

TERTIARY PREVENTION:

“Minimising the negative consequences (harm) of a health issue through careful management.”

Rowan Alba provides long-term supported accommodation and community outreach to those affected by homelessness, addiction and social isolation.

ROWAN ALBA COMMUNITIES SERVICE, EDINBURGH

Within this example the individuals Rowan Alba support have complex physical and mental health issues relating to Alcohol Related Brain Damage (ARBD). Due to ongoing alcohol use individuals can face stigma and neglect from community and health services and struggle to access mainstream appointments. They are unlikely to be receiving support for their condition and are at high risk of health crisis.

“This is the most stigmatised group in the Social Care sector.”

Our volunteers and staff deliver 1:1 person centred community befriending across Edinburgh to over 100 isolated individuals at risk of alcohol harm and health crisis.

We run monthly informal art, nature and conversational groups to improve social connection and peer support. We have onsite Link Workers in Edinburgh Hospital and NHS Lothian ARBD Rehabilitation Unit to facilitate tailored community support for individuals after discharge.

Evidenced Impact

We monitor client outcomes using NHS TRACK Data in collaboration with NHS Alcohol Nurses, alongside supported client surveys based on Edinburgh Integrated Joint Board Standard Impact Assessment Questions. We have evidenced how social community interventions can have significant impact on improving health and preventing inequalities and crisis for individuals with ARBD who struggle to access mainstream services.

These case studies were developed as part of a joint statement on prevention from Edinburgh Community Health Forum, Health and Social Care Alliance Scotland (the ALLIANCE), Scottish Community Development, and Voluntary Health Scotland.

They show what preventative approaches by the third and community sector look like in action.

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Prior to Rowan Alba Support

- 71% of clients had 3 or more hospital admissions per year. Highest number of admissions: 30
- In a pilot project with NHS Lothian to improve client attendance at outpatient appointments we offered volunteer buddying and taxis to 22 clients.
- 67% had a history of alcohol withdrawal, seizures; cognitive impairments related to alcohol
- 71% had documented repeat falls or head injurie
- 100% had mental health diagnoses including depression, anxiety, PTSD, and suicidal ideation

After Rowan Alba Support

- 38% of clients had 3 or more hospital admissions per year. Highest number of admissions: 17
- 73% of clients avoided further repeated falls or crises
- 73% were encouraged to reduce alcohol consumption
- 87% reported improved mental health
- 81% increased engagement in recovery support

In a pilot project with NHS Lothian to improve client attendance at outpatient appointments we offered volunteer buddying and taxis to 22 clients.

80% reported reduced anxiety and improved mental health. Alcohol Nurses observed better engagement and improved wellbeing including better self-management of Alcohol Related Brain Damage.

80% gained awareness of alcohol-related harm; 66% reduced consumption. Alcohol Nurses noted improved physical health linked to increased participation in harm reduction.