

Alcohol and Drugs Update

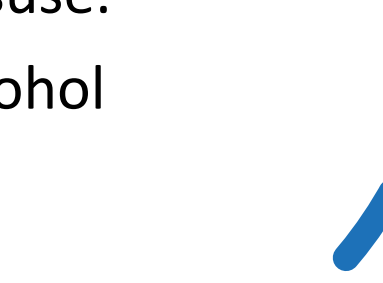


Content of today

- Becky's story
- Why tackling drug and alcohol use is important
- What is the picture in Hampshire
- Hampshire Plan to prevent and reduce alcohol & drug related harm
- Key achievements
- Priorities moving forward
- An in-depth look at 2 services:
 - Dame Carol Black Inpatient Detox
 - Co-occurring conditions service
- What you can do to support this work



Why tackling drug and alcohol use is important

- Impact on individuals, families & communities
 - Alcohol and drug use impacts on health & mortality
 - Drug related deaths are the highest on record
 - Alcohol misuse is the single largest cause of liver mortality - increase of 400% since 1970.
 - Harms from the use of drugs and alcohol cost society nationally £40.8billion per year
 - Acquisitive crime, violent crime and domestic abuse are associated with drug & alcohol misuse.
 - Majority of people seeking drug or alcohol treatment are unemployed
 - Cause & a symptom of homelessness
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Prevalence in Hampshire

- Estimates of alcohol dependency are increasing
- Unmet need (those not accessing treatment for alcohol is high at 87%)
- Estimates of those using opiates have been reducing, although remain one of our most vulnerable populations
- Geographical variations in outcomes

Key messages - Hampshire

Alcohol


Alcohol use is widespread, nationally and locally

257,500 people aged 16 and over drinking more than 14 units per week in Hampshire



11,250 people are estimated to be dependent on alcohol in Hampshire



 Admissions for alcohol related conditions are higher in Hampshire than England

Rates of alcohol specific deaths are higher in Gosport, Havant and Rushmoor than Hampshire



Drugs

Prevalence of drug use in the national adult population varies:

- 7.8% used cannabis in last year
- 2.6% used powder cocaine in last year
- 0.07% used crack in last year
- 0.03% used heroin in last year




3,434 people are estimated to use opiates or crack in Hampshire



and the majority were aged 35 to 64

An estimated 55% are in treatment


 Admissions for substance misuse for young people is higher than national


Rates of drug related deaths are higher in Havant and Rushmoor than Hampshire





Vulnerable populations


There are specific groups which are more vulnerable to experiencing substance misuse including:

 Alcohol dependency and drug use is higher in areas of greater deprivation

 61% of people being treated for alcohol, and 59% for drugs, were identified as having a mental health need

 Veterans are more likely to experience depression, anxiety and PTSD

 Between 58-69% of those in prison nationally had used drugs in the last year

 Those experiencing homelessness have higher rates of drug and alcohol related deaths nationally

Health Inequalities

Vulnerable populations

There are specific groups which are more vulnerable to experiencing substance misuse including:



Alcohol dependency and drug use is higher in areas of greater deprivation



61% of people being treated for alcohol, and 59% for drugs, were identified as having a mental health need



Veterans are more likely to experience depression, anxiety and PTSD



Between 58-69% of those in prison nationally had used drugs in the last year



Those experiencing homelessness have higher rates of drug and alcohol related deaths nationally

• Co-occurring conditions

- Improving access to mental health support and integration of joint working between mental health and drug and alcohol treatment services

• Assertive outreach

- Use of harm reduction teams and mobile units includes focus on people who are homeless and those not in treatment

• Tobacco

- 70% of those in drug and alcohol treatment smoke so we are integrating specialist smoking cessation services in treatment hubs

• Reducing drug & alcohol related deaths

- Development of Local Drug Information System, rapid drug testing and widening availability of naloxone
- Targeted alcohol service

• Preventing blood borne virus infection in People who Inject Drugs

- Blood Borne Virus testing and support and needle exchange programmes.

Rates of alcohol specific deaths are higher in Gosport, Havant and Rushmoor than Hampshire



Rates of drug related deaths are higher in Havant and Rushmoor than Hampshire





From harm to hope

A 10-year drugs plan to cut crime and save lives



Hampshire plan to prevent & reduce drug and alcohol harm

- Local delivery plan aligned to national strategy [From harm to hope: A 10-year drugs plan to cut crime and save lives](#). to:
 - reduce demand for drugs and alcohol
 - break drug supply chains
 - deliver a world class substance misuse treatment and recovery system.
- Hampshire Strategic Drug and Alcohol Partnership oversees local delivery and functions as the formal Combating Drugs Partnership in line with central government requirements.
- Director Public Health is Senior Responsible Officer
- Pan- Hampshire group established (led by OPCC) to progress priorities from wider geographical footprint (e.g. criminal justice)
- Additional national funding to support local delivery
 - Increase numbers in treatment by 20% by 2024/25.
 - Improve continuity of care between prison and community treatment.
 - Increase access to residential rehab.
 - Reduce drug related deaths

Local services that support delivery of local drug and alcohol plan: reducing demand & providing access to treatment



Drug and alcohol detox & rehab
(accessed through Inclusion)

Inclusion Recovery Hampshire (Adults)
Catch 22 (CYP up to 25 years)
Parent Support Link (anyone affected by some else's drug / alcohol use)

