



<p><b>Meeting of East Renfrewshire Health and Social Care Partnership</b></p> <p><b>Held on</b></p>	<p>Integration Joint Board</p> <p>23 September 2020</p>									
<p><b>Agenda Item</b></p>	<p>10</p>									
<p><b>Title</b></p>	<p>East Renfrewshire Alcohol and Drugs Plan 2020-23</p>									
<p><b>Summary</b></p> <p>This report provides the Integration Joint Board with an overview of the work carried out to prepare a new East Renfrewshire Alcohol and Drugs Plan for the period 2020-23 and presents a draft plan for approval.</p>										
<p><b>Presented by</b></p>	<p>Tracy Butler, Lead Planner (Recovery Services)</p>									
<p><b>Action Required</b></p> <p>The Integration Joint Board is asked to approve the Alcohol and Drugs Plan.</p>										
<p><b>Directions</b></p> <p><input checked="" type="checkbox"/> No Directions Required</p> <p><input type="checkbox"/> Directions to East Renfrewshire Council (ERC)</p> <p><input type="checkbox"/> Directions to NHS Greater Glasgow and Clyde (NHSGGC)</p> <p><input type="checkbox"/> Directions to both ERC and NHSGGC</p>	<p><b>Implications</b></p> <table border="0"> <tr> <td><input checked="" type="checkbox"/> Finance</td> <td><input type="checkbox"/> Risk</td> </tr> <tr> <td><input type="checkbox"/> Policy</td> <td><input type="checkbox"/> Legal</td> </tr> <tr> <td><input type="checkbox"/> Workforce</td> <td><input type="checkbox"/> Infrastructure</td> </tr> <tr> <td><input checked="" type="checkbox"/> Equalities</td> <td><input type="checkbox"/> Fairer Scotland Duty</td> </tr> </table>		<input checked="" type="checkbox"/> Finance	<input type="checkbox"/> Risk	<input type="checkbox"/> Policy	<input type="checkbox"/> Legal	<input type="checkbox"/> Workforce	<input type="checkbox"/> Infrastructure	<input checked="" type="checkbox"/> Equalities	<input type="checkbox"/> Fairer Scotland Duty
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## **EAST RENFREWSHIRE INTEGRATION JOINT BOARD**

**23 September 2020**

**Report by Chief Officer**

### **EAST RENFREWSHIRE ALCOHOL AND DRUGS PLAN 2020-23**

#### **PURPOSE OF REPORT**

1. The purpose of this report is to seek Integration Joint Board approval of the East Renfrewshire Alcohol and Drugs Plan 2020-23

#### **RECOMMENDATION**

2. The Integration Joint Board is asked to approve the Alcohol and Drugs Plan 2020-23 for publication online and sharing with the Scottish Government

#### **BACKGROUND**

3. Reducing the harm from alcohol and drugs has been a key national priority for many years, with the Scottish Government investing additional funds at local level since 2009. The recently launched public health priorities place the work to reduce harms from alcohol and drugs at the forefront of national wellbeing. A national Drugs Death Task Force has been set up in response to the significant increase in drug related deaths across Scotland in 2018.
4. Alcohol and Drugs Partnerships are embedded in local partnership arrangements and are clear on their contribution to national outcomes and requirement to produce a local plan through the [Partnership Delivery Framework to Reduce the Use of and Harm from Alcohol and Drugs](#).
5. In 2018, the Scottish Government published two strategic frameworks to support the development of local alcohol and drugs plans. The [Alcohol Framework](#) sets out national prevention aims around alcohol and tackling the associated health inequalities. [Rights, Respect and Recovery](#) introduces new ministerial priorities, and associated outcomes, for reducing alcohol and drug related harm and supporting individuals, families and communities:
  - i. Early intervention and prevention
  - ii. Recovery oriented approaches
  - iii. A whole family approach and;
  - iv. A public health approach to justice

#### **REPORT**

6. The East Renfrewshire Alcohol and Drugs Partnership (ADP) has overseen the development of the strategic approach on alcohol and drugs for the next three years.
7. The Covid-19 outbreak has had a significant impact on individuals with harmful alcohol and drug use. The way that services are provided have changed greatly due to social distancing restrictions, and recovery from alcohol and drugs is more challenging as community-based recovery groups have been unable to meet and the availability of

valuable social opportunities that support recovery has greatly reduced. Covid-19 has likewise influenced the development of the strategic plan for alcohol and drugs and has shaped many of the actions. In addition the work to develop the plan has taken place exclusively during the period of the virus outbreak and the time and input of partners during this challenging time is gratefully recognised.

8. The outcomes landscape around alcohol and drugs is comprehensive. As well as the national priorities outlined in paragraph 5 and the national public health outcome, protecting resident from alcohol and drug related harm is an outcome of the East Renfrewshire Community Plan. The HSCP Strategic Plan seeks to reduce health inequalities. Therefore the Plan does not introduce or propose any new local outcomes for alcohol and drugs but sets out planned actions against the existing outcomes.
9. The range of actions in the plan present a whole systems approach to reducing alcohol and drug related harm. Promoting informed choices on alcohol and drugs is a key part of the prevention and early intervention approach. Recovery oriented and person centred services influenced by people with lived experience aims to ensure that individuals feel included, supported and respected. A focus on strengthening the recovery community will empower individuals. Building strong links between services will ensure the needs of carers, families and children are met.
10. The Strategic Plan summary is in Annex 1 and sets out the strategic context for alcohol and drugs in 2020, priority actions and arrangements for governance and reporting. A separate, more detailed delivery plan has been developed and the Alcohol and Drugs Partnership will drive progress on this.

