



RCPsych in Scotland Addictions Faculty Conference 2025

**@RCPsychScot
#ScotAdd25**

Friday 28 March 2025
Doubletree by Hilton Dunblane Hydro
Arrival / Registration from 9.00-9.30am

Digital Event Booklet

Housekeeping



Upon arrival, please sign in so that we can confirm delegates attendance.



Please turn your phone/devices to silent and your email notifications off for the duration of the event.



Feedback Forms will be circulated for you to complete in the afternoon.



Certificates of attendance will be emailed to you within 10 days of the event.

PROGRAMME

(subject to minor change)

Morning Session - Drug and Alcohol Presentations in the general hospital

Chair – Dr Iain Smith, Consultant Psychiatrist, NHS Forth Valley & Dr Donna Mullen, Consultant Psychiatrist, Belfast

09:00 – 09:30	Arrival and Registration
09:30 – 09:40	Welcome / Introduction to the morning session Dr Susanna Galea-Singer, Chair, RCPsychiS Addictions Faculty and Session Chairs
09:40 – 10:10	Alcohol Care Teams in Scotland Alastair MacGilchrist, Chair, Scottish Health Action on Alcohol Problems
10:10 – 10:40	Overview of the Hospital Addiction Team (FVRH) Paul Parke & John McGoldrick, Hospital Addiction Team, NHS Forth Valley
10:40 – 11:00	Overview of Fife Addictions Hospital Liaison Service (Victoria Hospital Kirkcaldy) Vikki Laing, Pharmacist, NHS Fife Addiction Services
11:00 – 11:15	Break (and posters)
11:15 – 11:50	Navigating Acute Behavioural Disturbance Dr Richard Stevenson, Consultant in Emergency Medicine, NHS GG&C
11:50 – 12:20	HIS Mental Health and Substance Use (MHSU) Programme Dr Chanpreet Blayney, Consultant Psychiatrist and Clinical Lead for MH Strategy, NHS GGC & National Clinical Lead, Mental Health & Substance Use, Healthcare Improvement Scotland & Benjamin McElwee, Senior Improvement Advisor – Mental Health and Substance Use Programme, Healthcare Improvement Scotland
12:20 – 12:50	AGM
12:50 – 14:00	LUNCH (and posters)

Afternoon Session - Innovative Harm Reduction Approaches in Substance Abuse

Chair – Dr Maria Casserly, Speciality Doctor, NHS Grampian

14:00 – 14:05	Introduction to the afternoon session Dr Maria Casserly, Specialty Doctor, Integrated Drug Service, NHS Grampian
14:05 – 14:50	5 years of Heroin Assisted Treatment in Glasgow Dr Charlie McMahon, Consultant Psychiatrist, Enhanced Drug Treatment Service, Glasgow City HSCP, NHS GG&C
14:50 - 15:15	Reducing Drug Deaths Through Clinical Innovation Dr Susanna Galea-Singer, Consultant Psychiatrist & Clinical Lead, Addiction Services, NHS Fife and Chair, RCPsychiS Addictions Faculty
15:15 – 15:30	Break (and posters)
15:30 – 16:00	The Glasgow Managed Alcohol Program (MAP) – 3 years of experience of harm reduction Dr Mathis Heydtmann, Consultant Hepatologist, NHS Dumfries & Galloway and Peter McLachlan, Service Lead for MAP, Simon Community Scotland
16:00 - 16:20	Poster Prize Winner and Poster Presentation
16:20 – 16:30	Final Questions & Comments / Closing Remarks
16:30	Meeting Closes

Session Chairs

Donna Mullen

Dr Mullen is originally from Northern Ireland and completed her undergraduate medical training in Belfast then her post-graduate psychiatry training in Scotland. She has over 20 years of experience working as a psychiatrist in the NHS, with experience as a specialty doctor in Addictions before completing training and being employed as a consultant psychiatrist in Addictions. She has worked for 6 years as a consultant psychiatrist in Addictions in Greater Glasgow & Clyde, then 5 years in South Eastern Health & Social Care Trust. More latterly she has developed an interest in ADHD due to the high incidence of co-morbidity between ADHD and Addictions. Dr Mullen is an active member of the Royal College of Psychiatrists, having been a faculty executive committee member, vice chair of the faculty of Addictions in Scotland and then chair of the faculty of Addictions in Northern Ireland until December 2024. Dr Mullen is currently the RCPsych NI Gambling Addiction Lead.

Dr Iain Smith

Dr Smith studied medicine at the University of Glasgow, 1976-1983 achieving a First-Class Honours B.Sc. in Animal Developmental Biology in 1980 and subsequently graduating M.B. Ch.B. in 1983. He entered psychiatry in 1984, passing the MRCPsych examination in 1988. From 1988-1992 he held the post of Lecturer in Psychological Medicine at the University of Glasgow Medical School. He was a Consultant Psychiatrist at Gartnavel Royal Hospital in Glasgow, 1992-2019, and an Honorary Clinical Senior Lecturer, University of Glasgow, since 1992 (ongoing). He specialises in the field of addiction psychiatry and is currently Chair of the Medical Council on Alcohol (UK) Education Committee. He is on the Executive Committee of the Alcohol and Drug History Society (International). He has interests in philosophy, the arts and history in relation to psychiatry and how these three perspectives can be integrated into psychiatric training. He graduated M.D. at University of Glasgow in 2018 on the basis of his thesis exploring the medical response to alcohol problems in Scotland from 1855 to 1925. He has published a wide range of articles in the fields of alcohol and drug studies and psychiatric history. He continues to work clinically as an Addiction specialist in Stirling, Scotland having retired from his long-term post in Glasgow.

