

## Can brief interventions change Scotland's relationship with alcohol? Developing the model for community settings

### Speaker Biographies

#### **Professor Jonathan Chick**

Jonathan Chick is a graduate in Natural Science with Psychology, and Medicine. He worked for the Medical Research Council for Epidemiological Studies in Psychiatry before taking a post as Consultant Psychiatrist, Royal Edinburgh Hospital, Alcohol Problems Service and Senior Lecturer, Department of Psychiatry University of Edinburgh. Now, as Honorary Professor, School of Health Sciences, Queen Margaret University, Edinburgh his main research interest is the evaluation of the health effects of legislating a minimum price per unit of alcohol. He is the Chief Editor of Alcohol and Alcoholism. His research has included 12 trials of treatments for alcohol problems, including the first UK study to show that screening and one session of dialogue could cause a reduction of alcohol problems in the coming months.

#### **Dr. Richard Saitz, MD, MPH**

Dr. Richard Saitz is Professor of Medicine and Epidemiology and Director of the Clinical Addiction Research and Education (CARE) Unit in the Section of General Internal Medicine at the Boston University Schools of Medicine and Public Health and Boston Medical Center. Dr. Saitz received his MD from Boston University and his MPH in Quantitative Methods from Harvard University. He completed his residency and Chief Residency in internal medicine at Boston City Hospital and a general medicine fellowship at Harvard University and Beth Israel-Deaconess Hospital. He is a primary care internist, health services researcher and Associate Director of the medical campus' Office of Clinical Research. He directs the Division of Clinical Research Resources for the Boston University Clinical Translational Sciences Institute. He is a Fellow of the American College of Physicians and of the American Society of Addiction Medicine, and is certified by the American Board of Internal Medicine and the American Board of Addiction Medicine.

His primary areas of expertise and research are screening and brief intervention for unhealthy alcohol and other drug use, integrating substance-related and general health care, such as chronic disease and care management, and improving the quality of care for people with addictions across the spectrum of use, particularly in general medical care settings. Dr. Saitz is the author of over 130 peer-reviewed publications, on the editorial boards of several journals including the British Medical Journal Editorial Advisory Board, past President of the Association for Medical Education and Research in Substance Abuse, editor of a leading textbook of addiction medicine (Principles of Addiction Medicine), single author of the chapters in the electronic textbook UpToDate on screening and brief intervention for unhealthy alcohol and other drug use, and former Chairman of the Boston University Medical Center Institutional Review Board. He is Editor of two Medline-indexed journals: Evidence-Based Medicine, published by the British Medical Journal Group and Addiction Science & Clinical Practice published by BioMed Central. He is a current member of the Washington Circle (a voluntary group that advises regarding quality of care measurement for substance abuse), the international Motivational Interviewing Network of Trainers (and a prior steering committee member), and he chaired the 2011 international meeting of the International Network for Brief Intervention for Alcohol and other drug problems (INEBRIA)(with grant awards from the National Institutes on Alcohol

Abuse and Alcoholism and the National Institute on Drug Abuse), when he was elected to their coordinating committee. His research has been supported by the National Institutes of Health, the Robert Wood Johnson Foundation and the Substance Abuse and Mental Health Services Administration's Center for Substance Abuse Prevention and Center for Substance Abuse Treatment.

He has received a number of awards, including membership in the Alpha Omega Alpha Honor Society in medical school, the Ten Outstanding Young Leaders Award from the Boston Jaycees in 2003, Best Doctors in America® 2003-2012, the W. Anderson Spickard, Jr. Excellence in Mentorship Award, Association for Medical Education and Research in Substance Abuse (AMERSA), 2011, and the R. Brinkley Smithers Distinguished Scientist Award, American Society of Addiction Medicine (ASAM), 2012.

### **Dr Andrew Tannahill**

Andrew Tannahill studied Medicine in Glasgow and trained in public health in Edinburgh. In a varied public health career spanning 30 years, he worked as an NHS consultant at national and local levels, as a director of public health and as an academic, and he spent 10 years as Chief Executive of the Health Education Board for Scotland (HEBS). Most recently he was Head of Evidence for Action and Consultant in Public Health Medicine with NHS Health Scotland, the national agency for improving health and reducing health inequalities. He retired in 2011 but has a continuing interest in ethics-based, evidence-informed decision-making.

