

REPORT TO: Cabinet

MEETING DATE: 14 March 2023

BY: Chief Officer, East Lothian Health & Social Care Partnership

SUBJECT: Medication Assisted Treatment (MAT) Standards

1 PURPOSE

- 1.1 This report seeks to update Cabinet in relation to the Medication Assisted Treatment (MAT) Standards and the requirement to embed and implement standards 1 - 5 to 'enshrine a right's based approach to immediate, person centred treatment for problem drug use, linked to primary care, mental health and other support services' by April 2023.

2 RECOMMENDATIONS

- 2.1 Cabinet is asked to:
- i. Note the specific responses, actions and oversight arrangements required by the Scottish Government to achieve implementation of the MAT standards.
 - ii. Note the progress and delivery against the delivery of the MAT Standards 1-5 by April 2023.

3 BACKGROUND

- 3.1 In response to the high level of drug related deaths within Scotland the Drugs Death taskforce has contributed to the development and the prioritisation and introduction of the MAT standards to help reduce deaths and other harms, and to promote recovery.
- 3.2 The term MAT is used to refer to the use of medication, such as opioids, together with psychosocial and social support, in the treatment and care of individuals who experience problems with their drug use.
- 3.3 The MAT standards (**Appendix 1**) are evidence based and define what is needed for the consistent delivery of safe and accessible drug treatment in Scotland.

- 3.4 The standards aim to:
- Improve access and retention in MAT
 - Enable people to make an informed choice about treatment, care and support.
 - Include families or nominated person(s) wherever appropriate
 - Strengthen accountability and leadership so that the necessary governance and resource is in place to implement them effectively.
- 3.5 Initially the Scottish Government had announced that these standards needed to be embedded by April 2022, however following the publication of a MAT implementation Benchmarking Report by Public Health Scotland in June 2022, it advised that whilst progress on implementation had been made in all areas, MAT standards 1-5 had not been fully implemented fully by April 2022.
- 3.6 Each Alcohol and Drug Partnership (ADP) area was awarded a RAG status against each standard. East Lothian were awarded a RAG RED for MAT 1 and AMBER for MAT 2-5.
- 3.7 In response to this report and in order to achieve full implementation, the Integration Joint Board (IJB) who has a responsibility for MAT related functions, will work with all relevant partners to ensure that actions and oversight arrangements are put in place for each local area to ensure that the standards are fully implemented and that progress is monitored.
- 3.8 Over the last few months, considerable work has been undertaken across all ADP partners within East Lothian, to ensure that the criteria and principles set against each MAT Standard are fully understood, to support people in their MAT treatment and recovery and to inform how services will be accessed and delivered.
- 3.9 Detailed local implementation plans are in place to deliver actions identified against each MAT standard and criteria, which are reviewed against the criteria and will be monitored in line with governance arrangements. The first plan was submitted on 30/09/2022 and provided a high level summary of the progress made to date.
- 3.10 The Q3 MAT Standards implementation plan (**Appendix 2**) was submitted in January 2023, which highlights that East Lothian are on track to fully implement MAT standards 1-5 by April 2023. A meeting is to be held with the Minister for Drugs Policy over the next few weeks to review the plans submitted and progress made.
- 3.11 East Lothian was also assessed by the MAT Implementation Support Team (MIST) on 7th February 2023 and this involved a review of all processes, data and experiential information against each MAT standard.

3.12 The outcome of the assessment indicated that East Lothian were awarded a provisional green rating for all 5 standards, on the understanding that the data and experiential information collated by April 2023 evidences that we are achieving and fully implementing each standard.

3.13 Although MAT standards 6-10 do not have to be fully implemented until April 2024, East Lothian have made good progress against these and are on track to fully implement in 2023.

4 ENGAGEMENT

4.1 Engagement of all ADP and other stakeholders will continue and contribute to the implementation of the MAT standards. There is a requirement to fully engage and take account of the voices of lived and living experience and their family members or carers.

5 POLICY IMPLICATIONS

5.1 The MAT standards will inform how East Lothian Substance Use Services will design and deliver services to implement MAT standards.

6 INTEGRATED IMPACT ASSESSMENT

6.1 The subject of this report has still to be progressed through the Integrated Impact Assessment process and this will be carried out.

