



01202 741414

YOUNG ADULTS DRUG & ALCOHOL SERVICE
IN POOLE

POOLE YADAS news

A
P
R
O
F
E
S
S
I
O
N
A
L
S

R
E
S
O
U
R
C
E

YADAS TENDER IN BOURNEMOUTH

Bournemouth YADAS has been out to tender and after serving the local community for over 12 years, the EDAS project (which was a local multi-agency response) has now been taken over by ADDACTION, a UK based drug and alcohol treatment charity. It is obviously with great sadness that the YADAS team, who have worked together and shared resources across Bournemouth and Poole, now part ways. The good news for young people is that there will continue to be a specialist

substance misuse service dedicated to young adults in Bournemouth.

champion early intervention work in Bournemouth, with their new BWISE pro-



gramme funded by Comic Relief (details of which will be published in the next newsletter). Bournemouth Drug Action Team and Children's Trust, have requested that in order to

Mindy Crespi, EDAS Chief Executive, would like to express her thanks to everyone who has supported the Bournemouth YADAS service over the years. Mindy states: 'EDAS will continue to

assist the new service, that EDAS continue to provide the specialist addiction treatment until the end of June 2011. This means that until July YADAS will continue with business as usual.

Poole YADAS

YADAS continues in



Poole. Poole Drug Action Team and Children's Trust, fully back the good work YADAS has done and have continued to commit to the young persons resource. Poole YADAS

remains in partnership with Dorset Healthcare University Foundation Trust, providing a seamless service between YADAS and CAMHS, for the young adults in Poole.

Inside this issue:

Alcohol & Heart Disease	2
Britons Are Drinking Less Alcohol	2
Analgesics Update	2
Underage Drinking Bill	3
Ecstasy News	3
Specialist Treatment & Economics	4
Energy Drinks	4

YADAS news: Produced by DL James



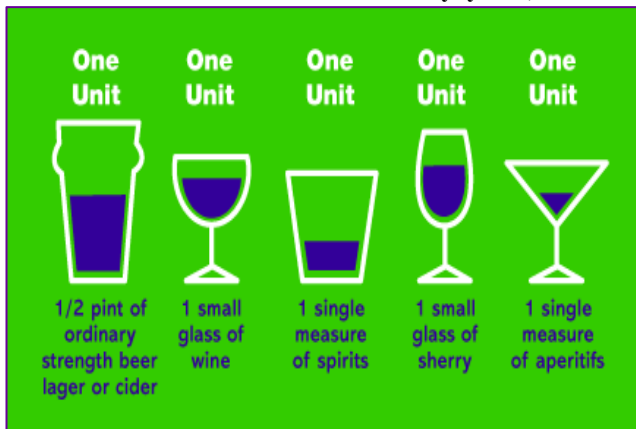
It was reported in newspapers in March, that 13 children from the West Midlands, all under 12 years of age, have been diagnosed by the Heart of England NHS Trust, as being alcohol dependent. Additionally an 8 year old from Dundee was identified in February, as the youngest alcohol dependent.

A Drink a day keeps Heart Disease at bay

According to a review of 30 years research, an alcoholic drink a day, can help prevent heart disease. The review, published in February in the *British Medical Journal*, showed a 14% - 25%

reduction in heart disease in moderate

drinkers, compared with people who had never drunk alcohol. Another article, by the same Canadian



research group, showed alcohol increased 'good' cholesterol levels. For many years, studies have suggested

that drinking alcohol in moderation has some health benefits. Scientists at the University of Cal-

gary, reviewed 84 pieces of research, between 1980 and 2009. The

review showed that the overall risk of death was lower for consumers of alcohol, 14.9g, compared with non-drinkers. Cathy Ross, senior cardiac nurse at the British Heart Foundation, said 'If you don't drink, this is not a reason to start. Similar results can be achieved by being physically active and eating a balanced and healthy diet.'



