish Government, Scottish Families Affected by Alcohol and Drugs, Corra	C3
<b>A public health approach to justice for alcohol and drugs</b>				
18.	We will work with partners to ensure that people who come into with contact justice agencies are provided with the right support from appropriate services.	Commencing 2020	Scottish Government, Police Scotland, Fiscal Service	J1
19.	We will develop a programme of work to take forward the Eight Point Plan for Treatment and Recovery Services within prison settings in line with <a href="#">Prison Inspectors Standards 9 (Health and Wellbeing of prisons) and 7 (transition to the community)</a> .	Commencing 2020	Scottish Government, the Prison Health Care Network	J2

Number	Action	Timing	Responsibility	Contributes to Commitment
20.	We will support the delivery of the Serious and Organised Crime Strategy by ensuring that people involved in drug dealing and distribution are effectively targeted for prosecution.	Commencing 2020	Police Scotland, Crown Office and Prosecution Service	J3
21.	We will undertake a consultation on drug law.	2020	Scottish Government	J4

## Summary of Commitments in Rights Respect Recovery

<b>Education, prevention and early intervention on alcohol and drugs</b>	
P1	The Scottish Government, NHS Boards and Local Authorities will work with Public Health Scotland (once established) to identify and implement actions to reduce inequalities and improve Scotland's health.
P2	Work with key experts, including those with lived and living experience to address stigma as a way to prevent and reduce related harm.
P3	Develop a comprehensive approach to early intervention amongst those who are at risk of developing problem drug use alongside those services who are already working with this group.
P4	We will revise and improve the programme of substance use education in schools to ensure it is good quality, impactful and in line with best practice.
P5	We will develop education-based, person-centred approaches that are delivered in line with evidence-based practice to aim to reach all of our children and young people including those not present in traditional settings, such as Youth Groups, Community Learning and Development, looked after and accommodated children, excluded children and those in touch with services.
P6	We will develop our current online resources to ensure they provide accurate, evidence-based, relevant and up to date information and advice, around alcohol and drug use; and how to access help.
<b>A recovery orientated approach which reduces harms and prevents alcohol and drugs deaths</b>	
R1	The Scottish Government will invest in advocacy services through the National Development Fund to support a human rights based approach.
R2	People in need have good access to treatment and recovery services, particularly those at most risk.
R3	People who experience problem alcohol and drug use receive effective services and interventions which support them to reduce harm and achieve their recovery.
R4	The voices of lived and living experience are central to our work to develop, design and deliver treatment and recovery services, interventions and approaches.
R5	We will improve access to key interventions which will reduce harm, specifically focussing on those who inject opiates.
R6	Person centred approaches will be developed across treatment and recovery services and the range of health and social care services which work with people with alcohol and drug problems.
R7	The Scottish Government and local partnerships will continue to support the growth and expansion of Scotland's recovery communities into wider community settings.
R8	Alcohol and drug treatment and recovery services develop trauma informed approaches.
R9	The Scottish Government and local partners will continue to improve our public health surveillance and ensure that <b>service design</b> is informed by data, intelligence and academic evidence.
R10	The Scottish Government in consultation with partners will commission an up to date resource providing information and guidance on equalities issues for alcohol and drug prevention and treatment services.
R11	An action plan will be co-produced with key partners to deliver these

	commitments and supporting actions.
<b>A whole family approach to alcohol and drugs</b>	
C1	Family members have access to support in their own right and, where appropriate, will be included in their loved one's treatment and support.
C2	All families will have access to services (both statutory and third sector) provided through a whole family approach.
C3	Children, parents and other family members will be involved in the planning, development and delivery of services at local, regional and national level.
<b>A public health approach to justice for alcohol and drugs</b>	
J1	Ensure that people who come into contact with justice agencies are provided with the right support from appropriate services.
J2	Pro-actively review local services in prisons to ensure they meet the new Inspecting and Monitoring Standards for Health and Wellbeing.
J3	Support the work of Police Scotland, to ensure that those groups involved in drug dealing or distribution are being effectively targeted for prosecution.
J4	The Scottish Government will set up a group to advise Health Ministers on the contribution and limitations of the Misuse of Drugs Act 1971 in support of health outcomes in Scotland.