Dr Maria Casserly

Dr Casserly is a Specialty Doctor in the Integrated Drug Service in Aberdeen City. She completed core training in psychiatry in Aberdeen and then had a long career break, before returning to work and being recruited into the field of addictions. Her current interests include gabapentinoids, substance-use related deaths and cocaine, and she is involved in local research in these areas. She is the secretary of the Scottish Addictions Specialists Committee (aka Golden Lion Group).

Speaker Biographies & Presentation Abstracts (in order of presentation)

Dr Alastair MacGilchrist

Alastair MacGilchrist was a hepatologist in the Royal Infirmary of Edinburgh for 30 years. For the past 4 years he has been the Chair of Scottish Health Action on Alcohol Problems (SHAAP).

Presentation Abstract: Alcohol Use Disorder (AUD) is over-represented in the hospital population, and hospital admission is an often-missed opportunity to engage with and treat patients with AUD. Alcohol Care Teams have demonstrated clinical and cost effectiveness and NHS England has committed to their expansion. SHAAP commissioned a survey of the provision of alcohol services in Scottish hospitals and found them to be patchy, incomplete and inconsistent. I will discuss the findings and the views of a subsequent workshop on the ways forward.

Paul Parke

Paul Parke has a degree in mental health nursing and is also a registered general adult nurse who completed post graduate training in intensive care. He has experience of working in various critical care settings as well as community addictions areas, including criminal justice.

John McGoldrick

John McGoldrick is a clinical nurse specialist from the Hospital Addiction Team based in Forth Valley Royal Hospital, Larbert. He is a registered adult nurse and independent medical prescriber. He also has had a very varied clinical practice experience. This includes the burns unit in St Johns hospital, prison and custody nursing and community addictions.

Presentation Abstract: The Hospital Addictions team is a nurse led service based in the 860 bedded Forth Valley royal Hospital in Larbert, central Scotland.

The service originated over 10 years ago in an effort to offer support to individuals who experience drug and alcohol dependency issues when they are admitted to the acute hospital. The presentation aims to provide an insight into how the service is currently set up, how care is delivered, challenges faced, and plans for the future.

Vikki Laing

Vikki Laing started working in the field of substance use and addiction three years ago when she completed the Scottish Clinical Leadership Fellowship where she had the opportunity to work at a national level on projects targeting the reduction of drug-related deaths. After the fellowship Vikki wanted to work Addictions full time and moved to her current role as liaison pharmacist in NHS Fife.

Presentation Abstract: An overview of Fife Addictions Hospital Liaison Service (Victoria Hospital Kirkcaldy)

This event is eligible to 5 hours CPD, subject to peer group approval and in line with the Royal College of Psychiatrists' guidelines.

Dr Richard Stevenson

Richard Stevenson is a consultant in Emergency Medicine based at Glasgow Royal Infirmary and has cultivated an interest in Novel Psychoactive Substances and toxicology in general. In his spare time he is a Special Constable with the British Transport Police and provides clinical governance support to Police Scotland.

Presentation Abstract: An overview of acute behavioural disturbance treatment.

Dr Chanpreet Blayney

Chanpreet Blayney is currently an acute psychiatric inpatient psychiatrist at Stobhill Hospital, and Clinical Lead for Mental Health Strategy in NHS Greater Glasgow and Clyde. For the past 2.5 years, she has been doing a secondment with Healthcare Improvement Scotland (HIS) with their mental health and substance use project, supporting projects across Scotland looking particularly at interfaces between General Adult psychiatry and Alcohol and Drug services. Previously an Addictions Psychiatrist for a few years in NHS Forth Valley (and like Dr Mullen, a proud graduate of the Dr Iain Smith School of Addictions Psychiatry training programme in the West of Scotland). Her overarching goal is to improve systems in healthcare, without that you cannot have safe and effective care delivery for patients or their families, or a stable happy workforce that feels safe.

Benjamin McElwee

Benjamin McElwee works as the Senior Improvement Advisor and Delivery Lead for the Mental Health and Substance Use Programme at Healthcare Improvement Scotland. Prior to various roles within Healthcare Improvement Scotland, he worked in policy, influencing and participation roles within the third sector for See Me, Scotland's national anti-stigma and discrimination programme and for the Health and Social Care Alliance Scotland, the national third sector intermediary.

Presentation Abstract: A brief overview of the ambitions and activities of the Mental Health and Substance Use Programme, which have included the launch of the national mental health and substance use protocol in Scotland.

Dr Charles McMahon

Charles McMahon is a consultant in addiction psychiatry responsible for the heroin assisted treatment service in Glasgow, also providing input to the safer drug consumption rooms. He was formerly consultant in Renfrewshire and Inverclyde and clinical lead for addiction services in NHS GG&C.

