Moray Alcohol and Drug Partnership

Quarter 1 2018/19

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Contents

1 Introduction

This report follows the objectives of the Moray ADP Delivery Plan 2018-2021. It will focus on local milestones due to be reported on a quarterly basis and will show performance information for the past 5 quarters. Section 9 covers the current caseload of Alcohol & Drug Services in Moray and should allow for any significant trends or emerging issues to be identified.

Data used within this report has been collated from a variety of sources including; the three main support services in Moray (via the Drug & Alcohol Assessment Form), Recovery Outcome Tool reviews, Scottish Drug Misuse Database (SDMD), NHS, Police Scotland and Scottish Fire & Rescue Services.

2 Health; People are healthier and experience fewer risks as a result of alcohol or drug use

Milestone	Q1 2017/18	Q2 2017/18	Q3 2017/18	Q4 2017/18	Q1 2018/19	Comment
Increase the number of Naloxone Training Sessions delivered in Moray by 5%	2	10	40	17	18	
Promote the use of Naloxone and measure how often this is administered by Scottish Ambulance Service, A&E Staff and Service Users in Moray'	4 (SAS only) Naloxone Kits supplied - 2 (1 resupplies)	7 (SAS only) Naloxone Kits supplied - 10 (6 resupplies)	15 (SAS only) Naloxone Kits supplied – 36 (24 resupplies)	9 (SAS only) Naloxone Kits supplied – 16 (8 resupplies)	Naloxone Kits supplied – 16 (10 resupplies)	Since 2013/14, data has been received from the Scottish Ambulance Service only. Paul Johnson to confirm with Fiona Raeburn regarding Naloxone administered within A & E and by service users. SAS data requested 02/08 and 14/08

3 Prevalence; Fewer adults and children are drinking or using drugs at levels or patterns that are damaging to themselves or others

All milestones within the Prevalence objective of the 2018-2019 MADP Delivery Plan are reported on an annual basis.

4 Recovery; Individuals are improving their health, well-being and life chances by recovering from problematic drug and alcohol use

Milestone	Q1 2017/18	Q2 2017/18	Q3 2017/18	Q4 2017/18	Q1 2018/19	Comment
Maintain the number of active mutual aid groups in Moray	15	15	15	16	15	The availability of these groups has remained relatively static however these groups are external to the work undertaken by the ADP.
Increase the percentage of Service Users who reported progress at 3,6 and 12 months	N/A	N/A	N/A	N/A	See Section 10	Baseline data from the Recovery Outcomes Tool to be established for 2018/19 across the 10 recovery domains, as part of setting a target for improvement in 2019/20
Increase the proportion number of clients reporting improvement in their substance use. Recovery outcome: Substance use	N/A	N/A	N/A	N/A	See Section 10	Baseline data from the Recovery Outcomes Tool to be established for 2018/19 across the 10 recovery domains, as part of setting a target for improvement in 2019/20
Increase the proportion number of clients reporting improvement in their self-care and nutrition Recovery outcome: Self-care and nutrition.	N/A	N/A	N/A	N/A	See Section 10	Baseline data from the Recovery Outcomes Tool to be established for 2018/19 across the 10 recovery domains, as part of setting a target for improvement in 2019/20
Increase the proportion of service users reporting an increase in healthy relationships. Recovery Outcome: relationships.	N/A	N/A	N/A	N/A	See Section 10	Baseline data from the Recovery Outcomes Tool to be established for 2018/19 across the 10 recovery domains, as part of setting a target for improvement in 2019/20
Increase the proportion number of clients reporting improved physical health Recovery outcome: physical health and wellbeing	N/A	N/A	N/A	N/A	See Section 10	Baseline data from the Recovery Outcomes Tool to be established for 2018/19 across the 10 recovery domains, as part of setting a target for improvement in 2019/20
Increase the proportion number of clients reporting improved mental health Recovery outcome: Mental health and wellbeing.	N/A	N/A	N/A	N/A	See Section 10	Baseline data from the Recovery Outcomes Tool to be established for 2018/19 across the 10 recovery domains, as part of setting a target for improvement in 2019/20
Increase the proportion number of clients reporting improvement in Occupying time & Fulfilling goals. Recovery outcome: Occupying time & Fulfilling goals.	N/A	N/A	N/A	N/A	See Section 10	Baseline data from the Recovery Outcomes Tool to be established for 2018/19 across the 10 recovery domains, as part of setting a target for improvement in 2019/20
Increase the percentage of those in service who report positive change in housing and independent living. Recovery outcome: Housing and Independent living.	N/A	N/A	N/A	N/A	See Section 10	Baseline data from the Recovery Outcomes Tool to be established for 2018/19 across the 10 recovery domains, as part of setting a target for improvement in 2019/20

