

The Scottish Recovery Consortium Opiate Replacement Therapies Campaign 2014 and 2015

Introduction

The SRC exists to build recovery from addiction in Scotland. In our national recovery summit 2013 deliberations methadone, and the experience of being stuck on methadone, was an area of recovery work that we were pointed to by our stakeholders in the recovery community and in treatment teams.

The 2013 Daily Record Campaign against the use of methadone, and demonisation of professionals who deliver the programme, brought a response from the government. They asked the drugs strategy delivery commission to review the use of Opiate Replacement Therapies, like methadone.

The subsequent ORT Review report published in 2013 was considered by the SRC, and we decided to contribute to the recommended actions by committing to building recovery from ORT.

The SRC Campaign

The SRC's ORT recovery campaign has, at present, three strands. We hope they will combine to raise the profile of recovery in an area of treatment where recovery orientated practice has been slow to take off.

We hope to raise awareness among treatment professionals of the simple and effective steps they can take to increase recovery among their ORT patients. We hope to increase the number of supports available to people coming off ORT.

Finally we hope to increase the visibility of the lived experience of ORT recovery among patients and clinicians.

The three strands are:

- **ORT, Recovery and Me events:** Co-hosted by SRC and local ADP's this one day event is created by the partners to bring together 70 local clinicians and 30 people with ORT recovery to share understanding and learning with each other. Together they can build more successful exits from ORT programmes. Each event draws its organising group from local treatment and recovery communities. It constructs its agenda and speakers around local concerns and experiences.

- ORT, Recovery and Me mutual aid meetings: A national pilot of a new mutual aid meeting, led by people in ORT recovery for people seeking ORT recovery. The 12-week pilot begins in late February 2015 and runs in 8 sites (Edinburgh, Glasgow –Centre/ east/ south, Motherwell, Ayrshire, Denny, Perth prison) for 12 weeks. An ORT recovery network met for 4 months from October 2013- Early February 2015. This network of people in recovery, many of who had personal experience of ORT programme, created a template, protocols and support materials for a mutual aid meeting. The meeting creates a space where people can hear the personal testimony of individuals who have successfully completed the ORT programme and stayed abstinent in their lives.
- Methadone Memoires publication: From late February 2015 a group of people who have been on ORT will construct an exhibition of images around the theme of methadone stories. The project will gather first person testimonies from ORT programme participants, their friends and families as well as professionals involved for a publication: Methadone Memoires. The aim of the project is to uncover what our collective experiences of the programme are.

Campaign Goals

- To make recovery from ORT more visible
- To build more tools and extend practices that help people successfully exit the ORT programmes
- To create spaces for the treatment and recovery communities to speak openly and honestly about their experiences and thoughts.
- To raise awareness of ORT recovery

Campaign Timelines

1. ORT, Recovery and Me events in Edinburgh and Dundee in May 2015
2. ORT Mutual Aid pilot concludes with recommendations June 2015
3. Methadone Memoires exhibition May 2015
4. Methadone Memoires publication July 2015

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