

# Derbyshire Drug and Alcohol News

February 2010

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## Alcohol

### A date for your diary!

Building on the success of last year's Derbyshire alcohol conference, *Challenge for Change*, this year's conference is being planned for **14 May 2010** at The Hayes Conference Centre in Swanwick. The theme of the conference will be *Alcohol: A Family Affair*, encompassing the wide range of impacts alcohol can have on families of all ages, including the role parents play in terms of young people's drinking. Attendance is free and all are welcome. Early registration (once invitations are sent out in March) is encouraged to ensure you don't miss out!

Contact: [Christine.flinton@derbyshire.gov.uk](mailto:Christine.flinton@derbyshire.gov.uk)  
01629 538 271

### New scheme to stem alcohol related re-offending launched

On 18 January 2010, the police launched a new scheme, funded by Safer Derbyshire and Derby CSP, to help people move away from alcohol linked re-offending. The alcohol diversion scheme aims to help offenders to recognise the impact of their behaviour and the harm they cause to the community and to encourage more responsible drinking. Evidence from other areas using the scheme shows a reduction

of violent crime and increased awareness of the issues amongst family and friends.

The scheme works as follows: those issued with fixed penalty notices for alcohol related disorder will have their fine waived if they pay £40 (half what the fine would cost) to attend an alcohol awareness training session (delivered by Druglink). The session is designed to help attendees to understand the alcohol content of drinks, the physical and psychological harms caused by alcohol, the link between alcohol and violence and the very real consequences of drinking to excess.

In addition to reducing alcohol related re-offending by those involved, it is anticipated that the scheme will have other benefits in terms of health, saved police time, reduced costs of detention - and importantly, communities feeling safer. It is hoped it will also provide a new pathway into alcohol treatment for those who need it.

Contact:

[andy.smith.1085@derbyshire.pnn.police.uk](mailto:andy.smith.1085@derbyshire.pnn.police.uk)  
077 11 631 680

### More support for offenders

From the beginning of December, Derbyshire's Probation Service has been offering the Low Intensity Alcohol Programme (LIAP) as a court order for offenders.

The programme consists of 14 two-hour sessions delivered in-house by Probation staff. Participants develop their knowledge of alcohol and how it affects the body, explore the links between drinking and their offending behaviour, learn new social and communication skills and set goals for reducing or ceasing their drinking.

The accredited programme is aimed at male and female offenders who have a drinking problem which is affecting many

areas of their life, including their offending behaviour, but who are not classed as being dependant.

The programme is only available through a Court Order – either when an offender is being sentenced or as a licence condition on release from custody – which is based on a consideration of suitability by the Probation Service. Reaction from the Courts so far has been positive, with a steady stream of referrals being made. The first participants will begin the programme in April.

Contact: [Sue.Parker@derbyshire.probaton.gsi.gov.uk](mailto:Sue.Parker@derbyshire.probaton.gsi.gov.uk)  
01332 361 200 x319

### New alcohol service launch date: 1 April 2010

The new adult alcohol specialist (Tier 3) treatment service, to be provided by Addaction, will now be launched on 1 April, not 1 February as originally published. In the meantime, the Derbyshire Mental Health Trust will continue to provide treatment for clients. Referrals to both the existing and new services can be made by ringing **0845 308 4010**.

For further information, contact [Roger.hardy@derbyshire.gov.uk](mailto:Roger.hardy@derbyshire.gov.uk) 01629 538 236

### 70 ways to tackle alcohol harm

Together, Derbyshire partners are tackling alcohol in at least 70 different ways, as illustrated in the document *Reducing Alcohol Harm: What's being done in Derbyshire, January 2010*. This list shows the wide diversity of activity underway within the county – by a wide range of partners – to combat the negative impacts of alcohol at a local and county level. Examples include:

- Working with alcohol misusing parents
- Training on brief interventions
- Improving referral pathways
- Running information campaigns
- Providing treatment services
- Screening for alcohol problems
- Using alcohol related court orders

- Safeguarding children and vulnerable adults
- Tackling underage sales.

For those interested in linking up with other work in their area, the list contains contact details for each piece of work.