7 RESOURCE IMPLICATIONS

7.1 Financial –

East Lothian originally submitted a bid for £224,500, however only £156,115 was allocated from the Scottish Government and MELDAP matched the remaining £68,385. This money supported the creation of additional nursing and MELD staff.

8 BACKGROUND PAPERS

8.1 None.

Appendix 1 – MAT Standards

Appendix 2 - Q3 MAT Standards Implementation Plan

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DATE	24/02/2023

MAT standards summary

Medication assisted treatment (MAT) is used to refer to the use of medication, such as opioids, together with psychological and social support, in the treatment and care of individuals who experience problems with their drug use.

The standards aim to improve access, choice and care and to ensure that MAT is safe and effective.

1. All people accessing services have the option to start MAT from the same day of presentation.
2. All people are supported to make an informed choice on what medication to use for MAT, and the appropriate dose.
3. All people at high risk of drug-related harm are proactively identified and offered support to commence or continue MAT.
4. All people are offered evidence-based harm reduction at the point of MAT delivery.
5. All people will receive support to remain in treatment for as long as requested.
6. The system that provides MAT is psychologically informed (tier 1); routinely delivers evidence-based low-intensity psychosocial interventions (tier 2); and supports individuals to grow social networks.
7. All people have the option of MAT shared with primary care.
8. All people have access to independent advocacy and support for housing, welfare and income needs.
9. All people with co-occurring drug use and mental health difficulties can receive mental health care at the point of MAT delivery.
10. All people receive trauma-informed care

MAT STANDARDS IMPLEMENTATION PLAN – Update Q3 October to Dec 2022

This MAT Standards Implementation Plan has been produced to set out actions being taken in the Integration Authority area:

East Lothian Health and Social Care Partnership

The lead officer/post holder nominated to ensure delivery of this Implementation Plan is:

Name	Position/Job Title
Fiona Wilson	Chief Officer East Lothian IJB

This Plan is intended to ensure that services in the Integration Authority area are meeting the standards and the respective criteria for each standard as set out in the Drug Deaths Taskforce report: [Medication Assisted Treatment standards: access, choice, support](#) published in May 2021.

This Plan has been developed by partners and has taken account of the voices of lived and living experience. The Governance arrangements for local oversight of progress against this Plan, including the role of lived and living experience in this is as follows:

The plan has been developed alongside all ADP partners.

East Lothian will continue to engage and involve People with Lived Experience to ensure their experiences and feedback informs delivery of treatment and support. We are in the process of implementing user experience which will be led by peers, part of this will be meeting with individuals, families and staff on the implementation of MAT and their experience. People with Lived experience were fully involved in successful workshops to discuss and agree actions to implement the MAT standards and localised tests of change. Their involvement will continue through the implementation stages and they are also engaged as part of the project charter we have drawn up. **Q3 Update** – cards are being printed to encourage engagement with offer of a voucher if participate and plans are underway to engage those with Lived Experience in a variety of ways to ensure that their experience and feedback informs delivery of treatment and support on a regular basis, which is being supported by our Psychologist.

Governance arrangements

- East Lothian HSCP and partners will meet monthly as part of the Substance Use Business meeting to deliver actions identified against each MAT standard and criteria. This group will then report to a new MAT Implementation Meeting which will review progress against the agreed actions and will ratify a quarterly report which will highlight risks to delivery.

- Monthly meetings will be held with MELDAP, ELHSCP Operational Strategic Managers, Head of Service and Chief Officer
- 2 monthly update report will be presented by Operational Strategic Managers to the MH/SUS Change Board
- The quarterly report will be presented to East Lothian Senior Management Team for comment, to note progress comment and to address any risks to delivery.
- The report will be presented to the Chief Executive of East Lothian Council and NHS Lothian for agreement and sign off prior to submission to Scottish Government.

Timelines will be established once Scottish Government have confirmed submission dates.

