

## Chapter 16

# Substance Misuse

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# 16 Substance Misuse

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## 16 Substance Misuse

### **Introduction**

At present, the National Treatment Agency for Substance Misuse (NTA)<sup>[1]</sup> estimates that there are around 1480 problematic drug users resident in Gateshead<sup>[2]</sup>. Based on resident population estimates made in 2004, this represents 0.73% of the total population<sup>[3]</sup>.

During the 2005/6 financial year, 1042 individuals accessed Gateshead's substance misuse services<sup>[4]</sup>. Under Local delivery plan (LDP) targets, these services are tasked to raise this to 1200 during 2006/7 and 1400 during 2007/8. At the time of writing this report it appears that this will be achieved, with 954 individuals having accessed treatment by the end of October 2006<sup>[4]</sup>.

Another key work area for substance misuse services is the facilitation of timely access to treatment. The NTA aims to ensure that all drug treatment facilities (regardless of treatment type) are accessible within 3 weeks. As such, services in Gateshead aim to bring 75% of clients into treatment within 3 weeks during 2006/7. This target rises to 85% in 2007/8.

Gateshead has a strengthening selection of drug and alcohol treatment services. Briefly, these consist of:

Gateshead GPs – Local surgeries offer substantial support to substance misusers, with 72% of surgeries providing substitute prescribing. These work in association with the specialist drug treatment agencies within the area.

Twenty Four: 7 Alcohol and Drug Team, providing -

- Assessment of individuals' alcohol or drug use and management of appropriate care plans
- Community alcohol detoxifications
- Methadone treatment programmes
- Specialist prescribing services, including administration of drugs used to control substance dependency
- Specialist services for Young People (under 18s)
- Support for users involved with the Criminal Justice System via the Drug Intervention Programme<sup>[5]</sup>. Specialising in interventions to address the offending behaviour associated with substance misuse

<sup>[1]</sup> <http://www.nta.nhs.uk/>

<sup>[2]</sup> Estimates of the prevalence opiate use and/or crack cocaine use (2004/5) – North East Region, available at <http://www.nta.nhs.uk/>

<sup>[3]</sup> Resident Population Estimates, mid-2004, ONS available at [www.nchod.nhs.uk](http://www.nchod.nhs.uk)

<sup>[4]</sup> <http://www.ndtms.net/>

<sup>[5]</sup> Drug Intervention Programme - <http://www.drugs.gov.uk/drug-interventions-programme/>

- Referral routes into residential rehabilitation and inpatient detoxification
- Specialist services for pregnant substance users
- Specialist service for parental substance users
- Harm reduction advice on drug use, as well as Hepatitis and HIV screening
- Hepatitis B Immunisation

The North East Council on Addictions<sup>[6]</sup> providing -

- Accurate, appropriate and factual information via the Oasis information shop
- Triage and assessment of individuals misusing substances through the Brief Intervention Team
- Care planned counselling delivered at a central location and on an outreach basis
- Structured Day Care provision designed to provide intensive community based support, treatment, rehabilitation and improve social functioning
- Community Development projects - supporting residents and community groups to develop activities, training and satellite services around substance misuse
- Specialised women's service including support, group work and training is provided at variety of venues and on a wide range of subjects.
- Specialised service for Young People focusing on early prevention work within schools. Education, advice and support are offered to young people up to the age of 18. The service offers appointments and awareness-raising sessions outside of normal working hours to meet the needs of young people.

In addition, Gateshead Primary Care Trust has recently awarded a contract to Turning Point<sup>[7]</sup> to provide a Community Integration Service. This is intended to support clients through and out of their treatment journey and will involve signposting and supporting them into housing, training and employment opportunities as well as leisure activities in the community. This service will be fully operational by April 2007.

