MAT STANDARDS IMPLEMENTATION PLAN: QUARTERLY/MONTHLY PROGRESS UPDATE

This progress update sets out quarterly or monthly progress against the delivery of the MAT Standards Implementation Plan, as well as the related quarterly reports required for the Drug and Alcohol Waiting Times and the Treatment Target.

Integration	Aberdeenshire
Authority	
Period covered	
reliou coveleu	October to December 2022

This update is submitted by the lead officer/postholder nominated to ensure delivery of this Implementation Plan:

Name	Position/Job Title	Contact details
Completed by Gillian Robertson	Project Manager	Gillian.robertson4@aberdeenshire.gov.uk
on behalf of Pam Milliken	Chief Officer HSCP	Pam.milliken@aberdeenshire.gov.uk

MAT Standard 1 All people accessing services have the option to start MAT from the same day of presentation.				
Actions/deliverables to implement standard 1	Timescales to complete	Progress in period	Risks	
Secure premises for opening of local Step-In access points in each of the five main towns in Aberdeenshire and ensure implementation plans are in place and on track for each location	Peterhead by 30 September 2022 Inverurie by 30 November 2022 Banff by 31st January 2023 Fraserburgh and Stonehaven by 31st March 2023	First TOC in Peterhead open. Premises identified in Banff and Inverurie. Support provided by HSCP to identify and alter premises to suit is in place and very supportive of developments needed. Inverurie may slip as utilities required but Banff will be on track	Fraserburgh have very limited premises available and this is a risk to delivery of MAT standards in that area.	
Recruit staff for each of the Step-In locations Begin scoping to consider resource requirements for families	31st October 2022	Staff have all been recruited with the remaining starts in November 2022	Couple of backfill nurses vacant and lack of candidates.	
Up to date Grampian prescribing guidelines for all types of Opiate Substitute Therapy	31 ST March 2023	This is being progressed through our Grampian group		
Standard Operating Procedure in place for all Step-In services and reviewed to incorporate learning and feedback	31st March 2023	This is being progressed and on track. Received an example from another area from MIST team		
Development of marketing materials and promotion of new approach to all partners and communities	28 th February 2023	Establishing communication material and marketing and communication plan		
Monitor and evaluate activity in first six months of opening and implement improvements required	30 th July 2023	QI being used with PDSA on a monthly basis. Link with		

		MIST data and Info governance	
Identify areas out with Step-In locations where bespoke service delivery is required and action to provide the service in these areas	31 st March 2023	Work ongoing on identifying areas of need. Patients from all areas going through Step In process from January, and being seen at the most appropriate venue	

Red/Amber/Green¹ Assessment of Green

Progress:

Comment / remedial action required

On the whole progressing well. There have been some delays to accessing premises but are moving forward with our new model to allow day one treatment and will enhance once premises are ready.

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¹ Green - On track to achieve actions/ deliverables; Amber - Some delays to deliver but remedial action will enable delivery; Red delays to delivery which require significant remedial action

MAT Standard 2 All people are supported to make appropriate dose.	an informed choic	e on what medication to use fo	or MAT and the
Actions/deliverables to implement standard 2	Timescales to complete	Progress in period	Risks
Up to date prescribing guidance available for all types of Opiate Substitute Therapy (OST) medication	31 st March 2023	This has been completed and the Draft of this is on the Grampian MAT group for agreement. Anticipate this will be completed by target date	
National OST leaflet localised for Aberdeenshire	31 st March 2023	Also part of the pan Grampian group to allow consistency across the Board	
Increase prescribing pharmacist capacity and establish improved links with community pharmacy to ensure medication reviews are conducted regularly and reach of choice is as wide as possible	31 st March 2023	Questions raised at the last resources and governance group. Response to be discussed at January meeting.	Funding available to support
Consideration on how Buvidal can be provided at every stage including Step-In access points	31 st March 2023	Controlled drug cupboards being made available in Step In venues. Step In premises ready have been assessed and CD cupboards being fitted	
Data analysis in place and reviewed quarterly with actions required where choice is not evidenced in these figures	31 st March 2023 ongoing review and development	Ongoing and reviewed as part of Step In. Using data spreadsheets from MIST team as well as DAISy	Analysis support on Maternity leave