## **CONSULTATION AND PARTNERSHIP WORKING**

11. Representatives from across alcohol and drugs services, police, voluntary sector, health improvement (HSCP and health board), education, community learning and development, children and families, criminal justice, housing and employability have been involved in the development of the draft plan attached.
12. Partners will work closely with the recovery community and people with lived experience of harmful alcohol and drug use to inform and guide the implementation of specific actions in the Plan and ongoing development of priorities.

## **IMPLICATIONS OF THE PROPOSALS**

### Finance

13. The required resources to deliver the plan are in place. The Alcohol and Drugs Partnership receives funding from a range of sources:
  - Mainstream HSCP funds for local alcohol and drug services
  - Direct funding from the Scottish Government, via NHS Board allocations,
  - Programme for Government, Local Improvement Fund, to support improvement and innovation in the way alcohol and drug services are developed and delivered
  - New for 2020-21 and 2021-22, East Renfrewshire Alcohol and Drugs Partnership has also received an allocation from the Drugs Death Task Force to fund innovative action to reduce drug related deaths and this is funding a range of actions in the Plan.

## Equalities

14. The impact of socio-economic deprivation, age, gender and health inequalities is identified in the detailed socio-economic analysis that underpins the Plan. The delivery of specific actions will be informed by the findings of the equality impact assessment.

## **DIRECTIONS**

15. There are no directions arising from this report.

## **CONCLUSIONS**

16. The East Renfrewshire Alcohol and Drugs Plan provides a robust strategic framework for the delivery of actions to reduce alcohol and drug related harm.

## **RECOMMENDATIONS**

17. The Integration Joint Board is asked to approve the Alcohol and Drugs Plan 2020-23 for publication online and sharing with the Scottish Government

## **REPORT AUTHOR AND PERSON TO CONTACT**

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Chief Officer, IJB: Julie Murray

## **BACKGROUND PAPERS**

[Partnership Delivery Framework to Reduce the Use of and Harm from Alcohol and Drugs. Alcohol Framework 2018](#)  
[Rights, Respect and Recovery](#)

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## **East Renfrewshire Alcohol and Drugs Plan 2020-23**

*Promoting informed choices around alcohol and drugs  
across the whole community and supporting individuals  
and their families to recover from harmful alcohol and  
drug use*

**STRATEGIC SUMMARY**

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## 2020 Context for Reducing Alcohol and Drug Related Harm

East Renfrewshire Alcohol and Drugs Partnership brings local partners together to take a whole systems approach to reducing drug and alcohol related harm. Our services focus on a person-centred approach to ensure individuals with harmful alcohol and / or drug use feel supported, included and respected.

### Local and National Priorities

The overarching national and local outcomes that the plan will deliver on are:

**National Public Health Outcome:** A Scotland where we reduce the use of and harm from alcohol, tobacco and other drugs

**East Renfrewshire Community Plan:** Residents are protected from drug and alcohol related harm

**East Renfrewshire Health and Social Care Partnership Strategic Plan:** Working together with our communities that experience shorter life expectancy and poorer health to improve their wellbeing

The Scottish Government ministerial priorities and outcomes to reduce alcohol and drug related harm guide the Plan:

National framework	National Priority Area	National outcomes
Rights, Respect and Recovery <i>Scotland's strategy to improve health by preventing and reducing alcohol and drug use, harm and related deaths</i>	Early intervention and prevention	Fewer people develop problem drug use
	Recovery oriented approaches	People access and benefit from effective, integrated and person centred support to achieve their recovery
	A whole family approach	Children and families affected by alcohol and drug use are safe, healthy, included and supported
	Public health approach to justice	Vulnerable people are diverted from the justice system wherever possible and those within justice settings are fully supported
Alcohol Framework 2018	Reducing consumption	Reducing the affordability, attractiveness and accessibility of alcohol

### Responding to the Challenges of Covid-19

The Alcohol and Drugs Plan is now also driven by the impact of a global pandemic. The Covid-19 outbreak has affected all aspects of society, including the way many public services are delivered and alcohol and drugs services in East Renfrewshire are no exception. Significant changes have been implemented within a matter of days and often on a day-to-day basis thereafter.

Local services, both HSCP and third sector, focused on face-to-face, person-centred support to individuals have risen to the challenge of providing the same high quality treatment and care while following strict physical distancing guidelines to protect individuals, their families, and staff.

East Renfrewshire HSCP has recognised the vulnerabilities of, and risks to, people who use alcohol and drugs since the outset of the Covid-19 emergency. Alcohol and drugs services have continued to be regarded as essential services during the emergency.

The local government-led Humanitarian Assistance approach as part of the pandemic response has also recognised the needs of individuals with harmful alcohol and/or drug use, with holistic support around food, money advice and shielding offered.

It will be considerable time before services can be delivered in the same way as before and early learning from this challenging period suggests that some of the urgent redesign of services has proved beneficial for individuals and should be considered and embedded as part of the treatment approach. Preparing alcohol and drugs services for a potential increase in referrals features in recovery and renewal planning and working together with the recovery community to rebuild and re-establish is a key priority.

The virus outbreak and its impacts on the wellbeing of the whole population will also reach beyond the provision of alcohol and drug services and the Alcohol and Drugs Partnership must continue to review and consider the evidence of impact and its response. The link between overall mental health and wellbeing and the way this can lead to harmful alcohol or drug use for some individuals is well documented. The potential impacts of the outbreak on mental health and wellbeing – people experiencing loss and bereavement, impacts of furlough or job loss and social isolation experienced during lockdown – could result in a decrease in mental wellbeing. There are risks of increased use of alcohol or drugs by individuals to cope with stress and anxiety, and a negative impact on people already in recovery. The plan also recognises the impacts on and needs of the carers and families, including children, of those experiencing harmful alcohol or drugs use.

