

Moray Alcohol and Drug Partnership

Quarter 2 2018/19

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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	Q2 2017/18	Q3 2017/18	Q4 2017/18	Q1 2018/19	Q2 2018/19	Comment
Increase the number of Naloxone Training Sessions delivered in Moray by 5%	10	40	17	18	26	
Promote the use of Naloxone and measure how often this is administered by Scottish Ambulance Service, A&E Staff and Service Users in Moray'	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)	Naloxone Kits supplied - 27 (18 resupplies)	Since 2013/14, data has been received from the Scottish Ambulance Service only. Paul Johnstone to confirm with Fiona Raeburn regarding Naloxone administered within A & E and by service users. Contact at NHS who provided SAS data has now left. Updated contact details not yet received.

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	Q2 2017/18	Q3 2017/18	Q4 2017/18	Q1 2018/19	Q2 2018/19	Comment
Maintain the number of active mutual aid groups in Moray	15	15	16	15	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	See Section 10	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	See Section 10	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	See Section 10	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	See Section 10	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	See Section 10	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	See Section 10	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	See Section 10	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	See Section 10	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 reducing offending Recovery outcome: Offending	N/A	N/A	N/A	See Section 10	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	See Section 10	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	See Section 10	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

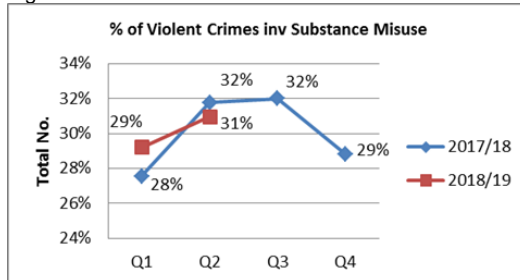
All milestones within the Prevalence objective of the 2018-2019 MADP Delivery Plan are reported on an annual basis.

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

Milestone	Q2 2017/18	Q3 2017/18	Q4 2017/18	Q1 2018/19	Q2 2018/19	Comment
Reduction in the number of cases of vandalism, breach of the peace, assault or antisocial behaviour that have involved alcohol.	33%	29%	30%	31%	TBC%	Data for the previous quarters has not been updated due to revised information from Police. The data will be available for quarter 3.

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 2 2018/19 is noted below;

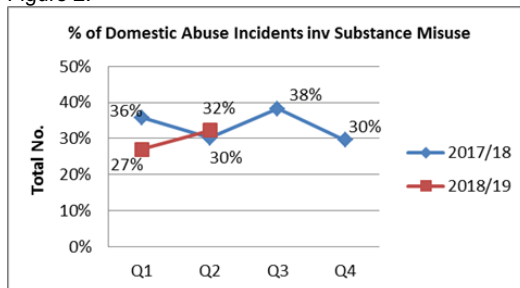
Figure 1:



2014/15 – Total 31%
 2015/16 – Total 24%
 2016/17 – Total 22%
 2017/18 – Total 21%
 2018/19 – YTD 30%

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.

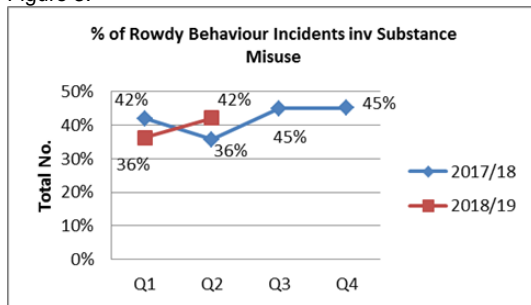
Figure 2:



2014/15 – Total 42%
 2015/16 – Total 50%
 2016/17 – Total 39%
 2017/18 – Total 34%
 2018/19 – YTD 29%

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

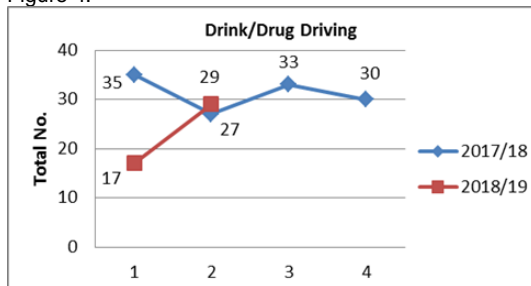
Figure 3:



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 46

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

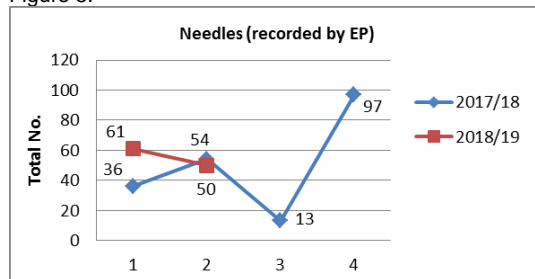
Milestone	Q2 2017/18	Q3 2017/18	Q4 2017/18	Q1 2018/19	Q2 2018/19	Comment
Reduction in the number of needles found by Lands and Parks in Moray	54	13	97	61	50	NB – in Q2 Drug Paraphernalia was recovered within the Wards wetland area. This included needles however no figure was given for the number found.

Table 1:

Date	Town/Road	Area	Location	Dept	Total Found
02/07/2018	Elgin	A941	Spynie Layby	Collection	2
06/07/2018	Elgin	New Elgin East	McMillan Avenue	Collection	9
09/07/2018	Elgin	Cooper Park	Feature Garden	Lands & Parks	18
09/07/2018	Elgin	Cooper Park	Grant Lodge	Lands & Parks	4
22/08/2018	Keith	Keith	89a Moss Street	DLO	1
14/09/2018	Elgin	Bishopmill	Pole Bin, Lang Walk	Collection	16
20/09/2018	Elgin	New Elgin West	Wards/Cedarwood (Path)	Public	Unknown

Table 1 above shows the 7 locations where needles have been recovered during quarter 2.

Figure 5:



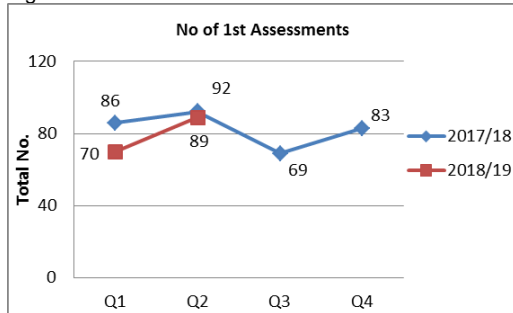
2014/15 – Total 508
 2015/16 – Total 1367 (inc 300 found at CPB)
 2016/17 – Total 712
 2017/18 – Total 200
 2018/19 – YTD 111

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	Q2 2017/18	Q3 2017/18	Q4 2017/18	Q1 2018/19	Q2 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	0	0	3	1	0	Data taken from the Waiting Times report on the Scottish Drug Misuse Database. During quarter 2, no service users waited 3 or more weeks before starting treatment. Moray is maintaining its record of between 98 and 100% compliance.
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 April 2019 at the earliest. 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	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	See section 9, Figures 10 & 11 – Service Users by Substance Misused.
Breakdown of service users in Moray by age, contact with children and sex.						Data available from DAISy from April 2019 at the earliest.
Number of clients in specialist services in Moray	496	487	503	505	546	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	51	58	50	49	45	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	40	41	39	39	33	Figures for this milestone are usually obtained via SDMD Waiting Times (Number of Removals – Planned Discharges) report. 3 discharges were referred to another service while 30 were discharged after receiving the required amount of support.

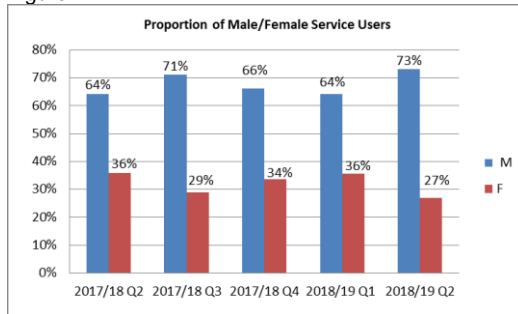
9 Quarter 2 2018/19; New Service Users

Figure 6:



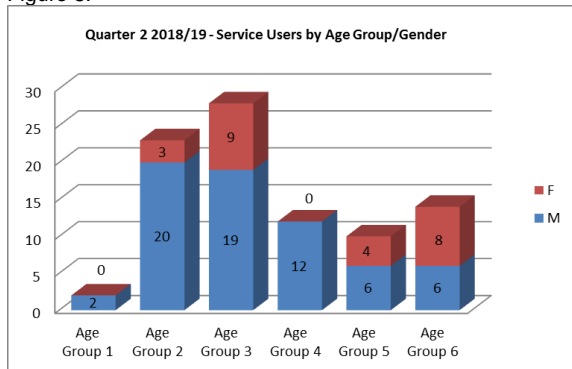
- From information supplied by Moray Alcohol & Drug Services, 89 people are recorded as having a first assessment during quarter 2; a 27% increase compared to the previous quarter and a similar figure to that reported during the same quarter last year.

Figure 7:



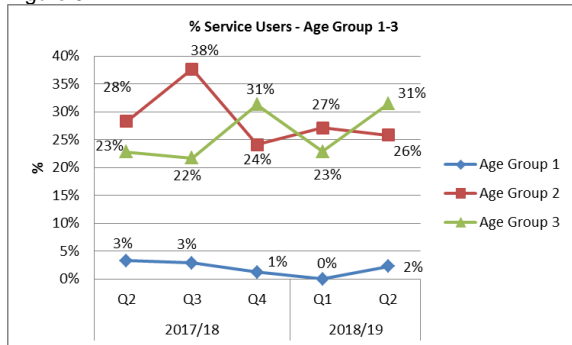
- Men continue to make up the vast majority of new service users however the split increased this quarter with 46% more men than woman having a first assessment.

Figure 8:



- Of the 89 people undertaking a first assessment in quarter 2, 67 (75%) were aged between 18 and 50 years old.

Figure 9:



- Looking at the proportion of service users in the different age groups over the past five quarters, age group 1 has remained relatively static.
- Age Group 4 has also been fairly consistent until this quarter when service users in this age group fell to 13%.
- 40.45% are aged 41+, with just under 60% aged between 17 and 40 years.

Age Group	Age Range	%
1	17 & under	2.25
2	18-30	25.84
3	31-40	31.46
4	41-50	13.48
5	51-60	11.24

Figure 10:

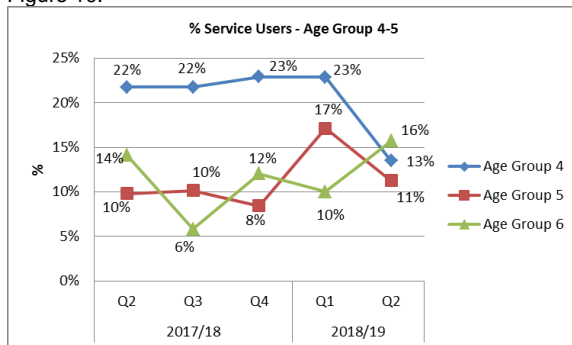
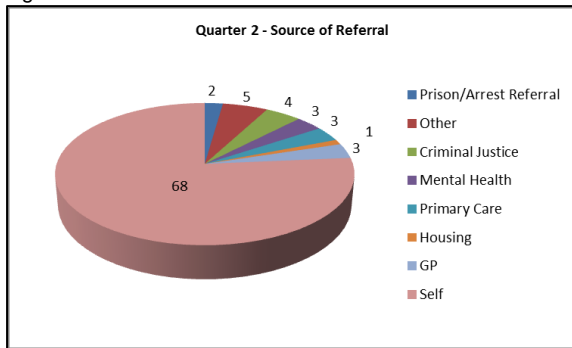
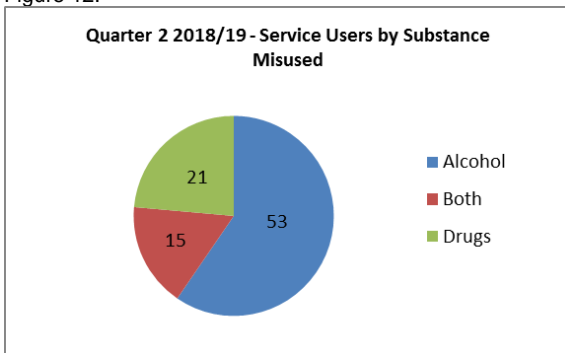