This Plan has been signed off on behalf of the delivery partners by:

Name	Position	Delivery Partner	Date signed
Fiona Wilson	Chief Officer	East Lothian HSCP	Agreed in principle 2/10/22 Signed off 27/10
Callum Campbell	Chief Executive	NHS Lothian	Agreed in principle 2/10/22 Signed off 27/10
Monica Paterson	Chief Executive	East Lothian Council	Agreed in principle 2/10/22 Signed off 27/10
Peter Murray	Chair of IJB	East Lothian HSCP	Agreed in principle 2/10/22 Signed off 27/10
Iain Gorman	Head of Service/ Chair of MELDAP	East Lothian HSCP	Agreed in principle 2/10/22 Signed off 27/10

Appendices:

- Appendix 1: Key Delivery risks
- Appendix 2: Summary of recruitment plans:
- Appendix 3: Summary of developmental/ QI projects:
- Appendix 4: Glossary of abbreviations:

Background reading:

Evidence-based assessment of progress, MAT standards 1–5. April 2022, East Lothian [Supplementary information for the national benchmarking report on implementation of the Medication Assisted Treatment \(MAT\) standards. 2021/22 p375-390](#)

High Level Actions relating to the implementation of MAT within ELHSCP

Service Area	Jun 22 Status	Sept 22 Status	Key Deliverable – Name & Description	Key Milestones	Progress Against Deliverables – End Jun 22	Progress Against Deliverables – End Sept 22	Progress against deliverables End Dec 22	Lead Delivery Body	Key Risks	Controls/ Actions	Outcome (s)	Major Strategies/ Programmes the Deliverable Relates to	Impact of Deliverable Health Inequalities
ELHSCP	N/A	Green – on track	MAT Standards Implementation Plan	End of September 2022, achieve signed timed, specific and published Improvement Plans for implementing the standards. Also, identify a senior leader for each Integration Authority area as the single point of operational responsibility. Completed	N/A	Signed Implementation plan submitted to the Scottish Government by the deadline of 30 September 2022. Plans taken to the 5th of October 2022 NHS Board for approval. Senior nominated lead identified: General Manager for Learning Disability, Mental Health and Substance Use. Chief Officers and Chief Executives, supported by the nominated Senior Lead in each area, will include reports on progress as part of the regular Board quarterly reporting against Annual Delivery Plans. COMPLETED	Signed implementation plan updated to include updates for Q3. In East Lothian on track to have fully implemented MAT 1-5 by end of March 2023	ELHSCP	There are no specific impacts on the risk register at this point as plans have just been developed and submitted. Risks will be monitored in the programme. Programme level risks noted in the Implementation plan: Implementation, Performance management and governance Workforce expansion and development Premises and facilities Resources and capacity Reporting and data gathering Inaccurate predictions of demand National Care Service	Chief Officers and Chief Executives have taken shared and visible responsibility for delivering the standards (with the Chief Officer in each Lothian HSCP being responsible for overall delivery, and the Chief Executives committing to support them).	That services in the Integration Authority area are meeting the standards and the respective criteria for each standard as set out in the Drug Deaths Taskforce report: Medication Assisted Treatment standards: access, choice, support published in May 2021.	Drugs mission	Many of the people who require Medication Assisted Treatment are amongst the most deprived and disadvantaged in our communities. Delivery of these standards should help support them.

MAT Standard 1	All people accessing services have the option to start MAT from the same day of presentation.	April 2022 RAG status: Amber. Implement changes agreed with MIST teams as part of TOC		
		<p>September 2022 – Initially East Lothian were able to offer clinics three times a week, however, we are currently able to offer appointments slots each day for ORT/MAT assessment and treatment start/prescribing and from 31/10/2022 we will have increased capacity to offer same day access, 5 days for people who present or are referred from other agencies.</p> <p>Dec 2022 – from 31/10 we now operate same day assessment and prescribing 5 days.</p>		
Actions/deliverables to implement standard 1		Lead	Timescales to complete	Q3 Update
Increase capacity of ESK Centre clinic to offer same day access, open 5 days a week, expanding to include outreach				
Recruitment of staff to East Lothian Substance Use Service (ELSUS)				
Funding confirmation		MELDAP	30 th April 2022	Completed
First round of Advertisement		ELSUS	31 July 2022	Completed
Recruitment to all posts		ELSUS	31 October 2022	Completed
Expansion in voluntary sector partner's (MELD) capacity				
Funding confirmation/ contracts in place		MELDAP	31 August 2022	Completed
First round of Advertisement		MELD	30 September 2022	Completed
Second round of advertisement (if needed)		MELD	31 Dec 2022	completed