Milestone	Q1 2017/18	Q2 2017/18	Q3 2017/18	Q4 2017/18	Q1 2018/19	Comment
Increase the percentage of those in service who report positive change in reducing offending Recovery outcome: Offending	N/A	N/A	N/A	N/A	See Section 10	Baseline data from the Recovery Outcomes Tool to be established for 2018/19 across the 10 recovery domains, as part of setting a target for improvement in 2019/20
Increase the percentage of those in service who report positive changes in money matters. Recovery outcome: Money matters	N/A	N/A	N/A	N/A	See Section 10	Baseline data from the Recovery Outcomes Tool to be established for 2018/19 across the 10 recovery domains, as part of setting a target for improvement in 2019/20
Increase the percentage of those in service who report positive changes in supporting children Recovery outcome: Children	N/A	N/A	N/A	N/A	See Section 10	Baseline data from the Recovery Outcomes Tool to be established for 2018/19 across the 10 recovery domains, as part of setting a target for improvement in 2019/20

5 Families; Children & family members of people misusing alcohol and drugs are safe, well supported and have improved life chances

All milestones within the Prevalence objective of the 2018-2019 MADP Delivery Plan are reported on an annual basis.

6 Community Safety; Communities and individuals live their lives safe from alcohol and drug related offending and ASB

Milestone	Q1 2017/18	Q2 2017/18	Q3 2017/18	Q4 2017/18	Q1 2018/19	Comment
Reduction in the number of cases of vandalism, breach of the peace, assault or antisocial behaviour that have involved alcohol.	25%	25%	21%	27%	36%	Over the past five quarters, incidents have been in decline however the proportion involving alcohol have increased. For example, during Q1 2018/19, 113 incidents involved alcohol out of a total of 315. This compares to 112 incidents out of 452 in Q1 2017/18.

The Community Safety Hub Monthly Tasking & Co-ordinating meeting covers performance information for the main objectives of the Community Safety Strategy, this includes various Community Safety offences and issues involving alcohol. Data to the end of quarter 1 2018/19 is noted below;
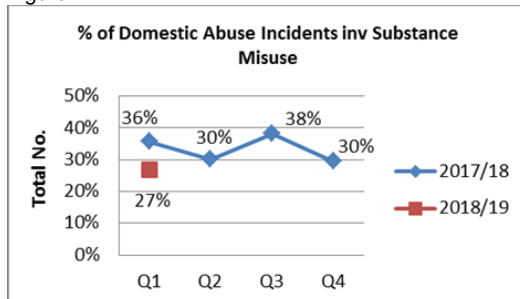
Figure 1:
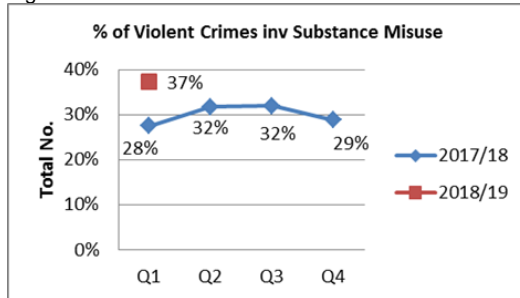
2014/15 – Total 31%
2015/16 – Total 24%
2016/17 – Total 22%
2017/18 – Total 21%
2018/19 – YTD 37%

Data used relates to crimefiles for Serious Assault and Common Assault (inc minor assault of an emergency worker) where the accused was noted as being drunk or having had a drink.
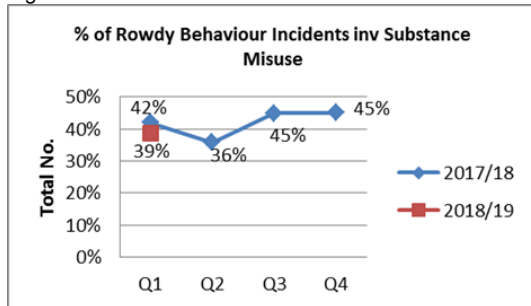
Figure 2:

2014/15 – Total 42%
2015/16 – Total 50%
2016/17 – Total 39%
2017/18 – Total 34%
2018/19 – YTD 27%

Data used relates to crimefilesmarked as a Domestic Incident that were recorded with alcohol involvement

Figure 3:

2014/15 – 47%
2015/16 – 45%
2016/17 – 46%
2017/18 – 39%
2018/19 – YTD 39%

NB - Rowdy Behaviour inv alcohol covers Threatening or Abusive Behaviour, Breach of the Peace, Urinating, Drunk & Incapable offences recorded where the accused is noted as being drunk of having had a drink by Police only. Rowdy Behaviour complaints reported direct to the Community Safety Team do not note whether alcohol was involved.

Figure 4:
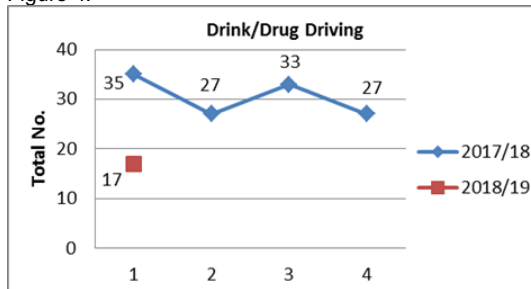
2014/15 – Total 137
2015/16 – Total 117
2016/17 – Total 111
2017/18 – Total 122
2018/19 – YTD 17

7 Local Environment; People live in positive, health promoting local environments where alcohol and drugs are less readily available

Milestone	Q1 2017/18	Q2 2017/18	Q3 2017/18	Q4 2017/18	Q1 2018/19	Comment
Reduction in the number of needles found by Lands and Parks in Moray	36	54	13	97	61	

Table 1:

Date	Town/Road	Area	Location	Dept	Total Found
13/04/2018	Elgin	Town Centre	Masonic Close	Collection	7
17/04/2018	Elgin	New Elgin West	Path near Cedarwood	Lands & Parks	2
30/04/2018	Keith	Keith	51 Mid Street	Housing	1
08/05/2018	Elgin	Cooper Park	Elgin Library Toilets	Collection	5
11/06/2018	Elgin	Bishopmill	Lang Walk	Collection	10
13/06/2018	Portgordon	Portgordon	Tannachy	Lands & Parks	1
18/06/2018	Portgordon	Portgordon	Road to Buckie	Collection	35

Table 1 above shows the 7 locations where the 61 discarded needles were recovered during quarter 1
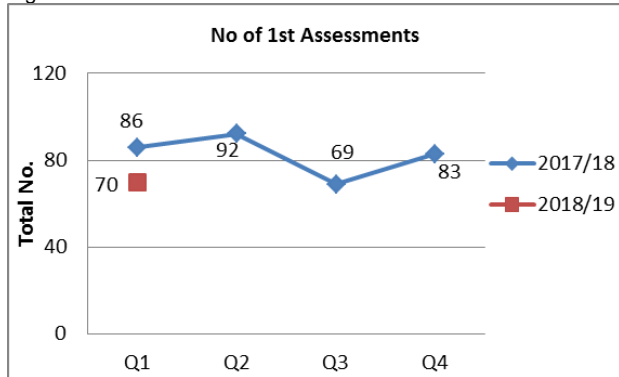
Figure 5:
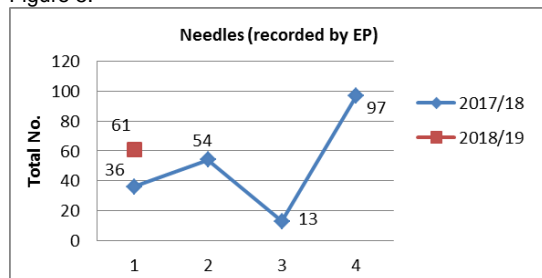
2014/15 – Total 508
2015/16 – Total 1367 (inc 300 found at CPB)
2016/17 – Total 712
2017/18 – Total 200
2018/19 – YTD 61