A health improvement approach to prevention of and early intervention for alcohol and drug related harms that includes a focus on mental health and wellbeing and health inequalities, is a critical part of the plan.

### Our principles

This strategic plan will guide delivery of actions over the next three years but must also be responsive to the changing context. To ensure this, the members of the Alcohol and Drugs Partnership will provide leadership to ensure the following strong principles guide the delivery of actions:

- Involving individuals with lived experience to ensure that services are person-centred, supportive and inclusive
- joined-up services and an embedded whole-family approach that supports people, parents and carers, children and families impacted by alcohol or drugs
- Ongoing evaluation of emerging evidence about alcohol and drugs, including the ongoing impact of Covid-19 (on overall wellbeing, inequalities, and alcohol and drug trends) to ensure that actions remain relevant and impactful.

## Local data and evidence

An **average of 400 referrals per year** were received by the Community Addictions Service over the last 5 years. Each year, between 350 and 450 individuals are supported by alcohol and drugs services, with support also available to their families and carers.

Two thirds of referrals to alcohol and drugs services in 2019-20 were **male**. **Two thirds of new individuals referred to the service were aged 35 and over.**

A **small number of child protection referrals and requests for assistance** are assessed annually, where problematic parental alcohol and drug use are cited.

**Fewer young people are coming into alcohol and drugs services**, 16% of new individuals engaging with services are aged 16-25.

**Deprivation and health inequalities** play a part in alcohol and drugs issues – alcohol related hospital admissions are significantly higher in the most deprived localities. However people from across East Renfrewshire communities use alcohol and drugs services

East Renfrewshire has a **lower rate of alcohol related hospital admissions** compared to the Greater Glasgow and Clyde Board area and Scotland as a whole. Admissions have reduced by one third during the period 2008-2018.

People with problematic alcohol and / or drug use often have **poorer physical and mental health**. 8% (n. 31) of people using alcohol and drug services are also in the shielding category. This is a higher proportion compared to 3.5% of the adult population as a whole who require to be shielded due to Covid-19.

15% (n. 54) of all **homeless assessments** in East Renfrewshire were with individuals with problematic alcohol and drug use. Alcohol and drugs were noted as the main factor in becoming homeless in two thirds of these cases.

Recent survey findings indicate a potential **change in attitudes and behaviours towards alcohol and drugs amongst young people** in East Ren over time with more young people believing it is ok to try alcohol and more young people reporting having used alcohol.

There are **low numbers of drug related deaths** in East Renfrewshire although there was a significant increase from 4 in 2017 to 11 in 2018. 2019 statistics are not yet available and there has been no increase in suspected drug related deaths observed in 2020 to date.

## Priority Actions

The Alcohol and Drugs Partnership will provide leadership and assure the effective delivery of the following actions, guided by our principles, to contribute to the shared national and local outcomes.

### Prevention and early intervention

- Promote health improvement resources across all groups and communities to enable informed choices about alcohol and drugs and prevent harmful use.
- Recognise the impact of mental health and wellbeing and existing health inequalities in relation to alcohol and drugs.
- Develop and implement an effective approach to Alcohol Brief Interventions.
- Provide training to support schools, based on the Substance Misuse Toolkit.
- Develop an assessment of Barrhead of the possible overprovision of licensed premises.

### Recovery oriented care

- Strengthen user involvement and influence in the design and delivery of alcohol and drugs services, through a peer research approach.
- Redesign key aspects of alcohol and drugs service delivery to maximise outcomes for individuals.
- Enhance skills and knowledge in trauma aware and trauma informed practice.
- Develop a sustainable recovery approach, including peer support and sustainable community and service based groups.
- Increase the distribution of Naloxone (overdoses reversal medication) to people who use drugs and their family members, carers and friends, to prevent drug overdose and drug related deaths.
- Enabling participation in treatment and recovery through targeting hardest to reach and tackling digital poverty
- Work in partnership to improve outcomes for individuals in housing and employability as part of recovery.

### Whole family approach

- Embed links between alcohol and drugs services and children and families services to maximise the support available for families recovering from alcohol and drugs.
- Strengthen practice in Signs of Safety approach to child protection in alcohol and drugs services and the wider Alcohol and Drugs Partnership.
- Work together to support carers, families and children of individuals with harmful alcohol and / or drug use.

### Public health approach to justice

- Meet the needs of women in criminal justice setting through development of bespoke multi-agency service.
- Support the health needs of community justice service users through a health needs assessment.
- Deliver a Mentors in Violence Programme - a preventative approach to reducing violence - to young people.
- Work with Police Scotland on the delivery of the Greater Glasgow Division Drugs Strategy.

## Assuring the Delivery of the Alcohol and Drugs Plan

The Alcohol and Drugs Partnership meets regularly throughout the year to agree priorities, review progress and respond to new and emerging issues. The following partners are represented:

- East Renfrewshire Health and Social Care Partnership (including recovery services, children and families social work, criminal justice and health improvement)
- East Renfrewshire Council (including community learning and development, employability services, housing and education)
- NHS Greater Glasgow and Clyde
- Police Scotland
- Third sector providers of alcohol and drugs services
- Recovery communities

The Alcohol and Drugs Partnership reports to Scottish Government on their contribution to national priorities and outcomes. East Renfrewshire's Integration Joint Board oversees and approves publications including the Alcohol and Drugs Plan 2020-23 and annual reports on progress.

A more detailed delivery plan with actions and details of how progress will be measured is available at *<insert hyperlink when available>*. A report on the progress made in delivering this plan will be published annually.