Q3 update – Meld advertised, and interviews held in Dec. Posts recruited to and start date confirmed 16/01/2023			
Test of Change – Contact Centre and Clinics			
Continue to develop single point of contact service model and robust pathways/protocols to ensure same day access if indicated or advice/guidance for other services/professionals. Q3 Update – pathways are established and in place and same day access extended to 5 days from 31/10/2023.	MELD/ELSUS	31 October 2022	completed
Standard operating procedures, improved pathways are in place, including outreach support for those people who can't access Esk Centre clinic Q3 Update – SOP in place and these continue to be reviewed and supplementary info added as required.	ELSUS/MELD	30 November 2022	completed
Increased capacity at ESK Centre, 5 days a week clinic operational, supporting existing and self-referrals/new patients. Q3 update – operational from 31/10/2023	ELSUS	31 October 2022	completed
Quality improvement charter agreed Q3 Update – this has been agreed and now being implemented	NHL PH/ ELH&SCP/ MIST	31 October 2022	completed
Monitoring and oversight			
Monthly Meetings with Chief Officers and Head of Service in EL Q3 Update – established and ongoing	ELH&SCPMELDAP	31 October 2022	completed
MAT 1 reporting submitted to SG/ PHS Q3 Update – reporting templates have been confirmed by MIST and East Lothian have been collating data since 31/10/2023, however final template to be completed from Jan 2023.	NHSL PH	28 Feb 2023	Ongoing but will meet reporting requirements
Six month progress report	ELH&SCP/ NHSL PH	30 June 2023	On track
Community Justice			
Ensure that those identified in police custody or courts as needing treatment have access to assessment and treatment start in situ, a direct pathway for continuity of prescribing and outreach to support continued engagement	MELDAP and various local partners alongside MIST	31 March 2023	Completed

<p>Q3 Update – this is already in place through transition meeting and pathway for same day access is applicable to all partner agencies.</p>			
<p>Ensure, treatment can be initiated in HMP Edinburgh and that all people returning to East Lothian from any prison have continuity of care, this is managed through our current transition meeting/pathway</p>	<p>ELSUS and Community Justice</p>	<p>31 March 2023</p>	<p>Completed</p>
<p>Q3 Update – this is already in place through transition meeting and pathway for same day access is applicable to all partner agencies.</p>			

MAT Standard 2	All people are supported to make an informed choice on what medication to use for MAT and the appropriate dose.	<p>April 2022. RAG status: Amber The key development in this area is roll out of Buvidal and evidence of people being involved in the type of medication that best meets their needs.</p> <p>September 2022 – within East Lothian, many elements of this standard have been met and buvidal is now considered as a treatment option for both new and existing/conversions within a primary and secondary care setting. Main priorities are to identify local community pharmacies within East Lothian to support with dispensing arrangements</p> <p>Dec 2022 – the roll out of Buvidal continues and is established within practice and we continue to work with pharmacy to look to support local options for administration.</p>	
Actions/deliverables to implement standard 2	Lead	Timescales to complete	Q3 Update
Improve access to Buvidal			
Recruitment to ELSUS team			
Funding confirmation	MELDAP	31 December 2021	Completed
First round of Advertisement	ELHSCP	30 September 2022	Completed
Second round of advertisement (if needed)	ELHSCP	31 December 2022	Completed
Recruitment in place			
Clinic set up and pathway development			
Service procedures, pathways and protocols further developed and implemented and will include a pathway for those who do not wish psychosocial support in addition to MAT.	ELSCP	31 Dec 2022	completed

Q3 Update – review and further development of pathways has commenced, and pathways and protocols are in place and will be updated following ongoing review and monitoring.			
Clinics continue to develop and expand to create additional capacity to accommodate new patients and ongoing reviews/administration of medication. Q3 Update –see below	ELSCP	31 Dec 2022	completed
Establish arrangements for community pharmacy Dispensing			
Pilot sites to be identified and set up within in East Lothian Q3 Update – continue to work with pharmacy to identify pilot sites	REAS	31 March 2023	On trak
Evaluation of Pharmacy Buvidal dispensing Q3 Update – awaiting evaluation	REAS	31 December and 31 March 2023	On trak
Systematically offer choice to existing patients in primary and secondary care			
Whilst pathways in place, they will be further developed to create additional capacity within both primary and secondary care. Q3 Update - we continue to offer buvidal and pathways allow patients to be transferred from p/care to secondary care to convert on to this medication and we continue to explore options for pharmacy administration of buvidal to support flow back to primary care for stable patients. We also have access to Ritson clinic to support high dose conversions for those who would not manage within the community	ELSUS	31 December 2022 Pathways completed	completed
Monitoring and oversight			
eAnnual MAT 2 reporting submitted to SG/ PHS	NHSL PH	Feb 2023	
Ensure that those identified in Police custody or courts as needing treatment or those on DTTO have access to the full range of medications	MELDAP and various local partners alongside MIST	31 March 2023	In place/completed