For further information contact:

Senior Information Analyst (DAT), Gateshead PCT, Team View, 5<sup>th</sup> Avenue Business Park, Gateshead, NE11 0NB. Tel: 0191 491 5713

<sup>[6]</sup> The North East Council on Addictions – <http://www.neca.co.uk/>

<sup>[7]</sup> Turning Point - <http://www.turning-point.co.uk/>

## **Acknowledgements**

This chapter of the Gateshead Compendium of Health Related Statistics contains data from a range of partner agencies. Sources of data are detailed at the foot of each individual data item. Thanks are extended to the following organisations for providing and allowing use of their information:

The National Treatment Agency for Substance Misuse  
Office for National Statistics

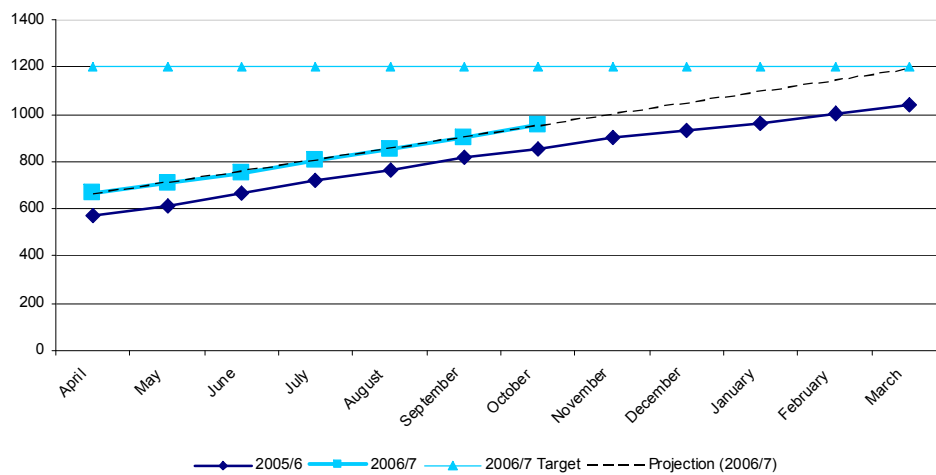
Thanks must also go to the following teams for providing the articles which outline their work:

The North East Council on Addictions, Gateshead area  
Young Peoples' Service, Gateshead Primary Care Trust  
Gateshead Drug Intervention Programme, Twenty Four: 7 Alcohol and Drug Service

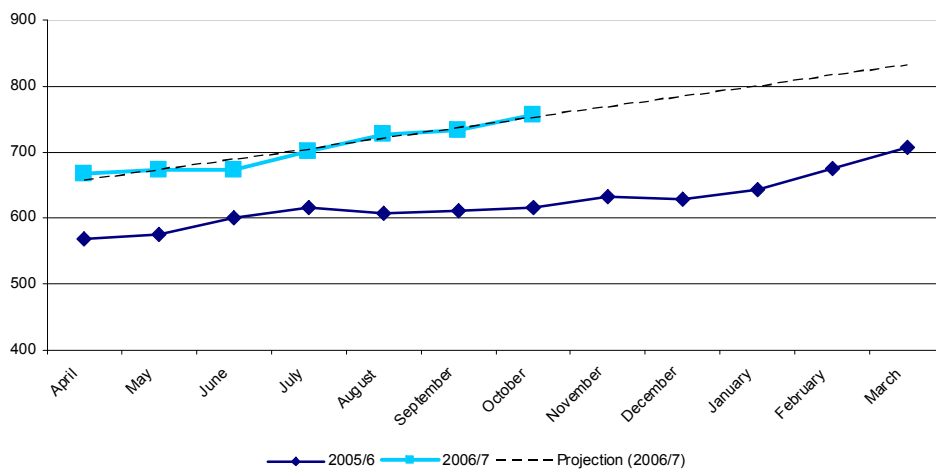
# Key performance indicators

## 16.1 Number of individuals accessing Gateshead drug treatment services (2005-Present)

**LDP Target: Numbers accessing drug treatment services is a cumulative total for each year. An individual will only be counted once, even if they have two or more treatment episodes within the year. At present, individuals accessing Gateshead services for problems with alcohol do not contribute to LDP targets<sup>[4]</sup>.**



## 16.1 Caseload size (2005-Present)



<sup>[4]</sup> <http://www.ndtms.net/>

The chart shown above (Caseload size 2005-Present) represents monthly snapshots of the numbers of clients in treatment.

This gives an indication of the capacity of the services at any given time. In general, it has steadily increased over the last 18 months.

Considerable workforce development has taken place in recent years and we now see local teams carrying a total caseload well in excess of 700<sup>[4]</sup>. Current estimates indicate that it will be necessary to increase this to around 800 to maintain pace with main the LDP target.

