



## **Fife Intensive Rehabilitation Substance Use Team (FIRST)**

Service name:	Fife Intensive Rehabilitation Substance Use Team (FIRST)
Address:	Carlyle House Carlyle Road
Town:	Kirkcaldy
Postcode:	KY1 1DB
Telephone number:	01592 585960
Fax number:	N/A
Organisation email:	enquiries@firstforfife.co.uk
Health board area:	Fife
Local authority area:	Fife
Alcohol and Drug Partnership (ADP) area:	Fife
Type of service:	Other (please specify below)
If other has been selected, please specify:	Third Sector
Nature of service:	Community Based
Referrals:	Any Agency, Self Referral, Health Professional, Social Work, Court
Client access (please select all that apply):	16-18, 18+, 21+, Non-gender specific

### **Service Access**

Opening days and times:	Monday: 9.00am - 5.00pm Tuesday: 9.00am - 5.00pm Wednesday: 9.00am - 5.00pm Thursday: 9.00am - 5.00pm Friday: 9.00am - 5.00pm Saturday: closed Sunday: closed
Service access:	By Appointment, Out of Hours Service
Out of hours service details:	We can offer client appointments from 8am to 8pm Monday to Friday.

### **Substances treated/targeted:**

Substances treated/targeted:	Yes Heroin, Dihydrocodeine or other Opiates/Opioids, Cocaine, Amphetamine or other Stimulants, Cannabis or Synthetic Cannabinoids, Diazepam (Valium) or other Benzodiazepines, MDMA/Ecstasy or other Empathogens, Ketamine, Methoxetamine or other Dissociatives, LSD and other Psychedelics, Solvents/volatile substances,
Selected substances treated/targeted:	

Advice and information:

Prescription medication, Over the counter medication, Alcohol

Yes

### **Mental health service**

Mental health: does your service provide mental health support and advice?

Yes

Mental health support options:

As part of the service, By referral to specialist unit

Mental health support option types:

Depression, Anxiety/Phobic disorder, Self Harming, Bipolar Disorder, Psychosis, Personality disorder, Other (please specify below)

Mental health interventions:

Yes

Mental health intervention options:

Suicide risk assessment/prevention, Brief Interventions

### **Rehabilitation and other services**

Rehabilitation and other services provided:

Advocacy, Alternate therapies e.g. acudetox, Engage Volunteers, Engage peer volunteers, Groupwork, Talks/training, Stalls at exhibitions/seminars, Other (please specify below)

If other has been selected, please specify:

Naloxone Distribution. Alternate therapies eg Auricular Acupuncture. Volunteer Support & Peer Leader meetings.

Criminal justice services:

Yes

Criminal justice services options:

Court reports, Throughcare/transitional care, Condition of a deferred sentence, Condition of a probation order, Condition of a DTTO

Needle exchange:

No

Fife Intensive Rehabilitation & Substance Use Team (FIRST) provides a Fife-wide community based rehabilitation service to individuals aged 16 and over with issues relating to their alcohol/drug use. Individuals will attend regular appointments with a dedicated Rehabilitation Worker focusing on achieving goals identified to reduce, control or abstain from their alcohol/drug use. Weekly appointments will be offered via a blend of telephone and face-to-face in the individuals chosen locality. Clients engaging with their Rehabilitation Worker have the opportunity to access Auricular Acupuncture, Activity-Based Groupwork and Volunteer support. FIRST also assess, prepare and support clients through residential rehabilitation. Individuals can access FIRST by contacting ADAPT on 01592 321321 or by visiting [www.fassaction.org.uk/adapt-home](http://www.fassaction.org.uk/adapt-home).

### **Further information**