

## #UNHEARDVOICES PANEL: SUMMARY

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### **The Campaign**

This social media campaign, established between Marriott Communications, SISCO, and FAVOR UK, directly challenges and draws attention to the ever-expanding gaps and negative deficits within government, social, and health-related policies and priorities, by highlighting the ‘Unheard Voices’ of the vulnerable men directly impacted by these failings.

#UnheardVoices, through the medium of blogs and infographics, aimed to further discussions in regards to the improvement of funding, awareness, and services overall.

We highlighted several ‘voices’ of the people who use SISCO’s service, and were met with stories that provoked compassion, frustration, sadness, loss, hope, and most of all - inspiration.

*Some of the key points made by the various voices, are:*

“They [SISCO] make you feel as if your voice matters and they really care about what’s happening with you.” - Eddie

“I was working with another service and I was just so angry that no one was listening to how low I felt, I was accused of being volatile during a call to a support worker when really, I was pure desperate for help and being. I would be back in jail if it wasn’t for SISCO.” - Gordon

“Thanks to SISCO I finally feel like I’m getting a wee bit better. I feel like I matter and not just there to fill an hour in someone’s diary.” - David

“I was met at the gates with the most hope I’ve ever had in ma life. Natalie picked me up and took me to all my appointments that day. The whole day she asked about me and asked me what I was running from by using drugs all the time. That’s the first time anybody has asked me that or even been interested in ma story.” - Kevin

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## **Annemarie Ward (CEO of FAVOR UK) - Host**

The gaps to engage in services can be quite a mind field and it can be a horrendous navigation exercise to access services at a time when we are incredibly vulnerable & without any strength. **The amount of stamina, tenacity, and courage required to jump all the hoops & obstacles to get access to some services is truly staggering.**

The low proximity to those suffering - from the people who are deciding who gets the funding to help those living daily adjacent & in high proximity to people in active addiction can exclude those best placed to help because there is a disparity in both language and urgency between the two groups .

Natalie and I saw that last year with the last big batch of Corra funding, and we spent weeks putting together applications after being encouraged to - and although we have that strategic oversight & understanding, we just don't speak the same language - if you don't talk the talk & play the 'game' you aren't successful.

Lived experience has to be more than just tokenistic, or controlled, or steered lived experience - it has to be autonomous and independent to get the most value & strength from it.

**Lived experience voices need to be acknowledged further for the unique power, knowledge, resilience & strength that they bring.** The culture of recovery is so hopeful, positive & expectant of recovery, the culture of addiction treatment has much to gain from it.

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## **Darren McGarvey - Social class and lack of equality**

The subtle role that class and inequality play in areas of divergence - where different social class experiences are concerned, and how these can find expression within some of the dynamics we regularly refer to in reference to the drug crisis.

- Dynamics that place within pharmacies and doctor surgeries with another health care systems
- Dynamics that take place at every single level of governance where you have a clash of sensibilities, a clash of interests, and ***ultimately it becomes a question of where does power lie, and who's more trusted.***

*What is 'class?'*

- A person's relationship to the labor market?
- Earnings/education?
- Experiences?
- The media defines class differently to what the government defines it as

Study, after study, reveals that the average person's concept of class is increasingly vulnerable to their own subjectivity so a lot of people think they're working class when they are actually middle class, and vice versa.

*Darren grounds the discussion of class around 3 central themes: Proximity, language, and interests.*

**Proximity:** "The distance between you and me, me and the issue, the distance that a politician is from the front line of an issue over which they preside." Key to understand the varying degrees of what is occurring, and how information travels up and down the chain. Only when you start to consider the different vantage points, then you begin to understand how something that seems so simple to a person in a community whose experiencing something first hand might not seem quite as urgent to somebody who is experiencing it from a distance, and are able to observe it in less detail. *Partly why this concept of lived-experience is so vital.*

**Language:** The least spoken accent in the UK, is also the most trusted - the BBC 'announcer' accent. When we hear that accent, it is implicit that what we're being told is the truth. People have been socially conditioned by hearing this accent on TV with all of the contextual signifiers of authority - so there is a part of what it is, that we trust. Not everyone conforms to it, but people switch up their vocal tone when they're in a certain kind of company or environment.

This is referred to as 'studied informality.' It is how some people ingratiate themselves in a particular social group. It happens so incrementally that people that people don't realise it's occurring.

Funding applications - buzzwords. You have to jump through hoops when filling out these applications. These applications essentially screen you for your understanding of the language of 'officialdom' and people who understand that are more successful when applying for funding - irrespective of how effective they actually are working in the community.

The nature of the labour market has shifted - displacing entire communities from employment opportunities.

**Interests:** Interests are more quantifiable - e.g the drug crisis in terms of vague platitudes. We all want to reduce the drug deaths, we all believe that people suffering drug addiction should get

support - this does little to tell us about the different interests and play with the different actors that are involved in all of this.

Just as a landlord and a tenant both believe in the concept of houses. Why does a landlord have a tenant? - so the landlord can pay his mortgage on his other house. Why have you put the rent up? Because the cost of living has gone up.

Talking to the tenant - cost of living has gone up, and so has the rent.

Gauging people on the values that they profess is a low resolution of understanding what is actually going on, so when you are navigating through the drug sector, or analysing where power lies or you're trying to chart how accountability should be distributed - you have to first understand the interests of the person or the institution that you're dealing with.

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## **Dr Suzanne Zeedyk - Adverse childhood experiences & trauma**

### ***Addiction comes out of childhood trauma - how do we put together services that address this?***

#### *Childhood trauma as related to addiction*

- If you have a childhood where you have to deal with scary things, without having a relationship that is attuned to you emotionally, that can help you to carry that fear, that produces a physical change in your body.
- Addiction comes out of a stressed, stress system
- Often addiction has been called ***ritualized compulsive comfort seeking*** and people have argued that if we called it that - we would understand what has happened is that your regulatory system (how you handle stress in life) has become really stretched and fragile.
  - Substances help with comfort, when you can not achieve this internally
- If we just understood that addiction is looking for comfort seeking, we could change the treatments and preventions we offer.
- Childhood trauma produces adult consequences

#### ***Relationships are both prevention and solution***

“At more senior levels, those who are all the time associated with situations of stress like the exec officers, they become distanced from the problem, and they lose the sense of urgency which goes with full awareness”

When you end up too distanced, you don't see the problem. One of the things learnt from FAVOR, is that a key part of the problem in Scotland, is that we have focused on harm reduction and on treatment of symptoms without actually looking at the trauma that is at the heart. People aren't focused on rehabilitation and on recovery - so our lens is shaped by how far or close we are to the problem.

***Why can't we see this?***

3 key things that block our ability to see this

- 1) Medical models that explain addiction - so to talk about childhood trauma in relation to addiction, is a different lens.
- 2) 'Othering' - the way we treat people from other classes, we see them in a different way.
- 3) Right to be more curious - we are not curious enough about children's distress, or the pressures other people are under - symptom of white privilege.

We have to find ways to counter denial - denial of suffering is part of the problem.

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**Iain Smith - Childhood trauma, addiction & a lack of justice system**

There is a futility in punishing people gripped by addiction, and when trying to punish people out of their trauma.

The system we have is one of retribution, rather than repair, and when it comes to childhood trauma, and the impact of that on the people within the criminal justice landscape. Repair over retribution is what's required, and because we don't have that we've just got a revolving door of people coming in and out of this system.

Express when we see damage in people that we care about them, and that we do something different for them and not just punish them because it doesn't help.

We are so busy looking at other services, and other people at what they're not doing, that maybe we should just ask ourselves what it is we can do in our own little worlds that we work in - that we can change and influence.

