

# **Moray Alcohol and Drug Partnership**

## **Quarter 3 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	Q3 2017/18	Q4 2017/18	Q1 2018/19	Q2 2018/19	Q3 2018/19	Comment
Increase the number of Naloxone Training Sessions delivered in Moray by 5%	40	17	18	26	12	
Promote the use of Naloxone and measure how often this is administered by Scottish Ambulance Service, A&E Staff and Service Users in Moray'	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)	Naloxone Kits supplied – 31 (20 resupplies)	<p>Naloxone continues to be provided by the Scottish Ambulance Service.</p> <p>Note: the new UK wide guidance published on the 20<sup>th</sup> February 2019 by the Department of Health, Medicines &amp; Healthcare Products Regulatory Agency, and Public Health England. <a href="https://www.gov.uk/government/publications/widening-the-availability-of-naloxone/widening-the-availability-of-naloxone">https://www.gov.uk/government/publications/widening-the-availability-of-naloxone/widening-the-availability-of-naloxone</a></p> <p>The report notes: Under <a href="#">regulations that came into force in October 2015</a>, people working in or for drug treatment services can, as part of their role, supply naloxone to others that their drug service has obtained, if it is being made available to save a life in an emergency. You do not need a prescription to supply naloxone in this way.</p> <p>Note: The <a href="#">regulations were amended in February 2019</a> to include <b>nasal naloxone</b>.</p>

## 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	Q3 2017/18	Q4 2017/18	Q1 2018/19	Q2 2018/19	Q3 2018/19	Comment
Maintain the number of active mutual aid groups in Moray	15	15	16	15	14	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	See Section 10	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	See Section 10	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	See Section 10	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	See Section 10	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	See Section 10	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	See Section 10	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	See Section 10	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	See Section 10	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	See Section 10	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	See Section 10	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	See Section 10	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 Using alcohol and drugs are safe, well supported and have improved life chances**

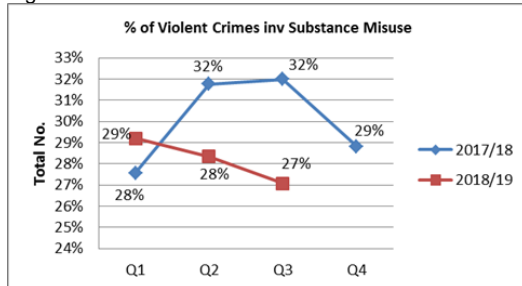
All milestones within the Prevalence objective of the 2018-2019 MADP Delivery Plan are reported on an annual basis.

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

<b>Milestone</b>	<b>Q3 2017/18</b>	<b>Q4 2017/18</b>	<b>Q1 2018/19</b>	<b>Q2 2018/19</b>	<b>Q3 2018/19</b>	<b>Comment</b>
Reduction in the number of cases of vandalism, breach of the peace, assault or antisocial behaviour that have involved alcohol.	29%	30%	31%	28%	31%	Data for the previous quarters has been updated due to revised information from Police.

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 3 2018/19 is noted below;

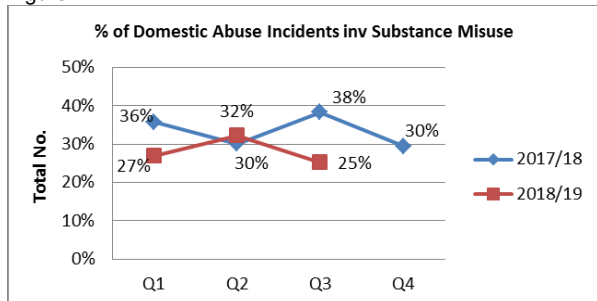
Figure 1:



2014/15 – 229 / 970 - 31%  
 2015/16 – 249 / 1051 - 24%  
 2016/17 – 242 / 1124 - 22%  
 2017/18 – 290 / 970 - 30%  
 2018/19 – YTD 224 / 771 - 27%

Data used relates to crime files 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.