The National Treatment Agency monitors the status of the substance misuse workforce on a quarterly basis; at the time of writing this document, the following breakdown represents the skill-mix in Gateshead:

- 6 Counsellors
- 19 Criminal Justice Workers
- 1 GP with a specialist interest
- 22 Registered Nurses
- 2 Social Workers
- 26 Support and Administration Staff

## 16.2 Waiting times

***NTA Target: As mentioned above, the NTA aims to ensure that all clients presenting to mainstream drug treatment services are able to access structured treatment within 3 weeks.***

These targets are monitored on a quarterly basis. Performance figures for adult services during Quarters 1 and 2 of the 2006/7 financial year are shown below.

NB – A waiting time is defined as the time elapsing between referral to a given treatment type and the subsequent commencement of it. Mechanisms are build into substance misuse data systems to account for client failures to attend appointments, cancellations and so on.

Waiting times are also divided into 'First intervention' and 'Subsequent Intervention'. Within one episode, a client may be referred for a specific type of treatment (e.g. Substitute Prescribing) some time after their initial referral. This then becomes a 'subsequent intervention' within that episode. Dashes indicate that there have been no commencements of a given type of treatment in the quarter in question.

<sup>[4]</sup> <http://www.ndtms.net/>

	First Intervention - % of valid waiting times < 3 weeks	
Treatment Type	Quarter 1	Quarter 2
Inpatient drug treatment	-	-
Residential rehabilitation	-	-
Specialist prescribing	-	-
GP Prescribing	68%	90%
Structured Day Programmes	-	50%
Psychosocial Interventions	47%	60%
Other Structured Treatment	85%	94%
	Subsequent Intervention - % of valid waiting times < 3 weeks	
Treatment Type	Quarter 1	Quarter 2
Inpatient drug treatment	100%	-
Residential rehabilitation	-	100%
Specialist prescribing	-	100%
GP Prescribing	100%	97%
Structured Day Programmes	-	0%
Psychosocial Interventions	17%	67%
Other Structured Treatment	58%	96%

These statistics are monitored intensively. Where waiting times are reported as exceeding target, exception reports and action plans to remedy the issues are implemented immediately.

As is apparent from the snapshot above, considerable gains were made during the second quarter of 2006/7, though areas for improvement (for example Structured Day Programmes and Psychosocial Interventions) continue to exist.

### 16.3 Retention

***NTA Target: Within Gateshead, the NTA aims to ensure that, by 2008, 80% of clients presenting to mainstream drug treatment services will be retained in treatment in excess of 12 weeks. This provides a proxy indicator of the services' ability to reduce early drop-out rates and ensure client engagement.***

Achievement is measured and updated on a monthly basis. At present (measured to the end of October 2006), it stands at 71% in Gateshead. This is ahead of target for the 2006/7 financial year (70%), though considerable work will have to be done to exceed 80% during 2007/8.

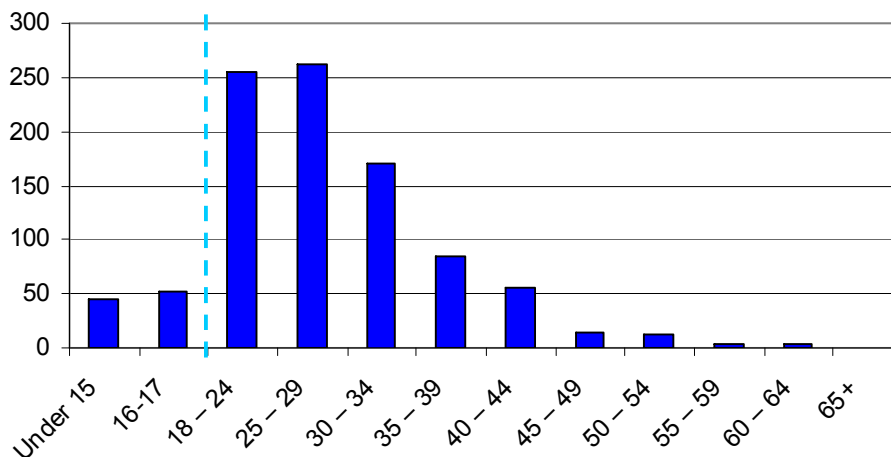
Actions so far taken have included the commissioning of the Community Integration Team, whose main remit will be to offer clients routes out of substance dependency, via such routes as training and employment.

In addition, various initiatives are underway to provide more assertive outreach to those clients failing to engage with services.