1 unit of alcohol contains 8g of pure alcohol

Britons are Drinking Less Alcohol

Despite new evidence that more people are attending and being treated in hospital for excessive drinking, the overall trend in Britain, is that we are drinking less as a nation. This seems difficult to believe with news papers and television programmes focusing on the alcohol problems that exist in the

Figures from Alcohol Concern suggest the number of people being treated in hospital has more than doubled in 8 years

UK. According to the annual survey from the Office for National Statistics, which covers England, Scotland and Wales, men and women of all ages have reduced their alcohol consumption and are drinking in moderation. The

survey suggests that heavy drinking is falling and that abstinence is rising. Additionally it reports that Young People are also drinking in a healthier way. The current downturn with the economy is having a similar effect to the recessions in the early 80's and 90's, which were coupled with a slump in drinking. From 2008-2009, alcohol consumption in the UK fell by 6%.

Analgesics Update

Recent research, published in *Science Translational Medicine*, showed that painkillers were directly effected by the users 'manipulating expectations'. The study also identified the regions of the brain which are affected. Experts have said this could have important consequences for patient care and for testing new medications. The research showed that the benefits of analgesics could either be vastly increased or completely

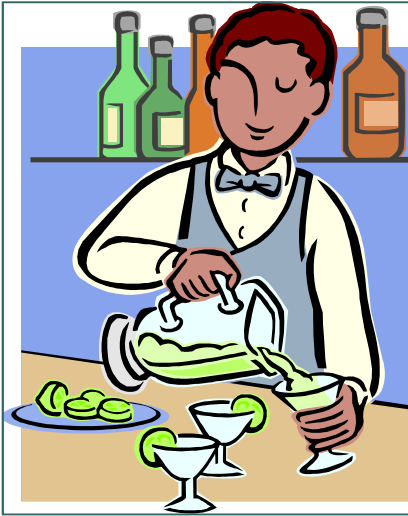
removed by the 'manipulating expectations', of the client. The study was conducted on healthy people who were subjected to pain for a short period of time. They were also attached to an intravenous drip so the analgesics could be administered secretly. People with chronic conditions who had unsuccessfully tried many drugs, for many years, showed that they had built up a much greater negative experience than those who had previously had

positive experiences with pain killers. Professor Irene Tracey, who headed the study, from Oxford University said 'Doctors need more time for consultation and to investigate the cognitive side of illness, the focus is on physiology not the mind, which can be a real roadblock to treatment'.



Under-Age Drinking Bill

In February this year, a Bill was passed by the Northern Ireland Assembly, to reduce alcohol consumption. The measures were included in the amended Licensing and Registration of Clubs Bill and are expected to be in place by September. Pubs, clubs, hotels and off licences convicted of selling alcohol to minors, will be awarded five or six penalty points—once



they have accumulated ten points, they will face a closure of between a week to three months. The powers will also see on-the-spot closures of up to 24 hours for venues, as well as new restrictions on irresponsible drinks promotions. Social Development Minister Alex Attwood said 'My issue is with the misuse of alcohol, and its effect on health and crime. Selling drink to people below 18 is wrong and reckless'.

YADAS DROP-IN

meet

Andy Holguette

at the

Quay Advice Centre

in Poole for advice,

information and

support

MONDAYS 3-5pm

It looks like Nutt was right about Ecstasy

Ecstasy induces a sense of euphoria and intimacy with others, and diminishes feelings of anxiety and depression. Also known as MDMA (3,4-Methylenedioxy-methamphetamine), the drug came into widespread use in the 1980's where it was linked to raves and dance music. According to one of the largest studies into the effects of the drug, there is no evidence that ecstasy causes brain damage. Additionally the study purports that many previous studies have made over-arching conclusions from insufficient data and that the dangers associated with the drug have been greatly exaggerated. Campaigners against the drug claim ecstasy poses a real risk of triggering brain damage, arguing that it can induce memory loss, decrease cognitive performance and has long-lasting effects on behaviour. Ecstasy has been linked to damage of the central nervous system and research in recent years has suggested that long-term changes to emotional states and behaviour have been triggered by the consumption of the