*The trauma aware lawyers group* - used as a way to engage with various universities in Scotland that are teaching the next generation of lawyers. The universities are ensuring that these students become trauma-aware.

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### **Bob Doris MSP - Lived experience & constituents experience**

Large majority of people seeking assistance within this framework - are families.

Experienced a mother seeking help from her son struggling with addiction - he was known to have underlying mental health problems, however, the NHS could not help as the son was still using drugs.

- Not a way to run a caring service

Too many times working through caseloads people are moving to evict because they see a problem, rather than getting to the bottom of the actual problem. Often it is family who are seeking help, not the person who actually needs helping. This creates problems because of data protection - permission is required to share information.

When people were ready to reach out for support, it was not always there. Timing is everything, and too often help has not been there.

*Kinship Carers* - the work that they do at picking up the pieces for people who have lost sons and daughters is incredible - although they sometimes struggle with accessing appropriate services too.

**We have to find a way of putting the individual in control of their own help, support, and assistance - and this has yet to happen up until now.**

We're at a crossroads in terms of what's happening in the policy landscape and service design and redesign - and challenging a culture and addiction services. Things have always been done a certain way, and there is a culture to this that needs to change.

It's the job of politicians to push this along.

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### **Monica Lennon MSP - Lived experience & constituents experience**

First got into politics in 2012 - one of the very first cases was struggling with trauma and addiction - stemming from childhood trauma.

### *Personal lived experience*

- People lose their identity - and become labelled - 'alcoholic'
- Access to rehab and residential treatment is open to very few people
- There is power in recovery, and power in the recovery community

Being a good human being, and helping people has driven political objectives. Particularly, within the arena of drugs and alcohol addiction.

The system is flawed to the point where people are referred to as statistics, rather than as human beings - this is dehumanising.

**Too often families only break the silence about drug and alcohol harm after they have buried their loved one's.** Between the stigma and the language, people feel ashamed to break their silence.

In the last decade, drug deaths have doubled - this is down to people not caring or showing compassion enough. People did not show that this actually mattered, and there was a time a few years ago when money was taken out of the system that affected alcohol and drug partnerships.

The First Minister has apologised for this. ***However, none of the topics discussed in this panel have been a political priority.***

We need to change the systems that are locking people into poverty. The next parliament needs to be the anti-poverty parliament, as well as having people in the parliament who have lived experience.

If you are trying to change the system, you should not feel comfortable with that, or that you're becoming a part of the establishment.

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### **Karen McKeown - Lived experience**

Experience of what happened to her, and her partner - Luke Henderson.

Luke suffered from adverse mental health. The first time seeking help was with NHS 24 - was eventually told that nothing could be done for him. Asking for a second opinion - was told to contact the police to go to A&E.

He was under the mental health team for about 20 minutes, where a question remains of how extensive their mental health assessment was. This inaction continued at several departments and services.

***Karen experienced a lack of communication between various services, with each other.*** Which prevented Luke from accessing appropriate help and assistance.

Sadly, Luke completed suicide.

Monica raised Luke's case at First Minister's questions, which led to a meeting between Karen and the mental health minister. The response was not positive, or helpful.

Karen believes that Luke entered into psychosis as a result of stopping his drug use, and the link between cocaine and withdrawal is not recognised.

***Stigma comes from the highest level of governance - so what chance do frontline workers actually have?***

***Things are broken within the system - and things really need to change***

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**Samuel Marriott-Dowding (CEO of Marriott Communications) - An outsider's perspective.**

The 'voices' and the experiences of the men and women using these recovery services hold the power to provoke emotion, from - sadness, anger, compassion, frustration, and most of all - inspiration.

Recovery is not always black and white, there's grey, there's ups and downs, there's steps forward and sometimes steps backward - but there is always a beginning, middle, and end to a story. It matters not how your story starts, but how your experiences and lessons guides your story to its end.



From somewhat of an outsider's perspective - these experiences and 'stories' of the men and women who use these recovery services are paramount to the future development of services, funding and government policies.

It is no longer enough to give the reins to someone who solely has fancy connections, professional weight or the qualifications - ***recovery services should take on a grassroots approach and use these experiences and the 'stories' of the people using these services to shape the future of recovery and construct a foundation based upon lived experience.***

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### **Leeh Howell - The Voice of the Silent**

Finding an escape from emotional pain through substance abuse. Unaware that there was a solution to the issue of addiction.

Started to look inwards at his own identity, and challenged the negative perception of himself and of the world.

No one fixed approach for everyone.

***Jericho House - extremely high rate of success in terms of treatment and recovery.***

No one ever asked if he had considered the idea of getting clean, or abstinence. On assisted treatment for 11 years.

Reintegration is a critical aspect of recovery - being worked towards this by building relationships. Often critical to success once leaving treatment. Being dropped back into chaotic environments - end up going back through that same cycle.

Stigma has the potential to drive you back into your own isolation. You remain socially disconnected.

We need to come to realise that people using recovery services are 'your people,' your friends, your sons, daughters, mums, and dads.

Addiction does not care where you come from, or what you've got. Yet, we feel like we're being left outside and abandoned - and that's hard to deal with as a recovering addict.

***The only people that can change that, is us.***

## **Natalie Logan MacLean (CEO of SISCO) - Summary**

*How do we summarise tonight's event?*

*Do we really hear the unheard voices?*

Personal experience -

- Trauma is a cycle, which needs to be broken
- Searched outside oneself for happiness, but found more trauma
- Drugs and alcohol became a saviour - but the unhappiness would soon take over again
- No one listened, or heard, or understood
- Someone validated the pain, and that place was within residential rehab - a place full of healing, and nurture.

Most important aspect is to find value in yourself.

People become alcoholics and addicts to escape the pain, and we all need to be that one person in someone's life that see's the value, and makes a difference. People don't have addictions to hurt people, it is done because the person is already in pain.

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## **Q&A's and audience comments**

***Kevin:***

Engaging with SISCO since January (2021).

On the road to destruction, SISCO has provided extensive help and assistance.

***"I used to walk like the world was against me, but now it's wrapped around me, and it's comforting me"***

SISCO has become a second family.

### *Wita:*

Connecting with strong women has enabled her to see the world through different eyes.

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### **Audience Comments**

18:07:07 From Annemarie Glasgow to Everyone : Hi everyone welcome - where are you tuning in from tonight ?

18:07:20 From clado to Everyone : Peebles

18:07:32 From McConnell\_Ernestine\_2287101m to Everyone : Hi guys - Glasgow

18:07:32 From Thomas to Everyone : Glasgow

18:07:36 From 100KEV100 to Everyone : EK x

18:07:41 From nict to Everyone : Glasgow

18:07:41 From Cliff Johnson to Everyone : Durham

18:07:44 From Gemma Muir to Everyone : Glasgow

18:07:46 From Caroline Butler to Everyone : Aberdeen

18:07:47 From simon to Everyone : Keighley, West Yorkshire

18:07:47 From Wita Nicholl to Annemarie Glasgow(Direct Message) : hey 😊 Glasgow

18:07:48 From susan Grant to Everyone : Edinburgh

18:07:50 From Andy to Everyone : Glasgow

18:07:54 From silabeyaz to Everyone : London, Essex.

18:07:54 From Adam to Everyone : Newcastle upon Tyne

18:07:57 From Annie Brown (VCEA) to Everyone : Kilmarnock East Ayrshire

18:08:11 From 100KEV100 to Everyone : EK

18:08:11 From Laura Sutherland to Everyone : Falkirk 😊

18:08:30 From kathleen to Everyone : south lanarkshire

18:08:35 From Anthony Morrow to Everyone : Cardross

18:08:48 From Karen D to Everyone : north glasgow

18:09:03 From peter Todd to Everyone : From Thurso in Caithness

18:09:15 From Maureen Drennan to Everyone : From Maureen to everyone East Ayrshire.