## Milestones for delivery

## Appendix 1

Number	Action / Milestone	Timeframe	Responsibility
<b>1</b>	<b>We will work with COSLA, Alcohol and Drug Partnerships and Health Scotland to improve partnership approaches to deliver the strategy.</b>		
<b>1a</b>	Implement the COSLA and Scottish Government <a href="#">Partnership Delivery Framework to Reduce the Use of and Harm from Alcohol and Drugs</a> , including the development of a whole systems approach	2021	Scottish Government, Health Scotland, COSLA and Alcohol and Drug Partnerships
<b>1b</b>	Establish a plan with Health Scotland for the ongoing monitoring and evaluation of the implementation of Rights, Respect and Recovery	2019	Scottish Government and Health Scotland
<b>1c</b>	Produce a workforce development framework with an ongoing implementation plan	2020	Scottish Government
<b>1d</b>	Publish an Equalities Impact Assessment to support the implementation of Rights, Respect and Recovery	2020	Scottish Government
<b>2</b>	<b>We will revise and improve the programme of substance use education and prevention in schools and broader settings to ensure it is good quality, impactful and in line with best practice.</b>		
	<i>Milestones to be developed in 2020</i>		
<b>3</b>	<b>We will establish an expert group to develop a programme of work to address the stigma experienced by all people affected by problem alcohol and drug use including family members. This will focus on:</b>		
	<ul style="list-style-type: none"> <li>• <b>Self-stigma</b></li> <li>• <b>Societal stigma</b></li> <li>• <b>Institutional stigma</b></li> </ul>		
	<i>Milestones to be developed in 2020</i>		
<b>4</b>	<b>We will develop a comprehensive approach to early intervention amongst young people who are at risk, though deprivation, inequality or other factors of developing problem alcohol and drug use.</b>		
<b>4a</b>	Undertake a review of the evidence of trends, challenges and interventions for those young people at risk of developing problem drug and alcohol use	2020	Scottish Government
<b>4b</b>	Develop a programme of work to establish effective supports and treatment for young people at risk	2021	Scottish Government



Number	Action / Milestone	Timeframe	Responsibility
5	We will develop our online resources to ensure they provide accurate evidence based information on alcohol and drugs and where to find help. <i>Milestones to be developed in 2020</i>		
6	<b>We will establish a Drug Deaths Taskforce to:</b> <ul style="list-style-type: none"> <li>• Co-ordinate and drive action to improve health outcomes for people who use drugs, reducing the risk of harm and death</li> <li>• Monitor, support and facilitate the delivery of the commitments set out in “Rights, Respect and Recovery”, including a focus on taking an improved public health approach to justice</li> </ul>		
6a	Establish the Drug Deaths Taskforce and identify the workstreams	2019	Scottish Government
7	<b>We will develop and implement a programme of work to improve access to treatment and recovery services, particularly those at most risk.</b>		
7a	Develop and implement guidance on assertive outreach, targeting those at most risk	2021	Scottish Drugs Forum
7b	Develop and implement guidance in relation to low threshold opiate substitution therapy provision	2020	Scottish Drugs Forum
7c	Explore the management of alcohol problems in <a href="#">Deep End Practices</a> in Scotland	2021	University of Stirling / Scottish Health Action on Alcohol Problems
7d	Develop good practice in relation to alcohol hospital liaison	2021	Scottish Government
8	<b>We will continue our programme of work to ensure that there are effective and high quality treatment and recovery services across Scotland.</b>		
8a	Develop a Quality Improvement Framework for alcohol and drug services by: <ul style="list-style-type: none"> <li>• Develop and test a quality assurance tool to support the implementation of <a href="#">The Quality Principles: Standard Expectations of Care and Support in Drug and Alcohol Services</a></li> <li>• Identify a set of numerical benchmarks to assess delivery through the Evaluation and Monitoring Framework for the Rights, Respect and Recovery strategy</li> <li>• Investing in tests of change through the Corra Challenge Fund</li> </ul>	2020	Scottish Government
		2020	Scottish Government
		2020/2021	Corra
8b	Develop and implementing of guidance on asset-based assessment and case management	2021	Scottish Drugs Forum

