

Issue 11—July 2010

Welcome to Treatment Matters the Poole Drug & Alcohol Action Team quarterly Newsletter. This summer we intend to publish the new Recovery Journey Booklet. The Poole Service Users Forum is leading on this project and members are working with providers and commissioners to ensure that the most up to date information is available in the best possible format.

The DAAT would appreciate any comments you have about this newsletter, or feedback of any kind regarding drug and alcohol treatment services in Poole please contact me, Naomi Preston, on 01202 261016 or email n.preston@poole.gov.uk.

SMART

Single Point of Contact

We would like thank Sara, who is the admin at SMART, for all the work she has put in to the setting up the service. Unfortunately for us she is leaving in early July to become a counsellor in Bournemouth. Good luck!

I have been asked to write a piece for the newsletter sharing my experience of being the first point of contact for any Poole resident wishing to gain access into the local drug and alcohol treatment system. When considering how to start I came to the decision that my role in the SMART team is of great importance, ensuring that the client feels at ease when making the first big step of many into a system that can actively put an end to their suffering.

At point of entry I will ask our client's numerous questions in order to gauge a good understanding of where the client is at with regards to their addiction. Once this has been established I can then book the client in with an assessor ensuring that I do so depending on the client's needs and on a priority basis. At the end of our conversation I will provide the client with a summary into what they can expect on the day of their assessment, stating that it will be an informal visit whereby the treatment options **they** wish to access will be discussed.

Commencing on 4th January 2010 the SMART team have now been taking referrals from Poole clients for 5 months and counting. Our administrative system has been successfully implemented and constantly reviewed over this time to create a transparent and accessible one. There have no doubt been challenges along the way, however it is SMART's main aim to



create an effective and well regarded system with the **service user** at the heart of every decision we make.

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TRAINING

These courses are available to all employees, volunteers or carers who live or work in Poole.

- 1 13th July – Alcohol Awareness
- 1 20th July – Harm Minimisation
- 1 27th July – Children of Substance Misusing Parents
- 1 7th, 21st and 28th September Drug Awareness Training, Days 1,2, & 3.

For further information on the above courses, please contact Janis Greenfield either by email: j.greenfield@poole.gov.uk or telephone: 01202 261013.

Please note: these are free courses, however if a booking is cancelled with less than one week's notice, or you do not attend on the day, a course fee of £30.00 for each day will be charged.

Making Changes

A new group for those taking their first steps to recovery.

What to expect: By attending the group you will be taking your first motivational steps into recovery. Group workshops will involve anything from harm minimisation awareness, structured weekly planners, self investment/ re-investing in yourself, eating well and other useful tools before moving on to your next step in recovery.

Who is eligible: Anyone living in the Poole area, who is suffering from drug or alcohol problems can drop in or refer themselves to The SMART Team in Poole.

When and where: The groups are held three days per week

Monday 10 am-12 pm
Tuesday 1 pm-3 pm and
Wednesday 10 am-12 pm

at the

SMART
3 Park Place, 6 North Road
Poole BH14 OLY
Tel: 01202 735777

Join us.....

Poole Service Users Forum

I have been part of the PSUF now since we got together a few years back now. There are several of us, all in recovery. We vary from years of clean time to a few, including myself, who are still in touch with PACT and Shared Care. We go along to meetings and give input on behalf of the Poole Service Users. No matter how long clean or stable from drugs or alcohol you are or if you are still using and in treatment you would be most welcome to come along on a Tuesday morning to give your views on your treatment.

Are you happy with the services offered? No? Even if you feel you have not been treated fairly, then come along on a Tuesday, phone or email us on the contact numbers below. There has been a vast improvement in the services offered but there is always room for input from you. Please let us know even if it is to offer some support or advice.

We can't cure the problem but we know a few services that are there to help you through difficult times.

We are here not only for the Service User. Maybe you are family, a friend or carer of someone struggling with alcohol or drug use or both.

We are here and we want to hear from you...

Meet us on  'Poole SUF'.

Please take these numbers or visit our website... look forward to meeting you!!

www.poolesuf.org
email: info@poolesuf.org
telephone: 07779 880221

or the forum meet every
Tuesday from 10 am to 12:30 pm
at

3 Park Place, North Road, Parkstone, Poole
BH14 OLY

Poole Alcohol Harm Reduction Strategy

2010-2013

Our relationship with alcohol is complex.