18:10:28 From O'Brien Robert to Everyone : north glasgow

18:11:39 From Steven Manclark to Everyone : Glasgow

18:11:45 From Diane Elliott to Everyone : Aberdeen, but originally from Liverpool, now that's an accent...

18:12:59 From Anthony Morrow to Everyone : Yes! Ha, nailed it already

18:13:22 From Anthony Morrow to Everyone : That is a major issue with the way funding is held and distributed. You just need to be good at applications, not good at the work

18:16:43 From Gemma Muir to Everyone : Brilliant 🙌 spot on!!!

18:19:45 From Caroline Butler to Everyone : Why are we still having people waiting outside pharmacies to receive their medication, this is the only set of people who are treated this way. Shocking!!!!!!!!!!!!!!

18:20:37 From Aimée Sykes to Everyone : Hi all! I'm representing FAVOR Piedmont in South Carolina, USA

18:21:25 From Caroline Butler to Everyone : Welcome!

18:21:29 From Annemarie Glasgow to Everyone : Welcome Aimee & all x

18:21:48 From Aimée Sykes to Everyone : So grateful to be here for such an important event!

18:22:40 From James ... to Everyone : he's absolutely describing these often hidden dynamics leith surgical precision

18:22:49 From James ... to Everyone : with

18:23:13 From O'Brien Robert to Everyone : I can identify with the stigma attached to methadone we are labelled no one sees the person

18:23:14 From Annemarie Glasgow to Everyone : yes he is James ! beautifully

18:24:07 From Caroline Butler to Everyone : Brilliant thanks

18:24:22 From Anthony Morrow to Everyone : That was brilliant

18:24:28 From Karen D to Everyone : thank you. :)

18:25:03 From anitastruthers1967@gmail.com to Everyone : Building relationships of mutual understanding and accepting what people are experiencing.

18:25:17 From silabeyaz to Everyone : That was very educating! Thank you :)

18:25:57 From margaret mcmullen to Everyone : brilliant and so true

18:25:58 From James ... to Everyone : It's conform or be excluded AnneMarie

18:27:25 From Adam to Everyone : Can relate to what was said by Darren. Work as a consultant within the CJS and sick of so many people earning a fortune by telling people what they want to hear. I challenge, yet seen as disruptive!

18:27:48 From Annemarie Glasgow to Everyone : Yes James as you know I live by To thy ownself be true - if i don't stay in that integrity - I'm a risk of dying

18:29:04 From James ... to Everyone : A well known addiction support service in Scotland told a worker they didn't publicly acknowledge ACEs because they wanted the addict to take responsibility fir their addiction 😬

18:29:22 From James ... to Everyone : madness

18:29:30 From Annemarie Glasgow to Everyone : wow James - beyond ignorant

18:29:39 From Laura Sutherland to Everyone : wow!

18:30:13 From Karen D to Everyone : always put so well

18:30:19 From Adam to Everyone : many would benefit from familiarising themselves with Eriksons theories with regard to child development

18:31:47 From James ... to Everyone : We need to let go of this delusion that it's about blaming addiction on parents!

18:32:41 From Natalie Logan MacLean to Everyone : I just love listening to suzanne, she blows my mind

18:33:30 From James ... to Everyone : Her heart burns for children and it speaks to all of us.

She is a national treasure

18:33:45 From Natalie Logan MacLean to Everyone : she really is James

18:33:55 From Shevon's iPhone (2) to Everyone : there's a lot of money currently being put into early years however the main focus is on 'attainment' and still not enough on wellbeing. How the money is used is also debatable, I mean how is 120 3 to 5 year old children in one large playroom regarded as quality? How can early years workers be expected to reach the children that need additional support when they are so stretched. The money in services still needs increasing in order for quality services to exist and for quality support to be offered

18:35:00 From Adam to Everyone : Shame funds would never realistically stretch to bespoke family mentoring and support.

18:35:44 From Norah to Everyone : poorer communities/families are focused on surviving

18:36:46 From Shevon's iPhone (2) to Everyone : too many people in low proximity in charge of crucial services

18:36:46 From Caroline Butler to Everyone : My son died in 2001 overdose I think suicide, he was taken from us because of undiagnosed behavioral problems, placed in what was called then assessment centre this was in the late 80s 90s he was there from 14yrs to 16yrs, we discovered many years later he had been mentally and physically abused while there, he suffered 14yrs of drug abuse due to the very people who were supposed to help him. I relate so much to what is being said.

18:37:27 From Gemma Muir to Everyone : Correct!!!

18:37:28 From Aimée Sykes to Everyone : How sad that there are millions walking around who may never know about the detrimental lifelong impact of what happened to them when they were younger. These adult survivors need protective factors that can buffer the risks of such past trauma.

18:38:02 From James ... to Everyone : So true, people who shape policy are far to far from the problem to make urgent relationship based solution. Many areas of policy are striking a high moral distance from the reality of the suffering on the coal face of addiction

18:38:30 From Karen D to Everyone : agreed

18:39:00 From Laura Sutherland to Everyone : absolutely!

18:39:19 From Thomas to Everyone : so so true

18:40:41 From clado to Everyone : Powerful words, Suzanne - thank you so much.

18:40:50 From Karen D to Everyone : thanks love listening to you.

18:41:05 From Stuart Smith to Everyone : amazing 🙌

18:41:17 From Stephanie Morrison to Everyone : The dominance of the medical model is the biggest obstacle to creating health and opportunities for create health and opportunities in communities and populations. Trauma and addiction are cultural and societal issues we are responding to with a medical response -which will never work.

18:41:36 From Norah to Everyone : there are no young persons rehab now

18:41:55 From Norah to Everyone : the lost children who are now young adults

18:42:04 From O'Brien Robert to Everyone : I still cary the scars mentally from my childhood trauma im now an adult

18:42:06 From Anthony Morrow to Everyone : Incredible.

18:42:58 From James ... to Everyone : same Robert

18:43:04 From Caroline Butler to Everyone : Thanks Suzanne powerful and true.

