

Issue 12—January to June 2011

Welcome to Treatment Matters the Poole Drug & Alcohol Action Team Newsletter. This will now be a half-yearly publication but we still hope to keep you up to date with information on what is happening in Poole treatment services. This issue is mainly devoted to the information on the Needs Assessments that have taken place at the end of 2010 which are used to inform the planning of services in the 2011-12 financial year.

The DAAT would appreciate any comments or opinions you have regarding services and particularly about the new Recovery Agenda.

Please contact me, Naomi Preston, on 01202 261016 or email [n.preston@poole.gov.uk](mailto:n.preston@poole.gov.uk) or in writing at Poole DAAT, Borough of Poole, Poole Civic Centre, Poole BH15 2RU

### Good News

Treatment providers were asked if they have any positive reports.

**EDAS** displayed their tree at the Christmas Tree Festival at St Aldhelm's Church in Branksome for which they received 67 messages of good will from their service users.

**EDAS** also held a safe drinking campaign on 13th December 2010 which attracted a lot of attention from passers by and they even boarded buses. They gave out chocolate, mince pies and helpful advice for a safe party season (see picture). Witnessing the reaction of passers by was brilliant and it is hoped that the message gets through for the whole year and not just for Christmas.

- ↪ **Avoid drinking on an empty stomach**
- ↪ **Pace yourself, there's no rush—drink slowly**
- ↪ **Don't leave yourself vulnerable—plan your journey home**
- ↪ **Drink plenty of water to re-hydrate.**



Michele, Kevin, Shirley, Amanda and Jenny raising awareness on effects of alcohol.

**SMART** have started a Dual Diagnosis Networking Group with other local providers to share knowledge and experience and promote joint working. This group will also look at future training needs and support networks. (Dual diagnosis is when someone suffers from both substance misuse issues and a mental health illness).



Poole DAAT would like to thank everyone involved in providing substance misuse services to the people of Poole in 2010. We hope that together we can go on providing opportunities for those who wish to improve their lives for many years to come.

# The SMART Year

**SMART opened for the people of Poole in January 2010. There was a staged takeover of referrals becoming the single point of access into treatment in April 2010.**

It takes a lot of will power and motivation to get yourself referred into treatment and we want you to reach your goal. SMART will soon be acting as care coordinators and this will give, we hope, continuity to the journey through Poole treatment services.

In the year ahead developments will take place at SMART with the start of Poole's Integrated Offender Management Team (to be called Divert) which is bringing together different services to help those clients in the Criminal Justice system. SMART is also to take on the assessments of Criminal Justice clients, which currently happens in PACT, from 4th January 2011.

## The Statistics

From April 2010 of all those that started treatment via

SMART 70% were alcohol clients. Most of these, 57%, self-referred to SMART. Of all the closures 75% were alcohol clients with 23% leaving as occasional users and 18% alcohol/drug free.

Of the 30% of drug clients, again, the highest number were self-referrals at 61%. Of the closures 10% were occasional users and 17% were drug/alcohol free.



It is hoped that the new "Recovery Agenda" will encourage more people into treatment in the coming year.

**If you wish to contact SMART please call 01202 735777**

NOTE: Statistics above obtained from Halo (Poole's DAAT's electronic client record system) and are for the time period 1st April 2010 to 14th December 2010.

# TRAINING

**Available to all employees, volunteers or carers who live or work in Poole.**

- |   |  |
|---|--|
| 1 4 <sup>th</sup> January – Alcohol Awareness   | 1 22 <sup>nd</sup> February – Crime and Addiction  |
| 1 11 <sup>th</sup> January – Brief Interventions for Alcohol Users                                    | 1 28 <sup>th</sup> February – Stress and Depression  |
| 1 18 <sup>th</sup> January – Alcohol and Older People   | 1 1 <sup>st</sup> March – Dual Diagnosis   |
| 1 25 <sup>th</sup> January – Mephedrone and 'legal highs'   | 1 8 <sup>th</sup> March – Mephedrone and 'legal highs'   |
| 1 1 <sup>st</sup> /8 <sup>th</sup> /15 <sup>th</sup> February – Drug Awareness Training (3 half days) | 1 15 <sup>th</sup> March – Working with Young People   |
|   | 1 16 <sup>th</sup> /22 <sup>nd</sup> /29 <sup>th</sup> March – Drug Awareness Training (3 half days) |

For further information on the above courses or courses after March 2011, please contact Janis Greenfield either by email: [j.greenfield@poole.gov.uk](mailto: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.**

# Poole Needs Assessments 2010-11

In 2009/10 the Drug and Alcohol Action Team commenced a staged redesign of treatment services in Poole to move towards a 'one stop shop' of integrated service provision.

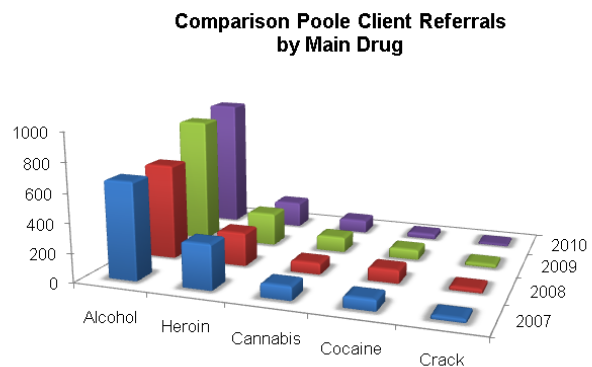
The first part of the process was the establishment of a single point of access for all drug and alcohol services in Poole. SMART (Substance Misuse Assessment & Referral Team) opened in January 2010 and has led to faster access to services and better allocation of clients to appropriate providers.