The work of the Alcohol and Drugs Partnership links with and complements the work of a number of other partnerships, including:

- Improving Outcomes for Children and Young People Partnership
- Safe East Ren Partnership
- Community Justice Partnership
- Violence Against Women Partnership
- Local Employability Partnership

## Further information

Contact: [tracy.butler@eastrenfrewshire.gov.uk](mailto:tracy.butler@eastrenfrewshire.gov.uk)

## Intermediate Outcome

We will know we are making good steps along

Residents are protected from drug and alcohol related harm

## STRATEGY ON A PAGE

### Our contribution:

So what we need to achieve is:

A strong focus on prevention and early intervention

Recovery focused and person centred services

The needs of families of individuals with harmful alcohol and / or drug use are prioritised

The needs of individuals in justice setting with harmful alcohol and / or drug use are prioritised

### Critical activities:

We will do this by:

Promoting health improvement resources to enable informed choices about alcohol and drugs and tackle health inequalities

Implementing an effective approach to Alcohol Brief Interventions

Assessing the level of provision of licensed premises in Barrhead

Working together with individuals with lived experience to improve services and outcomes and build recovery communities

Enhancing skills and knowledge of alcohol and drugs partners to support individuals in their recovery

Increasing the distribution of Naloxone to prevent drug related deaths

Enabling participation in Treatment and recovery through targeting hardest to reach and tackling digital poverty

Working in partnership to improve housing and employability outcomes for individuals

Working jointly to support families to recover from alcohol and drugs

Strengthening practice in Signs of Safety approach to child protection across alcohol and drugs partners

Developing a multi-agency service to meet the needs of women in the justice setting

Working with Police Scotland on the delivery of the Greater Glasgow Division Drugs Strategy

Assessing health needs of community justice service users

# East Renfrewshire Alcohol and Drugs Plan 2020-23

*Promoting informed choices around alcohol and drugs  
across the whole community and supporting individuals  
and their families to recover from harmful alcohol and drug  
use*

**DELIVERY PLAN**

*Draft – as at 28 August 2020*

DRAFT



## East Renfrewshire and Alcohol and Drugs – Data Profile

A review of data sources about the East Renfrewshire community provides some key messages for the East Renfrewshire Alcohol and Drugs Partnership, to inform and influence the new Alcohol and Drugs Plan.

**Alcohol harm statistics have improved locally but the goal is to reduce further**

East Renfrewshire has a lower rate of alcohol related hospital admissions compared to the Greater Glasgow and Clyde Board area and Scotland as a whole. The current rate of 451 per 100,000 population is slightly higher than the previous three years but is an overall decrease from the 2008 level of 559<sup>1</sup>.

The number of alcohol-specific deaths in East Renfrewshire fell to below 20 in 2006 and has continued to fall since then. Fewer alcohol specific deaths, averaged over 2014-18, occurred in East Renfrewshire, compared to Scotland and the Health Board area<sup>1</sup>.

East Renfrewshire has 23 licensed premises per 10,000 population, compared to 38 Scotland wide, and 37.1 in Glasgow City. This level of provision is similar to that in East Dunbartonshire, an area of similar size with similar characteristics. However some areas have more concentrated provision than others<sup>1</sup>.

Dunterlie, East Arthurlie and Dovecothall and Auchenback have the highest alcohol related hospital admissions rates as well as being the most deprived areas according to the SIMD 2020. Together these areas make up only 10% of all East Renfrewshire residents but account for one third of all residents who are income deprived<sup>2</sup>. Rates of alcohol related hospital admissions have reduced in the last ten years but remain more than double the authority average and are higher than Scotland as a whole<sup>1</sup>.

**Deprivation is linked to higher levels of alcohol and drug related**

Alcohol and Drugs Services are available to all of East Ren. Service caseload data as at June 2020 shows 55% of the individuals who use the service is from the Lavern Valley (while the area accounts for just 30% of the East Ren population). 45% of are from the Eastwood area. People with problematic alcohol and or drug use in more affluent areas may be protected from the harm to health by their more positive health status overall<sup>3</sup>.

Drug use disorders and alcohol dependence are in the top ten health conditions for deprived areas, while they do not feature in the top 10 for least deprived areas - alcohol reduces healthy years lived by 3.9 years and drugs by 8.1 years for people living in deprived areas<sup>4</sup>

**Supporting the physical and mental health of people with problematic alcohol and / or drug use is a priority**

The local shielding work that has been carried out highlights the physical health needs of people with harmful alcohol / drug use. Cross matching the shielding list with the Community Addictions Service caseload has shown that 8% (n. 31) of individuals also have a health condition that puts them at high risk of Covid-19. This is a higher proportion compared to 3.5% of the adult population as a whole who require to be shielded<sup>7</sup>.

Many individuals with alcohol / drug issues are at risk from poorer mental health and wellbeing and isolation, particularly those who have been shielding. National evidence set out in Rights, Respect and Recovery suggests that drug users of older age are at greater risk due to complex underlying health and social care issues, including mental health issues and isolation<sup>8</sup>.

**Drug related deaths are a national emergency and the local trend must be closely monitored**

Drug related deaths are increasing at a rapid rate at national level, with a 27% increase from 2017 to 2018. East Renfrewshire's local figures rose from 4 deaths in 2017 to 11 in 2018<sup>5</sup>. While the numbers are still very small, preventing drug related harm and deaths is a key priority. As at June 2020, there has been no spike in drugs deaths during the Covid-19 outbreak.

East Renfrewshire has a low rate of drug related hospital admissions compared to Scotland and other comparator authorities. However the latest three year aggregate figure - 72 per 100,000 population - is at the highest level seen in East Renfrewshire in the past ten years<sup>1</sup>.

