



Thank you to everyone who came along to our recent workshop. This workshop followed on from our Clinical Network event on 30 July. This event focused on A Biopsychosocial Approach to the Four Quadrants.

You can [catch up with materials from the event here.](#)

Key Highlights



Who was in the room?

We had 8 **participants** representing a range of services and NHS boards.

Roles Included:

- Advanced Nurse Practitioner
- Community Mental Health Nurse
- Prevention and Training Officer
- Family Support Officer



Spotlight Discussion

We had a rich discussion on individuals and families **navigating care.**

While professionals understand referral routes, it can be **difficult for families and individuals** to know where to go for support, and what their journey may look like. Participants discussed how they would be unsure of the first steps if they were seeking support as an individual.

Scottish Families Affected by Alcohol and Drugs shared they have created a guide for families to explain "**what happens next**" when accessing support.



Benefits of co-location

- When someone presents with additional needs, they can **access wider support** immediately or within 24 hours.
- Informal conversation enables **information sharing** across roles and specialities.
- Joint meetings **reduced the old "us vs them" culture** leading to collaborative assessments and care planning.



Ideas to take away

A participant shared a test of change currently underway:

- **A new pathway** focused on benzodiazepines, stimulants and alcohol is being tested in partnership with a third sector service.
- The aim is to **remove delays** by offering same-day or 72-hour access.
- Teams are using the pilot to **identify barriers, test referral routes, and strengthen collaboration** across statutory and third sector services.

Got a case or theme you'd like to bring next time?
Let us know!
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Join our Peer Network:
<https://tinyurl.com/mpt3hnh6>