

# MAY 24

## NEWSLETTER

### Expansion of life-saving opioid overdose treatment



This month the Office for Health Improvement and Disparities (OHID) and NHS England has announced a new plan to expand and improve the drug and alcohol workforce.

The workforce plan builds on the government's 10-year drugs strategy to combat illicit drug use and reduce drug deaths. Expanding access to naloxone will contribute to the government's ambition to prevent nearly 1,000 drug-related deaths in England by the end of 2025, reversing the upward trend for the first time in a decade.

As part of the strategy, an additional £532 million is being invested between 2022 and 2025 to improve the capacity and quality of drug and alcohol treatment. This additional funding is supporting the expansion of the workforce by the end of 2024 to 2025 with:

- 800 more medical, mental health and other regulated professionals.
- 950 additional drug and alcohol and criminal justice workers.
- more drug and alcohol commissioners in every local authority to commission services more effectively.
- More than 3,900 additional staff have already been recruited using drug strategy funding.



Wear it Green Day



#WearItGreen

**MAY 24**

**WEAR RECOVERY**

## This month's theme

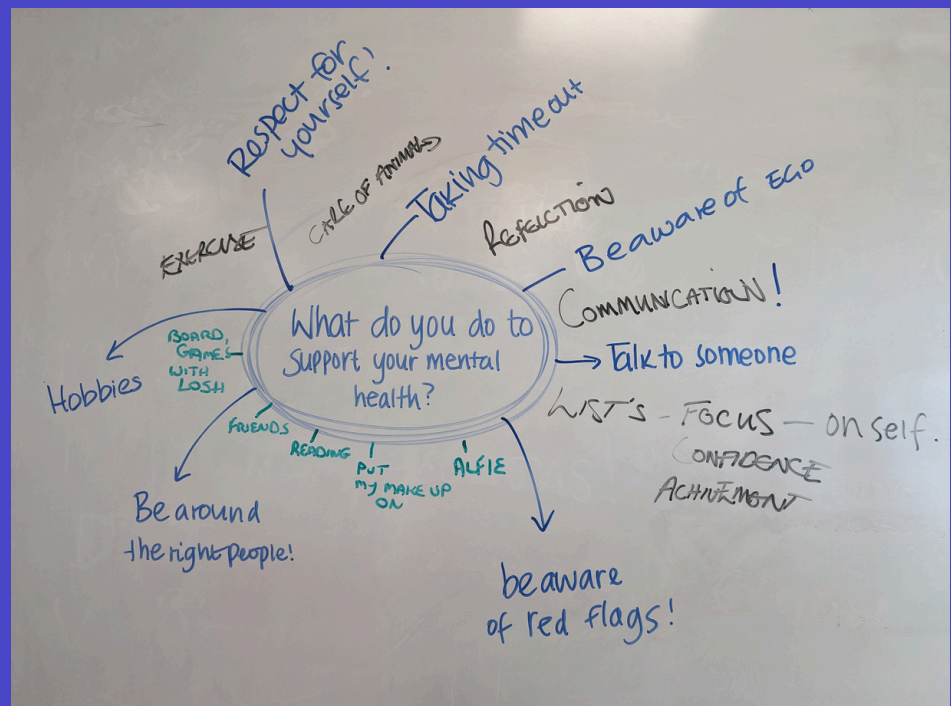
This month we are celebrating **Mental Health Awareness week 13th-19th May**.

On 'Wear it Green Day' our staff wore green outfits to work to promote mental health.

We also asked our service users what they do to support their mental health:

We asked our staff what their coping strategies were. Staff said:

- Blasting music.
- Having a dance.
- Going for a walk.
- Having a pamper.
- Talking to friends.
- Switching off electronics.
- Reading a book.
- Mindfulness colouring books.