The potential level (prevalence) of problem drug use in East Ren is high compared to actual numbers of drugs deaths and hospital admissions locally - East Renfrewshire ranks 13 of 32 authorities for the estimated population who use drugs (n. 800), while ranking 4th lowest for drugs deaths<sup>1</sup>.

Any young person admitted to hospital for reasons related to alcohol is a concern. In East Renfrewshire, the numbers for this (aged 11-25) are lower than adult hospital admissions at 160 per 100,000 population - this is also the case at Scotland level and across the Board area<sup>1</sup>.

Fewer young people are coming into alcohol and drugs services, with 16% of new individuals engaging with services aged 16-25<sup>3</sup>.

**Young People**

Recent SALSUS survey findings indicate a change in attitudes and behaviours towards alcohol and drugs amongst young people in East Renfrewshire since the 2013 study<sup>6</sup>.

- More 13 year olds believe it is "ok to try alcohol" compared to 2013 (43%).
- Three quarters of 15 year olds believe this, but there has been no change since 2013.
- Over a third of 15 year olds reported "being drunk more than ten times" – an increase of 14% from 2013 and 12% higher than in Scotland as a whole.
- Positively the vast majority of 13 and 15 year olds respondents have not tried drugs. However half of 15 year olds say they have been offered drugs and agree it is easy to get access to drugs if they want to.
- Cannabis is the most common drug.

**Local Services and Recovery Communities are supporting people who wish to recover from drugs and/or alcohol**

The East Renfrewshire Community Addiction Service works with between 350 and 450 individuals per year to support their recovery from drugs and alcohol. Considering a whole family approach including children, parents and other family members highlights the increased numbers of individuals who are impacted. In 2018-19, just over a fifth of individuals moved from treatment services to recovery<sup>3</sup>.

There is a small, supportive recovery community in East Renfrewshire with a SMART Recovery group supporting members in Barrhead as well as Alcoholics Anonymous and Narcotics Anonymous groups – although face-to-face availability is disrupted due to social distancing restrictions.

**Criminal and Community Justice context**

There are long standing links between alcohol and crime and violence. At a Scotland level, the proportion of violent crime involving offenders thought to be under the influence of alcohol was 46% in 2017/18 (although this is a reduction compared to 63% in 2008-09). In 2017-18, just over 1 in 3 perpetrators of violent crime were thought to be under the influence of drugs, with no change compared to 2008-09. It should be noted that levels of violent crime (related to alcohol or not) are low in East Renfrewshire<sup>9</sup>. For less serious crimes, there is a presumption against shorter sentences there are more community based sentences. Over the last 4 years, a very small number, approximately 1%, of Community Payback Orders in East Renfrewshire involve diversion to alcohol or treatment as a diversion from custody<sup>10</sup>.

**Employability impacts of Covid-19**

As at the end of June, 11,900 employees in East Renfrewshire have been furloughed, putting many at risk of future job loss. There has been a 135.6% increase in the number of unemployment benefit claimant count in the area. There are an additional 1,335 claiming unemployment benefit (compared to 950 in February 2020). Young people are disproportionately affected nationwide and East Renfrewshire is no different with an increase of claimants aged 16-24 from 175 to 515 between February and June. Many of this group will be vulnerable to financial difficulties and mental health and wellbeing impacts, which could in turn lead to increase alcohol or drug use<sup>11</sup>.

**Housing challenges for individuals with problematic drug or alcohol use**

The number of households approaching East Renfrewshire Council as homeless and having a homeless assessment in 2019/20 was 353<sup>12</sup>.

- Of these 54 had a drug or alcohol use that is harmful (15%). This is a very slight decrease of the 2018/19 figure. 70% of those who had a homeless assessment and had a drug or alcohol issue were male. 30% were female.
- 44 (81%) were assessed as being unintentionally homeless.
- For 34 (63%) individuals, harmful drug or alcohol use was referenced as a factor in them failing to maintain their previous accommodation.
- 33 (61%) were also assessed as mental health problems being a factor in the reason for them failing to maintain their previous accommodation.

## Priority Actions 2020-23

### Prevention and Early Intervention

#### Outcomes

Fewer people develop problem drug use  
A reduction in the attractiveness, affordability and availability of alcohol

#### Context

The links between overall mental health and wellbeing and healthy choices in relation to alcohol and drugs underpins the prevention and early intervention approach and key actions. A whole population approach to prevention and early intervention around alcohol and drugs and overall mental health and wellbeing of the population is a critical action for the next three years. Our aim is to use the wide range of educational and informative resources on the health impacts of alcohol and drugs, guided by resources such as the NHS Greater Glasgow and Clyde Alcohol and Drugs Prevention Framework and mental health and wellbeing training and resources, while ensuring information is relevant at a local level and addresses the needs of a range of target groups. There will be a focus on building the capacity of staff across partner agencies to understand alcohol, drugs and mental health and wellbeing issues, support people directly or signpost to services.

During the first year of the plan, engaging with young people and adults will evidence this approach to ensure that the programme of information provision and health improvement activity is relevant for the local community. Different approaches for different age groups, communities of interest and geographic communities, including areas of deprivation, will be required to have an impact on socio-economic and health inequalities. Innovative approaches to engagement will be necessary as it is expected social distancing will continue to be part of daily life for some time – with perhaps more focus on digital ways of engaging while ensuring that there are no barriers to participation.