		extract. There is now a Grampian wide group to support progression of data including Health Intelligence support.	
 Increase safe prescribing capacity in the service by Recruiting additional Consultant capacity Securing Non-Medical Prescribing places for nurses 	31 st Dec 2022 31 st March 2024 Complete NMP	5 nurses started NMP at end of September with a further 5 due to start in March. Consultant vacancy unsuccessful in recruiting. Will be re advertised in February.	

Assessment of Red/Amber/Green Progress: Green

Comment / remedial action required

We anticipate that we will achieve green status in our return at the end of the year, prescribing capacity been increased and updated prescribing guidance will be in place. A pan Grampian group is established and guidance is almost complete.

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MAT Standard 3	All people at high risk of drug-relate commence or continue MAT.	d harm are proactivel	y identified and offe	red support to
Actions/deliverables	to implement standard 3	Timescales to complete	Progress in period	Risks
provide increased vi	recruit to increase capacity to sibility in response to all Near Fatal ad outreach support for those at risk	30 th September 2022	Staff recruited to increase capacity and to provide backfill to release staff.	
	ay which results in action plan for of ARIES across Aberdeenshire	30 th September 2022	Completed and Action Plan in place for further development of the service	
promote understand partnership work inv		30 th November 2022	Using MAT spreadsheet and will also use local data to include in 22/23 return. Also attending Grampian Mat data group and have Outreach activity on DAISy as it also contributes to MAT 1 etc.	Identifying suitable analytical and data capture support
wider partner activiti	ce: Days of Action	31st December 2022 ongoing review and development	All progressing and staff in place. Write up of developments	

 Criminal Justice Outreach Post Housing Service 		and outcomes in progress to be included in end of year return	
Review of Information governance procedures	31st March 2023	Ongoing	
Ensure client and family feedback is captured and case studies recorded to support promotion of service and further improvements are implemented as a result of feedback	31st March 2023 and ongoing review	Have been trying to refer people to provide feedback. Will develop ways of reporting to service and provide feedback	Lack of experiential structure for feedback in our area, This has been escalated and are hopeful for a resolution this week (meeting on 18th January) to allow prompt capture of experiential information

Assessment of Red/Amber/Green Progress: Red/Amber/Green

Comment / remedial action required Experiential feedback required to support very good progression with MAT 3. Recognition that we will need to catch up in collection of this in a short time but are still very hopeful this can be achieved. The capture of experiential applies to all elements not just 3.

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MAT Standard 4 All people are offered evidence-based harm reduction at the point of MAT delivery.				
Actions/deliverables to implement standard 4	Timescales to complete	Progress in period	Risks	
Review of staff training in relation to all aspects of Harm Reduction. Training plan established through Learning and Development Group and link to other relevant training Groups.	30 th September 2022	Captured and training needs identified. Training group being established to arrange all training although some has started	Identified higher training needs than anticipated so may take slightly longer to undertake training	
Harm reduction equipment and assessment will be made available at every intervention	30 th September 2022	In place where premises allow. Staff also carry equipment with them	Awaiting suitable premises in a couple of areas	
Work with BBV, Sexual health and wound care teams etc to provide improved testing and access to services and support including establishing client pathways to access appropriate support. Consultant support in place to ensure harm reduction response is in place for benzodiazepine use	30 th November 2022	Client Pathways in place in areas where Step in established and progressing well in those rolling out Additional consultant post was unsuccessful and will be readvertised		
Recruit additional Health Care Support Workers to support BBV testing Vaccinations Assessment of Injecting Risk Wound assessment and escalation if required Provision of injecting equipment Provision of Naloxone Identification of other health issues	31 st December 2022 ongoing review and development	In place and training well underway, good share of skills including third sector contracted provision. Pathways for Wound assessment in place		