Number	Action / Milestone	Timeframe	Responsibility
8c	Carry out research into rural alcohol use/problems and service issues	2021	Scottish Health Action on Alcohol Problems in Scotland
8d	Provide dedicated support to the implementation of quality improvement methodology across Scotland	2021	Scottish Government
8e	Implement the <a href="#">Drug Misuse and Dependence: UK Guidelines on Clinical Management</a> through the development and Implementation of a national opiate substitute therapy pathway to support local treatment delivery	2021	Scottish Government
8f	Scope and review the evidence on treatment engagement and retention (for example relapse prevention)	2021	Health Scotland
8g	Commission an up-to-date resource providing information and guidance on equalities issues for alcohol and drug prevention and treatment services	2021	Scottish Government
8h	Evaluate the provision of Heroin Assisted Treatment in Glasgow	2021	University of Strathclyde (funded by the Chief Scientist Office)
8i	Review the need / demand for residential services and developing effective services.	2021	Scottish Government
<b>9</b>	<b>We will ensure that people with lived / living experience are involved in service design, development and delivery.</b>		
9a	Establish five regional networks for people with lived experience (including family members) across Scotland to support the design, development and delivery of services at a local and national level	2020	Scottish Recovery Consortium
9b	Carry out research into the role of lived experience in developing alcohol services	2020	Scottish Health Action on Alcohol Problems
9c	Publish an evaluation of National Development Project Fund investments in advocacy	2021	Scottish Government
9d	Carry out research to explore the factors that influence harmful alcohol use through the refugee journey	2021	University of Edinburgh / Scottish Health Action on Alcohol Problems
9e	Hold a series of events for stakeholders across Scotland on taking a Human Rights based approach.	2020	Scottish Recovery Consortium / Scottish Families Affected by Alcohol and Drugs

Number	Action / Milestone	Timeframe	Responsibility
<b>10</b>	<b>We will improve access to evidence based harm reduction approaches for those experiencing alcohol and drug harms.</b>		
<b>10a</b>	Scope the feasibility and acceptability of Managed Alcohol Programmes for people who are homeless with severe alcohol problems in community-based, third sector services in Scotland.	2020	University of Stirling (funded by the Chief Scientist Office)
<b>10b</b>	Refresh and implement <a href="#">Staying Alive in Scotland</a> document to support local approaches to preventing drug deaths	2020	Scottish Drugs Forum
<b>10c</b>	Update and implement best practice guidelines for services providing injecting equipment	2020	Blood Borne Virus Prevention (nonsexual transmission) Leads
<b>10d</b>	Ensure all those at risk of opiate overdose and their family members are provided with Naloxone by improving supply through the following settings: <ul style="list-style-type: none"> <li>• Treatment settings</li> <li>• Hospitals</li> <li>• Prisons</li> <li>• Peer supply</li> <li>• Police custody</li> </ul>	2021	Scottish Drugs Forum and Alcohol and Drug Partnerships
<b>10e</b>	Produce and implement best practice guidance for wound care for people who inject drugs	2021	Blood Borne Virus Prevention (nonsexual transmission) Leads
<b>10f</b>	Produce best practice guidance to support blood borne virus testing in alcohol and drug treatment services	2021	Blood Borne Virus Prevention (nonsexual transmission) Leads
<b>11</b>	<b>We will develop person centred approaches alongside the range of services working with people with alcohol and drug problems, in line with the issues raised in the <a href="#">Hard Edges</a> report.</b>		
<b>11a</b>	Invest in improving access to Housing First amongst those with alcohol and drug problems	2020/2021	Scottish Government with Partners
<b>11b</b>	Ensure effective protocols are in place between alcohol and drug services and mental health services to improve access and pathways for those who experience this co-morbidity	2020	Scottish Government with Partners
<b>11c</b>	Pilot integrated models of delivery between alcohol/drug and mental health services	2021	Scottish Government with Partners

