

Two stylized human figures are depicted using thick, wavy lines. The figure on the left is grey, and the figure on the right is blue. They are positioned on either side of the central text, with their heads pointing towards the top of the page.

LEAP
saved
three
lives
when
my son went
into treatment;
they saved my
son's life who had
already been on the
edge of death twice
due to substance
overdoses. They also
saved my wife's life,
and my own.

Information for Professionals

Introduction

LEAP (Lothians & Edinburgh Abstinence Programme) is a three month, quasi-residential, treatment programme for people with alcohol and drug dependency. All aspects of this award-winning service are accessible by people who live in Edinburgh, Mid, East and West Lothian.

The programme is suitable for patients whose goal is a substance-free recovery. We work with a bio-psycho-social model of addiction.

The service is delivered in partnership with City of Edinburgh Council, Transition (an Access to Industry project) and the Serenity Café.

The programme seeks to increase the patient's recovery capital: the resources, internal and external that can be drawn on to initiate and maintain recovery.

The LEAP Programme

The programme offers structured treatment based in the community using a blend of evidence-based interventions. Care plans are set with patient involvement. The patient group in treatment operates as a therapeutic community.

The programme involves:

- Group therapy, one-to-one therapy and family therapy
- Workshops on a variety of issues related to addiction and recovery, including relapse prevention, relationships, assertiveness and anger management
- Assertive referral to recovery communities and mutual aid groups
- Some written work, lectures and video presentations
- Social skills and vocational skills training
- A food programme
- A weekend programme including recreational activities
- Alternative and complementary therapies.

Medical & Detoxification

On admission to LEAP the medical/nursing team will formulate a care plan of existing needs with the aim of gaining an overall improvement in general health and wellbeing. This may include safe detoxification from alcohol and prescribed or illicit drugs if required on admission.

We offer a community detox from **30mls methadone or less, 20mgs diazepam** and also **lower amounts of subutex/suboxone**. We also offer service users a community detox from alcohol if safe to do so and in accordance with SIGN 74 guidelines.

The medical and nursing team at LEAP also aim to address the following health needs as required:

- BBV screening and vaccination
- Monitoring liver function
- Sexual health screening
- Dental treatment
- Mental health assessment
- Malnourishment
- Referral to other healthcare services including contraception and sexual health services (if appropriate).

Food Programme

The LEAP Food Programme provides all patients with a daily menu that is both nutritious and interesting, using fresh produce and different styles of cooking to re-engage their interest and enjoyment of food. Each patient spends a week in the kitchen practising food skills, experiencing team work, and sharing responsibility for the welfare of their community. This contributes to re-building self esteem and confidence in the patients as they share the meal they helped to prepare with their peers.

Transition Programme

LEAP works in partnership with Transition who deliver an employability training programme at Woodlands House.

Upon completion of the 12-week programme, service users are awarded a Scottish Qualification Authority Level 1 Personal Effectiveness Qualification and are encouraged to continue to attend Transition who offer qualifications, work experience and support in gaining employment.

Housing Programme

LEAP offers safe and sober housing through our partners City of Edinburgh Council at Randolph Crescent Hostel for the duration of the treatment programme.

Randolph Crescent Hostel is a short bus ride from Woodlands House where the day programme is delivered. Patients agree to abide by house rules in both sites.

Next-stage housing needs will be addressed.

Housing officers and support staff from City of Edinburgh Council will work with LEAP service users to help meet their social needs.

Some patients may be able to access the programme from their own homes (see criteria).

Portland Recovery House

LEAP and the City of Edinburgh Council also offer accommodation for men who may need extra support on completing the programme.

This nine bedded unit is accessible to suitable patients as a next- step following treatment.

Evenings

In the the evenings the service users attend mutual aid groups (Alcoholics, Narcotics and Cocaine Anonymous, and SMART Recovery) which help them connect to the recovery community in Edinburgh and develop new support networks. Such involvement is associated with significantly better outcomes.

Family Group

Support is offered to family members of patients through a structured programme in a group setting in regular weekly meetings.

