

The Quality Principles

Standard Expectations of Care and Support in Drug and Alcohol Services

Your recovery belongs to you. It is up to you to progress your recovery in partnership with services. You should co-operate with staff and services that will, in turn, empower you to achieve your goals.

These Quality Principles have been laid out as a journey starting with access to a service leading on to assessment, recovery planning, review and beyond. No one Quality Principle is more important than another and each is of equal standing.

1. You should be able to **quickly access** the right drug or alcohol service that keeps you safe and supports you throughout your recovery.
2. You should be offered **high-quality, evidence-informed treatment, care and support interventions** which reduce harm and empower you in your recovery.
3. You should be supported by workers who have **the right attitudes, values, training and supervision** throughout your recovery journey.
4. You **should be involved** in a full, strength-based assessment that ensures the choice of recovery model and therapy is based on your needs and aspirations.
5. You should have a **recovery plan that is person-centred and addresses your broader health, care and social needs**, and maintains a focus on your safety throughout your recovery journey.
6. You should be **involved in regular reviews** of your recovery plan to ensure it continues to meet your needs and aspirations.
7. You should have the opportunity to be **involved** in an ongoing evaluation of the delivery of services at each stage of your recovery.
8. Services should be **family inclusive** as part of their practice.

For more information you can contact the organisations below

Drink Smarter provides information and advice on alcohol - <http://www.drinksmaarter.org/>
free helpline **0800 731 4314**

Know the Score provides information and advice on drugs - <http://knowthescore.info/>
free helpline **0800 587 5879**

Scottish Families Affected by Alcohol and Drugs provide information and support for family members affected by substance use - <http://www.sfad.org.uk/>
free helpline **08080 10 10 11**

The Scottish Drugs Forum can signpost you to services in your area - <http://www.sdf.org.uk/>

Alcohol Focus Scotland can signpost you to services in your area -
<http://www.alcohol-focus-scotland.org.uk/>

The Scottish Independent Advocacy Alliance can provide support for you to have your voice heard -
<http://www.siaa.org.uk/>

The Scottish Recovery Consortium raises awareness of recovery from drugs and alcohol and has information on Recovery Communities across Scotland - <http://www.sdrconsortium.org/>

Scottish Recovery Network (Mental Health) raises awareness of recovery from mental health problems -
<http://www.scottishrecovery.net/>