# Demographics

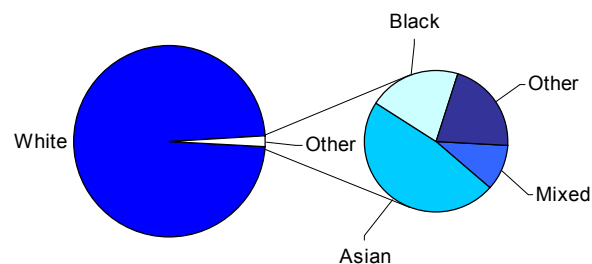
## 16.4 Age

This sample represents the treatment population as at 30 September 2006. Clients under 18 may be accessing services for issues with alcohol, though over 18s represented here are only those accessing services for drug misuse.



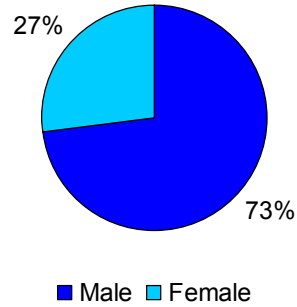
## 16.5 Ethnicity

This sample is based on the treatment population as at 30 September 2006. This profile is consistent with the overall picture in Gateshead (See Chapter 5, section 5.11 – Demography). Only 2.01% of the total sample of 947 records recorded ethnicity as anything other than White British. NB – 11 records in the sample were found to have no ethnicity recorded; these have been excluded.



## 16.6 Gender

The gender split of the population accessing drug treatment services is as shown below. The data shows the the situation as at 30 September 2006. As can be seen, it is heavily skewed towards males. This is consistent with both the national regional pictures however – comparative data has also been provided for clients presenting in the 2005/6 year to demonstrate this.



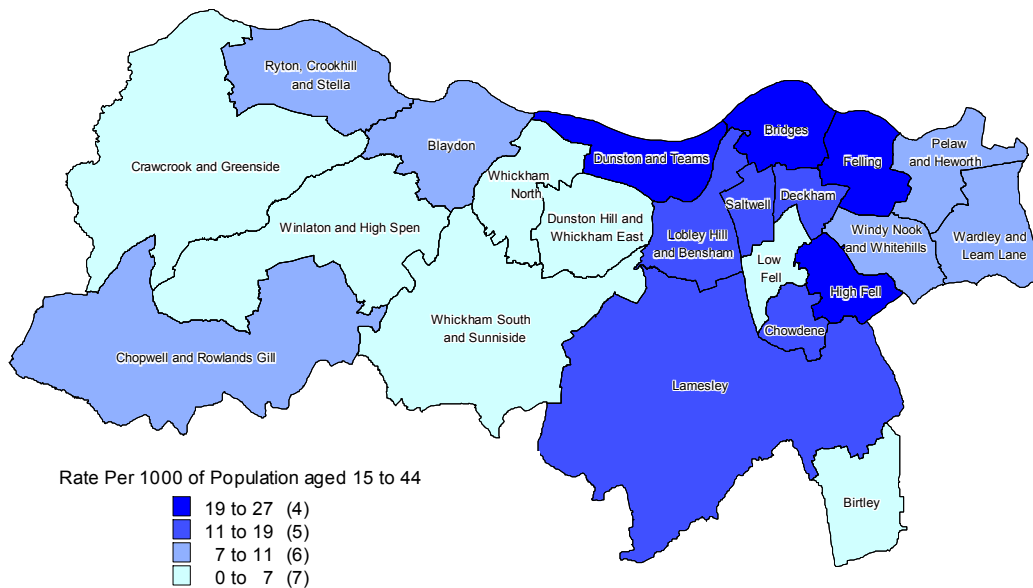
	Gateshead	North East	England
Male	74.33%	76.52%	73.66%
Female	25.67%	23.48%	26.34%

## 16.7 Geographical distribution

The following tables and map represents a snapshot of the clients accessing the statutory services in Gateshead between April and September 2006. As is apparent from the age breakdown above, the bulk of the drug using population in treatment is aged between 15 and 44. As such, all rates used below are calculated using the overall ward populations within those parameters. There is strong correlation between the distribution seen here and that seen in displays of the Index of Multiple Deprivation (See Chapter 6, section 6.1 – Deprivation).

NB Electoral ward boundaries in Gateshead changed in June 2004. These population figures apply to the ward boundaries in place after June 2004.

Clients accessing statutory drug treatment services in Gateshead  
Rate per 1000 of population aged 15 to 44 in each ward



These rates are also represented numerically below.