Although a legal drug, its use and impact vary greatly. The majority of us do drink sensibly (although we may drink more than we think we do at times), it is estimated that 26% of adults in Poole (around 27,000) drink more than the Government's lower-risk guidelines, often putting themselves and others at risk. The NHS recommends that men should not habitually drink more than 3-4 units of alcohol daily and women should not regularly drink more than 2-3 units daily. However, over the years typical glass sizes have grown and drinks have increased in strength. The old belief that a glass of wine was about 1 unit has become absolutely out of date.

In 2007, Poole Partnership published their first Alcohol Harm Reduction Strategy, and considerable progress has been made since then. Adult Brief Intervention Therapy (BIT) & Young People's BIT services were introduced to encourage hazardous and harmful drinkers to moderate their drinking behaviour. Young Peoples services have strengthened their alcohol education programme. The Webster-Stratton parenting programme was introduced with sessions on communicating with children and approaching alcohol issues. Regular reviews of licensed premises including off license sales and take-away home deliveries have resulted in improved compliance by traders. Referral systems have been put in place for A&E to refer young people to YADAS and in 2009 A&E referrals made up 37% of the total number of referrals to YADAS. The Poole Safe scheme has resulted in a fall in alcohol related violent crime from 40.7% in 2006-07 to 29.1% in September 2009 (almost 400 less crimes per year). Treatment services have reduced average waiting times for treatment in tier 3 and 4 services from 12 weeks in 2006 to 3 weeks in 2009.

This renewed Alcohol Strategy aims to build on that progress over the coming three years, mirroring the national 'Safe, Sensible, Social' Alcohol Strategy in its aspirations, whilst prioritising identified local need. It will forge a clearer understanding of what is

acceptable drinking behaviour, in order to reduce the amount of harm that alcohol causes to individuals, families and communities in the Borough.

Overall, we aim to:

- ◇ Give clear guidelines for parents and young people about the effects of alcohol and what is not safe and sensible.
- ◇ Spell out clearly for everyone, including older people, the health risks of harmful drinking.
- ◇ Support and offer treatment for those most at risk from their drinking behaviour.
- ◇ Respond fittingly to binge drinkers.
- ◇ Support Poole's significant tourist and night time economy by means of partnership working.
- ◇ Increase understanding of the effects of alcohol on domestic abuse.

If you wish to find out more or have a full copy of the Alcohol Harm Reduction Strategy please contact the Poole Drug & Alcohol Action Team.



Dual Diagnosis

In 2007 the Department of Health reported that 75% and 85% of those in drug and alcohol treatment respectively had experienced a psychiatric disorder in the previous year.

Dual Diagnosis is defined as two or more disorders or problems at least one of which is a mental health problem and at least one relates to the use of alcohol and/or other drugs.

Experiencing the distressing symptoms of a mental health illness can lead people into seeking to block out the emotions or hallucinations they have. Watching someone in this situation can be traumatic and heartbreaking, particularly when emotions run high.

Often people feel alienated from society or remove themselves from their circle of family and friends as they feel they are unable to cope and just maybe their friends would not understand their symptoms. In an attempt to deal with the emotions they are experiencing and their isolation they begin a cycle of drink or drugs use to try to escape their feelings, which can have devastating consequences. They have found something that will make them feel good for a while and this becomes a way of self-medication.

NHS Bournemouth & Poole, Borough of Poole, Bournemouth Borough Council and Dorset Healthcare NHS Foundation Trust are all currently working together to create an action plan and framework designed to improve services for people suffering from a dual diagnosis in the future but services are still out there and their workers will be able to assist you on the journey to recovery.

If you are experiencing depression, anxiety, paranoia, aural or visual hallucinations and use alcohol or illicit substances to control this then you may find it beneficial to describe these symptoms to your substance misuse worker, GP, mental health nurse or other health and social care professional. Knowing this will also make it easier for them to help you.

The primary aim of the Poole substance misuse services will always be to help you achieve a balanced and healthier state without the need for the substances that will cause you harm.

Good Hydration

Whether you go to a music festival, to the beach, a friend's barbeque or the pub think ahead.

People who use alcohol or drugs are amongst the most at risk from dehydration but, even if you are not dependant, consumption of alcohol can contribute to this.

A hangover is caused by dehydration and the symptoms are the same, including: thirst, dizziness, headache, dry mouth, dark concentrated urine.

Mild to moderate dehydration can cause harm

to: kidneys, liver, joints, muscles, cholesterol problems and constipation.

Severe symptoms include: inability to urinate, irritability, weak pulse, rapid heart beat and seizures

Extreme dehydration could cause your blood to stop circulating.

The simplest things can help before you go head out: drink plenty of water, fruit juice or isotonic drinks to keep your body hydrated throughout the day and in between alcoholic drinks.

Enjoy the summer and keep safe