Data capture established and ongoing review of this	31st March 2023	Reporting through places of intervention, Increase through Step In, using MIST data capture	
Establish Harm reduction workers in HMP Grampian and capture these activities and outcomes	31st March 2023 and ongoing review	Recruitment completed and training etc underway. Job roles and outcomes being captured	

Assessment of Red/Amber/Green Progress: Red/Amber/Green

Comment / remedial action required

SOP and Training plan in development and will support all elements of MAT 4

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MAT Standard 5 All people will receive support to remain in treatment for as long as requested.				
Actions/deliverables to implement standard 5	Timescales to complete	Progress in period	Risks	
 Provide flexible models of care to meet client needs including: Stepped Care with pharmacy prescribers and third sector key workers Shared care with 3 monthly clinical service prescribing and HCSW or third sector key workers Shared care with GP Pharmacy Buvidal clinics Increased clinical and social work interventions at times or need or crisis Range of support including HSCW and Local area coordinators to support with healthcare needs and assist with practical and social tasks 	31st March 2023 and ongoing review of activity and retention	Review of caseloads identified increased need for stepped care capacity, application for resource underway, HCSW and LAC roles utilised in offering lower level interventions with health and social focus		
Implement tests of change to support retention and offer variation of support including:	31 st March 2023	Canine therapy started and working well with small numbers as test. Application for employability worker being submitted and service keen to be present for wider support at Step In. OT started and recurring funding secured from HSCP Winter monies		

Review of service opening times and consideration of evening and weekend opening where demand indicated or to test	31st March 2023	Step in open every Monday until 7, other areas reviewing	
Establish clinical caseload sheet with RAG rating to support effective caseload management	31 st October 2022	Completed	
Promotion of wider activities in community and support to access these in order to allow meaningful activity to change routine and give structure, purpose and diversion	31 st March 2023	Linking with partner orgs etc all keen to work in partnership	
Identify wider support services to be part of service offering and operate collaboratively with client at forefront of discussions and plan	31 st March 2023	Ongoing	
Assessment of Red/Amber/Green			

Comment / remedial action required

Green

Progress:

Premises have been a slight hold up but confident we will have identified premises, and where possible be fully operational in these, by April 23. In the meantime enhancements are being delivered in existing venues.

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MAT Standard 6	The system that provides MAT is psychologic low intensity psychosocial interventions (tier			
Actions/deliverables	to implement standard 6	Timescales to complete	Progress in period	Risks
Establish a steering Group for MAT 6 implementation and monitoring as a sub group of the Substance Use Service Learning and Development Group		30th September 2022	Being progressed will now be in place by 31/12/2022	Delays due to staff absences and changes
Have an explicit service plan in place for delivering psychologically-informed care and structured psychosocial interventions. Plans will include: a) a baseline assessment of current service delivery from which to plan and build progress, and an in-built process for service evaluation and improvement; b) an explicit workforce development policy that ensures all staff receive appropriate training to deliver psychologically-informed care and structured psychosocial interventions; c) policies and procedures that support the translation of skills acquired through training into practice. These include - access for staff to regular coaching, reflective practice, and supervision to support the delivery of psychologically-informed care and structured psychosocial interventions; - clearly defined roles for delivering structured psychosocial interventions within staff job plans, and protected time to do this; - caseload sizes that allow staff to routinely deliver structured psychosocial interventions; - identification and use of supportive tools, protocols, manuals and safety and stabilisation strategies to support staff in their delivery of psychological interventions.		31 March 2024	In progress Coaching groups for MI have been established and have been delivered across the Shire	Coaching absences and pressure on coaching capacity. Capacity issues for staff to deliver low intensity PI for both substance use and mental health Limited capacity to deliver supervision specifically for PIs

