



circle

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Alcohol & Drug Recovery Services

MAT 6 & 10 Survey Results

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Executive Summary

- Alcohol and drug recovery services staff across the Lothians were surveyed regarding current practice in relation to MAT 6 & 10 criteria.
- As part of this Circle Staff rated their agreement against statements representing each MAT 6 & 10 criteria, thinking about the service they work within across the three Lothian regions.
- All services were represented with an approximate response rate for serving Circle staff of 64% across The Lothians.
- A benchmarking exercise across Circle services found that among staff who responded to the survey most agreed that 6 & 10 criteria were largely being met.
- Areas requiring the most improvement to be consistently met across services are:
 - Time to deliver structured psychosocial interventions (MAT 6)
 - Use of supportive tools/manuals (MAT 6)
 - Physical environments are trauma-informed (MAT 10)
 - Use of validated tools for routine trauma screening (MAT 10)
- This information can be used for auditing and planning service improvements in line with MAT 6 & 10.

Background

This report details results from an online staff survey conducted across all Lothian Alcohol & Drug Recovery services.

The Survey was open from 18th March till 18th April 2022¹; distributed via email through managers of local services, via ADP lists and among local steering group members. Reminder emails were sent at least twice for each area.

The purpose of this survey is to support ADP commissioned services in planning, delivering and improving a system of drugs care that achieves the outcomes outlined in Medication Assisted Treatment (MAT) Standards 6 & 10.

MAT Standards 6 & 10

Standard 6 – Psychological Care	<i>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 connections</i>
Standard 10 – Trauma Informed Care	<i>All people will receive Trauma Informed Care</i>

Both standards contain a set of key criteria². These criteria outline what local services need to do to achieve the standards. This survey represents one tool for auditing current services against the standards outlined in the MAT 6 & 10 document.

The survey was developed with reference to the MAT criteria, with exact wording developed with alcohol and drug recovery staff through an iterative piloting process.

Data Analysis & Reporting

Following the close of survey all data was exported to Microsoft excel, raw numbers were used to calculate percentages for each question.

Responses to individual survey questions are shown in Appendix 1. All are presented graphically and with raw data and interpretation. Survey questions were grouped via the following sections:

- 1) MAT 6: Delivery of psychologically-informed/psychosocial interventions (12 questions);
- 2) MAT 6: Social Networks element (3 questions);
- 3) MAT 10: Trauma-informed care (TIC) (5 questions).

Using percentage agreement, a benchmarking exercise was conducted for each question against the criteria from the standard (see Benchmarking section).

¹ Planned period for data collection of 2 weeks later extended to 4 weeks to allow for AL/Easter holiday period/high COVID-related sickness. However some staff may still not have received the survey in time to participate.

² <https://www.gov.scot/publications/medication-assisted-treatment-mat-standards-scotland-access-choice-support/>

Results

About Survey Respondents

ADP region/Response Rate

Across Circle services in Lothian there were 9 responses to the survey. Data gathered by contacting managers gives an approximate response rate of 64%.

Service/Service area

Figure 2 shows the service or service area respondents work in. There was evidence of representation across all Lothian ADP services.

Most respondents were from the Edinburgh (44%), with 22% from West Lothian and 33% from the East Lothian Project.