This theme of the plan is closely linked to the Children and Young People's Plan and the Health and Social Care Partnership Strategic Plan, in particular the outcomes to reduce health inequalities. Linking with the work of partners in East Renfrewshire Locality Plan areas (areas of deprivation prioritised by community planning partners) is important to tackle health inequalities. Police Scotland's Greater Glasgow Division Drugs Strategy has taken a public health approach and highlights engagement with young people to build resilience and reduce the future health impact from drugs.

The following performance indicators will measure local progress towards the outcomes:

- SALSUS survey (young people) – possibly / ideally supplemented by local data
- Qualitative data from engagement with young people and wider communities
- Alcohol Brief Interventions completions
- Alcohol and drug related hospital admissions and related deaths data

No.	Priority Action	Target groups	Timescale	Partners
1	A whole population health improvement approach to promote informed choices in relation to alcohol and drugs and promote positive mental health and wellbeing, through access to accurate, consistent and reliable information, which takes account of the needs of various target groups, life stages and socio-economic and health inequalities	<i>All Residents (with particular focus on residents in Locality Plan areas)</i>	Year 1 – 3	HSCP Health Improvement (Lead) ERC Community Learning and Development
2	A health improvement approach to alcohol, drugs, mental health and wellbeing with children and young people to promote informed choices in relation to alcohol and drugs and promote positive mental health and wellbeing, through access to accurate, consistent and reliable information	<i>Children and young people aged 12-25</i>	Year 1 – 3	Young Persons Steering Group (Lead) ERC Community Learning and Development ERC Education Health improvement
3	Development of robust Alcohol Brief Interventions approach, including training and capacity building of staff across a range of appropriate service providers and settings	Residents with identified risk of alcohol harm (based on characteristics such as age, gender, locality)	Year 1 – 3	HSCP Health Improvement (Lead) Range of service providers participating in training and delivery
4	Provide updated guidance on managing incidents of drug and alcohol misuse, with associated training based on the Substance Misuse Toolkit.	School population	Year 1 – 2	ERC Education Education Scotland
5	Develop an overprovision assessment for Barrhead based on robust health and police data and engagement with local communities and other stakeholders and put forward for inclusion in East Renfrewshire licensing board policy statement	Residents in Barrhead	Year 2 -3	East Renfrewshire HSCP NHS GGC Police Scotland Recovery Community

## Recovery Oriented Approaches

### Outcome

People access and benefit from effective, integrated person-centred support to achieve their recovery

### Context

East Renfrewshire Community Addictions Team deliver a service to individuals who need support to address harmful alcohol and / or drug use (between 350 and 450 individuals are on the caseload each year). There is a two team approach – Community Addictions Services where treatment and care is provided to individuals and a family support and recovery team which supports individuals and family members on their recovery journey. Services provided include Opiate Replacement Therapy, alcohol detox in home and hospital settings, alcohol protective medications and a range of psycho social interventions (talking therapies) to address underlying issues of trauma and adverse experiences.

Ensuring that the lived experiences of people with harmful alcohol and / or drug use influence services is central to the work of the Alcohol and Drugs Partnership. A number of pieces of work that harness these experiences to improve outcomes will be delivered over the next three years.

Penumbra is a national third sector organisation which brings to East Renfrewshire a new peer support approach to recovery across mental health and alcohol and drug service settings. Integral to this approach is that peer workers have lived experience themselves of harmful substance use or mental health and it is this experience that enables a positive, supportive relationship to be established with people on their own recovery journey. This will be delivered alongside formal treatment and care and provide additional support for individuals to progress on their recovery journey.

With vital funding from the Drugs Death Task Force a new approach to user involvement in service design and delivery – peer research – will be developed and delivered. Volunteer peer researchers with lived experience of alcohol and drugs issues and engaging with alcohol and drug services, will be provided with support, training and skills to engage with other individuals using alcohol and drug services. This will enhance the skills, confidence and employability prospects of volunteers as well as generate critical evidence of the views and experience of individuals to improve services and outcomes.

Peer research will inform the redesign of some aspects of service provision, tell us more about the impact of the lockdown on people with problematic alcohol and / or drug use, mental health, physical health and family life, and inform partners about what works best for recovery and preventing drugs deaths.

Covid-19 recovery and renewal planning will be key for services over Year 1 of the Alcohol and Drugs Plan. Responding to the challenges and thinking about different ways to deliver services has presents an opportunity to redesign service and achieve improved outcomes with individuals using our services.

Housing and employability are essential elements of a person's basic human rights and recovery from s harmful alcohol and / or drug use. The data profile on page 8 shows the prevalence of drug and alcohol issues in homelessness presentations. RCA Trust delivers support to people with problematic drug / alcohol use to manage their recovery and maintain their tenancy, with close working between RCA Trust and the Community Addictions Service where individuals are working

with both services. A service redesign approach around Rapid Re-housing will focus on ensuring a clear understanding of the needs of those who face a variety of challenges to achieve the most appropriate accommodation.

The employability challenges in the area as a result of Covid-19 must be recognised, as outlined in the data analysis on page 7. The employment market will become even more competitive in the coming months and may remain so for some time. Individuals with complex barriers to employment and including recovering from problematic alcohol and/or drug use are often further from the job market than other people using employability services. The Alcohol and Drugs Plan recognises this and provides the strategic foundation for the further development of employability approaches for individuals with problematic alcohol and / or drug use. There are representatives from alcohol and drug services and the ADP on the Local Employability Partnership structures. Priority actions in the plan will maintain a focus on employability as part of overall recovery with effective signposting to employability support within East Renfrewshire. Peer support, peer research opportunities, personal development, education and training support via alcohol and drugs services, as well as formal employability services are critical as part of the pathway towards employability. Holistic support that also improves socio-economic circumstances is key to recovery.