Number	Action / Milestone	Timeframe	Responsibility
11d	Provide training for Primary Care Practitioners through the Royal College of General Practitioners to improve access to drug treatment within primary care	2020	Royal College of General Practitioners
11e	Develop an integrated response to the education, volunteering and employment needs of people recovering from alcohol and drug problems through the <a href="#">No One Left Behind</a> strategy	2021	Scottish Government with partners
12	<b>We will work with the recovery community in achieving its potential.</b>		
12a	Provide a programme of training and development for recovery community members across Scotland	2020	Scottish Recovery Consortium
12b	Support the growth of and expansion of recovery communities in wider settings, focussing on: <ul style="list-style-type: none"> <li>• Recovery from mental health problems</li> <li>• Faith groups</li> <li>• Other groups interested in alcohol/drug free social/cultural life</li> </ul>	2021	Scottish Recovery Consortium
12c	Publish an evaluation of National Development Project Fund investments in the development of recovery communities	2020	Scottish Government
13	<b>We will develop trauma informed approaches within alcohol and drug services.</b>		
13a	Continue to implement the LAPSS report: " <a href="#">The delivery of psychological interventions in substance misuse services in Scotland to improve psychosocial interventions</a> "	2021	Scottish Government and ADPs
13b	Support the development of trauma informed services through the delivery of the <a href="#">National Trauma Training Framework</a>	2021	NHS Education for Scotland
14	<b>We will develop an intelligence led approach which future proofs delivery.</b>		
14a	Establish a drug and alcohol public health surveillance system for Scotland	2021	Scottish Government, Health Scotland and ISD
14b	Implement the Drug and Alcohol Information System database within alcohol and drug treatment services	2020	Scottish Government, NHS Information Services Division and ADPs
14c	Develop a programme of data linkage to better understanding of the needs of those at most risk and opportunities to intervene	2021	ISD
14d	Review and update the Research Framework.	2020	Scottish Government and Drugs Research Network Scotland

Number	Action / Milestone	Timeframe	Responsibility
14e	Conduct a review of the national level statistical data on drugs and alcohol with a view to ensuring they are fit for purpose in supporting the delivery of Rights, Respect and Recovery	2021	Scottish Government, Health Protection Scotland, NRS and NHS Information Services Division
15	<b>Develop and implement a programme of work to improve access and delivery alcohol treatment and support.</b>		
15a	Improve access to alcohol treatment and support	2021	Scottish Government with Partners
15b	Identify pathways to recovery through: <ul style="list-style-type: none"> <li>• community support</li> <li>• primary care</li> <li>• treatment services</li> <li>• hospital</li> <li>• the justice system including prisons</li> <li>• and other settings as needed</li> </ul>	2021	Scottish Government with Partners
15c	Improve our understanding of alcohol harms and deaths by developing a local process for auditing alcohol deaths to help opportunities to intervene	2020	Alcohol Focus Scotland with Partners
16	<b>Develop and implement a programme of work to improve our response to people (both children and adults) who are affected by a family member / loved one's problem alcohol / drug use.</b>		
16a	Produce a national definition of a whole family approach alongside principles of family inclusive practice, and supporting implementation	2020	Scottish Government with partners
17	<b>We will ensure that people who are affected by another's problem alcohol / drug use are involved in service design, development and delivery.</b>		
17a	Work in partnership with key stakeholders to pilot and evaluate a digital platform, which will support children and young people affected by alcohol and drugs to share their stories	2021	Corra
17b	Continue to invest in peer led family supports through the Families Recovery Initiative Fund (FRIF)	2021	Scottish Families Affected by Alcohol and Drugs and Corra

Number	Action / Milestone	Timeframe	Responsibility
17c	Develop and grow the Behind the Numbers film campaign (launched in July 2019) to highlight and champion the hidden and unrecognised contribution of families in saving and preserving the lives of those harmed through alcohol or drugs. The campaign will also support family members to become storytellers and share their voices in the media and other platforms, increasing the understanding of families' experiences of substance-related harm to the wider public.	2020	Scottish Families Affected by Alcohol and Drugs
17d	Develop a family media and storyteller volunteering programme to increase the profile of family voices in the media and other platforms, and to increase understanding of families' experiences of substance-related harm.	2020	Scottish Families Affected by Alcohol and Drugs
18	<b>We will work with partners to ensure that people who come into with contact justice agencies are provided with the right support from appropriate services.</b> <i>Milestones to be developed in 2020</i>		
19	<b>We will develop a programme of work to take forward the Eight Point Plan for Treatment and Recovery Services within prison settings in line with <a href="#">Prison Inspectors Standards 9 (Health and Wellbeing of prisons) and 7 (transition to the community)</a>.</b> <i>Milestones to be developed in 2020</i>		
20	<b>We will support the delivery of the Serious and Organised Crime Strategy by ensuring that people involved in drug dealing and distribution are effectively targeted for prosecution.</b> <i>Milestones to be developed in 2020</i>		
21	<b>We will undertake a consultation on drug law.</b>		
21a	Consultation on drug law completed	2020	Scottish Government