In the US alone, more than 12 million people have taken Ecstasy

drug. Possession is an offence in most western countries, and Ecstasy is classified under the Misuse of Drugs Act as a Class A drug. Professor Nutt who was fired as chair of the Advisory Council on the Misuse of Drugs by Alan Johnson, then home secretary, for publicly stating that alcohol and tobacco were more harmful than ecstasy, welcomed the new paper saying 'I always assumed that, when properly designed studies were carried out, we would find ecstasy does not cause brain damage'. The study was carried out by Professor John Halpern of Harvard Medical School and his team and was published in February 2011 in the journal *Addiction*. The study was funded by a \$1.8 million grant from the US National Institute on Drug Abuse and was



designed specifically to avoid methodological drawbacks that have prevented previous research from pinpointing whether or not ecstasy causes brain damage. In Halpern's study, only ecstasy users who took no other drugs and who suffered no previous impairment, were selected. Additionally, hair samples of participants were tested to ensure they were telling the truth about their drug use. 'Essentially we compared one group of people who danced and raved and took ecstasy, with a similar group of individuals who danced and raved but did not take ecstasy. When we did that, we found that there was no difference in their cognitive abilities', said Professor Halpern. In other words, previous studies have highlighted problems triggered by other factors, such as the use of alcohol and other drugs, and sleep deprivation. Halpern reminded us though that 'Ecstasy consumption is dangerous because illegally made pills often contain contaminants that can have harmful side-effects'.

YADAS help save over £1 billion

A cost benefit analysis produced in February, reported that specialist drug and alcohol services for young people, saves millions of pounds per year. The Research Brief, by Frontier Economics, reported that there were approximately 24,000 young people who received specialist drug and alcohol treatment in the UK in 2008-2009. 37% of these young people were treated primarily for alcohol and 53% for cannabis misuse. They estimated that the cost of crime committed by young people misusing drugs and alcohol is just under £100m per year (around £4,000 per person per year) in the absence of treatment. Additionally, the annual cost to healthcare in the absence of treatment, is approximately £4.3m (£179 per person per year). The lifetime costs of adult substance misuse, including the costs of crime, poor health, premature death and lost output due to absenteeism and low employment levels, are high and vary between £21,300-£45,100 per year for non-problematic adult drug users, £173,090-£238,397 per year for alcohol abusers and £550,388-£958,848 per year for problematic adult drug users. The total lifetime costs, that are saved by young substance misusers who access treatment are £1.1 billion-£2.2 billion (£46,145—£91,964 per person).



As a result of treatment, most young people reduce their drug and alcohol consumption, commit fewer crimes and report improved well-being. The likelihood of their becoming problematic drug or alcohol users as adults, also decreases. The total amount spent on local services for young substance misusers in 2008-2009 was £62.2m. The immediate benefits of treatment are lower levels of drug and alcohol related crime and fewer drug and alcohol related inpatient admissions and deaths. The potential immediate benefit of drug and alcohol treatment could be up to a 55-65% reduction in offending by young people receiving treatment. The analysis also showed around a 40% drop in the estimated number of drug and alcohol related deaths and hospital admissions post-treatment. Additionally, the number of those who are likely to develop substance misuse problems as adults is reduced by 2.8% - 5.6%. Overall, the study has shown that the immediate and long-term benefits of specialist substance misuse treatment for young people are likely to significantly outweigh the cost of providing this treatment, with an estimated benefit of £4.66-£8.32 for every £1 spent on young people's drug and alcohol treatment.

YADAS AT

FOCUS

FOOTBALL

FRIDAY 15th APRIL @

LITLEDOWN

Energy Drinks

An estimated 330 million litres of energy drinks are consumed each year in Britain, a market worth £1 billion. Red Bull however, is banned in countries such as Norway, Uruguay and Denmark, due to health fears. Studies have examined the effects of consuming the drink, one can of which contains 80mg of caffeine (around the same as a cup of filter coffee). The studies show that energy drinks boost heart rates and blood pressure levels, this has prompted a warning against consumption by those with cardiovascular problems. Studies have also

shown that those who drink energy drinks mixed with



alcohol during a night out are twice as likely to be injured or otherwise come to harm than those drinking alcoholic drinks on their own. Although the symptoms of drunkenness are reduced, individuals are

still intoxicated and are mixing a

A well balanced sport drink will have between 19 and 25 grams of sugar in every 8 oz

stimulant with a depressant. Red Bull was created in Austria in the 1980's and already carries

health warnings advising customers not to drink more than two cans a day. In Canada the warning: 'Not recommended for children, pregnant or breast-feeding women, caffeine-sensitive persons or to be mixed with alcohol', is printed on the Red Bull cans, but not however, in the UK.