The virus outbreak has impacted on the ability of recovery groups both within services and the community to meet. Moreover the way the local community has changed during the pandemic has significant implications for people in recovery – with much more limited opportunities for social and leisure activities, recovery group meetings and other opportunities that would enable people in recovery to lead a healthy lifestyle. Partnership working to promote recovery and renewal of the community sector, reduce isolation and promote positive mental health and wellbeing in East Renfrewshire will be important for the recovery approach. The Community Addictions service, along with many others, are providing much of the service via telephone and online. While face-to-face service delivery will increase, some continued reliance on digital engagement means we must look at the impact of digital poverty and understand the access that individuals have to devices, as well as data.

The following performance indicators will be used to monitor local progress on this outcome:

- Waiting times referral to treatment
- Did Not Attend rate for appointments
- % moving from treatment to recovery and discharges with treatment complete
- New recovery outcomes tool Scottish Government (pending year 2 or 3)
- Penumbra IRoc recovery tool for peer support

No.	Action	Target groups	Timescale	Partners
6	Strengthen user involvement and influence in the design and delivery of services across the Alcohol and Drugs Partnership, through a peer research approach	People with lived experience	Year 1-2	Alcohol and Drugs Services People with lived experience Recovery community
7	Redesign the delivery of Opiate Replacement Therapy (ORT) – to, encourage ownership of treatment and recovery, promote independence, reduce stigma and encourage increased engagement in psycho-social interventions	Individuals receiving ORT	Year 1-2	Community Addictions Service, RCA Trust, third sector / external partner
8	Enhance skills and knowledge in trauma aware and trauma informed practice across the Alcohol and Drug Partnership	Individuals using alcohol and drugs services who have experienced trauma	Year 1-3	HSCP, East Renfrewshire Council, Police Scotland, Women's Aid
9	Joint work with Penumbra, Community Addictions Service and community-based recovery groups to develop sustainable recovery approach, including peer support and sustainable group approaches, fit for purpose in the post-Covid-19 community, across HSCP, third and community sectors	individuals in recovery	Year 1-2	Penumbra, East Renfrewshire Community Addictions Service, RCA trust and community-based recovery groups
10	Increase the distribution of Naloxone to drug users and their family members, carers and friends, to prevent drug overdose and deaths	Individuals with harmful drug use and their families Wider community settings	Year 1 – 3	Community Addictions Service, Other partners tbd
11	Maximise participation in services through: addressing digital poverty and assertive outreach work to engage with the hardest to reach individuals at risk of overdose/relapse to encourage retention in treatment	Individuals hard to reach with multiple complex needs People experiencing digital access barriers	Year 1	Community Addictions Team
12	ADP representatives will work with Housing to develop a clear understanding of the particular requirements of individuals with harmful alcohol / drug use in need of housing	Individuals with problematic alcohol / drug use at risk of homelessness	Year 1-2	All ADP Housing
13	ADP representatives will participate in the Local Employability Partnership groups and work closely with all employability partners to ensure that access to employment and vocational training opportunities form an integral part of the overall recovery approach.	individuals in recovery	Year 1-3	All ADP Local Employability Partnership groups All employability partners



## Whole Family Approach

### Outcome

Children and families affected by alcohol and drug use will be safe, healthy, included and supported.

### Context

With between 350 and 450 individuals on the community addictions service caseload at any time, there are many more partners, dependent children, parents and siblings who need whole family support. Alcohol and drugs services includes a family support service, where any family member worried about a relative's alcohol or drug use can access support, even if the individual themselves is not receiving a service. Individuals identify who will support them on their recovery at the outset of their treatment and specific support for the family members is available. The peer support approach being provided by Penumbra recognises that family and social connections are integral to recovery. There are a number of parents with children engaged with the Community Addictions Service who are progressing their treatment and recovery and working to create safe and stable family lives.

Experiencing parental/family alcohol and drug use during childhood is commonly recognised as a key Adverse Childhood Experience (ACE). Evidence shows that without intervention, people with ACEs are at increased risk of a range of negative health and life outcomes, including in some cases their own struggle with alcohol and drugs. Everyone has a Story is a national piece of research to understand the impact of parental substance use and recovery on children and young people – who describe feeling responsible for their parents, knowing a lot about harmful drug and alcohol use but not about recovery, and fear and anxiety about what their parent's recovery means for their family.

In East Renfrewshire, parental alcohol / substance use is among the six most common reasons for an Initial Referral Discussion. The proportion of children who were registered with parental alcohol use has remained the same over the past two years at 25% of all registrations. Positively there has been a significant reduction in the proportion of children who were registered because of concerns of parental drug use (from 30% down to 20%). A slight increase in child protection referrals has been observed since the onset of the Covid-19 outbreak and parental alcohol use has been cited in a number of these.

390 initial assessments since the onset of Covid to mid-August, this incorporates repeated referrals during this period and sibling groups. In 14 of these initial assessments, parental alcohol use was listed as the primary concern with a further 23 assessments where the same concern was noted as an additional concern. In respect of parental drug use, 10 initial assessments had this as its primary concern with a further 11 assessments where the same concern is listed as an additional concern. A small number were already known to local alcohol and drugs services.

Responding to the findings of the Independent Care Review is essential in responding to the needs of families experiencing problematic substance use – listening to children and involving them in decision-making and, where children are safe, enabling them to stay with their families. The Signs of Safety and Safe and Together approaches continue to be rolled out across the HSCP.

There is already close partnership working with partners involved in children and families services, and services to support women and children experiencing domestic abuse and through the plan work will continue to strengthen these. There are strong links between the strategic partnerships – Alcohol and Drugs Partnership, Improving Outcomes for Children and Young People Partnership and Violence Against Women Partnership. Clear pathways and referral

arrangements are in place within alcohol and drugs services for adult support and protection and child protection, with multi-agency case discussions and reviews in place. Community Addictions Service are a key participant in the MARAC (Multi Agency Risk Assessment Conferences) process.