8 Services; **Alcohol and drugs prevention, treatment and support services are high quality, continually improving, efficient, evidence based and responsive, ensuring people move through treatment into sustained recovery**

| Milestone	Q1 2017/18	Q2 2017/18	Q3 2017/18	Q4 2017/18	Q1 2018/19	Comment
Reduce the number of people waiting more than three weeks between referral to a specialist drug and alcohol service and commencement of treatment	1	0	0	3	1	From the Waiting Times report on the Scottish Drug Misuse Database, 1 Service User waited for 3 or more weeks before starting treatment. This represented 1% of all users beginning treatment during Quarter 1.
Number of clients in drug and alcohol services receiving reviews at 3 month and 12 month follow-up (and annually after that)						DAISy being introduced in October 2018. New baseline data will be taken from the new system, with new targets being set, in accordance with national guidance once this is confirmed. Target is likely to expect an increase in the number of reviews.
Demographic breakdown of service users in Moray	-	-	-			See section 9, Figure 8 – Service Users by Age Group/Gender.
Breakdown of service users in Moray by type of substance misused e.g. alcohol, illegal drugs or legal drugs	-	-	-			See section 9, Figured 10 & 11 – Service Users by Substance Misused.
Breakdown of service users in Moray by age, contact with children and sex.						Figures will be available from DAISy from October 2018.
Number of clients in specialist services in Moray	463	496	487	503	505	Figure obtained via SDMD Waiting Times (Active Clients) report and covers the number of active clients recorded on the last day of each quarter.
Reduce the number of unplanned discharges from the Recovery Orientated System of Care in Moray by 10% by 2018	52	51	58	50	49	Figures for this milestone are obtained via SDMD Waiting Times (Number of Removals – Unplanned Discharges) report.
Increase the number of planned discharges from the Recovery Orientated System of Care who are free from problematic alcohol or other drug use by 10% by 2018	45	40	41	39	39	Figures for this milestone are usually obtained via SDMD Waiting Times (Number of Removals – Planned Discharges) report.

## 9 Quarter 1 2018/19; New Service Users

Figure 6:

- From information supplied by Moray Alcohol & Drug Services, 70 people are recorded as having a first assessment during quarter 1; a 16% decrease compared to the previous quarter.

Figure 7:
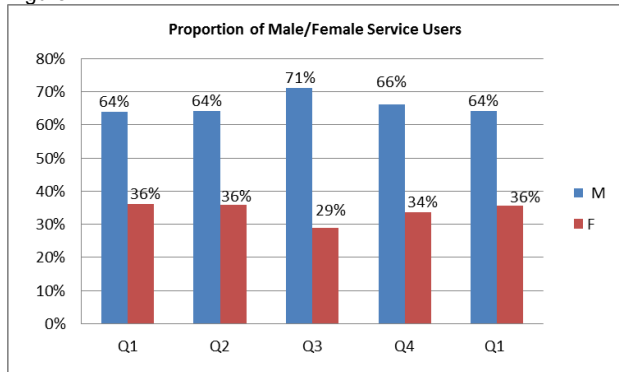
- The split between male and female service users remains similar to that recorded in previous quarters at 64% male and 36% female.

Figure 8:
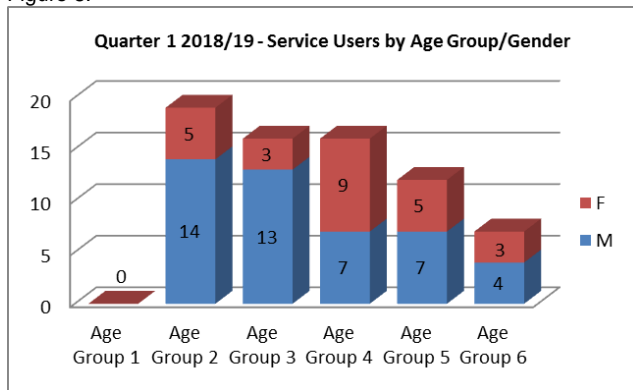
- Of the 70 people undertaking a first assessment with Moray Alcohol & Drug Services, 51 (70%) were aged between 18 and 50 years old.