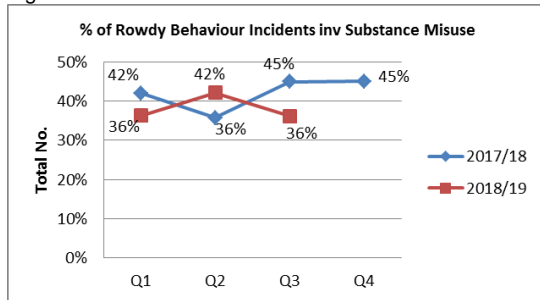
Figure 2:



2014/15 – 316 / 746 - 42%  
 2015/16 – 364 / 721 - 50%  
 2016/17 – 293 / 747 - 39%  
 2017/18 – 238 / 710 - 34%  
 2018/19 – YTD 186 / 653 - 25%

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

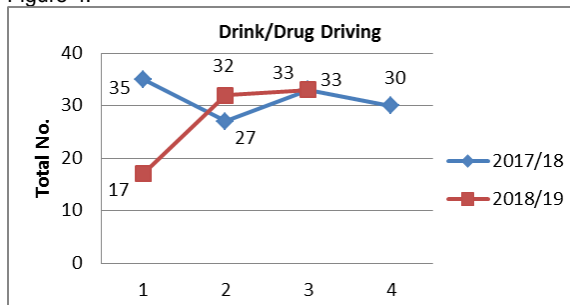
Figure 3:



2014/15 – 282 / 603 - 47%  
 2015/16 – 324 / 719 - 45%  
 2016/17 – 293 / 747 - 46%  
 2017/18 – 238 / 710 - 41%  
 2018/19 – YTD 225 / 603 - 36%

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 82



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

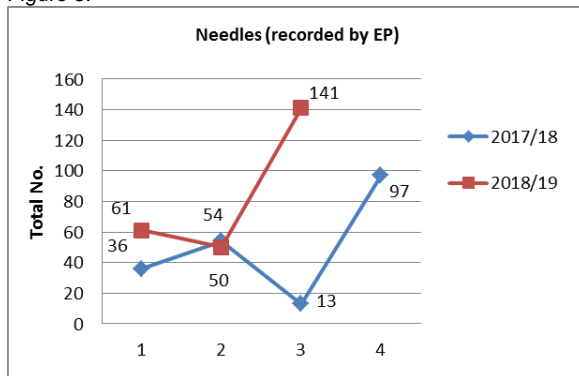
Milestone	Q3 2017/18	Q4 2017/18	Q1 2018/19	Q2 2018/19	Q3 2018/19	Comment
Reduction in the number of needles found by Lands and Parks in Moray	13	97	61	50	141	NB: During Q3 2018/19 an unknown quantity of needles were found at the Pole Bin on Langwalk so 141 does not reflect the true figure recovered.

Table 1 below shows the various locations where needles have been recovered during quarter 3. A notable repeat location is the pole bin on Lang Walk in Elgin. The refuse collection team have noted that all needles recovered have been in the bin and not lying around in the surrounding area and the majority have also been capped or bagged. Posters advising of the appropriate methods for discarding needles have sited at the bin.

Table 1:

Date	Town/Road	Area	Location	Dept	Total Found
02/10/2018	Buckie	Buckie	23 Hendry Terrace	DLO	12
01/11/2018	Elgin	Bishopmill	Pole Bin, Lang Walk	Collection	31
01/11/2018	Elgin	Elgin	Plaza Bin, Moray Leisure Centre	Collection	25
08/11/2018	Elgin	Bishopmill	Pole Bin, Lang Walk	Collection	16
20/11/2018	Elgin	Bishopmill	Pole Bin, Lang Walk	Collection	15
21/11/2018	Elgin		33 North College Street	Collection	1
28/11/2018	Elgin	Bishopmill	Pole Bin, Lang Walk	Collection	Unknown but bag containing a considerable amount
03/12/2018	Elgin	Bishopmill	Pole Bin, Lang Walk	Collection	15
20/12/2018	Elgin	Kingsmills	47 Kingsmills	Housing Needs	20
20/12/2018	Elgin	Town Centre	Moss Street	Collection	6

Figure 5:



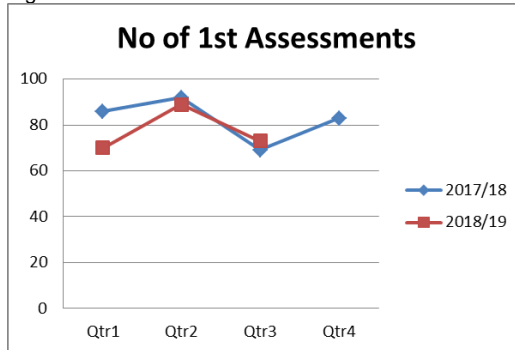
2014/15 – Total 508  
 2015/16 – Total 1367 (inc 300 found at CPB)  
 2016/17 – Total 712  
 2017/18 – Total 200  
 2018/19 – YTD 252

**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	Q3 2017/18	Q4 2017/18	Q1 2018/19	Q2 2018/19	Q3 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	3	1	0	0	Data taken from the Waiting Times report on the Scottish Drug Misuse Database. During quarter 3, no service users waited 3 or more weeks before starting treatment.
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	See Section 9	See section 9, Figure 8 – Service Users by Age Group/Gender.
Breakdown of service users in Moray by type of substance Used e.g. alcohol, illegal drugs or legal drugs	-			See Section 9	See Section 9	See section 9, Figures 10 & 11 – Service Users by Substance Used.
Breakdown of service users in Moray by age, contact with children and sex.						Data available from DAISy from October 2018.
Number of clients in specialist services in Moray	487	503	505	546	560	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	58	50	49	45	47	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	41	39	39	33	41	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.

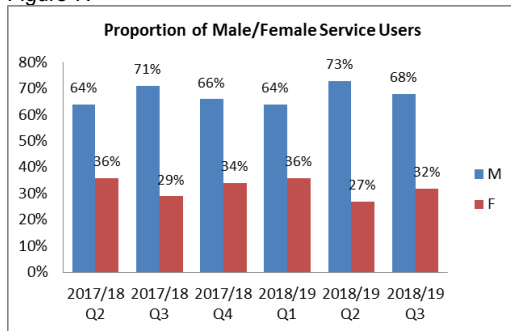
**9 Quarter 2 2018/19; New Service Users**

Figure 6:



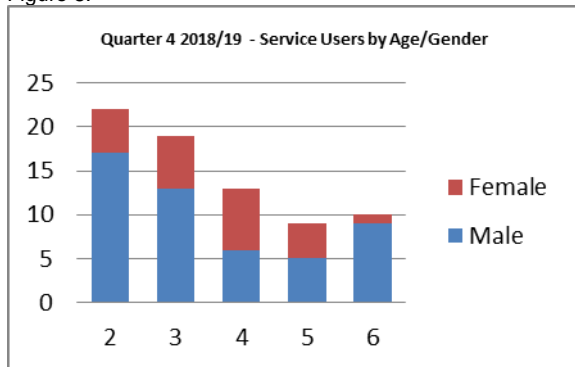
- From information supplied by Moray Alcohol & Drug Services, 73 people are recorded as having a first assessment during Q3; a slight increase to the same quarter in the previous year, following the same seasonal pattern of a decrease from Q2 to Q3.

Figure 7:



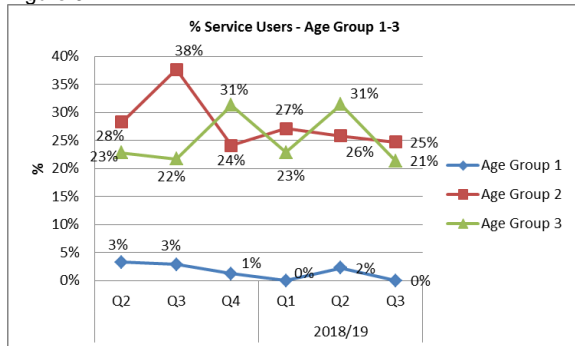
- Men continue to make up the vast majority of new service users, although there was an increase in the percentage of females from 27% in Q2 up to 32% in Q3.

Figure 8:



- Of the 73 people undertaking a first assessment in Q3, 54 (74%) were aged between 18 and 50 years old. This is similar to Q2, where the percentage was 75%.