18:43:21 From Tracey McFall to Everyone : thanks Suzanne  
18:43:37 From Darren McGarvey to Everyone : Great stuff Suzanne.  
18:46:36 From anne marie to Everyone : Ian Smith - BRILLIANT  
18:47:37 From Caroline Butler to Everyone : This so emotional!!!!  
18:48:01 From Gerard Diamond to Everyone : Its not why the addiction, but why the pain ".We are still not addressing the root causes of addiction if we do not address the childhood trauma.  
18:49:25 From Suzanne Zeedyk to Everyone : Iain mentioned Tina Hendry., who has been a lead voice in bringing awareness of ACEs to Scotland I am tonight wearing the badge that contain Tina Hendry's quote: "Poor outcomes are not inevitable." Tina knew everything we are talking about tonight. She died one year ago this week. We are hosting a Memorial Conversation for Tina Hendry on 18 February. It is free and anyone is free to join us.  
<https://aceawarescotland.com/2021-conversation-series/memorial-conversation-for-tina-hendry/>  
18:50:01 From Gemma Muir to Everyone : Yes! U  
18:50:13 From Anthony Morrow to Everyone : I've never hear Iain speak before, this is amazing  
18:50:26 From Wita Nicholl to Annemarie Glasgow(Direct Message) : that's the feed back I gave turning point Scotland. if I been given the human contact when I first took drugs my life could've been different  
18:50:42 From Caroline Butler to Everyone : This why we should all be working together regardless of funding streams etc.  
18:51:03 From Gerard Diamond to Everyone : Fantastic Iain #smart justice  
18:51:07 From Darren McGarvey to Everyone : Brilliant Iain. Beautiful.  
18:51:34 From Wita Nicholl to Annemarie Glasgow(Direct Message) : flung in a cell and the only person to give me human contact was a turn key  
18:51:42 From Natalie Logan MacLean to Everyone : Just love you Smithy  
18:51:56 From anitastruthers1967@gmail.com to Everyone : Thanks Iain for sharing what kindness can do for people  
18:51:59 From clado to Everyone : COMPASSION should be at the forefront of everything.  
18:52:16 From Stevie & Molly to Everyone : Kindness <3  
18:52:22 From Suzanne Zeedyk to Everyone : If anyone would like to see some of the history I mentioned of 1930s & 1950s & 1970s, here is a link:  
<https://suzannezeedyk.com/why-professionals-are-distressed-by-childrens-distress/>  
18:52:29 From Tracey McFall to Everyone :  
<https://www.bing.com/videos/search?q=james+redford+resilience&view=detail&mid=2E56D8C07716B5E178B12E56D8C07716B5E178B1&FORM=VIRE0&mmscn=tpvh&ru=%2fsearch%3fq%3djames%2bredford%2bresilience%26cvid%3d6821d8433c4240259bc7a5a53dc900ab%26pglt%3d43%26FORM%3dANAB01%26PC%3dU531>  
18:52:32 From Karen D to Everyone : trauma informed reports  
18:53:07 From Fiona's iPhone to Everyone : thank you for inspiring me and I am sure many others  
18:53:16 From Norah to Everyone : amazing  
18:53:22 From lynn to Everyone : This is amazing  
18:53:27 From Caroline Butler to Everyone : Great!!!!!!! thanks.  
18:53:57 From Stuart Smith to Everyone : replace the punishment with compassion. Amazing



18:54:07 From Thomas to Everyone : fantastic

18:54:11 From O'Brien Robert to Everyone : Thanks Iain a little compassion and empathy shown goes a long way

18:54:12 From Annie Brown (VCEA) to Everyone : Fantastic Iain, your work will change the lives of many, well done

18:54:13 From Douglas Clark to Everyone :

<https://journeysineducation.libsyn.com/episode-7-iain-smith>

18:54:14 From Gerard Diamond to Everyone : Yes Iain. We need a trauma informed responsive society

18:54:18 From Suzanne Zeedyk to Everyone : Here is Vincent Felitti's paper from 2004, where he says this: "The current concept of addiction is ill founded. Our study of the relationship of adverse childhood experiences to adult health status in over 17,000 persons shows addiction to be a readily understandable although largely unconscious attempt to gain relief from well-concealed prior life traumas by using psychoactive materials." How many people have died in two decades when Felitti was already saying what Iain Smith is saying:

<https://www.nijc.org/pdfs/Subject%20Matter%20Articles/Drugs%20and%20Alc/ACE%20Study%20-%20OriginsofAddiction.pdf>

18:54:27 From Norah to Everyone : Amazing , trauma as we know delays this development

18:54:39 From Norah to Everyone : Brilliant

18:54:50 From anne marie to Everyone : OH MY GOD - THIS IS WONDERFUL IAN, IF YOU'RE MAD - ITS DIVINE MADNESS X

18:54:58 From Karen D to Everyone : give people chances and not just one

18:55:13 From clado to Everyone : Such a positive contribution, Iain - thank you.

18:55:18 From Anthony Morrow to Everyone : That's one of the best presentations I think I've ever heard

18:55:22 From Gemma Muir to Everyone : Thank you Iain!!!!

18:55:23 From Stevie & Molly to Everyone : Bravo <3

18:55:25 From Lynn to Everyone : amazing

18:55:26 From O'Brien Robert to Everyone : BRILLIANT

18:55:27 From Caroline Butler to Everyone : I could listen to you all night

18:55:29 From nict to Everyone : So interesting.

18:55:35 From Karen D to Everyone : thanks Iain

18:55:39 From eileencrolla@hotmail.co.uk to Everyone : brilliant thanks

18:55:40 From Darren McGarvey to Everyone : Wonderful Iain. A gifted communicator with such an obvious passion

18:55:54 From Susan Grant to Everyone : Amazing, thanks Iain

18:55:55 From Gill Last to Everyone : Iain that was amazing. Follow you on Twitter but great to actually hear you.

18:56:02 From James ... to Everyone : What a guy 🙌👏🙌👏🙌👏

18:56:04 From Suzanne Zeedyk to Everyone : For anyone who would like a better understanding of the science of ACEs, here is a good start. In 20 minutes you will learn a lot. [https://www.ted.com/talks/nadine\\_burke\\_harris\\_how\\_childhood\\_trauma\\_affects\\_health\\_across\\_a\\_lifetime?language=en](https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?language=en)

18:56:20 From Gemma Muir to Everyone : Thanks Suzanne 😊🙌

18:56:22 From Wita Nicholl to Annemarie Glasgow(Direct Message) : well said Iain. That's my story child abuse, teenage abuse, adult abuse

18:56:24 From Natalie Logan MacLean to Everyone : Not just lawyer of the year, Absolute ledge!!

18:57:15 From Suzanne Zeedyk to Everyone : And this piece was broadcast in 2016. So we have known about this in the UK for too long... <https://www.bbc.co.uk/programmes/b070dksr>

18:57:18 From Charlie Richardson to Annemarie Glasgow(Direct Message) : hi mrs it John, a don't put ma real name on Zoo

18:57:30 From Stephanie Morrison to Everyone : In Scotland we need integrated compassionate services which work to enable people to be healthy and well, reduce stress and enable them to live a life of dignity. If we consider what we do or cannot do in our daily life will determine your health outcomes and who you become as a person -we need to redesign services away from the medical model in Scotland. Our NHS and Prisons meet the demand of these failed approaches which should be preventative.

18:57:52 From Charlie Richardson to Annemarie Glasgow(Direct Message) : on zoom a meant lol it's John Hamilton, this has been brilliant x

18:58:23 From Wita Nicholl to Annemarie Glasgow(Direct Message) : need help for living skill's, coping skills, emotional skills

18:58:36 From clado to Everyone : Well said, Stephanie.

18:59:25 From Karen D to Everyone : just a vicious circle that continues

18:59:29 From Stephanie Morrison to Everyone : Thank you -with vision we can do this in Scotland

18:59:45 From James ... to Everyone : Absolutely Stephanie

18:59:49 From clado to Everyone : Absolutely - and this meeting is exuding positivity.

19:00:12 From Caroline Butler to Everyone : This has been going on for over 20yrs the barriers are set up for those to fail.

19:02:26 From Maureen Drennan to Everyone : That's how I feel family focus. The whole picture. Honesty (solution not problem) \*

19:02:55 From James ... to Everyone : ADVERSE SYSTEM EXPERIENCES

19:03:09 From Tracey McFall to Everyone :

<https://www.gov.scot/publications/national-health-wellbeing-outcomes-framework/pages/9/> - we shouldn't tell citizens they have a choice in relation to their treatment if we know they don't. we need advocacy to challenge services and system that do not adhere to their own principles.....

19:03:17 From Annemarie Glasgow to Everyone : ADVERSE SYSTEM EXPERIENCES indeed

19:03:25 From James ... to Everyone : well said Tracy

19:03:38 From Caroline Butler to Everyone : Family inclusion is vital, when you have a loved one in the grip of addiction their mental and physical state is precarious, they need the help of their loved ones.

19:03:44 From Maureen Drennan to Everyone : You can't sort out aces without supporting parents.

19:03:56 From John Hamilton to Everyone : well said Bob

19:04:03 From Suzanne Zeedyk to Everyone : In 2019, ACE Aware Scotland, in partnership with James Docherty & Kim McGuigan, brought Gabor Mate to Scotland. 2000 people came.