### **Dr Kate Skellington Orr, B.Sc. (Hons) Applied Psychology and Sociology, Ph.D. Psychology, MBPsS**

Kate has worked for over 12 years as an academic, government and private sector researcher. She has led numerous evaluations including the Evaluation of Alcohol Brief Interventions in the Community Justice Setting for NHS Health Scotland, Evaluation of the Addiction Support Area (ASA) in HMP Edinburgh and the national Evaluation of Mandatory Drug Testing of Arrestees and the Evaluation of DTTO IIs. She has considerable experience of engaging with vulnerable and hard to reach groups, including those with problematic drug and alcohol use, homeless people, offenders and young people. Kate is a member of the British Psychological Society, the British Society of Criminology and the European Association of Psychology and Law.

### **Amy Hutton**

Having joined Cyrenians in 2006, Amy is Head of Cyrenians People and Change Services and has responsibility for the strategic management of the organisation's Drug and Alcohol work, Employability provision and its Residential Communities for young homeless people. As a member of Cyrenians Leadership Team, Amy has played a lead role in workforce development, quality assurance and capacity building, helping confirm Cyrenians as the provider of high quality services which make a real difference to people's lives. This has included the implementation of an organisational wide practice model, and the development of a monitoring and evaluation framework, both of which have helped make Cyrenians a robust charity which continues to attract support and investment. Having been struck by the extent of substance use amongst the homeless population, and having studied Addictions at Post Graduate level, Amy has been instrumental in taking forward Cyrenians understanding of and response to problematic substance misuse amongst the people it supports. In addition to developing service delivery, this has involved overseeing a three year capacity building project and research piece focusing on the use of brief interventions in homelessness settings.

**Josie Williams, M.A. (Hons) Psychology, MSc Forensic Psychology, Ph.D. Psychology**

Since 2000, Dr. Williams has specialised in research with vulnerable, excluded and difficult to reach populations. Her doctoral research focused on violence, victimisation and gang membership among high risk youths. As a Research Fellow in the Glasgow Centre for the Study of Violence (Glasgow Caledonian University) she led and contributed to projects examining violent behaviours, street drinking and problematic drug and alcohol use among adult offenders. Since that time she has extended her research interests, working with women and young people who offend to examine links between alcohol use, health and sexual risk taking, completing projects for the AERC and CSO. Dr. Williams also provides consultancy on research projects, which has included work examining violence risk and risk management amongst offenders with mental disorder for The State Hospital and most recently the Evaluation of Alcohol Brief Interventions in the Community Justice Setting for the NHS. Her work has been largely qualitative in nature and has the primary aim of providing insight into the views and experiences of marginalised groups as a resource for evidence based practice.

**Prof. Niamh Fitzgerald, MRPharmS, PhD**

Prof. Niamh Fitzgerald, MRPharmS, PhD is a qualified pharmacist and managing director of Create Consultancy Ltd., providing specialist consultancy, research and training on substance misuse and other health improvement issues since 2004. She has a special interest in alcohol brief interventions (ABI) and carried out the first multi-site study of ABI in community pharmacies in 2004/05 with Robert Gordon University (RGU). Niamh has recently been appointed as a Professor (in a visiting capacity) with RGU in recognition of her collaboration on a range of research and teaching projects.

With Create, she has been training and supporting the rollout of brief intervention by community-based staff since first recognising their potential as a positive approach to discussing behaviour change. She first delivered training on ABI to health visitors, youth workers, pharmacists and community workers in Glasgow in 2005 and has since adapted such training for a wide range of topics, workers and geographic areas. These have included multidisciplinary training and training for trainers in Newcastle, Wigan, Glasgow and Dundee on brief interventions for topics such as drugs, physical activity and sexual risk taking.

Niamh has a special interest in the quality of brief interventions delivered in frontline practice and in what it takes to integrate brief intervention approaches into everyday practice. She has observed with interest the parallels between this effort and other initiatives to improve the communication skills of professionals. Her work on generic communication skills includes research, training and the development of national guidance for managers, practitioners and educators.

Create Consultancy played an integral part in supporting the roll-out of the Scottish ABI delivery (HEAT H4) target from 2008-2010, including authoring the national training programme for primary care, antenatal and A&E practitioners, delivering the national training for trainers programme, writing professional resources and carrying out scoping and mapping research on ABI delivery.



**Sarah Currie**

Sarah Currie has worked on the Alcohol Brief Interventions Programme (ABI) since early 2009. Currently on secondment to Scottish Government as ABI Manager, Sarah leads on the ABI programme. This includes the national HEAT target on ABIs and the planned ABI HEAT standard for 2012-13 which seeks to embed ABIs into practice.

Sarah is a law graduate with considerable experience in project management, and has worked for the NHS since 2008