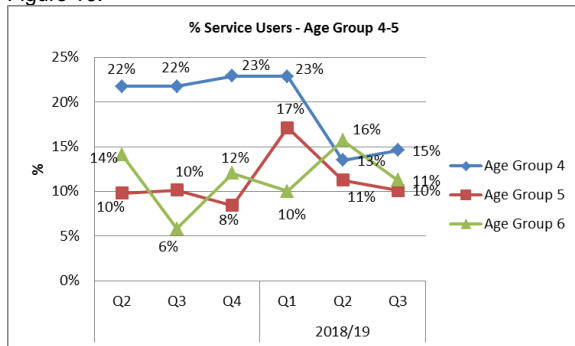
Figure 9:



- 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 (41 to 50) has also been fairly consistent until quarter 2 when service users in this age group fell to 13% and has remained low with 15% in quarter 3.

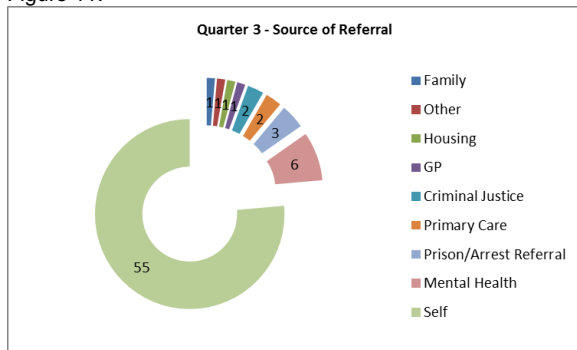
Age Group	Age Range	Q3 %	Q2 %	Variation
1	17 & under	0%	2%	-2%
2	18-30	25%	26%	-1%
3	31-40	21%	31%	-10%
4	41-50	15%	13%	+2%
5	51-60	10%	11%	-1%
6	61 +	11%	16%	-5%

Figure 10:



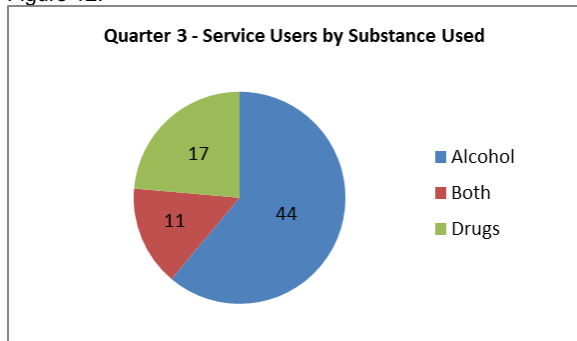
The figures will be reviewed in Q4 taking account of the seasonal variation which is common in Q3

Figure 11:



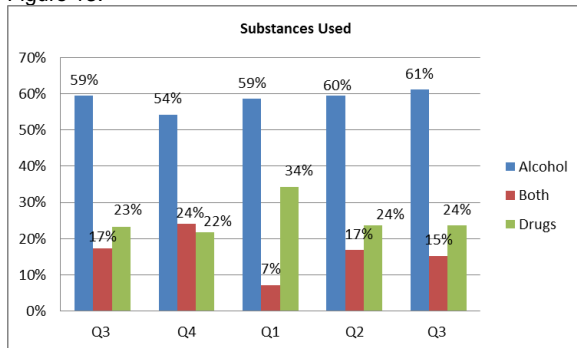
- Self-Referral continues to be the most common method of referral into the services with 76% of Service Users in quarter 3 stating this is how contact was made; the same proportion as in quarter 1 and 2.
- 3 referrals were received from family members compared to 0 in Q2.
- Referrals from mental health increased from 3 in Q2 up to 6 in Q3.

Figure 12:



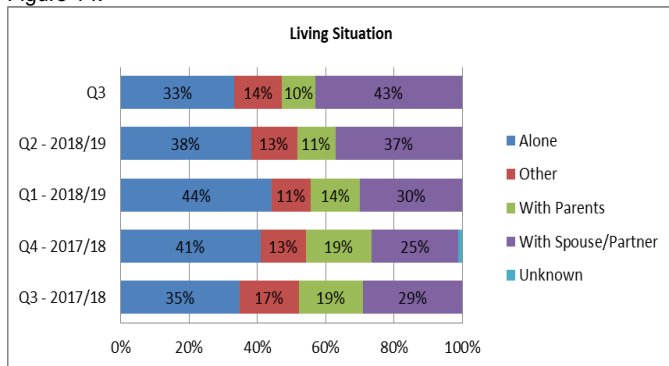
- Of the service users stating they used only alcohol, 70% stated they drank spirits or wine; a higher proportion to quarter 2 (61%). 59% using alcohol stated this was on a daily basis.
- Of the 17 service users using drugs, 6 (35%) noted using heroin.