Presentation Abstract: The presentation will briefly outline evidence for heroin assisted treatment and how it is delivered. It will describe how the Glasgow service functions, treatments offered and patient profiles. It will summarise outcome measures taken after the initial 12 months and outline available data from ongoing 5 year audit of service outcomes.

Dr Susanna Galea-Singer

Susanna Galea-Singer is the current Chair for the Faculty of Addictions, RCPsych in Scotland and has worked in mental health and addictions for more than 20 years. "Making a difference in people and their families affected by mental health or addiction problems" is what drives Susanna's passion, expertise and leadership in the field. Dr. Galea-Singer is known for her ability to bring together different disciplines to work towards the one goal of 'respectfully improving the outcomes for those affected by mental health and/or addictions'.

Presentation Abstract: The presentation discusses the challenge of drug related deaths in Scotland and describes Innovative approaches aimed at reducing prevalence of drug deaths.

Dr Mathis Heydtmann

Mathis Heydtmann is a consultant liver doctor. His medical degree is from Germany and during medical school he studied over a year abroad (Ireland, Switzerland and the UK). He has a German MD in molecular genetics. After graduation, he worked in an academic liver unit in Switzerland before coming to the UK working as an SHO in Manchester and getting his specialist gastroenterology training in the West Midlands where he did his PhD in liver immunology worked as a Clinical Lecturer (University of Birmingham). He moved to Scotland in 2007 and was shocked by the epidemiology of alcohol problems and liver disease.

Since then, he has done epidemiological research in acute hospital admissions due to alcohol in Scotland and is a strong advocate for often neglected patients with liver disease and alcohol problems. He is keen to improve health inequities in Scotland, the UK and internationally.

Presentation Abstract: The Managed Alcohol Program was initiated to reduce harm in people who are dependent on alcohol, are homeless and are not helped adequately by other services. The idea was to reduce harm to the people, provide accommodation and the lowest amount of alcohol that keeps the inhabitants stable and safe thereby looking after them in a personalized and compassionate environment and saving money for the society. The MAP now houses 10 men who come from different chaotic backgrounds, getting regular pours of alcohol according to their negotiated contract. They get looked after 24 hours per day by a trained multidisciplinary team and encouraged to participate in different activities. There are challenges with people drinking outside their pours, bringing alcohol (and sometimes illicit drugs) into the MAP, occasional problems with unaccepted behavior but it is rare that people have to leave because of these.

Overall, we saw a reduction in alcohol consumption, contacts with emergency services including emergency admissions and police compared what the men reported prior to joining the MAP.

Posters

1. **Title:** Urine drug screen on admission: what to consider
Author: Dr Anamika Saha, CT2, Learning Disability Psychiatry, Port Glasgow Health Centre
 2. **Title:** Meeting Standards for Physical Health Monitoring: A Borders Addictions Service Quality Improvement Project
Author: Dr Emily Giles, CT3 Forensic Psychiatry, REH & Dr Caoimhe Cooke
 3. **Title:** Evaluating language use in Emergency Department records for patients with opioid use disorders
Author: Dr James Jordan, Specialty Doctor in Substance Use, SW Edinburgh Recovery Hub
 4. **Title:** Examining the relationship between alcohol-attributable conditions, multimorbidity, adverse outcomes and experiences of care
Author: Dr Nina Mackenzie, PhD Fellow, Wellcome Trust Multimorbidity PhD Programme for Health Professionals, School of Medicine, St Andrews University / ST4 General Adult Psychiatry, NHS Lothian)
 5. **Title:** Improving quality and appropriateness of referrals to a drug and alcohol outreach service in a general psychiatric hospital
Authors: Dr Eileen Dempsey, CT3 Psychiatry, NHS Lothian & Dr Rebecca Lawrence, Consultant Psychiatrist, NHS Lothian
 6. **Title:** A review of gabapentinoid prescribing in the Aberdeen City Integrated Drug Service
Authors: Dr S Maria Casserly, Specialty Doctor & Dr N Suraya M Fadzil, CT3, Integrated Drug Service, Royal Cornhill Hospital
- Title:** Review of Individuals Commenced on Prolonged Release Injectable Buprenorphine (Buvidal®) in West Lothian Community Addictions Service*
Authors: Dr Amy Martin, Consultant Psychiatrist in Addictions, NHS Lothian and Dr Cassie Philp, Speciality Doctor in Addictions, NHS Lothian

***please note that this poster was previously presented at the RCPsychiS 30th Anniversary Conference and is therefore not included within the poster prize.**



**Royal College of Psychiatrists in Scotland
Addictions Faculty Annual Business Meeting
Dunblane Hydro Hotel
Friday 28 March 2025, 12.20-12.50pm**

AGENDA

1. Welcome
2. Present
3. Apologies
4. Previous Minutes
5. Chair Report
6. General Business
7. Ideas for Event Proposal 2026
8. AOCB
9. Date of next meeting

**WE LOOK FORWARD TO
WELCOMING YOU TO THE EVENT!**