Figure 11:



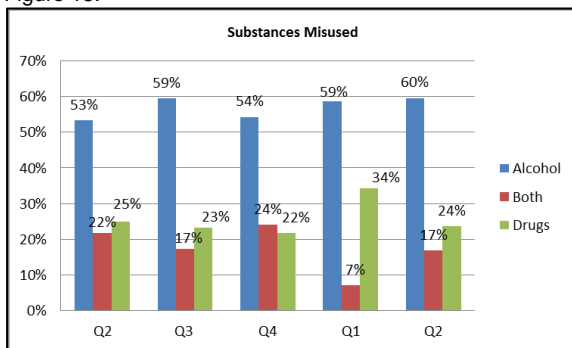
- Self-Referral continues to be the most common method of referral into the services with 76% of Service Users in quarter 2 stating this is how contact was made; the same proportion as in quarter 1.
- No referrals from family members on behalf of a loved one were made in quarter 2.

Figure 12:



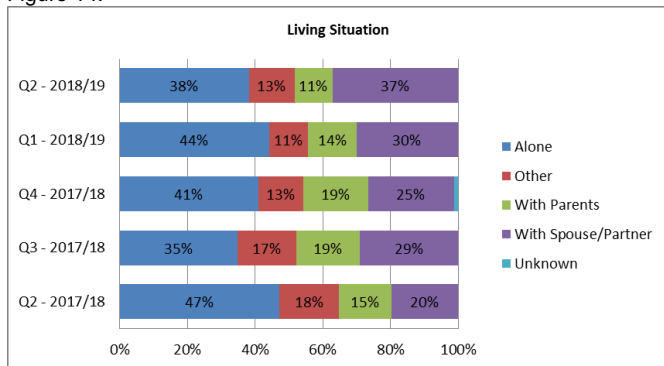
- Of the service users stating they misused only alcohol, 66% stated they drank spirits or wine; a similar proportion to quarter 1. 51% misusing alcohol stated this was on a daily basis.
- Of the 21 service users misusing drugs, 12 (57%) noted using cannabis while 9 (43%) listed Class A drugs.

Figure 13:



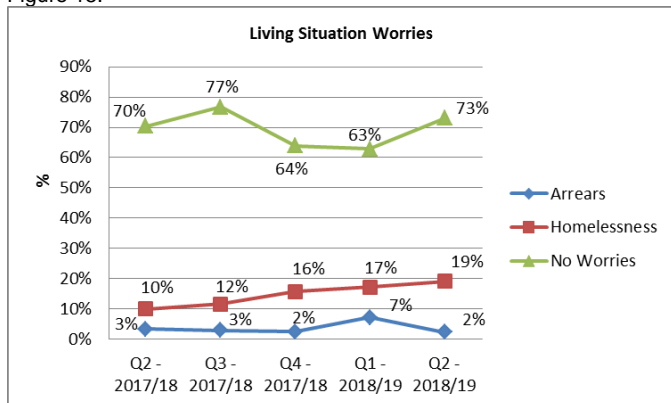
- During quarter 2 2018/19, Service Users reporting using both Alcohol & Drugs has increased 10% compared to the previous quarter. In contrast, those stating they misused solely drugs fell by a similar proportion.

Figure 14:



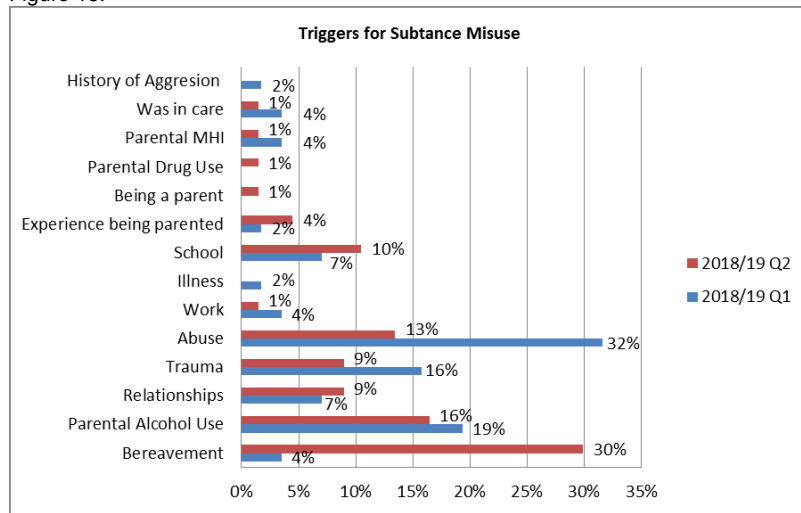
- In quarter 2, a similar proportion of service users stated they either live alone or with a spouse/partner.