Ward	Clients	Population (15 to 44)	Rate Per 1000
Birtley	17	3380	5.0
Blaydon	35	4071	8.6
Bridges	93	4380	21.2
Chopwell & Rowlands Gill	26	3424	7.6
Chowdene	36	3193	11.3
Crawcrook & Greenside	23	3315	6.9
Deckham	79	4216	18.7
Dunston & Teams	106	3964	26.7
Dunston Hill & Whickham East	20	3467	5.8
Felling	94	3774	24.9
High Fell	95	4073	23.3
Lamesley	41	3636	11.3
Lobley Hill & Bensham	60	4357	13.8
Low Fell	13	3563	3.6
Pelaw & Heworth	26	3596	7.2
Ryton, Crookhill & Stella	29	3131	9.3
Saltwell	78	5980	13.0
Wardley & Leam Lane	26	3369	7.7
Whickham North	22	3287	6.7
Whickham South & Sunnyside	6	3143	1.9
Windy Nook & Whitehills	44	4129	10.7
Winlaton & High Spen	12	3062	3.9

The following table shows this population by Deprivation Quintile:

Deprivation quintile	Clients resident within quintile	Total residents in quintile	Rate per 1000
Most deprived 20%	793	41282	19.21
20% - < 40%	158	18712	8.44
40% - < 60%	62	15000	4.13
60% - < 80%	13	6426	2.02
Least deprived 20%	<5*	1071	<4.67*

\*Numbers of observations less than 5 and rates based on less than five observations have been suppressed

As we can see, this sample of the substance misusing population is predominantly part of the most disadvantaged section of the overall population.

## 16.8 Primary substances of misuse

There has been limited change in the illicit substances used by Gateshead residents in recent years. Those accessing treatment services continue to do so primarily for issues with Opiate dependency.

The NDTMS core data set allows the recording of Primary, Secondary and Tertiary substances associated with clients. The tables below represent substances reported by clients accessing Gateshead services between April and September 2006 (Adults and Young People).

### ***Presenting Substances - Adult***

<b>Drug type</b>	<b>Main</b>	<b>Second</b>	<b>Third</b>
Heroin	587	21	<5*
Cocaine	61	33	16
Cannabis	51	55	17
Methadone	46	39	<5*
Other opiate	24	15	<5*
Benzodiazepine	18	105	36
Crack	11	40	6
Amphetamine	10	17	8
Other drug	7	11	<5*
Solvents	<5*	<5*	<5*
Anti-depressants	<5*	<5*	<5*
Hallucinogens	<5*	<5*	<5*
Ecstasy	<5*	7	7
N/A	<5*	409	710
Alcohol	<5*	66	9

Key points: \*Numbers less than 5 are suppressed. Specific mention of Crack Cocaine as a primary substance remains fairly infrequent in Gateshead. Anecdotal evidence is beginning to suggest that Methamphetamine is available locally, though this has so far not manifested itself in any referrals to treatment.

Benzodiazepines (such as Valium and Diazepam) are used extensively in Gateshead as secondary drugs – most often in combination with Heroin as the primary.

**Presenting Substances – Young People (< 18 years)**

<b>Drug type</b>	<b>Main</b>	<b>Second</b>	<b>Third</b>
Cannabis	60	6	<5*
Alcohol	39	23	<5*
Heroin	15	<5*	<5*
Benzodiazepine	5	<5*	<5*
Amphetamine	<5*	<5*	<5*
Cocaine	<5*	<5*	<5*
Ecstasy	<5*	<5*	<5*
Other drug	<5*	<5*	<5*
Crack	<5*	<5*	<5*
Hallucinogens	<5*	<5*	<5*
Solvents	<5*	<5*	<5*
N/A	<5*	81	111

Key points: Numbers less than 5 are suppressed. Young Peoples' substance misuse services are also monitored by the NTA on the work they carry out with primary alcohol misusers.

Predominantly, the under 18 population accessing treatment is not using class A substances such as Heroin, Cocaine or Crack Cocaine. However, as is apparent problems do exist.

## **16.9 The Oasis Project and Gateshead North East Council on Addictions (NECA)**

The Oasis Project opened in June 2004, and has proved to be a major success in providing advice and information on all aspects of drug and alcohol misuse including:

- Advice on how to safely reduce and stop misuse
- How to reduce the harm associated with substance misuse
- How and where to access help from appropriate services

These services are available to everyone concerned about drug related problems, including families, carers and friends of substance misusers.