Rethink Your Drink website
Comms and campaigns
Prevention offer for Schools

- 9 treatment hubs
- Psychosocial support (group and 1:1) and prescribing offered
- Support with physical / mental health
- Housing / employment
- Recovery capital
- Accessibility - outreach into community (e.g. presence in PCNs)
- Carer and family support

Key achievements: Working in Partnership to reduce drug and alcohol harm

- Launch of [Rethink your drink | Health and social care | Hampshire County Council \(hants.gov.uk\)](https://www.hants.gov.uk) and ongoing comms campaigns to reduce alcohol harm
- Prevention offer for schools (training and support for staff)
- Focused work to remove barriers and increase capacity of drug and alcohol treatment
 - 18% increase of people accessing treatment (from 21/22 baseline). Currently 3896 people (largest increase alcohol and non-opiates)
 - Specialist alcohol team to improve pathways to and from primary and secondary care
 - Enhanced outreach to engage those not accessing services and promote harm reduction interventions
- Improved pathways within the criminal justice system
 - Specialist drug and alcohol team established working within custody, with Probation and the courts and in prisons.
 - Improved rates of continuity of care (from prison to treatment) at 57% (compared to 46% nationally)
 - Worked with OPCC and Hants Constabulary to pilot Drug Test on Arrest
- Led by the ICS a co-occurring drug and alcohol / mental health service embedded in PCNs
- Working alongside DWP to provide additional support into employment (for those accessing drug & alcohol treatment).
- Micro-eliminated Hepatitis C in across drug and alcohol treatment services in Hampshire – ongoing work to ensure that harm reduction messaging, ongoing and testing / treatment options made easy for people to access

Areas for focus in 2024

1. Reducing Stigma
 - Review, through co-production, policy, procedures and practice, whether they might be stigmatising for the people who use services
 - Raise awareness amongst professionals
2. Involving People with Lived Experience
 - Strategy, services & whole system change
3. Level of unmet need for alcohol
 - Increase referrals and improve pathways to services.
 - Work across the system to ensure that all agencies know when and how to refer to drug and alcohol treatment at the earliest opportunity.
4. Changing illicit drug market –increased threat of drug related harm from synthetic opioids and other adulterants
 - Improved intelligence from Partners & review HLOW Local Drug Information System
 - Rapid drug testing pilot to provide harm reduction messaging
 - Availability of naloxone & targeted outreach for those not in treatment who are using opiates

In depth
focus on our
services

1. Dame Carol Black Detoxification Unit
2. Co-occurring conditions service (alcohol, drugs & mental health)



Dame Carol Detox Unit - Fareham

- 3 year funding allocated to all Local Authorities to increase inpatient detox provision.
- 20 LAs pooled funding (total £1,077,829 per year)
- Establishment of a new 9-bedded Medically Managed unit in January 2022. Named Dame Carol Detoxification Service.
- Approx 2794 bed nights (200+ detoxes) per year
- 57 successful completions for Hampshire since opening
- Increase in inpatient uptake from 0.43% of adults in treatment (Feb 2022) to 1.08% (Sep 2023) in Hampshire.

•Service user videos:


[Lee's Story](#)

[Julie's Story](#)



 Inclusion Recovery Hampshire

 @Inclusion_hants

 www.inclusionhants.org



Co-occurring Conditions

Who are we targeting?



People presenting in primary care with co-occurring conditions who would normally be signposted to other services



People referred to CMHT and Talking Therapies whose substance use would currently make them ineligible for treatment



People already engaged with Inclusion who have unmet Mental Health needs

Key Actions



Identify that the presenting need requires NWD involvement in discussion with other professionals



Carry out joint assessment with individual and relevant agencies



Agree and implement care plan with clear roles and responsibilities



Close communications loop with feedback at MDTs

Impact of the service

- *Nearly 800 referrals since April 2023*
- *Additional 300 people accessed treatment*
- *50% of people had never accessed treatment*

Case Study



NJ, Female, 23

Multiple failed engagements with Inclusion/ Catch22 since 2020

Heavy alcohol use, occasional cocaine use

Toxic home environment, suspected sex working in exchange for cocaine

Admitted to residential MH establishment after multiple failed engagements with community mental health services, largely due to attending intoxicated or DNA

Strategy



- NWD engaged with NJ and her family and agreed a joint approach
- NWD worker liaised with Inclusion, CMHT, NJ and family to agree a care plan
- Agreed that NJ would reduce her alcohol to the point where she could attend psychology appointments sober
- Agreed that NJ would be supported to move to more appropriate accommodation and that her family would be offered support from PSL

Outcome



- NJ has been regularly attending appointments with Psychology sober and is beginning to benefit from therapy
- NJ has been supported to reduce her alcohol consumption and is now ready to be handed back to the main Inclusion service for further support
- NWD have engaged NJ with supported housing, and she is due to move into a new property shortly

Testimonials

Dame Carol Black:

“What you are doing in Hampshire shows that it can be done and I hope that other parts of the country might consider following your example”

Service User – South West:

“This team are incredible, the support is amazing, you are made to feel like an individual rather than a just another addict”

Honestly, they are simply brilliant and I feel very lucky that in a situation I never wanted to find myself in I had the support”

What you can do to support this work

- Consider the language used around drug and alcohol use – reduce stigma [Stigma Kills | NHS Addictions Provider Alliance](#)



- Promote [Rethink your drink | Health and social care | Hampshire County Council \(hants.gov.uk\)](#)



- Raise awareness of local drug and alcohol treatment and support services [Home - Inclusion Hants](#)
- Referral pathways from other services into drug and alcohol treatment