However, since the inception of SMART it has become apparent that changes need to be made to other parts of the treatment system.

To ensure that any changes are based on local need, an annual needs assessment is undertaken. This looks at a range of information including the number of people in treatment, drugs of choice, time in treatment, numbers of drug and alcohol users who are not in treatment, types of available treatment and use, age and gender. The views of providers and service users are also sought and the results are used to help design the best treatment system to meet local need.

## In the last four years

- ✦ Alcohol referrals have risen by 37%
- ✦ Heroin referrals have dropped by 41%
- ✦ Cannabis referrals have dropped by 3%
- ✦ Cocaine referrals have dropped by 52%
- ✦ Crack referrals have dropped by 44%



## In Poole in 2009/10:

- ✦ Cannabis was the most popular secondary drug of Alcohol users (70 cannabis clients)
- ✦ Alcohol and Crack were the most popular secondary drugs of Heroin users (24 alcohol, 22 crack)
- ✦ Alcohol was most popular secondary drug of Cannabis users (12 alcohol)
- ✦ Alcohol and cannabis were the most popular secondary drugs of Cocaine users (6 alcohol, 4 cannabis)
- ✦ Alcohol was most popular secondary drug of Crack users (5 alcohol)

This year the consultation with clinicians and services users is particularly important as the government introduce its new 'Recovery' agenda. Some of the comments received were:

- ✦ Would it be difficult / unfair on those clients currently on long-term maintenance to change their programme?

Overall response to this was 'yes' unless it was introduced over a long period of time. However, it was felt that those clients currently on long-term maintenance / shared care, needed the opportunity to have their current situation evaluated and then be supported to work towards becoming drug and alcohol free.

- ✦ Will low threshold services (open access prescribed opiate alternatives for those not ready for more intensive treatment) continue to play a role in drug treatment?  
Response to this from clinicians and service user forum was to either eradicate or vastly reduce low threshold services.

- ✦ Could there be a time limit on treatment, from start of treatment to aftercare: for example a 2 year process?

Yes. Nearly all feedback described a drug and alcohol free goal for all clients entering treatment, with a 2 year time-limit, as possible. There was some feeling that although people agree with / embrace the ambition and goals of the Recovery Agenda, time limited treatment might not always be an effective way of achieving these goals”.

### Bournemouth, Dorset and Poole Drug and Alcohol Action Teams have agreed a Pan Dorset Definition of ‘Recovery’

“Recovery is the ambition for all clients with a therapeutic need, which is marked out by progress towards, and achieving, freedom from clinical dependency, achieving employment, living in secure accommodation, free of crime and with improved health.”

### The current treatment system

- ✦ Focus is on problematic drug use – heroin and crack cocaine but the range of drugs used by most goes far beyond these.
- ✦ Formal treatment is therefore only addressing a single element of an individual’s need and increasing the likelihood of relapse.
- ✦ Treatment does not routinely support domains such as housing, family and relationships, health and financial advice.

### The Challenge

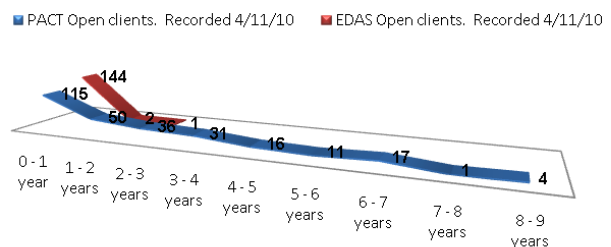
There is still a tendency to grasp for a medical response and to ‘warehouse’ problematic drug users within the Criminal Justice System.

Clients will be encouraged to enter treatment with the ambition that they will work towards abstinence within a time limited period.

A robust through care and aftercare service will be needed to support full recovery with good links to employment, education, housing and other support services.

**This Recovery Agenda is not set in stone and can be adapted to suit the needs of individual clients.**

### PACT & EDAS Open Treatment Episodes. As recorded 4/11/2010



This graph shows that for most Poole clients positive outcomes are achieved within two years of treatment.

HM Government

DRUG STRATEGY 2010  
REDUCING DEMAND, RESTRICTING SUPPLY, BUILDING RECOVERY:  
SUPPORTING PEOPLE TO LIVE A DRUG FREE LIFE

You can read this document on  
[www.homeoffice.gov.uk/publications/drugs/drug-strategy](http://www.homeoffice.gov.uk/publications/drugs/drug-strategy)



## Poole Service Users Forum

The forum are involved with the DAAT to help commission services and also in the monitoring of performance. They have been involved in the writing of the Recovery Booklet and with the Needs Assessments.

'Poole SUF' is on



[www.poolesuf.org](http://www.poolesuf.org), email: [info@poolesuf.org.uk](mailto:info@poolesuf.org.uk)

telephone: 07779 880221

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

EDAS, 54a Ashley Road, Parkstone, Poole