The project currently operates seven treatment rooms which are used by a variety of partner agencies in Gateshead for client appointments. These include NECA, Twenty Four:7, Turning Point, Progress 2 Work, Service User Groups, Housing and Debt Management and wraparound service providers.

NECA offers the following services/projects in Gateshead:

- Assessment/triage of substance misusers
- Brief interventions for both drug and alcohol misuse
- Core counselling
- Outreach counselling
- Community development in the Birtley area
- Structured day care programmes
- Auricular acupuncture
- Women's projects, including outreach activities

NECA can be contacted via any of the following:

Telephone: 0191 490 1045

Freephone: 0800 328 6728

Text: Gate AD (then your message) and send to 60003

Fax 0191 490 1673

E-mail [Gateshead.advice@neca.co.uk](mailto:Gateshead.advice@neca.co.uk)

## **16.10 Twenty Four: 7 Substance Misuse Service for Young People**

Twenty Four: 7 Gateshead Alcohol and Drug Service provide a dedicated team of nursing and social work staff who work specifically with young people. The team delivers assessment and therapeutic interventions to people under the age of 18 years who use alcohol and drugs harmfully, problematically and/or dependently.

A range of psychological therapies are available following assessment such as cognitive behavioural therapy, motivational enhancement therapy and relapse management. Life style issues are also addressed and, where appropriate, support is given to access education, employment, housing and other relevant services.

Where a young person has been assessed as having developed a physical dependency on a substance, for example heroin, detoxification programmes can be provided in conjunction with their General Practitioner and the team's own nurse prescriber.

Referrals are taken from a wide variety of sources including GP's, statutory and non-statutory services, self referrals, parents and carers.

As part of the young person's care plan, individual support can also be made available to parents or carers if required. The service aims to work collaboratively with families and other agencies to ensure that the needs of those young people attending the service are fully met.

Young people may be seen at the **S.M.A.R.T** base at 203 High Street, Gateshead, or at a variety of other age appropriate community based venues. These are selected according to individual needs and circumstances.

The team also delivers the following training to staff working with young people:

- Introduction to Adolescent Substance Misuse – half day training provided quarterly.
- Adolescent Substance Misuse Course – 2 days training provided bi-annually.
- Bespoke training is available to meet the individual needs of services at the discretion of the manager.

The team can be contacted on telephone number: 0191 490 4499

Sandra Barker (RMN) – Team Manager  
Valerie Speed (RMN) – Substance Misuse Nurse  
Debby McKee (RNC) – Substance Misuse Nurse  
Denise Walden (DipSW) – Social Worker

### **16.11 Drug Intervention Programme**

The Drug Intervention Programme (DIP) is a critical part of the Government's strategy for tackling drugs. Its emphasis is on reducing the crime associated with drug misuse by meeting the treatment and social needs of Class A drug users in contact with the Criminal Justice System.

The DIP Team in Gateshead employs a mixture of staff from the following agencies:

- Twenty-Four: 7 (predominantly nursing staff)
- NECA
- Turning Point

Twenty-Four: 7 is the lead agency responsible for overseeing the work of the team and partnership arrangements are in place to provide an integrated team approach.

The DIP team provides the following services:

- Advice and information
- Assessment and support at arrest
- Ongoing support through prison via resettlement workers
- Partnership working with the probation service, including comprehensive assessment of need, prescribing and testing following the court issuing a Drug Testing and Treatment Order (DTTO/DRR)

Their work also includes contributing to the Prolific and Other Priority Offenders scheme which is managed by the probation service in partnership with the police and addresses the needs of drug using offenders.

Gateshead is now a Phase 3 'intensive' DIP area. Within such areas mandatory testing for Class A drug use is provided when individuals are detained in police custody after being arrested for an offence associated with drug misuse. These offences may be directly related to drug use, such as supply or possession, or 'associated', such as crimes like shoplifting and burglary. Together they are referred to as 'trigger offences'.

In order to provide timely, appropriate and joined up treatment and rehabilitation for drug-using offenders, there is a strong emphasis on partnership working. This allows the service to deliver an integrated care management from all points of access within the criminal justice system.

Gateshead DIP team currently carries a caseload of 250 around clients.

For further information, please contact Gill McGill on 0191 445 5400.