Figure 13:



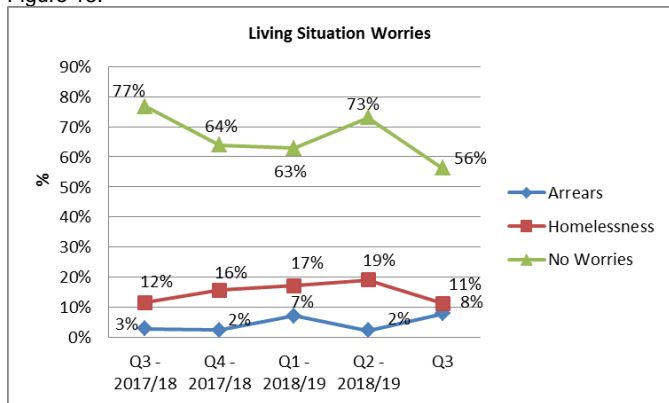
- There was not a significant difference recorded in the profile of Substances Used during quarter 3 2018/19 compared to quarter 2.
- Given the concerns being expressed about the use of Benzodiazepines, these will be considered bi-annually, with the first report being in Q4 2018/19, then again in Q2 in 2019/20. Reviewing the 2017 and 2018 declared drug use data; there were 17 declarations of benzodiazepine in 2017 and 47 declarations in 2018. An increase of 64%

Figure 14:



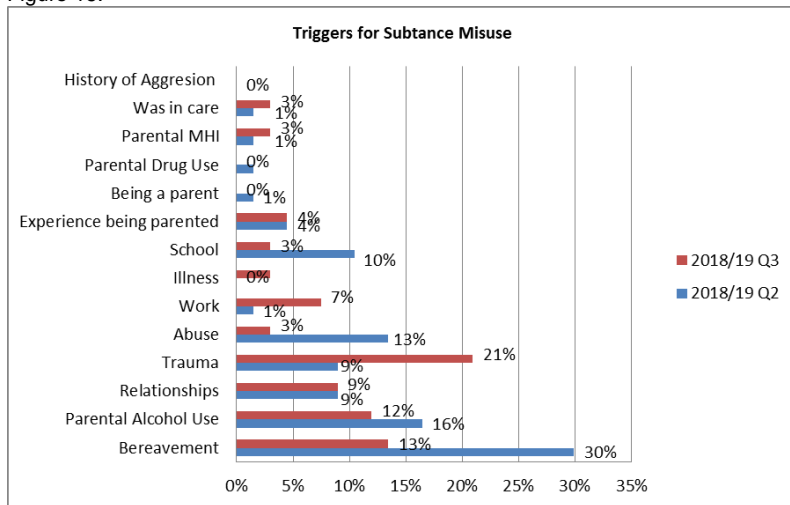
- In quarter 3, a similar proportion of service users stated they either live alone or with a spouse/partner.

Figure 15:



- As in previous quarters, the majority of new service users (56%) stated they had no worries in relation to their living situation but this is a significant decrease on previous quarters' figures, dropping from 73% down to the 56%.
- Worries in relation to Homelessness have fallen into quarter 3, however at the same time the proportion of service users worried about arrears has risen.

Figure 16:



- 55 of the 72 new service users in quarter 3 provided details of what they believed had triggered their substance use problems.
- Trauma was the most common trigger noted by new service users; increasing from 9% in quarter 2 to 21% in quarter 3. The identified triggers reflect the wealth of research which shows the link between problematic alcohol and drug use with trauma. The MADP have run an “Introduction to Trauma in September 2018 and a further session is planned for March 2019. These courses are over-subscribed and further sessions will be planned for 2019/20