Establish that clear pathways are in place to er	sure that people Tim	neframe to be	In Progress	Restricted
can access higher intensity Tier 3 & 4 psychological		onfirmed by		capacity for Tier
and when required		nsultant		3&4 within current
		ychologist		resources
Support the development of social networks by		neframe to be	In Progress	
a) actively promoting and linking people to ser	<i>₹</i>	nfirmed by Peer		
emphasis on support from mutual aid and other		pport		
networks. There should be a clear and realistic	_	rvice/Community		
outlines the network of support available to the	7 •	rums		
key people in their life;	person, meralang			
b) providing support to build social capital thr	ough the promotion			
of connections with people in mutual aid or oth				
networks:	.o. p. c 1000 to.,			
c) providing social bonding and social bridgin	a interventions.			
specifically designed to modify a person's soc	•			
including work with families or named persons	· ·			
morading work with familion of mariled persons	,			
Establish data capture which allows review and	d analysis of 31s	st October 2022	In progress now	
achievement of MAT 6 across all parts of the services.		3 3 10 20 1 20 <u>2</u> 2	to be avail by	
demoteration of material and an extension and of			31/3/2023	
Assessment of Red/Amber/Green			01/0/2020	

Assessment of Red/Amber/Green Progress: Red/Amber

Comment / remedial action required

Lead back at work and steering group for MAT 6 and 10 to be established

Green - On track to achieve actions/ deliverables; Amber - Some delays to deliver but remedial action will enable delivery; Red - delays to delivery which require significant remedial action

MAT Standard 7 All people have the option of MAT shared with Primary Care.					
Actions/deliverables	to implement standard 7	Timescales to complete	Progress in period	Risks	
allow OST delivery in	GP surgeries to provide additional resource to GP surgeries – Recruitment of 3 staff, clearing we suitable delivery space, Action plan for ce and review	31 December 2022	Staff identified and linked with one of the practices and have everything in place to start in January. Meeting with Second surgery early January	Lack of suitable trained and experienced staff delayed recruitment have promoted from within and now backfilled	
Mapping of availabilit	y of OST in surgeries across Aberdeenshire	31 March 2023	Ongoing		
	of community pharmacy and identify vailable in community pharmacy	31 March 2023/ 31 December 2022	Plan almost complete re pharmacy awaiting decision at next ADP sub groups		
	surgeries where there is limited or no OST to agreeing how this could be best delivered in	30 June 2023	Ongoing		
Data capture of pilot a support evaluation	and comparison to other areas completed to	31 st December 2023	Ongoing data being agreed		

Establish shared care protocols between specialist services, GP and community pharmacies for people who are on MAT. Shared care may include prescribing where competent practitioners are in place	31st March 2024	Ongoing	
Clinical and governance structures that enable people working in primary care to fully support people who are on MAT and to ensure that treatment and prescribing are managed alongside care for physical, emotional, and social needs	31 st March 2024	Ongoing	
Contractual arrangements for primary care provision (GP and community pharmacy) reflect the requirements of MAT standards;	31 st March 2024	Arranged to meet with Public Health re discussion	Support required from Most appropriate people
Develop pathways that enable the transfer of appropriate elements of care between specialist services, local mental health services, GP and community pharmacy	31st March 2024	Started	
Establish information governance to ensure that information can be safely transferred between specialist services, GP and community pharmacy, including child and adult protection procedures	31st March 2023	Started	
Training on problem drug use and on awareness of local drug services, including non-statutory providers and peer support services for all staff who may encounter people with problem drug use in their work	31 ST March 2023	Started	
Establish a 'primary care facilitation team', or equivalent that is responsible for auditing, monitoring, reporting and reviewing practice in primary care settings and the interface with specialist care, and for support with workforce development.	31st October 2023	Arranged to meet Public Health to support progression	

Assessment of Progress:

Comment / remedial action required

MAT 7 group to establish availability of shared care across Aberdeenshire to support ongoing work to plan actions required