Age Group	Age Range
1	17 & under
2	18-30
3	31-40
4	41-50
5	51-60
6	61 +

Figure 9:
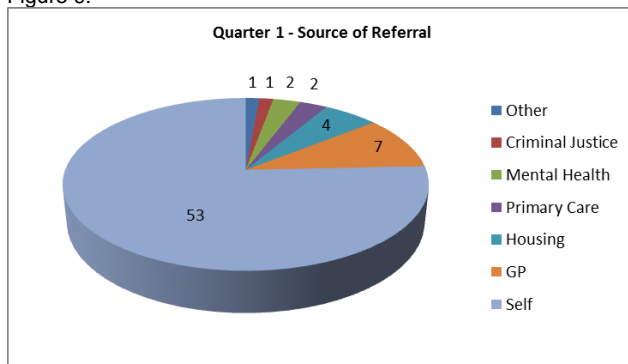
- Self-Referral continues to be the most common method of referral into the services with 76% of Service Users in quarter 1 stating this is how contact was made.
- No referrals from the Prison service or from family members on behalf of a loved one requiring support were made in quarter 1.

Figure 10:


Quarter 1 2018/19 - Service Users by Substance Misused
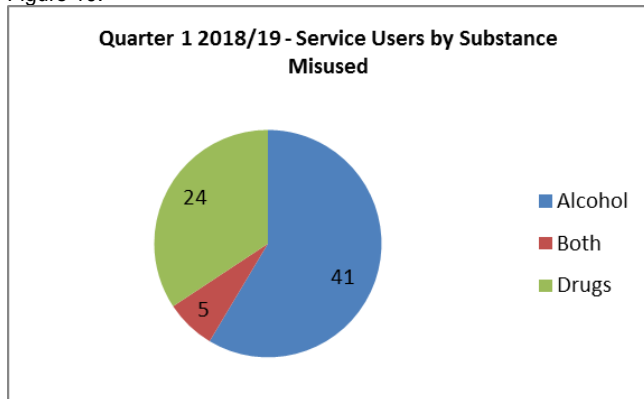
- Of the 46 service users stating they misused alcohol, the majority (65%) stated they drank spirits or wine with 24 (52%) recorded this was on a daily basis. Of those drinking on a daily basis, 10 stated they drank at least a bottle of spirits each day while 5 service users would drink 1-2 bottles of wine per day.

- Of the 29 service users misusing drugs, 15 (52%) stated they used cannabis, 13 (45%) said this was on a daily basis. 8 (28%) Service Users stated they used heroin and methodone – all 8 claimed this was on a daily basis.

- 1 daily cannabis user recorded spending £200.00 per week on drugs but did note this included Valium and Xanax.

Figure 11:

Substances Misused
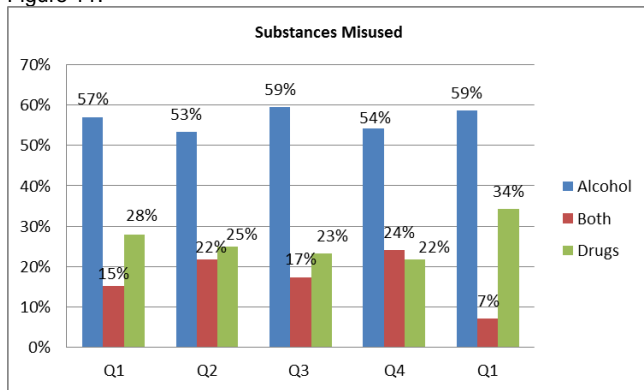
- During quarter 1 2018/19, a significant decrease has been recorded in Service Users using both Alcohol and Drugs.

- The decrease noted throughout 2017/18 for Drug Use has not continued into 2018/19. Between quarter 4 and quarter 1, the proportion of service users using drugs increased from 22% to 34%.

- On 01 May 2018, a minimum price per unit of alcohol, designed to cut the intake of strong cheap alcohol by problem drinkers, was introduced by the Scottish Government. All extra revenue raised from minimum pricing, goes to retailers.

    The impact this new legislation will have is yet to be identified but any changes in the use of alcohol recorded by Service Users will be monitored.

Figure 12:

Figure 13:
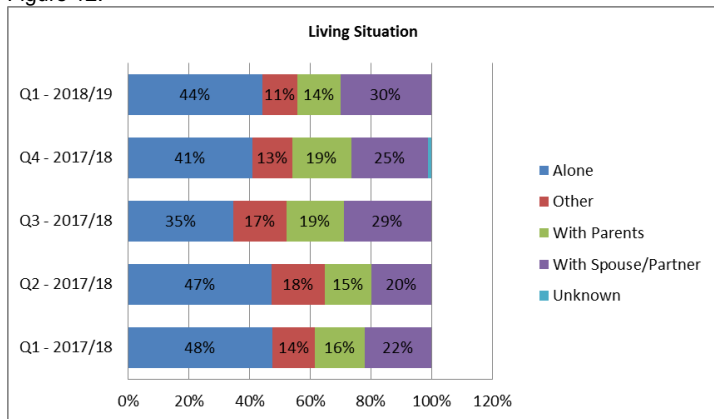
- 44% of service users attending a first assessment in quarter 1 stated they live alone.