### 10 Quarter 2 2018/19; Recovery Outcome Tool Reviews

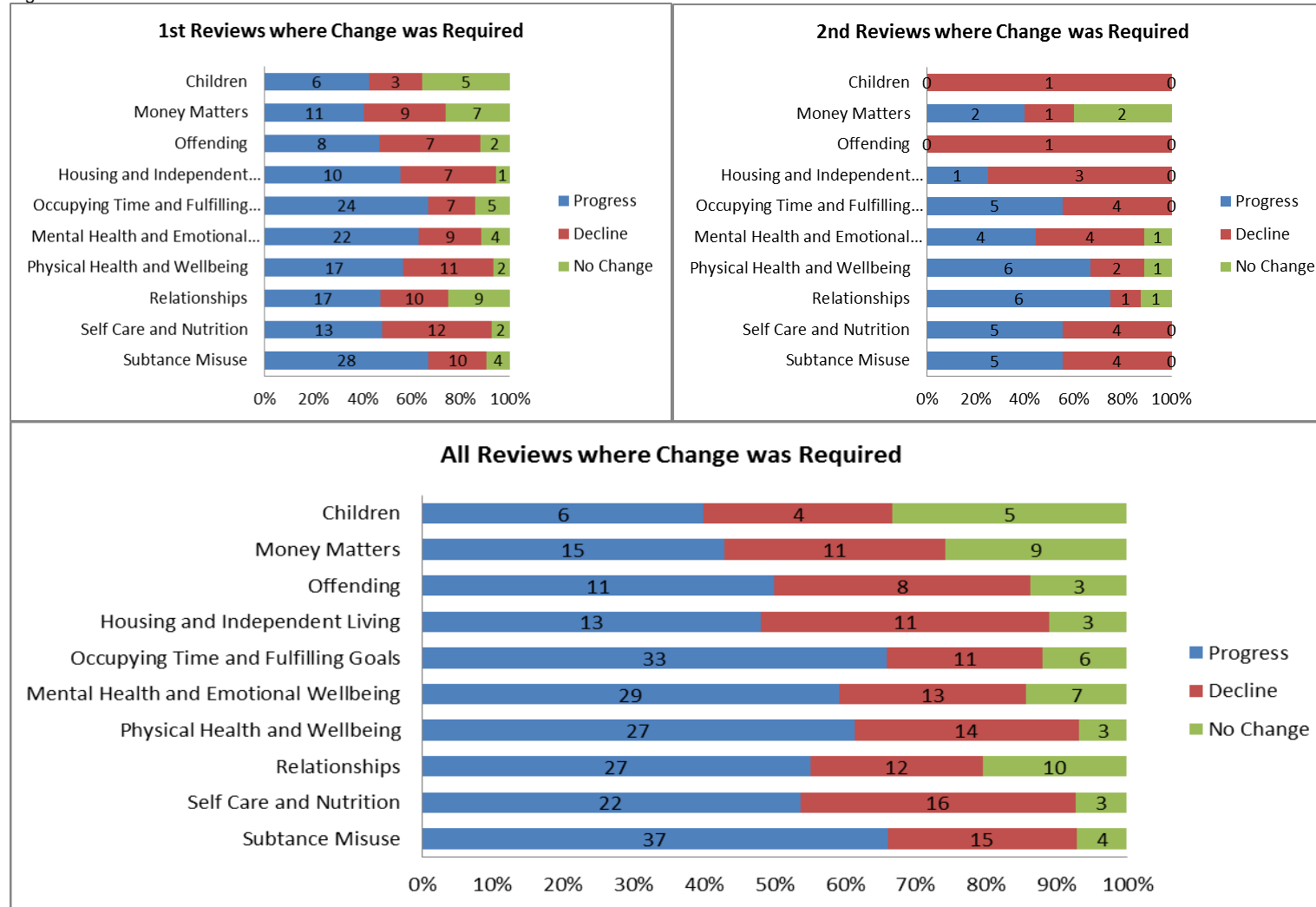
On 01 July 2017, the Moray Alcohol & Drug Partnership moved from Outcome Star to the Recovery Outcome (RO) Tool. The RO tool was developed as a key component of the Drug & Alcohol Information System (DAISy) with the aim of providing a consistent and comparable picture of recovery for drug and alcohol 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
<b>Substance Use</b>	Overall stage of recovery in Substance Misuse.
<b>Self-care &amp; Nutrition</b>	Overall stage of looking after self, including diet and nutrition, personal hygiene, fitness, personal safety and being able to keep appointments.
<b>Relationships</b>	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.
<b>Physical Health &amp; Wellbeing</b>	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.
<b>Mental Health &amp; Wellbeing</b>	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.
<b>Occupying Time &amp; Fulfilling Goals</b>	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.
<b>Housing &amp; Independent Living</b>	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.)
<b>Offending</b>	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.)
<b>Money Matters</b>	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.
<b>Children</b>	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 1<sup>st</sup> October and 30<sup>th</sup> December 2018, 56 progress reviews are recorded as having taken place; 42 were a first review, 9 were a second review, 3 were review number three and 2 were a fourth review.