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MAT Standard 8 All people have access to independent advoca	cy and support fo	r housing, welfare a	nd income nee
Actions/deliverables to implement standard 8	Timescales to complete	Progress in period	Risks
Involvement in Tender specification process for procurement of Advocacy in Aberdeenshire to ensure capacity available for our client group	31 March 2023	Completed	
Co-fund a housing worker who will support those identified as high risk and who require support with housing needs, both public and private sector. This worker will work closely with our Outreach/NFOD team - ARIES	31 December 2022	Completed	
Secure appropriate wider support services e.g. Welfare, housing, advocacy to have a presence in Step In premises to meet client need	30 June 2023	Ongoing but agreement from all so far, opportunity for additional resources to be investigated through other funds	
Increase collaborative work with Housing colleagues including appropriate awareness training etc.	31 st December 2022	Training package being delivered to Housing First colleagues. Additional funding agreed to increase capacity and allow	

Link with Tackling Poverty and Inequality and Employability groups	31st March 2023	attendance at StepIn etc. Ongoing but good
to ensure our client group are aware of and have access to a range of wider supports		discussions and willingness to work collaboratively
Have recording in place that evidences where advocacy has been discussed and take up monitored	31 st December 2022	Recording on clinical spreadsheet
Discussion with Advocacy providers to establish training needs in both services and plan to address this, maintain regular contact and discuss how delivery can be accessible for clients	30th June 2023	Ongoing as service develops. New contract with additional capacity for Alcohol and Drug work commences on 1st April 2023
Assessment of Red/Amber/Green		

Comment / remedial action required

Progress:

<u>Amber</u>

New Advocacy contract in place from 1/4/23. Wider support available within Step In once locations secured and adapted for use.

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MAT Standard 9 All people with co-occurring drug use and mer the point of MAT delivery.	ntal health difficulti	es can receive men	tal health care at
Actions/deliverables to implement standard 9	Timescales to complete	Progress in period	Risks
Steering group to be established to allow developments expected from both Mental Health Services and Alcohol and Drug services to be taken forward, see below, and provide the collaborative approach required to achieve MAT 9 delivery Consultant support in place to develop	31 ST December 2022 31 st December 2022	Initial meeting held and workshop and training sub group identified as required Existing Drug and Alcohol Consultant supporting in meantime	
Mental health services have: 9.1 procedures in place to ensure that staff in mental health services are up to date with local substance use treatment pathways and the referral criteria for NHS primary and secondary care services, social care and third sector agencies; 9.2 mechanisms in place to enable staff in mental health services to report concerns and advocate on behalf of patients at risk of falling between services; 9.3 agreed referral pathways across the local recovery orientated systems of care to support any identified substance use; 9.4 at the point of referral a named professional as the main contact responsible for communication between services, and with the person and their family member or nominated person; 9.5 training and workforce development plans to ensure staff are trained and supported to:	31 st March 2023	Ongoing and steering group will help direct this work	

a) Carry out assessment of substance use and dependence; b) recognise acute crises such as overdose, withdrawal or physical health consequences; c) provide accurate and evidenced based harm reduction information and support to people with non-dependent substance use; d) provide motivational interviewing where appropriate. 9.6 protocols in place for effective communication and information sharing with substance use services; 9.7 clear governance structures in place to co-ordinate care (e.g. care programme approach) and establish effective joint working arrangements to care for those with severe mental illness and substance use.		Outcome from workshop and Steering group to ensure progressed	
Substance use services have: 9.8 procedures in place to ensure substance use services are up to date on knowledge of local mental health services and their referral criteria; 9.9 agreed care pathways in place to support any identified mental health care needs and clear governance structures to establish effective joint working arrangements to care for people with co-occurring mental health difficulties and substance use; 9.10 mechanisms in place to enable staff in substance use services to report concerns and advocate for patients at risk of falling between the gaps of services; 9.11 assessment protocols in substance use services that include enquiry about mental health, and use of appropriate screening tools; 9.12 appropriate protocols to treat and support mental health in house (to level of competency of agency/individual) or support local onward seamless referral:	31 st March 2023	Being captured by Drug and Alcohol service for submission at end of year but anticipate most are in place Many already in place but will be written up to inform collaborative approach, shared and expand existing good practice and identify areas	