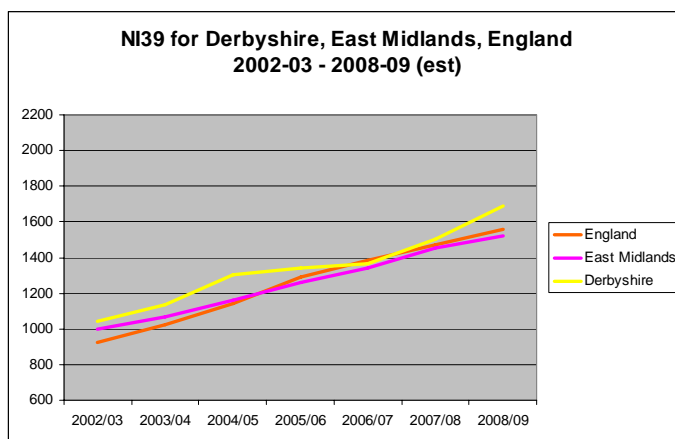
The document will be circulated with this newsletter and can also be found at [http://www.saferderbyshire.gov.uk/staying\\_safe/drugs\\_and\\_alcohol/default.asp](http://www.saferderbyshire.gov.uk/staying_safe/drugs_and_alcohol/default.asp).

Contact: [Diane.steiner@derbyshire.gov.uk](mailto:Diane.steiner@derbyshire.gov.uk)  
01629 538 262

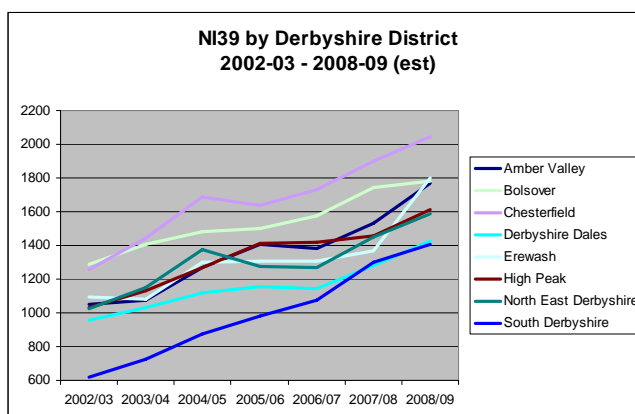
## Alcohol: how we're doing

### Alcohol related hospital admissions

Estimates of alcohol admissions in Derbyshire rose by 10% and 12% over the past two years, leaving Derbyshire above the regional and national average:



Rates rose in every district between 2007-08 and 2008-09 (although we're working through some queries on the Amber Valley and Erewash figures):



However, rates seem to have dropped in the first quarter of 2009-10 in Derbyshire and in every district except Chesterfield, where rates rose. Figures for future quarters will need to be monitored to determine if this is a one-off change, a recording anomaly or a hint of improved performance in most parts of the county.

### Under 18 alcohol specific admissions

The latest official figures for under 18 alcohol admissions, covering the period 2005-06 – 2007-08 show that while Derbyshire's rates are in line with the national average, Chesterfield, Bolsover and High Peak all have significantly higher rates than England. Derbyshire Dales and South Derbyshire have significantly lower rates than England.

Within the 40 local authorities of the East Midlands, Derbyshire's districts rank as follows:

District	04-05 – 06-07	05-06 – 07-08
Chesterfield	3	1
Bolsover	4	2
High Peak	2	4
North East D'shire	5	8
Amber Valley	20	14
Erewash	21	16
Derbyshire Dales	28	26
South Derbyshire	34	33

In absolute terms, rates of under 18 admissions have gone up by more than 5% in all districts except Chesterfield and Derbyshire Dales, where rates went down by more than 5%. A summary of the latest NWPFO Local Alcohol Profiles, from which this data was taken, will be sent out with this newsletter.

The DAAT and PCT are exploring monitoring the numbers of young people admitted for alcohol specific reasons by district on a rolling 12 month basis in order to have a more up to date picture of whether current under 18 admissions are going up or down.

Contact [diane.steiner@derbyshire.gov.uk](mailto:diane.steiner@derbyshire.gov.uk)  
01629 538 262

## Drugs

### Meow – a popular legal high

Meow, Mcat, 4MMC, Meph, miaow, crab – these are all names for the legal high mephedrone, which has jumped in popularity in the last few months.

Mephedrone is a stimulant with effects similar to amphetamines, ecstasy or cocaine, producing euphoria, alertness, confidence and talkativeness. It has no licensed medicinal use and can be bought easily over the internet, frequently as a plant food marked 'unsuitable for human use'. There is currently no offence to possess it or to supply it.

Mephedrone has become increasingly popular with club goers and recreational drug users, including those who are wary of using illegal drugs. There is little scientific study of mephedrone, but negative effects can include uncomfortable changes in body temperature, heart palpitations, insomnia, blurred vision, facial muscle tension, nausea, hallucinations, anxiety and a strong desire to consume more – with some indications of the potential for psychological dependency.

The drug is available everywhere in the County, and the police have had seizures of it in most areas. There have been particular reports of usage in Ilkeston and Belper. The drug is also being used during school hours which can cause problems within the schools. Its price ranges from £5 to £30 per gram, depending on where and from whom it is bought.