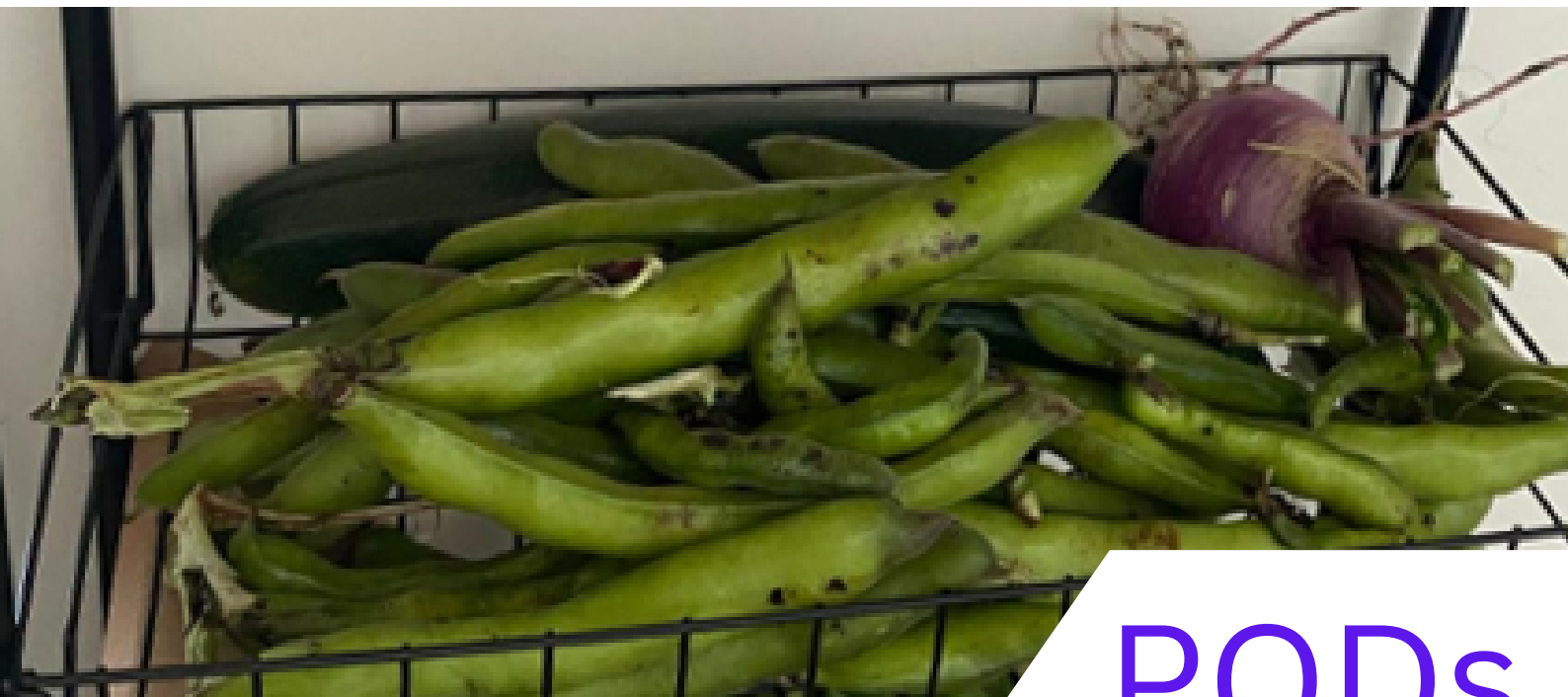


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Add us on Facebook or Instagram: 'Wear Recovery—Change Grow Live' or '@WearRecoveryCGL' on X.

For our campaign related posts add us on your socials!





# PODs

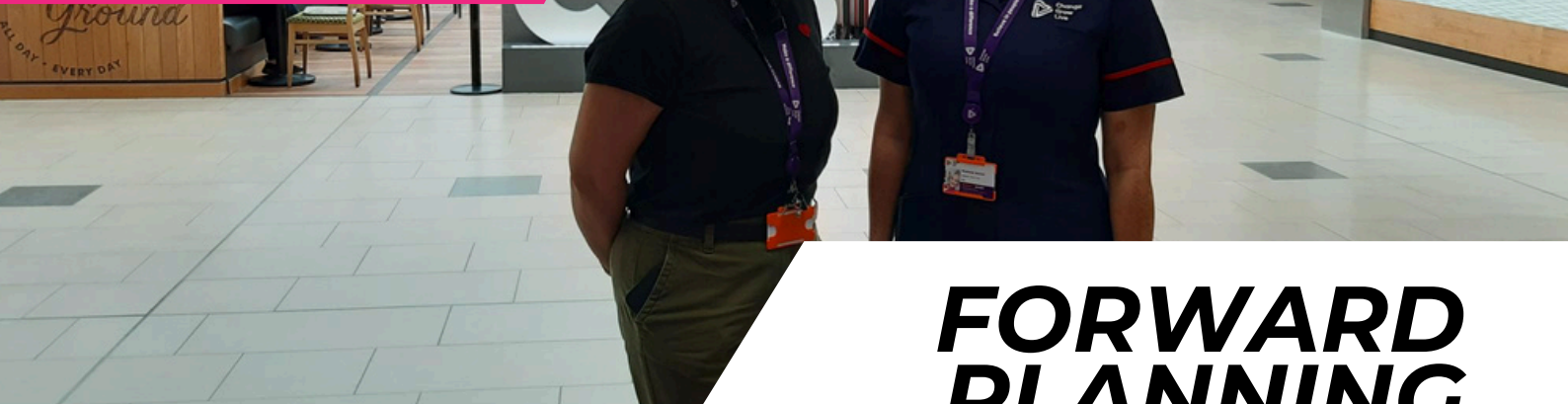
...As part of Mental Health Awareness week we have now started rolling out Reflective Practice to staff and management. This is led by our Consultant Clinical Psychologist. The objective behind this is to support our staff in a therapeutic environment.

This month we started our PODs. Unlike the picture above these are no pods of peas, but peer support PODs. This allows our clients to come together and support each other in a confidential environment.

Each pod has a specific substance and a specific focus such as 'physical effects on the body'. This month we held a Cannabis POD and a Cocaine POD at Bethany Church. We had some great feedback and fantastic sessions. If you have a client already working with us they may be eligible for this service. This is smaller than a group session and relies on people supporting each other.

This month we delivered 3x training sessions on Naloxone in the community and attended a factory wellbeing event, giving information and support to staff.

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## FORWARD PLANNING

This month we've been making plans for Alcohol Awareness Week. This takes place 1st-7th July. We have many private events lined up within separate workplaces. We are also developing plans for our public facing events. We are hoping to host these in key areas such as supermarkets and shopping centres. Whilst we have a lot of events to look forward to we really want to go BIG this year. Please get in touch with [Dan.Banks@cgl.org.uk](mailto:Dan.Banks@cgl.org.uk) if you wish to be involved.

### How can we help you promote Alcohol Awareness Week:

- We may be able to support with resources for internal promotion.
- We would be happy to support or deliver an internal event.
- Wear Recovery can offer alcohol training for staff.

Wear Recovery are currently recruiting for a 'Young Adult Worker'. Please help us share this new role to help us engage young adults in treatment.

<https://careers-changegrowlive.icims.com/jobs/13310/young-adults-recovery-coordinator/job>



Add us on Facebook or Instagram: 'Wear Recovery—Change Grow Live' or '@WearRecoveryCGL' on X.