Data gathering to inform progress will include:

- Qualitative feedback from families
- Child protection referrals and requests for assistance where parental alcohol or drug use are cited, and actions taken

No.	Action	Target groups	Timescale	Partners
14	Strengthen links between alcohol and drugs services and children and families, including exploring further the impact of Covid-19 and lockdown on children and families and the initial assessments citing parental alcohol and drug use	Families experiencing problematic alcohol and / or drug use	Year 1 – 3	Community Addictions Service Social Work Children and Families
15	Increase awareness of the family support service within the community addictions service, for self-referrals and referrals from other local services	Families experiencing problematic alcohol and / or drug use	Year 1 – 3	Community Addictions Service
16	Develop strong, consistent practice in Signs of Safety approach to child protection across alcohol and drugs services and the wider Alcohol and Drugs Partnership	Families experiencing problematic alcohol and / or drug use	Year 1 – 3	Community Addictions Service Other frontline services engaging with individuals with problematic alcohol / drug use

## Public Health Approach to Justice

### Outcome

Vulnerable people are diverted from the justice system wherever possible and those within justice settings are fully supported

### Context

National level work with prison services will be essential to enhance the support for people with problem drug use within the custody population. At a local level, much work is undertaken to divert people, including those with alcohol and / or drugs issues, from the criminal justice system at various points in the pathway from arrest to the court process – with a number of partners supporting this, including Police Scotland. The public health approach adopted in Police Scotland's Greater Glasgow Division Drugs Strategy will contribute to the delivery of the outcomes in this area, particularly for vulnerable individuals in regular contact with police.

The needs of people with offending backgrounds are recognised in the recovery oriented approach of the plan. To achieve the aims in Rights Respect and Recovery for people in the justice system with alcohol and / or drug issues, a clear understanding of the complex, multiple needs is required – around alcohol and drugs, mental health and trauma. Individuals with experience of both criminal justice and alcohol and drug services will be a target group within the peer research work identified in this plan. The current Community Justice Outcome Improvement Plan includes actions to ensure people subject to statutory supervision have early access to community mental health and alcohol and drug recovery services.

There are strong and effective relationships across the Health and Social Care Partnership and with external partners as well as strategic linkages between the Community Justice Partnership, Alcohol and Drug Partnership, Child Protection Committee and Adult Protection Committee. In March 2019, a multi-agency programme of offender focussed trauma training, led by the criminal justice service and delivered to a multi-agency group of professionals, has strengthened the effectiveness of multi-agency partners in delivering interventions with those who hold convictions.

Strong operational partnership working is in place to ensure support and services are in place for East Renfrewshire's small custody population and those on Community Payback Orders and supervision orders, with harmful substance use. This was particularly evident in the coordinated approach across housing, alcohol and drug services and criminal justice social work around the early release of prisoners during the Covid-19 outbreak. Achieving a secure and stable pathway for prisoners on release is necessary to respond to evidence that drug related deaths are a major cause of death among ex-prisoners immediately after release.

The actions below are shared across the community justice and alcohol and drugs plans, focusing on the health needs of this priority group and the particular needs of women in justice settings.

The proposed performance indicators to monitor local progress are:

- Number of people diverted from prosecution and to drug treatment/education. (Criminal Justice Social Work (CJSW) statistics)
- Number of people diverted from prosecution and to alcohol treatment programmes. (CJSW statistics)
- Number of people diverted from prison custody via Community Payback Order (CPO) with alcohol treatment condition. (CJSW statistics)

No.	Action	Target groups	Timescale	Partners
17	Development of a women's criminal justice service to ensure the specific needs of women are met through a range of services from partner agencies such as housing.	Women in justice system	Year 1 – 3	Criminal justice social work Police Scotland
18	Health needs assessment of individuals involved with community justice, recognising individuals involved with criminal justice have distinct health characteristics related to trauma, resulting from physical and sexual abuse, mental health, drug and alcohol use and history of broken relationships with statutory health care providers such as GPs	Individuals involved with community justice	Year 1 – 3	Community justice GPs Health providers
19	Work with Police Scotland on the delivery of the Greater Glasgow Division Drugs Strategy actions specific to East Renfrewshire across all strands of the Alcohol and Drugs Plan including early intervention and prevention and the public health approach to justice	All residents	Year 1 -3	All ADP
20	Mentors in violence programme – a preventative approach to reducing violence	Young people aged 12-18	Year 2-3	Education Police Scotland

**Data and evidence sources:**

<sup>1</sup> Hospital admissions and deaths data – Scottish Public Health Observatory (ScotPHO) tool

<sup>2</sup> SIMD 2020

<sup>3</sup> Community Addictions Service caseload data, EMIS

<sup>4</sup> The Scottish Burden of Disease Study, Deprivation Report, Information Services Division, 2016

<sup>5</sup> National Records of Scotland, Drug Related Deaths, 2017 and 2018

<sup>6</sup> SALSUS survey of 13 and 15 year olds, 2018

<sup>7</sup> East Renfrewshire shielding population data, Scottish Government, 2020

<sup>8</sup> Rights, Respect and Recovery

<sup>9</sup> Scottish Crime and Justice Survey

<sup>10</sup> East Renfrewshire Community Payback Order Annual Report, 2018-19

<sup>11</sup> East Renfrewshire Economic Development Report, 2020

<sup>12</sup> East Renfrewshire Housing Services Data, 2019-20 (provisional report)