As mephedrone is a white powder, it will be seized by the police when found as they cannot rely on a suspect's description of what is in a substance – and mephedrone is very closely related to other illegal substances. The drug is being used with alcohol in some areas and is also sometimes mixed with ketamine, in which case it is usually called 'bubble' or 'love bubble'.

Ali Hill, Drugs Education Consultant, has produced a useful briefing sheet on legal

highs – including mephedrone – which will be circulated with this newsletter.

For further information see:

- [www.drugscope.org.uk/resources/drugsearch/arch/drugsearchpages/mephedrone.htm](http://www.drugscope.org.uk/resources/drugsearch/arch/drugsearchpages/mephedrone.htm)
- [www.cph.org.uk/showPublication.aspx?pubid=614](http://www.cph.org.uk/showPublication.aspx?pubid=614)
- [www.drinkanddrugsnews.com/magazine/10a078b3bfa84eaab834dd6943bb74bb.pdf#view=Fit](http://www.drinkanddrugsnews.com/magazine/10a078b3bfa84eaab834dd6943bb74bb.pdf#view=Fit)

## Drugs: how we're doing

Fantastic news: **wait times** into adult drug treatment in Quarter 3 (October-December 2009) of this financial year have improved, with 84% of clients entering treatment within three weeks. This is getting closer to the target of 90%, and is a big step change from last quarter's 59% (which was drawn down in part because services were busy clearing waiting lists). Thanks very much to service providers for helping to improve access for clients.

Targets for providing **Hepatitis B** vaccinations and testing for **Hepatitis C** haven't been hit yet, but providers are working to improve this service for clients. Rates have improved over the three quarters of this financial year (April-December 2009):

	Qtr 1	Qtr 2	Qtr 3
Hepatitis B vaccinations delivered to those who request it	37%	45%	53%
Percent of clients with injecting history with Hepatitis C test	56%	59%	59%

The DAAT is also taking part in a pilot audit on **planned discharges** as part of a national drive to improve performance. The goal is to raise performance from last quarter's 37% to the DAAT target of 60%.

Contact:

[peter.howe@derbyshirecountypct.nhs.uk](mailto:peter.howe@derbyshirecountypct.nhs.uk)  
01629 538 462

## Home Office award for Steve Holme

Steve Holme, former Detective Sergeant and current manager of Derbyshire Constabulary's Drug Market Project, has won the Home Office's Drug Worker of the Year award for dedicating more than 30 years of his career in the police force to tackling drugs. Steve was co-nominated by SPODA, Lauren's Link and Derbyshire Constabulary. SPODA's latest newsletter (<http://www.spoda.org.uk/News-and-Events.aspx>) reports that Steve wants the £10,000 prize money to be spent developing work that will benefit families and reduce the harm that substance misuse can cause within local communities.

Well done, Steve!



Steve receiving his award from Mandie Campbell of the Government's Drugs, Alcohol and Partnerships Directorate (courtesy of SPODA)

## Young people

### Young people's substance misuse: how we're doing

#### National indicator on young people's substance misuse

**Some good news:** the annual figures for the national indicator on young people's substance misuse (NI 115) were recently released, showing that the proportion of young people frequently misusing

substances in Derbyshire had reduced from 14.4% to 12.5% (Tell Us 4 survey). In contrast, both the East Midlands and England figures went up, by 1.4 and 0.5 percentage points respectively.

However, Derbyshire remains in the bottom fifth of local authorities in England on this indicator with the 20<sup>th</sup> highest figures (an improvement on 12<sup>th</sup> highest last year) and the highest figures in the East Midlands.

More detailed data is awaited to determine if it is still frequent excessive alcohol use that is pulling down performance.

### Every Children Matters local survey

The Every Child Matters survey, carried out in Summer 2009, also shows that the percentage of young people who have drunk alcohol in the past week has gone down. However, the percent drinking in 2009 was higher than in other areas surveyed:

Have drunk 1+ units in past week	1997	2007	2009	2009 other areas
Year 8	37%	32%	20%	9%
Year 10	63%	51%	47%	28%

The most common source of alcohol was family and friends, and the two most common places to drink were at home or at a friend's/relations'.

Overall, 21% of pupils had been offered cannabis and 17% had been offered other drugs, while 8% said they have taken an illegal drug within the last month. Cannabis was the most common drug taken in the previous month, followed by poppers and solvents.

For further information, see [www.derbyshire.gov.uk/social\\_health/services\\_for\\_children/childrens\\_trust/](http://www.derbyshire.gov.uk/social_health/services_for_children/childrens_trust/)

### Online help for parents

Prevention Smart Parents is a free online course for all parents and carers to help equip them to understand and discuss



the issue of drug use with their children.