- As in previous quarters, the majority of new service users (63%) stated they had no worries in relation to their living situation however this is the lowest proportion when compared to the previous four quarters.

- Worries regarding arrears have increased to 7% (up from 3% in quarter 2 2017/18) while the fear of being made homeless has increased to 17% (up from 10% in quarter 2 2017/18). NB – a comparison is made against quarter 2 2017/18 as no data is available for quarter 1 that year.

  From the Service User information obtained by MADP, it is unclear why an increase in worries regarding arrears/homelessness has been recorded however it may be linked to changes to the benefit system and the roll out of Universal Credit. Universal Credit by default pays all benefits direct to the claimant who in turn must manage claims/payments online. If required a landlord can be paid direct however a claimant must request that this be done.
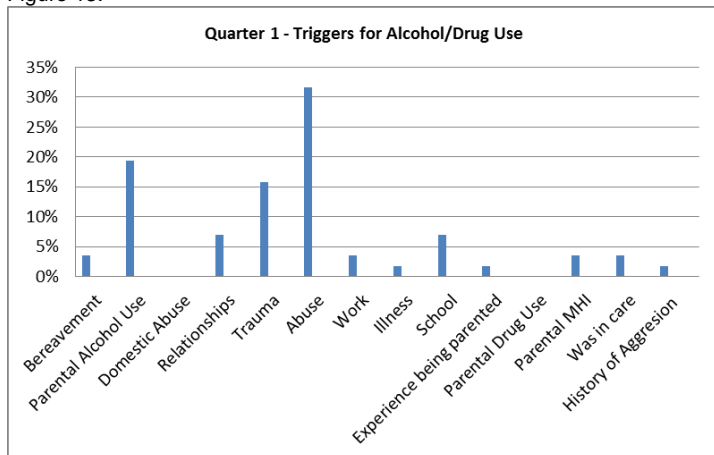
- 57 of the 70 new service users in quarter 1 provided details of what they believed had triggered their substance misuse problems.

- For the first time, 'Abuse' has been cited as the most common trigger rather than 'Bereavement'.

- 'Parental Alcohol Use' as a trigger has increased from 7% in quarter 1 2017/18 to 19% this quarter. Conversely, 'Experience being parented' has fallen from 15% to 2% during the same period.

10 Quarter 1 2018/19; Recovery Outcome Tool Reviews

On 01 July 2017, the Moray Alcohol & Drug Partnership moved from Outcome Star to the Recovery Outcome (RO) Tool. The RO tool was developed as a key component of the Drug & Alcohol Information System (DAISy) with the aim of providing a consistent and comparable picture of recovery for drug and alcohol service users across Scotland. This tool, which will be mandatory for all ADPs from when the DAISy system goes live, tracks the progress of Service Users over 10 key areas;