Figure 17:



**Observations:**  
 Data from the Single Shared Assessments shows that where the person has a low score (lower the score = higher the level of need) for their substance use then they have a similarly low score for their Mental Health and wellbeing, and Occupying time; with substance use and mental having the greatest similarity.

The observations in this quarterly report reflects similar information within the Drug Related Death reviews and data within the A & E report relating to multiple attendees.

Data from Review1 shows that (excluding substance use) Relationships, Occupying time and Mental Health and Wellbeing continue to be the areas with the highest number of people wishing to make changes.

Quarter 3 2018/19 Reviews										
1st Review	Substance Misuse	Self Care and Nutrition	Relationships	Physical Health and Wellbeing	Mental Health and Emotional Wellbeing	Occupying Time and Fulfilling Goals	Housing and Independent Living	Offending	Money Matters	Children
Progress	28	13	17	17	22	24	10	8	11	6
Decline	10	12	10	11	9	7	7	7	9	3
No Change	4	2	9	2	4	5	1	2	7	5
No Change Required	0	15	6	11	7	6	24	25	15	27
No of Reviews where change was Required	42	27	36	30	35	36	18	17	27	14
2nd Review	Substance Misuse	Self Care and Nutrition	Relationships	Physical Health and Wellbeing	Mental Health and Emotional Wellbeing	Occupying Time and Fulfilling Goals	Housing and Independent Living	Offending	Money Matters	Children
Progress	5	5	6	6	4	5	1	0	2	0
Decline	4	4	1	2	4	4	3	1	1	1
No Change	0	0	1	1	1	0	0	0	2	0
No Change Required	0	0	1	0	0	0	5	8	4	8
No of Reviews where change was Required	9	9	8	9	9	9	4	1	5	1
3rd Review	Substance Misuse	Self Care and Nutrition	Relationships	Physical Health and Wellbeing	Mental Health and Emotional Wellbeing	Occupying Time and Fulfilling Goals	Housing and Independent Living	Offending	Money Matters	Children
Progress	2	2	2	2	2	2	1	3	1	0
Decline	1	0	1	1	0	0	1	0	0	0
No Change	0	1	0	0	1	1	1	0	0	0
No Change Required	0	0	0	0	0	0	0	0	2	3
No of Reviews where change was Required	3	3	3	3	3	3	3	3	1	0
4th Review	Substance Misuse	Self Care and Nutrition	Relationships	Physical Health and Wellbeing	Mental Health and Emotional Wellbeing	Occupying Time and Fulfilling Goals	Housing and Independent Living	Offending	Money Matters	Children
Progress	2	2	2	2	1	2	1	0	1	0
Decline	0	0	0	0	0	0	0	0	1	0
No Change	0	0	0	0	1	0	1	1	0	0
No Change Required	0	0	0	0	0	0	0	1	0	2
No of Reviews where change was Required	2	2	2	2	2	2	2	1	2	0
All Reviews	Substance Misuse	Self Care and Nutrition	Relationships	Physical Health and Wellbeing	Mental Health and Emotional Wellbeing	Occupying Time and Fulfilling Goals	Housing and Independent Living	Offending	Money Matters	Children
Progress	37	22	27	27	29	33	13	11	15	6
Decline	15	16	12	14	13	11	11	8	11	4
No Change	4	3	10	3	7	6	3	3	9	5
No Change Required	0	15	7	11	7	6	29	34	21	40
No of Reviews where change was Required	56	41	49	44	49	50	27	22	35	15