Figure 15:



- As in previous quarters, the majority of new service users (73%) stated they had no worries in relation to their living situation. This is a 10% increase from quarter 1.
- In the last service user report it was identified that worries regarding arrears and homelessness had increased during quarter 1. Worries in relation to Homelessness have continued to rise into quarter 2, however at the same time the proportion of service users worried about arrears has fallen.

Figure 16:



- 67 of the 89 new service users in quarter 2 provided details of what they believed had triggered their substance misuse problems.
- Bereavement is again the most common trigger noted by new service users; increasing from 4% in quarter 1 to 30% in quarter 2.
- The identified triggers reflect the wealth of research which problematic alcohol and drug use with trauma.

10 Quarter 2 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 April 2018 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 & Fulfilling 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 July and 30 September 2018, 28 progress reviews are recorded as having taken place; 16 were a second review, 11 were review number three and 1 was a fourth review. Table 2 below shows a breakdown of where changes were required with the 28 progress reviews and notes that if changes were made, whether or not that change was progress or a decline.

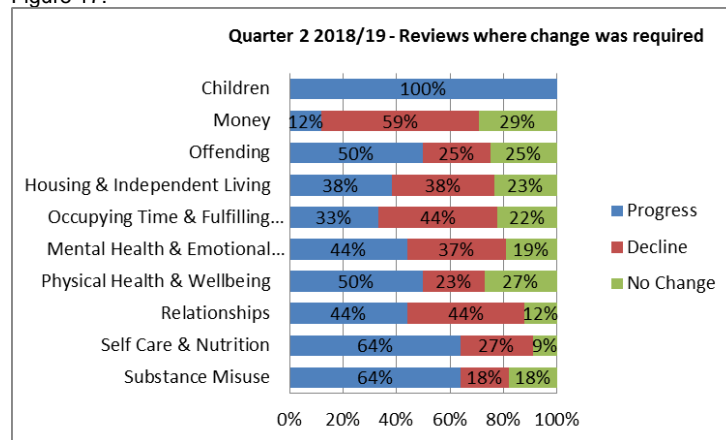
Table 2:

Q2 2018/19	Substance Misuse	Self Care & Nutrition	Relationships	Physical Health & Wellbeing	Mental Health & Emotional Wellbeing	Occupying Time & Fulfilling Goals	Housing & Independent Living	Offending	Money	Children
Progress	18	14	11	13	12	9	5	4	2	2
Decline	5	6	11	6	10	12	5	2	10	0
No Change	5	2	3	7	5	6	3	2	5	0
No Change Required	0	6	3	2	1	1	15	20	11	3
No of Reviews where Change was Required	28	22	25	26	27	27	13	8	17	2

NB: The question relating to children was only applicable to 5 service users.

Note: the MADP is continuing to refine how this tool is used. Further reports will aim to draw comparison between the 1st review subsequent reviews, with separate charts; e.g. 1st v 2nd review, 1st v 3rd review etc.

Figure 17:



- All service users undertaking a review in Quarter 2 were noted as requiring a change with Substance Misuse. 64% recorded making progress in this area. .
- 61% of Service Users reviewed were required to make a change in relation to money. Only 12% reported making progress while 59% actually stated they felt they had declined in this area. This is an area that will require further scrutiny as Universal Credit continues to be rolled out.
- The MADP may wish to consider how it uses this data as part of promoting the Moray Community Planning Partnership Poverty Strategy (2018/21)