His focus was addiction. This is a video of his presentation. It has had nearly 200,000 views. This information is out there, in our society. We need to start asking more about why we don't use it and people don't use it to alter systems. That's when we will find denial & othering & distance from the problem operating. [https://www.youtube.com/watch?v=tef5\\_HK5Zlc](https://www.youtube.com/watch?v=tef5_HK5Zlc)

19:04:21 From Karen D to Everyone : kinship carers are amazing

19:04:36 From James ... to Everyone : Yes, if we don't get it right for the parents we fail the weans. ACEs and poverty do not happen in a vacuum

19:05:09 From Maureen Drennan to Everyone : Something in my mind all along. Women have the babies. Value women I society. What is work..... Women are burdened.

19:05:27 From Natalie Logan MacLean to Everyone : Thanks for being a soldier Bob and continuin to fight the cause

19:05:30 From Karen D to Everyone : it's a phone call from addiction services from last march

19:06:13 From Tracey McFall to Everyone : Bob this has been piloted a number of times - and it was successful but funding was not continued!!

19:06:30 From Suzanne Zeedyk to Everyone : Poverty is a CHOICE that our society makes. It is a CHOICE about where we put our money and who we are willing to write off. Poverty does not have to exist — just as the VRU demonstrated that violence does not have to exist. Changing the frame so that we acknowledge poverty as a CHOICE helps in seeing anew the core problem. The problem the is the values of our society.

19:06:49 From Maureen Drennan to Everyone : Thanks Bob. A breath of fresh air. I am a mother, women and activist. Exhausted and everyone matter s.

19:06:55 From James ... to Everyone : THE KEYS TO WELL-BEING IN CHILDREN AND YOUTH: why children need to be raised by their families which, in turn, need to be supported by society and the state

19:06:58 From Tracey McFall to Everyone : SDS for problematic substance use was piloted and successfully - should have made that clear.

19:06:58 From Wita Nicholl to Annemarie Glasgow(Direct Message) : what's ian,s last name please?

19:07:10 From Annemarie Glasgow to Wita Nicholl(Direct Message) : smith

19:07:10 From James ... to Everyone :

[https://neufeldinstitute.org/wp-content/uploads/2017/12/Neufeld\\_Brussels\\_address.pdf](https://neufeldinstitute.org/wp-content/uploads/2017/12/Neufeld_Brussels_address.pdf)

19:07:38 From Wita Nicholl to Annemarie Glasgow(Direct Message) : thank you

19:07:52 From Norah to Everyone : treatment gain is a factor, if someone relapses , it all contributes to finding recovery

19:07:56 From James ... to Everyone : Every politician and human should read this [https://neufeldinstitute.org/wp-content/uploads/2017/12/Neufeld\\_Brussels\\_address.pdf](https://neufeldinstitute.org/wp-content/uploads/2017/12/Neufeld_Brussels_address.pdf)

19:08:07 From Maureen Drennan to Everyone : The elite are deliberately doing what they are doing. A WAR WITHOUT BULLETS.

19:08:35 From Maureen Drennan to Everyone : Thanks Bob. X

19:09:45 From Caroline Butler to Everyone : I was repeatedly excluded from my Son's care the attitude was abhorrent! and that was 20yrs ago,and here we are still talking about it.

19:09:52 From James ... to Everyone : 😂🤔 A pain in the arse lol Brilliant .. if the system wasn't being an arse then Favor wouldn't need to be a pain innit 🍌🍌😂

19:10:15 From Karen D to Everyone : thank you. :)

19:10:15 From Dazza Boy 🕶️ to Everyone : Amen Jado 🙏

19:10:21 From O'Brien Robert to Everyone : Thanks for kinship carers or my son would have been lost to the system

19:10:22 From Caroline Butler to Everyone : Thanks Bob well said.

19:10:27 From James ... to Everyone : Caroline I hear you

19:11:14 From Natalie Logan MacLean to Everyone : We are listening Caroline

19:11:52 From Suzanne Zeedyk to Everyone : Saying that there is not enough money to fund family support & prevention of childhood trauma is inaccurate economics. It is not about the amount of money. It is about how we set up budgets. This 2019 paper added up the costs of not supporting families & altering systems so that ACEs could be reduced. "Total annual costs attributable to ACEs were estimated to be US\$581 billion in Europe and \$748 billion in north America. More than 75% of these costs arose in individuals with two or more ACEs." ANNUAL. Those are ANNUAL costs.

[https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667\(19\)30145-8/fulltext](https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667(19)30145-8/fulltext)

19:12:02 From eileencrolla@hotmail.co.uk to Everyone : thanks bob i have meet you before about kinship you do fantastic for kinship i run 3 kinship groups in south lanarkshire

19:12:05 From Douglas Clark to Everyone : Yes @Maureen the parents. Speaking as a Teacher I couldn't agree more. On top of that, until education... (education in schools and in communities), focusses on early years, (Social and Emotional Learning I mean), the traumas will just keep feeding through at a faster flow rate than they otherwise might. Concentrate on early years and the rest will follow. Let's give the Weans the tools, let's give the parents the tools x Check this out: <https://thinkequal.org>

19:13:11 From Caroline Butler to Everyone : Lets hope the money goes to the services that are working and eke out the one's that are not.

19:13:28 From James ... to Everyone : Brilliant, a politician that's not emotionally detached



19:13:30 From Maureen Drennan to Everyone : If it doesn't change well that's another story. It should hopefully be acknowledged and see Change. It will take us all every last one of us. At all levels.

19:13:57 From Gemma Muir to Everyone : haha James

19:14:03 From Anthony Morrow to Everyone : A politician that cares enough to cry. More of them please. I REALLY hope Monica wins the Labour contest

19:14:20 From James ... to Everyone : It's Grassroots that causes change, never forget the power of your voice and vote people 🙏👍

19:15:30 From Darren McGarvey to Everyone : Annmarie is spot on with regards to the central role that activism has played in securing greater funding and a general review of drug policy. I have cringed with embarrassment in recent weeks, watching certain figures and orgs who have said very little critical in recent years, rushing out the gate to congratulate THE GOVT on all these announcement hahahaha. All the govt did was announce - others put their necks on the line fighting for these things

19:16:21 From Anthony Morrow to Everyone : "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." Rings true, James

19:20:53 From anne marie to Annemarie Glasgow(Direct Message) : when is leeh speaking

19:21:22 From Natalie Logan MacLean to Everyone : Thank you for always validating the voices of lived experience Monica, Your voice has power

19:21:52 From Caroline Butler to Everyone : We haven't had any rehab facilities in the NorthEast for 10yrs

19:22:19 From John Hamilton to Everyone : inspirational stuff Monica x

19:23:01 From 100KEV100 to Everyone : Monica your a really good woman x not many like you give yourself some credit pal xx

19:23:15 From James ... to Everyone : You notice how none of these services are in here 🙄 hahaha The same people that should about unity and stigma with their lips and then practice with their feet 🤔

19:23:31 From James ... to Everyone : \*shout

19:23:41 From Annemarie Glasgow to Everyone : Aye Thanks Darren, we have had over 60 messages of congratulations about the 255 million coming in as a result of our campaign from leaders CEOs & PHE etc friends in England & Wales. Those same placed folks in Scotland in leadership positions & orgs - behaved in such a way that no only totally ignored our role & how important it was but also made me feel ashamed & embarrassed for them ... they looked to me like Fagin from Oliver Twist = delighted to be getting their grubby little hands on stolen goods..... THINGS Have to change ! especially our leadership in the Scottish addiction Field !