<p>Q3 Update – this is already in place through transition meeting and pathway for same day access is applicable to all partner agencies</p>			
<p>Ensure that treatment options in HMP Edinburgh include all medications Q3 Update – this is already in place through transition meeting and pathway for same day access is applicable to all partner agencies</p>	<p>MELDAP and various local partners alongside MIST</p>	<p>31 March 2023</p>	<p>In place/completed</p>

MAT Standard 3	All people at high risk of drug-related harm are proactively identified and offered support to commence or continue MAT.	<p>RAG status: Amber East Lothian SUS Team and MELD have established an agreed approach involving outreach nurse and peer worker who will reach out to people who are identified as being in crisis and at high risk of drug related death and harms and those who have experienced NFO. Subject to the outcomes of the performance monitoring exercise, it is anticipated that the current work plus planned actions (including additional investment) will deliver the standard before April 2023.</p> <p>September 2022 – Existing approach/pathway continues to be developed to ensure robust follow-up within 72 hours timescale and now involves partners across East Lothian including housing and community justice. Priorities are recruitment to peer worker post and the development of outreach clinics.</p> <p>Dec 2022 - Midlothian and East Lothian drugs have been working hard to develop a low threshold café model, in areas of high DRD/NFO to engage with people at risk of harm within East Lothian. These low threshold cafes will be supported by MELD and based in Tranent and Prestonpans. They will open on 12/01/2023</p>	
Actions/deliverables to implement standard 3		Lead	Timescales to complete
Pathway development and standardising practice:			
Service procedures, pathways and protocols further developed across partners.		NHSL PH	30 Nov 2022
Existing EL NFO working group to make recommendation on practice including development of related performance metrics		MELDAP	30 Nov 2022
Develop package of support including Naloxone, IEP, mobile phone (with key contact numbers) for people including those experiencing NFO who do not want to engage with treatment services at point of follow-up.		ELSUS	30 Nov 2022 Q3 - completed

Q3 - complete		
Expanding capacity and securing funding		
On-going recruitment of MELD worker to support outreach model		October 2022
Reaching high risk individuals in specific environments:		
Explore and agree a standard to improve joint working and training offer with homeless and other relevant services to support MAT 3 delivery in these settings. Q3 Update – to date we have provided training to 11 services across various voluntary and statutory settings, and we continue to engage with relevant services to roll out further training in 2023 as identified.	ELSUS/MELD	31 Dec 2022 Q3 – completed and ongoing
Develop as test of change the use of Low Threshold Café's in areas of high DRD/NFO to engage with people at high risk of harm (Pennypitt) Q3 Update – Two threshold cafes supported by MELD in Tranent and Prestonpans have been established and will open on 12/01/2023	ELSUS/MELD	31 Dec 2022 Q3 -completed
Develop and implement clear joint protocols (rapid response) for disengagement Q3 – protocols in place	ELSUS/MELD	31 Dec 2022 Q3 - completed
Continue transition meeting for People Prison Liberation	ELSUS/Housing and CJ	30 October 2022 - completed