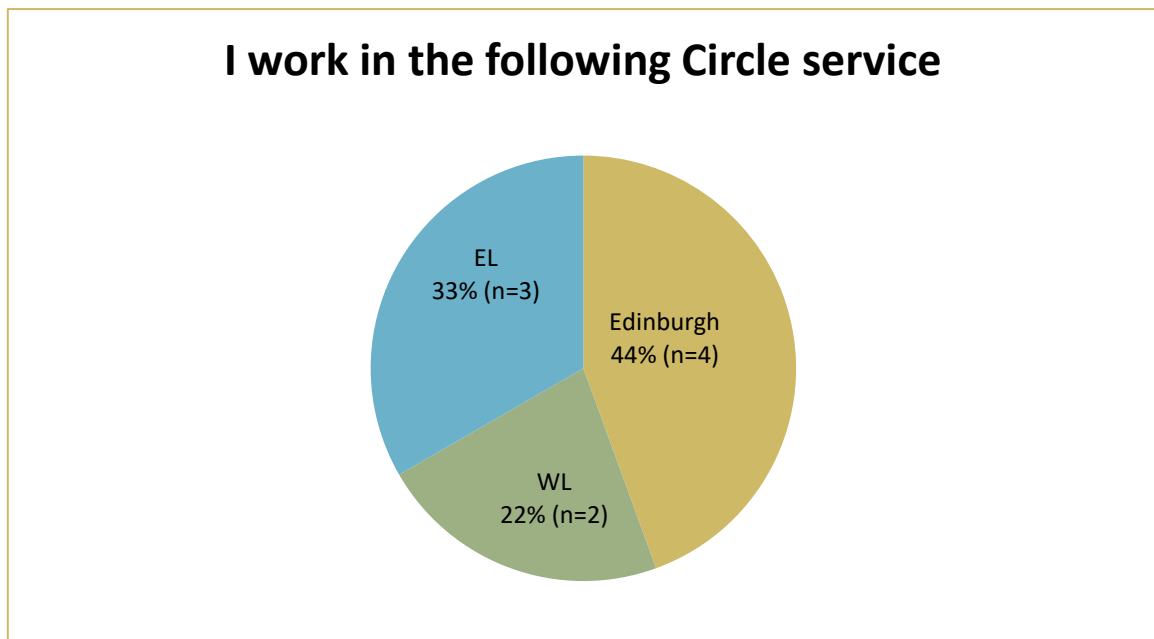


Figure 1

Professional grouping/role

Figure 3 shows the professional grouping/roles for respondents. Most were recovery workers (67%), with two managers and one addiction/mental health nurse role.

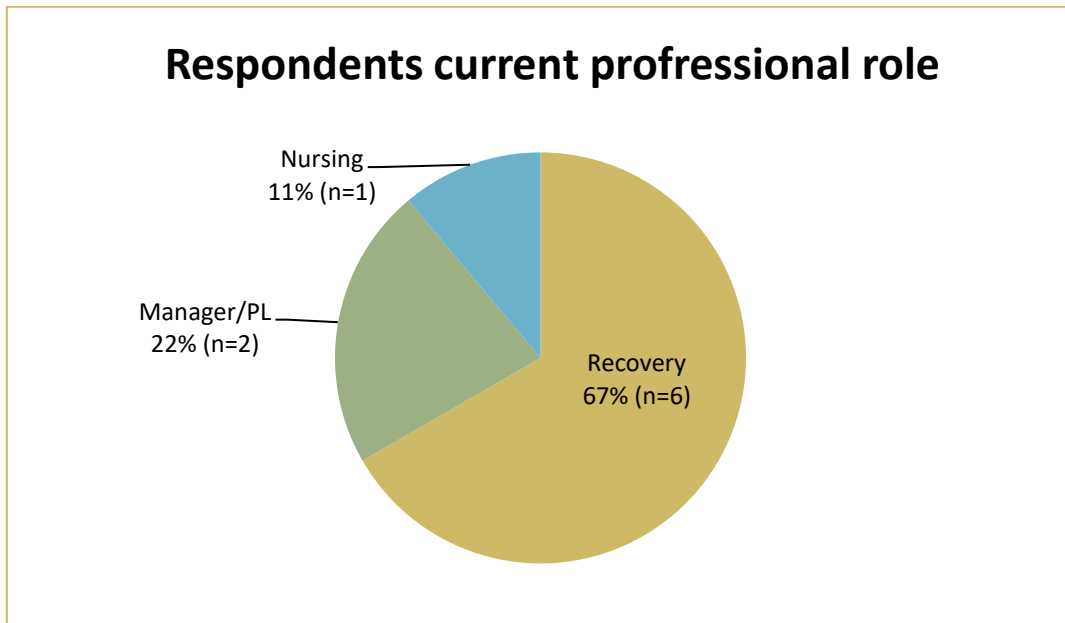


Figure 2

Benchmarking MAT 6 & 10

Using the raw data (see Appendix 1) benchmarking was performed using the following reference criteria for each individual survey item representing the specific MAT 6/10 criteria:

Benchmarking Criteria – Proportion of respondents who agree/strongly agree with the criteria statement				
>80%	≥70% - 80%	≥60% - 70%	<60%	N/A
Criteria is largely being met across services	Criteria is being met across most services with improvements in some desirable	Improvements recommended to ensure criteria can be met across services	Improvements needed to ensure criteria can be met across services	Not applicable

Data analysis from the benchmarking exercise is shown in Table 2 below. Individual service-level benchmarks may be different however to East & Midlothian as a whole.

Interpretation

As shown in Table 2 using this benchmarking approach most (12/18) criteria from MAT 6 & 10 are **largely being met across Circle services (green)**. This includes all of the MAT 6 social networks criteria.

Two criteria were benchmarked as **being met across most Circle services with improvements desirable (yellow)**:

- *“I have access to regular support to help me deliver psychologically-informed care and/or structured psychosocial interventions”* (MAT 6);
- *“My caseload size allows me to deliver structured psychosocial interventions”* (MAT 6)

Two criteria were benchmarked as **improvements recommended to ensure criteria can be met across Circle services (amber)**:

- *“I have time to deliver structured psychosocial interventions”* (MAT 6)
- *“The service I work for ensure physical environments (i.e buildings, rooms etc.) are psychologically and trauma-informed.”* (MAT 10)

Two criteria was benchmarked as **improvements needed to ensure criteria can be met across services (red)**:

- *“I make use of supportive tools and/or manuals to support the delivery of psychosocial interventions”* (MAT 6)
- *“The service I work for supports the use of validated tools for routine trauma screening”* (MAT 10)

One criteria (i.e. relating to whether structured psychosocial interventions is part of respondents role) is labelled as not applicable for benchmarking purposes.