19:23:48 From Dazza Boy 🕶️ to Everyone : Usual fae the usual 🙄🙄🙄

19:23:55 From Tracey McFall to Everyone : that's who we need here james

19:24:05 From 100KEV100 to Everyone : yeah there not here to even see if they can help lol

19:24:09 From Natalie Logan MacLean to Everyone : Exactly james

19:24:20 From Annemarie Glasgow to Everyone : Yes yet again just like all our events last year — none of them here !!! James & Natalie

19:25:03 From Annie Brown (VCEA) to Everyone : "a good human being" you certainly are Monica

19:25:22 From Natalie Logan MacLean to Everyone : We all talkk about collaborative working yet are still so disjointed

19:25:23 From Annemarie Glasgow to Everyone : They do not Value of recognise the authentic autonomous independent mature Lived experience voice - only the one they can steer ! so obvious \_ WE SEE YOU !

19:26:25 From Anthony Morrow to Everyone : Monica is an absolute credit to the Labour Party, a politician that cares. Not only that, a genuine person fighting for change.

19:26:26 From Gemma Muir to Everyone : Well done Monica 🙌

19:26:26 From James ... to Everyone : Monica Lennon we love you ., thanks for being your beautiful authentic self. Your Dad will be so proud of you — “That’s my Girl ❤️

19:26:50 From Caroline Butler to Everyone : Thanks for your humanity.

19:27:04 From 100KEV100 to Everyone : well done Monica xx

19:27:07 From Iain Smith to Everyone : COMPASSION 🙌👤

19:27:09 From John Hamilton to Everyone : spot on guys but youse have put on a fantastic event here, by people who are passionate and want to see change, real stuff x

19:27:37 From Dazza Boy 🕶️ to Everyone : Honesty right there well in Monica ❤️

19:27:47 From nict to Everyone : Thanks for sharing x

19:27:49 From Karen Mckeown to Everyone : u r amazing Monica, you always stand for what

you believe in. I wish we had more people like you

19:28:01 From clado to Everyone : "It's about being a good human being" - and that's exactly what you are, Monica - seeing the people behind the politics and policies. Your compassion is palpable - thank you for making yourself vulnerable in order to help others.

19:28:11 From Douglas Clark to Everyone : Monica you've restored my faith a wee bit in Politicians tonight. (You too Bob) x

19:28:58 From Douglas Clark to Everyone : Don't apologise for a show of emotion, please x

19:29:05 From Gemma Muir to Everyone : Never apologise for showing emotion xx

19:29:09 From Natalie Logan MacLean to Everyone : Showing us your emotions, shows us you care Monica .. We adore you! xx

19:29:10 From Gerard Diamond to Everyone : 🙌🙌🙌🙌

19:29:31 From Stephanie Morrison to Everyone : Monica thank you for your words -I wrote to all the MSPs -regarding addiction issues in Scotland and drug deaths you were the only MSP who responded with a humane and compassionate response.

19:29:59 From Gill Last to Everyone : I'm emotional with you - inspirational. Thank you for your work. Keep shouting and caring

19:30:04 From clado to Everyone : Never apologise for being yourself, Monica - we need authentic voices like yours to speak up as you are doing.

19:30:14 From eileencrolla@hotmail.co.uk to Everyone : well done monica brilliant

19:30:34 From Karen D to Everyone : thank you monica for being real

19:30:44 From Laura Sutherland to Everyone : spot on Monica

19:31:30 From anne marie to Everyone : YES MONICA\

19:31:45 From O'Brien Robert to Everyone : Monica your amazing I feel your compassion always be yourself so real love ya

19:32:18 From Caroline Butler to Everyone : It is awful we have to discuss how we can save lives, a life is a life.

19:32:21 From anne marie to Everyone : THE TIME IS NOW

19:32:31 From Suzanne Zeedyk to Everyone : I am so grateful for your willingness to cry, Monica. Thank you for that courage.

19:32:41 From Norah Fletcher to Everyone : Thanks Monica

19:32:42 From Anthony Morrow to Everyone : That was so incredible

19:32:43 From Tracey McFall to Everyone : hard edges-

<https://lankellychase.org.uk/resources/publications/hard-edges-scotland/> - addictions/justice/domestic violence/homelessness and mental health - people ARE bouncing around the system

19:32:49 From Thomas to Everyone : a could listen to her all night 😊

19:33:10 From Caroline Butler to Everyone : Thanks Monica.

19:34:03 From Darren McGarvey to Everyone : Thank you, Monica x

19:35:52 From O'Brien Robert to Everyone : its ok to show your emotions Monica thank you for being real

19:37:31 From Annemarie Glasgow to Everyone : Ive been told showing emotion or getting emotional isn't professional - Ive responded on more that one occasion by saying if you don't respond with emotions anymore perhaps you should think about moving on to another area.

19:37:47 From Monica Lennon to Everyone : Thanks everyone x

19:38:09 From Annemarie Glasgow to Everyone : We are human beings - we are emotional beings - we can bring our whole selves to work - we can & we should .

19:38:50 From Caroline Butler to Everyone : It's a story that is sadly all too true across the country.

19:39:46 From Annemarie Glasgow to Everyone : Too often in Scotland we are taught to hide our emotions to the point even where many of us can't even identify them anymore.

19:39:48 From Laura Sutherland to Everyone : One of the main reasons I left substance services! when I was training I was told that I couldn't share who I was, I quote "You have to put a front on!"

19:39:59 From Karen D to Everyone : constant barriers how exhausting

19:40:50 From Tracey McFall to Everyone : part of that Laura was over a number of years of professionalisation agenda in the workforce

19:43:41 From Norah Fletcher to Everyone : that withdrawal takes lives

19:43:43 From Tracey McFall to Everyone : institutional stigma

19:43:49 From Anthony Morrow to Everyone : I am so sorry that you were passed around like that in your grief. This is so hard to hear

19:44:21 From Karen D to Everyone : how sad

19:44:48 From Natalie Logan MacLean to Everyone : Thank you for your bravery Karen ...x

19:45:20 From John Hamilton to Everyone : This has been such a powerful event x

19:45:28 From Karen D to Everyone : shouldn't have to fight it's awful.

19:45:47 From Laura Sutherland to Everyone : Absolutely Tracey! A very young me (18yrs) couldn't get my head round it.. especially since I was recruited for my lived experiences!

19:45:48 From Annie Brown (VCEA) to Everyone : You are very brave Karen, thank you

19:45:56 From James ... to Everyone : I hear these stories everyday

19:46:05 From Tracey McFall to Everyone : thanks Karen.

19:46:06 From Gemma Muir to Everyone : So sorry Karen 😞

19:46:13 From Caroline Butler to Everyone : I know many other families who have gone through this myself included, my son would be here today if only they could see pass the Stigma.

19:46:18 From Norah Fletcher to Everyone : thanks karen 🙏

19:46:22 From Monica Lennon to Everyone : I'm so proud of you Karen xx

19:46:29 From Douglas Clark to Everyone : Karen I admire you so much, just incredible.

19:46:37 From Karen D to Everyone : the individual and family are the expert

19:46:42 From Suzanne Zeedyk to Everyone : Karen - Thank you for your story. I have no idea what it required for you to choose to speak. I feel humbled. I'm so deeply sad you had to suffer this. The system did not serve you. Suzanne

19:46:46 From Tracey McFall to Everyone : circle of care

19:47:11 From Anthony Morrow to Everyone : Yes

19:47:14 From Gemma Muir to Everyone : Samr

19:47:15 From Stephanie Morrison to Everyone : Karen's story reflects so how we [ NHS etc] compartmentalise the person into medical conditions and services -as opposed to starting with the person. Services have to change

19:47:27 From Anthony Morrow to Everyone : If you just keep pumping money into a broken system, you just proper up a broken system

19:47:35 From margaret mcmullen to Everyone : karen amazing hopefully one day

19:47:37 From O'Brien Robert to Everyone : This is powerful stuff thankyou karen your so brave

19:47:44 From Gemma Muir to Everyone : Money was put into Mental Health however

19:47:49 From eileencrolla@hotmail.co.uk to Everyone : fantastic karen so proud of you

19:47:59 From Suzanne Zeedyk to Everyone : Understanding how and why systems resist change is key to making change.