MAT Standard 4	All people are offered evidence-based harm reduction at the point of MAT delivery.	<p>RAG status: Amber: most interventions are available in most settings and it is anticipated that the current work plus planned actions will deliver the standard before April 2023.</p> <p>September 2022: all clinical staff have or will be trained in IEP, DBST and staff continue to offer naloxone training and awareness across East Lothian.</p> <p>December 2022: we continue to be on track to have all staff trained in harm reduction by end of March 2023 although there is an ongoing a risk that due to the demand for training (BBV in particular), we are not always able to access the number of places required and within the time scales required</p>
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Actions/deliverables to implement standard 4	Lead	Timescales to complete
BBV testing		
Survey to identify the proportion of staff trained (nursing and vol sec)	ELSUS/MELD	30 October 2022
Action plan for each team to bring it towards 100% Q3 Update - BBV team aware of who still requires to be trained however limited capacity due to demand – on trak	ELSUS/MELD	30 Nov 2022 – on trak but dependent on capacity
Audit of case notes underway by BBV specialist to proactively identify those at risk of BBV's who have not recently been screened and to identify patient lost to follow-up. Themes to be identified and action plan to be developed Q3 Update – to date audits have been undertaken by BBV team and those at high risk have been proactively targeted for testing. Report to be submitted to inform action plan	ELSUS/MELD	March 2023 Q3 – on track
Assessment of injecting risk (IEP)		
Survey to identify the proportion of staff who have completed injecting training (nursing and vol sec)	ELSUS/MELD	30 October 2022
Action plan for each team to bring it towards 100% Q3 Update – training has been delivered to staff and alternative dates have been arranged for new staff or those unable to attend.	ELSUS/ REAS	30 Nov 2022 Q3 – completed
Naloxone and overdose awareness training		
Collate existing data re training offered and delivered and identify and prioritise target groups across East Lothian. Q3 Update -see above	ELSUS/MELD	31 March 2023 – on track
Wound Care		
Set up a local clinic within East Lothian due to increase in demand Q3 Update – staff undertaking wound care training and in discussion with local team re local clinic	ELSUS/NHS Lothian	31 March 2023 Q3 – on track
Pathways		
Update pathways including documentation to ensure all patients are offered harm reduction at point of assessment, reviews and follow-up Q3 update – documentation in place and protocol to be finalised	ELSUS/MELD	31 Jan 2023 Q3 – on track

MAT Standard 5, & 7 and Treatment target:	All people will receive support to remain in treatment for as long as requested and will have the option of MAT shared with Primary Care; increase by 9% the numbers on Opiate Replacement Treatment by April 2024	RAG status: Amber Current caseloads within ELSUS are 256 in core service and 255 in primary care. The assertive outreach support in GP practices already in place should continue to transfer people to primary care. East Lothian will work to engage an increase in 9% of individuals in to treatment by April 2024, within the core service, which is an average 23 new individuals.	
Actions/deliverables to implement standard 5, 7 and Treatment Target	Lead	Timescales to complete	Q3 Update
Expand and diversify workforce in locality teams			
Recruitment in ELSUS			
Funding confirmation	MELDAP	31 August 2022	Completed
First round of Advertisement	ELSUS	30 September 2022	Completed
Second round of advertisement (if needed)	ELSUS	31 Dec 2022	Completed
Expansion in voluntary sector partner's (MELD) capacity			
Funding confirmation/ contracts in place	MELDAP	31 August 2022	Completed
First round of Advertisement	MELD	30 Sept 2022	Completed
Second round of advertisement (if needed)	MELD	31 Dec 2022	Completed
Q3 update - Meld advertised, and interviews held in Dec. Posts recruited to and start date confirmed 16/01/2023		Q3 - completed	
Develop new models of care through tests of change			

Consider ORT review clinic similar to buvidal clinic for those individuals who do not want access to psychosocial element of treatment and support. Q3 Update – delayed slightly as GP Specialist who was leading on this has since left. Will be in place for March 2023	ELSUS	31 December 2022 31/03/2023	On track
Develop as test of change the use of Low Threshold Café's in areas of high DRD/NFO to engage with people at high risk of harm (Pennypitt) Q3 Update - Two threshold cafes supported by MELD in Tranent and Prestonpans have been established and will open on 12/01/2023	ELSUS/MELD	31 Dec 2022 Q3 - completed	completed
QI charters/ baseline measures	ELSUS with support from NHSL PH and MIST	30 November 2022	Completed
QI charters/ baseline measures	ELHSCP with support from PCFT, NHSL PH and MIST	30 November 2022	Completed
Improved throughput, case management and role delineation			
QI charters/ baseline measures	ELHSCP with support from NHSL PH and MIST	30 November 2022	Completed

