

No appointment needed:

Where and When

**Monday Roodlands Hospital
Outpatients Department,**
Hospital Road, **Haddington**
(1pm to 4pm)

**Tuesday Midlothian Substance
Misuse Service**
Glenesk Centre, 1/5 Duke Street,
Dalkeith (11am to 4pm)

**Thursday East Lothian Substance
Misuse Service**
The Esk Centre, Ladywell Way
Musselburgh
(11am to 4pm)

Friday Eastfield Health Centre
Loganlea Centre
Eastfield Farm Road
Penicuik
(9.30am to 12.30pm)

You can attend at any Gateway Clinic in Midlothian or East Lothian, within the times listed. **No appointment needed.**

Alternative formats

You can get this document on tape, in Braille, large print and various computer formats if you ask us. Please contact Interpretation and Translation Service (ITS) on 0131 242 8181 and quote reference number 11-1447. ITS can also give information on community language translations.

Further copies of this leaflet are available from the Midlothian Substance Misuse Service, Glenesk Centre, 1/5 Duke Street, Dalkeith. Telephone 0131 660 6822

Gateway to Recovery Clinics

**Midlothian and East Lothian
Drug and Alcohol Services**

Information for Service Users

**Midlothian and East Lothian
Drug and Alcohol Services seek to support adults with drug and alcohol problems. They aim to reduce the harm caused by these problems and promote recovery, by providing high quality advice, support and medical/psychological treatments.**

These services now offer new, self-referral Gateway to Recovery Clinics for adults with drug and alcohol problems across Midlothian and East Lothian.

The services link with a wide range of other agencies that can support you on your personal journey of recovery.

No appointment needed:

Who we are

The Gateway Clinic staff are drawn from NHS Lothian Substance Misuse Directorate and Mid and East Lothian Drugs (MELD).

Confidentiality

Our services are confidential, however situations may arise where we are obliged to notify the relevant authority. GPs will be informed of all patients offered **medical** services through the Gateway Clinics in the interests of safe treatment.

Equal opportunities – We operate an equal opportunities policy.

Services available following initial assessment include:

- Specialist prescribing (drug and alcohol)
- Drug/alcohol detoxification (community and inpatient)
- Access to residential rehabilitation services
- Drug and alcohol counselling, information and advice
- Blood Borne Virus screening, immunisation and advice
- Psychological interventions (individual therapy and group work)
- Relapse prevention advice and support with recovery
- Practical support for housing and financial issues
- Support to access training and/or employment
- Ear acupuncture
- Joint working with other services
- Carer, referrer and family support/parenting advice
- Coping skills and SMART*
Recovery groups.

* self management and recovery training (SMART)

Referral and Assessment

When you self-refer and turn up at the Gateway Clinic, we will carry out an initial assessment of your needs and develop a recovery plan with you. Individuals will be seen on a first come, first seen basis, and it is important that you attend sober/straight enough to be assessed. Please note that no prescription will be given at this first appointment.

You will then be referred on to an appropriate service, where you will be allocated a worker who will work with you to provide ongoing support. This worker will link you to other services that you can use, ensure there are regular reviews to assess your progress and support your motivation to achieve recovery.

Our aim is to treat the whole person so your recovery plan will cover a wide range of issues such as alcohol and drug use, physical and mental wellbeing, housing, education and training, benefits and financial advice, relationships and social support.