**MEET SOME OF THE WINNERS**

**IMPROVING the health and wellbeing of the people of Scotland is one of the Scottish Government’s five strategic objectives.**

Our 2020 Vision for Health and Social Care is that everyone is able to live longer, healthier lives at home, or in a homely setting by 2020. Quality is at the heart of all we do in pursuing our 2020 Vision and is our key operating principle for developing new policy.

Quality drives our approach to improving the health of the population and developing new models of safe, person-centred and effective health and social care services. This focus on quality has secured an internationally strong record in health outcomes and patient safety improvements for Scotland.

Our health and social care workforce play a vital role now and going forward to ensure the successful achievement of the 2020 Vision, working across boundaries and delivering services in new ways.

Our Scottish Health Awards 2015 winners are helping to make this happen. Having people at the centre of decisions about the care they receive is an important part of creating a healthier Scotland. That is why the Cabinet Secretary for Health, Wellbeing and Sport launched a forward-looking national conversation to gather views from the people of Scotland on how he believes the health of the population could be improved and how health and social services should evolve during the next 10 to 15 years.

The conversation will run until early 2016. Paul Gray, Director-General Health and Social Care and Chief Executive, NHSScotland, said: “The Scottish Health Awards provide an important opportunity for patients and the public to show their appreciation for the people who work in and with our NHS, which makes a positive and lasting difference to peoples’ lives.

“I am proud of the commitment of NHSScotland and its partners to delivering high-quality health and care services, and to achieving continuous quality improvement. The nominations feature individuals and teams who go that extra mile to deliver safe, person-centred and effective care.

“I congratulate the winners of the Scottish Health Awards.”

**A SPECIALIST team working with people in NHS Lothian with Alcohol Related Brain Damage (ARBD) has focused on turning lives around for this group of vulnerable patients – enabling them to build bridges with family and start living independently without alcohol.**

The efforts of the Edinburgh Alcohol Related Brain Damage Team have won them this year’s Innovation Award category at the Scottish Health Awards.

For the last five years, the team has concentrated its efforts on creating a re-enablement service for such individuals; many of whom are at rock bottoms and are ten “revolving door” patients, having multiple alcohol related admissions to hospital every year.

The team recognised the patients needed a safe and home-like environment, coupled with activities to stimulate cognitive recovery and reinstate a sense of self-worth.

In 2011 alone, more than 4600 acute hospital days were used by patients with ARBD in the Lothian NHS Board area – equating to almost 13 full-time beds – at a cost of £2.2million.

Often, they were admitted for an acute problem such as alcohol withdrawal and only once the immediate problem was dealt with did it become apparent how cognitively impaired they were. They could then spend months in acute wards, which did little to aid their cognitive recovery.

The team realised that offering a safe, calm and supportive environment with individually tailored programmes would aid recovery for people with ARBD. And, at the same time, the movement from the acute hospital would free up beds for other patients.

A group was set up to examine the possibility of creating a designated unit and eventually proposed a 10-bed unit called Milestone House.

Funding was approved in 2013, for a two-year-pilot scheme at a cost of £650,000 a year.

The following year, the contract was put out to tender and awarded to third-sector organisation Penumbra. Milestone House opened in August 2014.

Patients now stay in the unit for 12 weeks and, during that time, they work with designated key workers, physiotherapists, occupational therapists, psychiatrists and psychologists, who focus on reintroducing normal activities of daily living as well as cognitive recovery, coping strategies and abstinence techniques.

Milestone House has individual ensuite bedrooms and communal living spaces with large gardens that can be accessed from each individual room.

Every day there is a different programme of activities designed to aid their recovery.

And, already, it is seeing amazing results.

In the first 10 months of opening it looked after 36 patients with ARBD and has run at full capacity since January, with a waiting list of three or four people for every bed.

Of those already seen, 19 had planned discharges, with only ten still being readmitted to hospital.

The net effect has seen a reduction of 1200 acute bed days, with a £5000 saving per individual using the facility.

**TURNING LIVES AROUND IN THE LOTHIANS**

**WINNING THE BATTLE** The Edinburgh Alcohol Related Brain Damage Team are making a real difference thanks to the establishment of Milestone House.

**EDINBURGH ALCOHOL RELATED BRAIN DAMAGE TEAM**

**INNOVATION AWARD**

**GIVING TIME** Volunteers Award winners, the BEAT Young Ambassadors Volunteer Team

**PRIZE** Support Worker Jackie Tidhope

**RECOGNITION** Unsung hero Karen Duncan

**SMILES** Therapist winner Dr Fiona Hawke