On Completion

At the end of the 12 weeks, patients will graduate from the programme in a ceremony that their family and key people can attend. The care of the patient is then returned to the GP or referrer.

We continue to offer peer-based support, and on completion of the programme LEAP offers a two -year aftercare plan.

Aftercare

Service users will be encouraged to attend two out of the four aftercare groups. These groups enable the individual to consolidate the work they have done in the previous three months and offer extra support.

As well as the aftercare groups, we offer a women's group, relaxation and the Leap Solutions Group (relapse prevention/coping skills) for service users who are struggling in early recovery. Patients are also encouraged to use the services of our partners. Once established in the aftercare group there are also opportunities to become peer supporters and access training for recovery coaching. We also have an established service user group.

Patients who do not Complete

Although completion of treatment is preferable, there are significant positive outcomes for patients who do not complete the programme, including increased abstinence rates, reduction in injecting and criminal behaviour and improvement in mental health.

In addition awareness of mutual aid and recovery communities is increased, enhancing future attempts at recovery.

If a patient does not complete the programme we have a six month window before a further assessment would be considered.

Referrals

We welcome referrals from the statutory and voluntary sectors; however we do not accept self-referrals. Referrals will be accepted regarding individuals who are considered to be motivated and ready to accept a programme based on total abstinence from psychoactive drugs, including alcohol.

Assessment

Assessment is carried out at LEAP over two appointments. As well as establishing rapport and trust it gives both parties (LEAP and the potential patient) an idea of what to expect, if and when admitted. Information sharing is the main focus when establishing a patient's needs and suitability.

Following referral, the service user will find it helpful to engage with mutual aid groups and the Serenity Café.

Contact details can be found at the end of the leaflet. Engagement with mutual aid groups will form part of the assessment of motivation for treatment.

Criteria:

- Age **18+**
- Drug or alcohol **dependent**
- Showing **motivation** to change
- **Willing to be abstinent** from all psychoactive substances (including alcohol, but excepting nicotine and caffeine)
- **Able to engage** in a seven day per week intensive community programme for 12 weeks and be willing to attend aftercare groups thereafter
- **Willing to move into supported accommodation**, where necessary, for the duration of the programme.

Or

To already be in '**stable**' **accommodation** (e.g. living with a non-using partner or family) and:

- Willing for **family members/partner to be involved** in treatment (where appropriate)
- **Prepared to engage** with mutual aid groups and the Serenity Café
- **Willing to participate** in group therapy and one-to-one work
- Preferably **detoxified before** starting programme.

Or

If detoxification is necessary:

- On **methadone 30mls or less; suboxone/subutex 12mg or less; diazepam 20mg or less**; using limited amounts of **heroin (less than 0.2g)** or considered **safe** for a community alcohol detox
- **No significant major physical health problems** that would make engagement difficult.

We accept dual diagnosis patients but **active major mental health problems may preclude treatment.**

Referral information

To make a robust and safe assessment, we need the following information:

- Name, address, contact number, date of birth (or CHI number)
- Current or last GP
- Drug and alcohol history, and current level of use
- Summary of medical and psychiatric history
- Summary of previous treatment or intervention
- Children and dependants
- Housing situation
- Prescribed medication
- Social and family situation
- Referrer's contact details.

CONTACT

The LEAP team can be contacted at:

Tel. 0131 446 4400

Fax 0131 446 4403

Email leap.programme@nhslothian.scot.nhs.uk

Post Woodlands House, Astley Ainslie Hospital
74 Canaan Lane, Edinburgh EH9 2TB

USEFUL CONTACTS

Narcotics Anonymous Helpline

07071 22344 or 0300 999 1212

www.ukna.org

Cocaine Anonymous Helpline

0141 959 6363 or 0800 612 0225

www.cascotland.org.uk

Alcoholics Anonymous Helpline

0845 769 7555

www.alcoholics-anonymous.org.uk

Transition

0131 226 3006

www.accesstoindustry.co.uk/transition

Serenity Café

www.serenitycafe.co.uk

Scottish Recovery Consortium

www.sdrconsortium.org



**Lothians & Edinburgh
Abstinence Programme**