MAT Standard 6	The system that provides MAT is psychologically informed (tier 1); routinely delivers evidence-based low intensity psychosocial interventions (tier 2); and supports individuals to grow social networks.	<p>NHS Lothian Psychology have developed an implementation and delivery plan and policy to ensure all staff receive appropriate training to deliver psychologically-informed care and structure psychosocial interventions.</p> <p>A number of actions are already complete eg local steering group established and an implementation plan is in place across NHS Lothian.</p>
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Continue to implement plan developed by NHS Lothian Clinical Psychology as noted below:

Actions/deliverables to implement standard 6	LEAD	Timescales to complete	
Establish required MAT 6 strategic leadership/steering group with appropriate membership and function	NHSL Clinical Psychology	Complete	
Develop an overall MAT 6 delivery plan for ELHSCP	NHSL Clinical Psychology	Complete	
Develop service specific delivery plans for East Lothian HSCP (including a framework for evidencing and reporting implementation progress) Q3 Update – delivery plan agreed	NHSL Clinical Psychology	31 Dec 2022	complete
To carry out a baseline audit of current service delivery in relation to the key elements of Mat 6. This includes: a) Staff survey b) Service user survey c) Trauma informed walk round – Esk Centre Q3 Update – evaluation completed and action plan implemented and to be supported by working group.	NHSL Clinical Psychology	Complete 31 October 22	completed

<p>Initiate ongoing process of service development/ improvement to ensure the service culture and environment is psychologically-informed</p> <p>Q3 Update – Psychologist now in post and will support on-going delivery of a psychologically informed service and environment as per service delivery plan</p>	NHSL Clinical Psychology	31 March 2023	Completed and ongoing
<p>Develop a workforce development plan clearly outlining MAT 6 training and supervision requirements and plans for delivery.</p>	NHSL Clinical Psychology	Complete	completed
<p>Make available training, coaching and supervision for staff in key evidence-based MAT 6 psychosocial interventions</p> <p>Q3 Update – drop in sessions in place for 1:1 support or group reflective practice</p>	NHSL Clinical Psychology	Complete	completed
<p>Make available regular reflective practice space for staff working across all service areas</p> <p>Q3 Update – drop in sessions in place for 1:1 support or group reflective practice.</p>	NHSL Clinical Psychology	31 Dec 2022 Q3 - completed	Completed
<p>Ensure appropriate staff have psychosocial interventions delivery, with protected time to deliver (and attending coaching/supervision)</p> <p>Q3 Update - drop in 1:1 or group sessions re motivational interviewing and core skills.</p>	NHSL Clinical Psychology	31 Dec 2022 Q3 - completed	Completed
<p>Develop resources (tools, manuals etc) to support staff to deliver MAT 6 psychosocial interventions</p> <p>Q3 Update – resources are accessible to all staff via shared drive and ongoing support via drop in and group sessions. All Psychologist actively involved in clinical and team meetings</p>	NHSL Clinical Psychology	31 Dec 2022	Completed
<p>Establish a collaborative MAT 6 care planning process which has the service users' views at the centre.</p> <p>Q3 Update - Pathway and documentation in place to ensure service views at the centre and this is being reviewed and updated following feedback</p>	NHSL Clinical Psychology	31 Dec 2022	completed
<p>Continue to work with third sector providers who support families, carers and children who are affected by substance use to ensure that they receive appropriate psychological support and to address any associated trauma.</p>	ELHSCP and third Sector	31 March 2022	completed

Q3 Update - pathways in place and Circle now attending team mtgs on a regular basis to discuss cases.			Organisations		
MAT Standard 7	All people have the option of MAT shared with Primary Care.		Within East Lothian, the primary care substance use service was implemented in May 2019 and this model is well established within 12 out of 14 GP practices across East Lothian MIST are to support East Lothian to write this up to promote good practice. Up and running and to write up model with support from MIST/ finalise SOP etc/ commenced May 2019. Ormiston – look to develop more rural areas/outreach.		
With support from MIST, write up model and promote good practice Q3 Update – template completed and submitted back to MIST and await feedback		ELSUS with support from MIST	28 th Feb 2022	on track	
Further develop model to develop more rural areas/outreach and encourage x 2 GP practices who chose to opt out of model to engage Q3 Update – contact made with relevant Practice Mgrs and follow up with Clinical GP lead arranged due to poor response.		ELSUS	31 March 2023	on track	