The course is based on the premise that parents have tremendous influence on children's decisions to use drugs, and yet don't understand that influence – and could benefit from more support to help them in their roles as agents of prevention.

The programme consists of modules developed by Mentor's international team of scientific experts and is designed to engage a young person's extended family.

The course can be found at [www.prevention-smart.org](http://www.prevention-smart.org).

### Guidance on young people's drinking from the CMO

The Chief Medical Officer, Sir Liam Donaldson, has issued *Guidance on the consumption of alcohol by children and young people*, with five key recommendations summarised below:

1. An alcohol-free childhood is the healthiest and best option, but if children do drink, it should not be until at least the age of 15.
2. If young people aged 15-17 drink, it should always be with the guidance of a parent or carer or in a supervised environment.
3. Drinking, even at the age of 15, can be hazardous to health. If 15-17 year olds drink, they should do so infrequently and no more than one day a week, below adult daily limits.
4. The importance of parental influence on children's alcohol use should be communicated, and parents and carers require advice on how to respond to alcohol use.
5. Support services must be available for children with alcohol problems and their parents.

The guidance is based in part on evidence that continues to emerge of the impact of alcohol on developing bodies and brains. The brain continues to develop throughout adolescence and young adulthood, and alcohol consumption during that period can have long-term effects that can be seen later on in life.

The guidance can be found at [www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_110258](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_110258).

# Derbyshire Drug and Alcohol Calendar

Date	Event	Comment	Contact
10 Mar 2010 0915 – 1530 Cromford Mill Cromford	Children / Young People and Cannabis Update	One day conference free to all members of the whole school community - if you work with schools, this conference could be for you. Led by Ali Hill, Drugs Education Consultant.	Penny Elks <a href="mailto:penny.elks@derbyshirecounctypct.nhs.uk">penny.elks@derbyshirecounctypct.nhs.uk</a> 01773 525 087
15 March 2010 0930 – 1600 Postmill Centre South Normanton	Mental health, direct payments and the first steps to Personalisation	Free conference for users of Mental Health Services, their families and service providers, covering developments in MH services and what's available, as well as providing an opportunity to share experience to inform new developments.	<a href="mailto:makingcarepersonal@derbyshire.gov.uk">makingcarepersonal@derbyshire.gov.uk</a> 01629 53 1140
23 April 2010 0930 - 1600 Members Room County Hall	Youth Service Conference: Drugs and Alcohol	Integrated Youth Services Development Conference, promoted by the Derbyshire Youth Service, covering the contribution of universal and targeted services to drugs and alcohol work within integrated youth support, the B-Safe project and the commissioning of services. Enquiries welcome from voluntary sector organisations working with young people.	Gerard McLister <a href="mailto:Gerard.mclister@derbyshire.gov.uk">Gerard.mclister@derbyshire.gov.uk</a> 01629 536 560
27-28 April 2010	Training the Trainers: Living with Teenagers	Training for those who would like to become a facilitator for the PCT's Living with Teenagers courses.	Jane Hawley <a href="mailto:jane.hawley@derbyshirecounctypct.nhs.uk">jane.hawley@derbyshirecounctypct.nhs.uk</a> 01246 514 977
6 May 2010 0915 – 1530 Cromford Mill Cromford	Responding to Drug Related Incidents in School	One day conference free to all members of the whole school community - if you work with schools, this conference could be for you. Led by Ali Hill, Drugs Education Consultant.	Penny Elks <a href="mailto:penny.elks@derbyshirecounctypct.nhs.uk">penny.elks@derbyshirecounctypct.nhs.uk</a> 01773 525 087
13 May 2010	RCGP Certificate in the Management of Substance Misuse Part 1	Training for those intending to provide treatment to drug users as part of an LES in Derbyshire.	Kathryn Walker <a href="mailto:Kathryn.walker@derbyshire.gov.uk">Kathryn.walker@derbyshire.gov.uk</a> 01629 538 229
14 May 2010 The Hayes, Swanwick	Derbyshire Alcohol Conference 2010	A date for your diary! Follows on from last year's successful conference – more details to come.	Christine Flinton <a href="mailto:Christine.flinton@derbyshire.gov.uk">Christine.flinton@derbyshire.gov.uk</a> 01629 538 271
11 June – 11 July 2010	Football World Cup	Just a reminder that alcohol issues may come to the fore during this period, presenting an opportunity (or necessity!) to tackle alcohol related harm.	
16-17 June 2010	Training the Trainers: Living with Children	Training for those who would like to become a facilitator for the PCT's Living with Children courses.	Jane Hawley <a href="mailto:jane.hawley@derbyshirecounctypct.nhs.uk">jane.hawley@derbyshirecounctypct.nhs.uk</a> 01246 514 977