

Treatment Services Available:



General Practitioner Prescribing Service (GPPS) via Signpost Recovery

GP Prescribing is a shared care arrangement between a GP, Signpost Recovery worker and a community pharmacist. The service provides recovery focussed support and prescribed interventions to encourage a move towards reduction and/or abstinence. All GPs in Forth Valley will help and share responsibility with you for your general health and can provide preventative advice and support, e.g. help with drug and alcohol problems or referral for advice on blood borne virus prevention.



Addiction Recovery Service (ARS)

ARS is a partnership between Addictions Support and Counselling, Signpost and NHS Forth Valley. It focuses on helping you in your recovery from substance misuse.

The service provides recovery focussed support and prescribed interventions to encourage a move towards reduction and / or abstinence. Detoxification for opiate drug users who wish to become drug free is also available.



Community Alcohol and Drug Service (CADS)

CADS is a specialist substance misuse service that treats those who have more complex drug and alcohol problems, e.g. significant mental health problems

The service provides recovery focussed support and prescribed interventions to encourage progression. Intensive psychological interventions are provided as part of the recovery plan in moving towards reduction and/or abstinence.



Addictions Support and Counselling (ASC)

Provides support to prescribing services with a range of counselling, group work and rehabilitation packages to suit the needs of the individual.

Signpost Recovery

0845 673 1774 / 01259 726602



Substance Misuse Treatment Services

Seeking help for your addiction?

This is the beginning of your journey

There are several services available to help you now and in future – they are described here. It is very important for you to understand how to access these services and how to access prescribing treatment.

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Signpost Recovery is your access point for prescribing and other treatment services.

Telephone the number below or visit one of the drop-in sessions in your area. When you speak to a worker just be honest about your drug use, your circumstances and what your hopes are for the future.

What do “Signpost Recovery” workers actually do?

- Provide support and advice – for you, your family and your partner.
- Provide sexual health advice to reduce the risk to your health.
- Offer free condoms.
- Provide free injecting equipment to reduce the risk of infection.
- Offer advice about blood borne viruses & safer injecting.
- Provide overdose awareness training and organise supply of naloxone (for reversal of opiate overdose).
- Discuss your needs and goals and help you build a plan to promote your recovery (assessment).

Deciding which service meets your needs

The initial appointment will take about an hour. A series of appointments will then be arranged to enable you to develop a relationship with your Signpost worker. Together you will decide when you are ready to progress, this may take up to 12 weeks. Signpost will then refer you to the appropriate service.

Progressing your recovery journey

The most appropriate substance misuse service to meet your needs will be identified. **When you are referred your information will be shared with partner agencies to ensure the right service is offered to you which best meets your needs.**

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There are several treatment and prescribing services within Forth Valley each offering different levels of services. The service will:

- Contact you by telephone or letter
- Arrange to meet with you at a convenient time
- Develop a care plan to assess your needs
- Write to your GP about your progress

Each service provides:

- Interventions to promote your recovery
- A skilled and experienced substance misuse worker
- Ongoing assessment of your current substance use
- Prescribed medication if appropriate, dispensed at your local community pharmacy

What is expected of you?

Progressing through your journey depends on you engaging as fully as possible by:

- Attending appointments regularly
- Being open and honest about your life and problems
- Discussing your hopes and fears
- Keeping a daily diary of what drugs and alcohol you take.
- Seeking support from friends and family
- Stopping any criminal behaviour

Information sharing

*If you do not agree to have your information shared like this, please ensure you make your GP or whoever is referring you are aware of this. If you do not consent to having your information being shared Forth Valley **may not** be able to provide the best service for you.*

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