

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 PLAN

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 <https://www.eastrenfrewshire.gov.uk/alcohol-and-drug-services>. 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

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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