Data item	Definition
Substance Use	Overall stage of recovery in Substance Misuse.
Self-care & Nutrition	Overall stage of looking after self, including diet and nutrition, personal hygiene, fitness, personal safety and being able to keep appointments.
Relationships	Overall score for relationships with child(ren), partner, family, friends, including isolation, stability, and involvement in recovery communities, wider social networks, and safety in these relationships.
Physical Health & Wellbeing	Overall score for physical health, including Blood Borne Viruses (BBVs), wound care, sexual & reproductive health (for males and females), circulatory and respiratory health, chronic pain, recent overdose events, nerve damage, keeping medical appointments and taking medication as prescribed.
Mental Health & Wellbeing	Overall score for mental and emotional wellbeing, including coping skills, stress, anger management, establishing boundaries, sleep routines, trauma, alcohol related brain damage (ARBD), head injuries, self-worth, personal resilience, outlook/maturity, keeping appointments and taking medication as prescribed.
Occupying Time & Fullfilling Goals	Overall score for occupying time and fulfilling personal goals such as employability, training, education, employment, volunteering, personal values and beliefs, dreams and aspirations, and enjoyment.
Housing & Independent Living	Overall score for housing and independent living, including safe, secure and appropriate accommodation, anti-social behaviour, tenancy care, rent (see also Money Matters), housing applications, necessary furnishings, living with family or in a shared living space. (NB. This outcome may not be applicable for those currently in prison or long term residential/hospital care with more than 6 months before returning home or to the community.)
Offending	Overall score for offending activity, including frequency and severity of offending, engaging with rehabilitation work, through care plan (if appropriate), complying with any court/bail orders. Offending would include any of the following: involvement in drug supply/possession, shop lifting, theft/burglary, involvement in prostitution, drink driving, drug or alcohol aggravated assault, unpaid fines, etc. (NB. Individuals with no offending activity would have an outcomes score of 10.)
Money Matters	Overall score for individual's financial situation being under control, including bank accounts, paying bills fully/on time, payments for rent and related utilities (e.g. electricity/gas/telephone), budgeting, welfare benefits issues (applications, appeals, sanctions, appointments), utilising money advice and advocacy, financial stress and accessing support such as food banks and Credit Unions.
Children	Overall score for child wellbeing and parenting, including individual's parenting skills, contact with child(ren), child practical, emotional and physical wellbeing, child's plan, child(ren)'s school attendance, complying with any children and family social work involvement and/or children's hearing system requirements. (NB. This outcome is applicable for those with dependent children or child contact arrangements, where the children are under the age of 16 years, or living in a home where for example a partner's children live or visit.)

Between 01 April and 30 June 2018, 40 progress reviews are recorded as having taken place. Of the 40 progress reviews, 32 were review number two, 6 were review number three and 2 were review number four. Table 2 below shows a breakdown of where changes were required with the 40 progress reviews and notes that if changes were made, whether or not that change was progress or a decline.

The area where least change was required with service users was Children while most change was needed with Substance Misuse and Mental Health & Emotional Wellbeing. 1 Service User is noted as requiring no change in relation to Substance Misuse; this service user was undertaking review number two which means at the initial review with Drug and Alcohol Services, a score of 10 was recorded.

Table 2:

	Substance Misuse	Self Care & Nutrition	Relationships	Physical Health & Wellbeing	Mental Health & Emotional Wellbeing	Occupying Time & Fulfilling Goals	Housing & Independent Living	Offending	Money	Children
Progress	28	21	23	24	26	26	6	9	11	4
Decline	5	7	8	6	7	6	6	4	11	5
No Change	6	3	6	5	5	5	2	1	5	0
No of Reviews where change was required	**39**	**31**	**37**	**35**	**38**	**37**	**14**	**14**	**27**	**9**
No Change Required	1	9	3	5	2	2	26	24	13	29

NB: Occupying Time, Offending and Children do not total 40 as some reviews had no responses.

Figure 14:

Quarter 1 2018/19 - Reviews were change was required
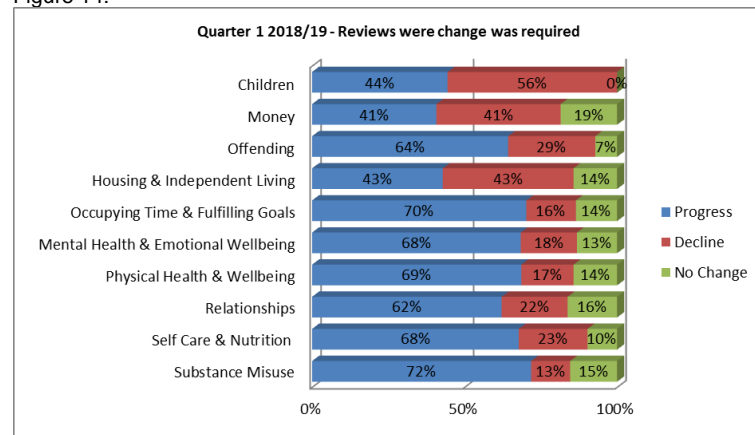
- 98% of service users undertaking a review in Quarter 1, were noted as requiring to make a change with Substance Misuse. Looking at those changes made, 72% recorded making progress.

- With the 95% of service users requiring to make a change with Mental Health & Wellbeing, 68% recorded progress.

- The largest decline is recorded in the area of Children. Although only 9 Service Users were required to make a change in this area, 56% of these stated the change was a decline. It is not clear in what exact areas of the definition of data on Children these declines relate to in particular.