19:48:01 From Gordon M to Everyone : thank you Karen that was so sad & very powerful thanks for so very brave

19:48:03 From Gemma Muir to Everyone : not put into the right places

19:48:10 From clado to Everyone : Thanks for sharing your, Luke's and your family's experiences, Karen - and for all the work you've done and are still doing, to help others.

19:48:19 From James ... to Everyone : Beautiful Karen, thanks for being so brave 🙏👍

19:48:30 From Gemma Muir to Everyone : Hi Sam 🙌

19:48:55 From Dazza Boy 😎 to Everyone : Karen that was so powerful and emotional so proud of you for having the courage to use lukes experiences and yours to help others. Incredible. Sending love ❤️

19:49:30 From nict to Everyone : Thank you for sharing Luke's story. So sad he didn't get the help that he needed.

19:49:34 From Tracey McFall to Everyone :

<https://healthcommcapacity.org/hc3resources/circle-care-model/> - cant find the original report now - old link - but i'll find it

19:50:19 From Anthony Morrow to Everyone : Yes Sam! Spot on

19:50:36 From Natalie Logan MacLean to Everyone : Thank you Sam for being a voice and a believer in our work x

19:50:37 From Thomas to Everyone : yes thanks Karen that was nice 😊

19:51:07 From silabeyaz to Everyone : Very well said Sam!! xxx

19:51:26 From clado to Everyone : Great contribution, Sam.

19:51:36 From Jasmin Cowan to Everyone : Thank you, Sam!

19:51:45 From Thomas to Everyone : go on leeh mate 😊

19:51:58 From O'Brien Robert to Everyone : Thankyou Sam

19:52:03 From ascott to Everyone : thank you Sam!

19:52:06 From Gemma Muir to Everyone : go for it Leeh!!!! feel that fear

19:52:09 From Annemarie Glasgow to Everyone : Go on Lee ! we love ye !

19:52:51 From Fiona's iPhone to Everyone : you can do this Leeh - we hear you and are right beside you !

19:54:12 From O'Brien Robert to Everyone : YOUR OUR VOICE

19:55:16 From James ... to Everyone : Welcome home Lee 🙌👍

19:55:26 From Anthony Morrow to Everyone : Legend

19:55:46 From Gerard Diamond to Everyone : My Aunt Margaret Diamond worked at Jericho House

19:55:47 From Karen D to Everyone : I'm glad you got treatment-well done

19:56:30 From Tracey McFall to Everyone : lets hope Jericho get some of the apd money

19:57:18 From Stevie & Molly to Everyone : Molly Kim and me send our love Leeh. You are an inspiration <3

19:57:27 From O'Brien Robert to Everyone : Leeh your an inspiration to us all

19:57:49 From Gemma Muir to Everyone : Amen brother 🙏  
19:58:10 From Anthony Morrow to Everyone : Amazing Lee  
19:58:19 From Natalie Logan MacLean to Everyone : Stay calm brother  
19:58:22 From Karen D to Everyone : you are doing well lee  
19:58:36 From Norah Fletcher to Everyone : Thanks Lee  
19:59:50 From eileencrolla@hotmail.co.uk to Everyone : fantastic well done lee  
20:00:07 From Norah Fletcher to Everyone : criminalising recovery  
20:00:47 From Andrew F to Everyone : what a fantastic advocate and example of recovery you are Lee, brilliant!  
20:00:57 From Karen D to Everyone : makes me sad "socially unacceptable"  
20:01:18 From Andy to Everyone : Inspirational!  
20:01:28 From Norah Fletcher to Everyone : we are citizens  
20:01:36 From Karen D to Everyone : we are all enough  
20:01:40 From Andrew F to Everyone : we're just ordinary people 💜  
20:01:49 From O'Brien Robert to Everyone : Brilliant Leeh totally identify way you  
20:01:51 From clado to Everyone : You're right, Leeh - re-integration is CRUCIAL and is so rarely acknowledged. Your contribution is inspirational - thank you.  
20:02:31 From Laura Sutherland to Everyone : Leeh ! 🙌  
20:02:39 From lynn to Everyone : WELL DONE LEEH  
20:02:40 From Andy to Everyone : thank you Leeh  
20:02:41 From Anthony Morrow to Everyone : wow  
20:02:42 From Tracey McFall to Everyone : thanks for sharing lee  
20:02:42 From O'Brien Robert to Everyone : Amazing big man yyyaasssss  
20:02:50 From Gordon M to Everyone : brilliant Leeh 🙌🙏  
20:02:52 From Karen D to Everyone : well done I hope you are proud  
20:02:54 From Thomas to Everyone : brilliant leeh your the example a need 😄🌈👍  
20:02:58 From Annie Brown (VCEA) to Everyone : WELL DONE LEEH !!  
20:03:00 From Karen Mckeown to Everyone : well done leeh, x  
20:03:02 From Stevie & Molly to Everyone : Brilliant Leeh <3  
20:03:08 From nict to Everyone : Amazing. Well done.  
20:03:10 From Diane Elliott to Everyone : Great job Leeh  
20:03:17 From Fiona's iPhone to Everyone : Thank you Leeh, thank you for sharing  
20:03:20 From Maureen Drennan to Everyone : Send you a hug, Lee. X  
20:03:26 From Gemma Muir to Everyone : WELL DONE LEEH!!!! 💙 We are so lucky to have you  
20:03:28 From Anthony Morrow to Everyone : Powerful Lee mate, absolutely incredible.  
20:03:38 From Suzanne Zeedyk to Everyone : Leeh. I am so humbled by your story. Thank you for that gift. Suzanne  
20:03:39 From Simon Pickles to Everyone : Well done Lee  
20:04:27 From Anthony Morrow to Everyone : Beautiful Annemarie  
20:04:37 From Anthony Morrow to Everyone : It's all about connection and relationships  
20:04:46 From Gerard Diamond to Everyone : Brilliant Leeh. Your voice would be powerful around secondary schools  
20:05:12 From Dazza Boy 🕶️ to Everyone : Lee that was fucking amazing bro. So proud of ye

m8 🙏❤️

20:05:14 From Fiona's iPhone to Everyone : I agree Gerard

20:05:33 From Suzanne Zeedyk to Everyone : EVERYTHING is about connection & relationships. That includes the source of trauma, the prevention of trauma and the healing of trauma.

20:06:09 From Tracey McFall to Everyone : please remember that recovery can happen in not just addictions!! and us 'professionals' can recover too.

20:06:22 From Anthony Morrow to Everyone : Absolutely Suzanne. Relationships and connection are always the answer

20:06:32 From Laura Sutherland to Everyone : The lovely charismatic Natalie!! 😍

20:06:39 From Thomas to Everyone : your a inspirational person natalie 🥰🌈👍

20:06:41 From Stephanie Morrison to Everyone : Toxicology reports and statistics for drug related deaths only report on the pharmacological issues -they do not report the levels of fear .stress isolation. poverty depression, trauma ,hopelessness and poor health the person experiences -these are deaths and lives of despair that people live and experience.

20:09:09 From Shevon's iPhone (2) to Everyone : I'm in awe that Sinead found you guys at a very young age and at the start of her professional journey. I can't thank you all enough for welcoming her into your lives and sharing your stories with her. I know she will carry you all with her through life. You are all awesome!