trained and supported a) ensure staff have mental health crises appropriately; b) know about available treatment within submental health assess: c) make use of local mental health disord or mental health disord or mental health teams 9.14 at the point of recontact responsible the person and their 9.15 protocols in plainformation sharing 9.16 clear governance approgramme appropriate that the person and their sharing the person and the person and their sharing the person and th	the knowledge and ski the knowledge and ski suicidality/ psychosis ability, and make use of estance use teams if no sment services; protocols around seve ler for treatment in sub ms. eferral a named profes for communication be family member or nom ace for effective comm with mental health ser	s and respond f skilled diagnosis and of available through erity and complexity of stance use, primary care sional agreed as the main tween services and with ninated person; unication and vices; o co-ordinate care (e.g.		requiring further development		
Assessment of	Red/Amber/Green Amber					
	Progress: Amber Comment / remedial action required					
Workshop with Alcohol and Drug services and mental Health to establish action plan and leads						

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MAT Standard 10 All people receive trauma informed care.			
Actions/deliverables to implement standard 10	Timescales to complete	Progress in period	Risks
A steering group should be established to oversee the development and implementation of trauma informed care across MAT services	31 st December 2022	Ongoing	
Have an explicit delivery plan in place for delivering trauma informed care which should; a) be informed by a baseline assessment of current trauma informed care delivery. A tool that can support this process is the Trauma-informed Care and Practice Organisational Toolkit (TICPOT); b) consider the physical environment in which MAT is delivered; c) include mechanisms to maximise staff wellbeing and reduce the risk of secondary traumatisation, burnout and compassion fatigue - such as policies for regular supervision; d) include people with lived experience of trauma and their family member or nominated person in all aspects of service delivery, evaluation and improvement planning (where the person wishes this); e) ensure that the knowledge and skills of the MAT workforce (including senior leaders) are aligned to the Transforming Psychological Trauma: Knowledge & Skills Framework; f) ensure alignment of practice with MAT Standard 6 Psychological support and the use of validated tools for routine trauma screening; g) ensure that service evaluation and continuous quality improvement is underpinned by the principles of trauma informed care.	31st March 2023	Ongoing Staff Training from Epione is arranged	Capacity to support delivery and implementation of safety and stabilisation (including coaching/supervision) within substance use services.

Assessment of	Red/Amber/Green		
Progress:	<mark>Amber</mark>		
Comment / remedia	I action required		
Establish steering g	roup for MAT 6 and 10		
	•		

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Local Delivery Plan Standard: Drug and Alcohol Waiting Times

Please complete this section only if you did not achieve the Waiting Times Local Delivery Plan Standard. The LDP Standard requires that 90% of people wait less than 3 weeks between referral and treatment. Please reference any actions in the MAT Standards Improvement Plan.

Q1 Performance:	87.2%
Q2 Performance:	90.8%
Q3 Performance:	
Q4 Performance:	

Key actions to improve performance	Timescales to complete	Progress in period	Risks
Increased capacity in statutory services – this is where the waits are, except 2, Blockages in these caseloads due to good retention rates in service but lack of onward prescribing through GPs etc. Increased in demand for both clinical and social work interventions continues	Depending on financial support given	Staff recruited to reduce caseload sizes	Still very short on Dr capacity with consultant sitting with extremely high caseload
Increase capacity for prescribing	By March 2023	5 staff started on NMP course this month	Financial support not available to support expansion of innovative practice e.g. Pharmacy prescribers in service
Creation of Step In services across Aberdeenshire	By 31/3/2023	1 up and running with further 4 progressing	Premises and delays pending clarity about available funding
Comment / remedial action required	•	•	•

Staff have worked extremely hard to try and achieve the waiting times target and have only missed it by almost 3 %. We are confident that the re design of services including Step In points, a drop in and day 1 service, will absolutely ensure that waiting times targets are no longer an issue in Aberdeenshire

Substance Use Treatment Target

Please complete this section only if you did not achieve your quarterly projections to deliver the Substance Use Treatment Target by 2024

	Projection	Performance
Q1 Performance:		
Q2 Performance:		
Q3 Performance:		
Q4 Performance:		

Key actions to improve performance	Timescales to complete	Progress in period	Risks
Comment / remedial action required	·		