Table 2. Benchmarking Survey Responses against MAT 6 & 10 Criteria (Circle)

≥80%	≥70% - 80%	≥60% - 70%	<60%	N/A
MAT 6 – Psychologically-informed Care and Psychosocial Interventions				
				Part of my role
	Access to regular support			
Access to appropriate training				
		Time to deliver		
	Caseload size to deliver			
			Supportive tools/manuals	
Recovery plans support psychological needs				
Service routinely documents experiences of people who engage with services				
Culture of compassion at the centre of service				
Staff encouraged to talk about how they feel at work				
Treats staff members' welfare as a priority				

MAT 6 - Developing Social Networks				
Recovery plans outline network of supports				
Service routinely links people to peer recovery support				
Interventions offered to enhance social networks				
MAT 10 - Trauma-informed Care (TIC)				
Including people with lived experience of trauma				
		Physical environments are trauma-informed		
			Use of validated tools for routine trauma screening	
Access to knowledge and skills to provide trauma-informed care				
Service seeks to maximise staff welfare and reduce risk of burnout				

Summary

An online staff survey conducted across all Lothian Alcohol & Drug Recovery services had good representation from Circle services.

Benchmarking responses against each MAT 6 & 10 criteria demonstrated that staff across Circle services felt that most of the MAT 6/10 criteria are largely being met.

The MAT 6 & 10 criteria that represent the area in need of most improvements (red or amber benchmarked) are:

- Time to deliver structured psychosocial interventions (MAT 6)
- Use of supportive tools/manuals (MAT 6)
- Physical environments are trauma-informed (MAT 10)
- Use of validated tools for routine trauma screening (MAT 10)

Service improvement activity will be taken forward via service improvement plans. This is as part of an ongoing commitment to improving a system of drugs care that achieves the outcomes outlined in MAT 6 & 10.

The results from this survey can help inform commissioners, planners, service leads, staff and service users about those areas that are most urgently in need of improvement work.

The survey can be repeated at regular intervals to provide information about whether staff feel service improvement activity is contributing to improvements in their services in line with the MAT 6 & 10 criteria.

The results also highlight the MAT 6 & 10 criteria that are already largely being met across Circle services.

Appendix 1

MAT 6 & 10 Survey Results

Table 2. MAT 6 & 10 Criteria percentage agreement: responses from Circle			
MAT 6&10 Criteria Statement	Agreed/ Strongly Agreed (%)	Unsure (%)	Disagreed/ Strongly Disagreed (%)
Delivering structured psychosocial interventions is part of my role	78	11	11
I have access to regular support to help me deliver psychologically-informed care and/or structured psychosocial interventions	78	22	0
I can access appropriate training to deliver psychologically-informed care and/or structured psychosocial interventions	100	0	0
I have time to deliver structured psychosocial interventions	67	11	11
My caseload size allows me to deliver structured psychosocial interventions	78	11	11
I make use of supportive tools and/or manuals to support the delivery of psychosocial interventions	56	11	33
Ensures service users' emotional and psychological needs sits at the heart of their recovery plans	100	0	0
The service I work for has a process in place to document experiences of people who engage with services	89	0	11
The service I work for has a culture with compassion at its centre	100	0	0
The service I work for encourages staff to talk openly about how their work is making them feel	100	0	0
The service I work for treats staff members' welfare as a priority	100	0	0

MAT 6 (Social networks section)	Agreed/ Strongly Agreed (%)	Unsure (%)	Disagreed/ Strongly Disagreed (%)
The service I work for ensures people have clear and realistic recovery plans that outline the network of support available to the person, including key people in their life	100	0	0
The service I work for actively promotes and links people to services that place an emphasis on peer recovery support	100	0	0
The service I work for offers interventions specifically designed to enhance people's social networks, including, if appropriate, work with families or named persons	100	0	0
MAT 10: Trauma Informed Care (TIC)			
Includes people with lived experience of trauma in all aspects of service delivery. This includes in evaluation and service improvement planning	100	0	0
Ensures physical environments (i.e buildings, rooms etc.) are psychologically and trauma-informed	67	22	11
Supports the use of validated tools for routine trauma screening	11	67	22
Helps all staff access the relevant knowledge and skills they need to provide trauma-informed care	100	0	0
The service I work for has systems in place to maximise staff welfare and reduce the risk of staff experiencing burnout or being indirectly traumatised by the work they do	100	0	0