20:09:20 From Annemarie Glasgow to Everyone : please remember that recovery can happen in not just addictions!! and us 'professionals' can recover too. Yes we know that too Tracy - The point is that the culture of recovery is absent and misunderstood for the most part within the culture of addiction. Although to the contrary those who enter the culture of recovery have also live in the culture of addiction and are familiar with both cultures.

20:14:17 From Anthony Morrow to Everyone : What an incredible person Natalie is

20:14:19 From Annemarie Glasgow to Everyone : If you have any questions please put it in here

20:14:26 From Laura Sutherland to Everyone : wow!!! Natalie! 🔥

20:14:27 From James ... to Everyone : Hero's

20:14:29 From Tracey McFall to Everyone : thanks Natalie

20:14:29 From Darren McGarvey to Everyone : thanks natalie

20:14:30 From Caroline to Everyone : Thanks to all the speakers very emotive

20:14:39 From Anthony Morrow to Everyone : Absolutely heroes, each and everyone

20:14:45 From clado to Everyone : Thank you so much Natalie - that was a very humbling contribution.

20:14:46 From Karen Mckeown to Everyone : amazing natalie x

20:14:49 From Gemma Muir to Everyone : Natalie you are incredible ❤️ !!!!

20:14:50 From Gerard Diamond to Everyone : Brilliant Natalie

20:14:56 From Karen D to Everyone : thank you we great

20:14:56 From Fiona's iPhone to Everyone : thank you for sharing Natalie

20:14:58 From 100KEV100 to Everyone : that was beautiful Natalie xxx beating the tears away there xx

20:14:59 From Karen G to Everyone : thanks to all the speakers amazing stuff

20:15:09 From Gordon M to Everyone : brilliant ❤️



20:15:18 From leeh Howell to Everyone : Well done buddy. Brilliant 🙏

20:15:19 From Darren McGarvey to Everyone : thanks everyone for making this such a special event

20:15:24 From Claire Hawkes to Everyone : thanks to all speakers for sharing

20:15:27 From Gill Last to Everyone : What a great night. I'm a mess now.

20:15:34 From nict to Everyone : Natalie thank you. Guys truly amazing. What an event,

20:15:35 From Lee to Everyone : Thank you for an amazing event.

20:15:42 From Stevie & Molly to Everyone : All brilliant speakers <3 Thank you <3

20:15:45 From Gill Last to Everyone : Is this recorded

20:15:55 From Monica Lennon to Everyone : It's a privilege to have been part of this

20:16:04 From Natalie Logan MacLean to Everyone : Thank you everyone for your time tonight  
xx

20:16:09 From Karen D to Everyone : thanks all. xxx

20:16:10 From O'Brien Robert to Everyone : thank you natalie so emotional here love ya

20:16:13 From Simon Pickles to Everyone : Great mix of speakers ....awesome event

20:16:15 From clado to Everyone : I "chanced" on this event through Sam's mum - and how privileged have I been to spend my Sunday evening in such company. THANK YOU so much to everyone involved.

20:16:17 From Gemma Muir to Everyone : Thanks so much! loved this! absolutely brilliant 🙌  
thanks all the speakers

20:16:18 From Sam to Everyone : A massive thank you to the audience and the panel for your time tonight

20:16:19 From Gill Last to Everyone : Thanks do much will use it in my work for sure.

20:16:23 From Tracey McFall to Everyone : thanks - glad I attended

20:16:27 From lynn to Everyone : thanku so much

20:16:31 From Gerard Diamond to Everyone : Amazing stories from everyone involved

20:16:31 From John Hamilton to Annemarie Glasgow(Direct Message) : well done everyone  
God Bless x

20:16:37 From Annie Brown (VCEA) to Everyone : Thank you all so much

20:17:04 From Stephanie Morrison to Everyone : An inspiring evening of speakers thank you everyone -you give hope to many.

20:17:05 From Suzanne Zeedyk to Everyone : What an unforgettable Valentines evening.  
Thank you.

20:18:17 From Margaret McLelland to Everyone : from a childcare perspective.... what can we do to help our children deal with feelings of fear, worry and anxiety that may help them avoid this pain and further trauma?

20:18:31 From James ... to Everyone : imagine never knowing a world that's confirming, that's alien to you and scares you

20:18:33 From susan Grant to Everyone : such an inspiring event, thank you everyone.

20:18:37 From Norah Fletcher to Everyone : thanks everyone

20:18:41 From James ... to Everyone : comforting

20:18:50 From Anthony Morrow to Everyone : Wow

20:19:00 From Karen D to Everyone : well done Kev

20:19:08 From Darren McGarvey to Everyone : thanks for sharing Kev.

20:19:12 From clado to Everyone : Sending you a massive virtual hug, Kev - loving your positive attitude.

20:19:16 From Natalie Logan MacLean to Everyone : I am so proud of you kevin, We love you kiddo

20:19:22 From Anthony Morrow to Everyone : You're amazing Kev

20:19:23 From Tracey McFall to Everyone : well done kev - glad you're doing ok

20:19:24 From Gerard Diamond to Everyone : Brilliant Kevin.

20:19:30 From James ... to Everyone : Class Kev, your helping so many people here

20:19:37 From Annie Brown (VCEA) to Everyone : Well done Kevin son

20:19:37 From margaret mcmullen to Everyone : so inspiring kevin

20:19:39 From Karen D to Everyone : have people around that make you feel good about yourself

20:19:51 From Gordon M to Everyone : amazing Kev 🙌

20:19:54 From James ... to Everyone : We love you ❤️

20:19:57 From Caroline to Everyone : thanks to everyone this evening it has been amazing on so many levels, an absolute privilege

20:20:00 From Laura Sutherland to Everyone : Awgh Kev!! You are amazing

20:20:15 From O'Brien Robert to Everyone : well done kev we care

20:20:18 From Thomas to Everyone : well done Kevin pal 😄🙌

20:20:36 From Gemma Muir to Everyone : Well done Kevin

20:20:48 From Monica Lennon to Everyone : Brilliant Kevin. Keep using your voice

20:21:02 From Iain Smith to Everyone : ❤️

20:21:09 From margaret mcmullen to Everyone : you are worth it trust me been in your shoes and get up every day and thank god someone cared

20:21:10 From Stevie & Molly to Everyone : Thanks Kevin <3

20:21:11 From James ... to Everyone : YOUR EXACTLY WHAT GOD HAD IN MIND THE DAY YOU WERE BORN KEV — GOD DONT MAKE NO MISTAKES 🙏📖

20:21:14 From Monica Lennon to Everyone : That's me greetin again

20:21:15 From eileencrolla@hotmail.co.uk to Everyone : well done kevin

20:21:33 From Diane Elliott to Everyone : Thanks everyone sorry I've got to go. Inspiring stories tonight xx

20:21:34 From Laura Sutherland to Everyone : Me too Monica!

20:21:39 From Fiona's iPhone to Everyone : Kevin, thank you for sharing

20:22:22 From Anthony Morrow to Everyone : Wita, you are incredible.

20:22:26 From Karen Mckeown to Everyone : thanks for sharing your story kev,

20:22:26 From Tracey McFall to Everyone : brilliant

20:22:43 From clado to Everyone : Oh Wita - that was joyous - thank you.

20:23:15 From James ... to Everyone : WoW ., why would we not want to show up for others eh

20:23:18 From Annie Brown (VCEA) to Everyone : Fabulous

20:23:29 From Thomas to Everyone : a thank you wita 😊👍

20:23:37 From Laura Sutherland to Everyone : Thank you to everyone!! stay safe

20:24:23 From Sally Amor to Everyone : Thanks all With thanks

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**ENDS**