MAT Standard 8	All people have access to independent advocacy and support for housing, welfare and income needs.		
Actions/deliverables to implement standard 8		Timescales to complete	Lead
Continue provision of Independent Advocacy through CAPS and Access to Industry, access to income maximisation services in locality teams and primary care; continue to offer voluntary sector case management to all secondary care patients; provide support for families (through CIRCLE/COEL/MELD) Q3 Update – ongoing support and provision		Ongoing	MELDAP completed
Publish leaflet detailing MAT rights and the organisations who will advocate and support patients to receive them Q3 Update – draft text available and once signed off, MELD to produce leaflet		Feb 2023 – on trak	MELDAP On track
Undertake development with treatment teams to ensure that pathways to these services are understood by all frontline practitioners Q3 Update – CAPS advocacy service have provided further staff awareness and pathways have been updated to ensure advocacy and family support considered at point of contact and ax and rx. Circle are also attending staff meetings on a regular basis.		March 2023 Completed	ELSUS/MELD completed

MAT Standard 9	All people with co-occurring drug use and mental health difficulties can receive mental health care at the point of MAT delivery.	People have the right to ask for support with mental health problems and to engage in mental health treatment while being supported as part of their drug treatment and care.
Within East Lothian, as part of the Adult MH review, the interface between SUS and MH was identified as an area for improvement and this pathway is being reviewed and developed to improve service delivery and access to MH care at point of MAT delivery. Q3 Update – primary care SUS nurses now attending CMHT meetings weekly.		31 March 2023 – on trak

MAT Standard 10	All people receive trauma informed care.			
Continue to Implement plan developed by NHS Lothian Clinical Psychology as noted below:				
Actions/deliverables to implement standard 10	LEAD	Timescales to complete	Q3 UPdate	
Establish required MAT 10 strategic leadership/steering group with appropriate membership and function	NHSL Clinical Psychology	Complete	Completed	
Develop an overall MAT 10 delivery plan for Mid HSCP	NHSL Clinical Psychology	Complete	Completed	
Develop service specific delivery plans for East Lothian HSCP (including a framework for evidencing and reporting implementation progress) Q3 Update – delivery plan in place	NHSL Clinical Psychology	31 Dec 2022	Completed	
To carry out a baseline audit of current service delivery in relation to the key elements of Mat 6. This includes: d) Staff survey e) Service user survey f) Trauma informed walk round – Esk Centre	NHSL Clinical Psychology	Complete Dec 2022 31 October 22	completed	
initiate a process of continuous quality improvement underpinned by the principles of trauma informed care Q3 Update – QI process and monitoring questions have been designed and will be implemented	NHSL Clinical Psychology	31 March 2023	On track	
Initiate a process where service users are continually asked for their views on service delivery and areas for improvement	NHSL Clinical Psychology	31 March 2023	On track	

<p>Q3 update – MELD have initiated involvement of people with Lived Experience for individual feedback and Psychology working alongside them to support them in forums/groups to support ongoing engagement re service delivery and improvement</p>			
<p>Offer appropriate training supervision for all staff to work safely and effectively with trauma</p> <p>Q3 update – following delivery of level 3 training, staff can access 1:1 or support groups, however dedicated trauma informed support groups to be set up.</p>	NHSL Clinical Psychology	31 March 2023	On track
<p>Develop a wellbeing planning tool and activities (e.g. staff mindfulness groups) to support staff health and wellbeing</p> <p>Q3 Update – discussions currently underway re NES wellbeing planning tool v whether to design an alternative.</p>	NHSL Clinical Psychology	31 March 2023	On track
<p>Appropriate screening tools to be identified for use routinely (as appropriate) so that trauma is recognised</p> <p>Q3 Update – discussions currently underway to identify tools</p>	NHSL Clinical Psychology	31 March 2023	On track
<p>Develop resources (tools, manuals etc) to support staff to deliver MAT 6 psychosocial interventions</p> <p>Q3 Update – resources are accessible to all staff via shared drive and ongoing support via drop in and group sessions. Psychologist actively involved in clinical and team meetings</p>	NHSL Clinical Psychology	31 Dec 2022	completed
<p>Establish a collaborative MAT 6 care planning process which has the service users' views at the centre.</p> <p>Q3 Update - Pathway and documentation in place to ensure service views at the centre and this is being reviewed and updated following feedback</p>	NHSL Clinical Psychology	31 Dec 2022	completed

