

**MORAY ALCOHOL AND DRUG PARTNERSHIP**

**QUARTER 1 2019/20**

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**1 - INTRODUCTION**

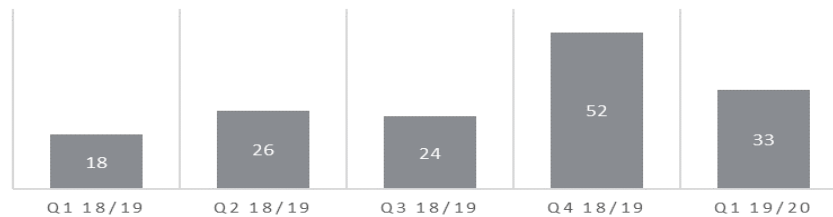
This report follows the objectives of the Moray ADP Delivery Plan 2018-2021. It will focus on local milestones due to be reported on a quarterly basis and will show performance information for the past 5 quarters. Section 9 covers the current caseload of Alcohol & Drug Services in Moray and should allow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

**FIG 2.1 NUMBER OF PEOPLE TRAINED IN USING NALOXONE KITS**

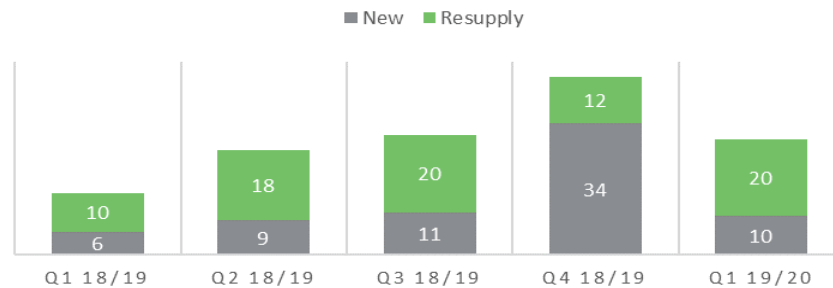
**Increase the number of people trained in using Naloxone kits; ( 1 to 1 sessions) in Moray by 5%**



In 2018/19, 120 people were trained. In Q1 of 2019/20 there were almost double the number of people trained than in the same period last year.

**FIG 2.2 NUMBER OF NALOXONE SUPPLIES AND RE-SUPPLIES DISTRIBUTED IN MORAY**

**Promote the use of Naloxone and record the number of supplies distributed in Moray, and many of these were re-supplies.**



In Q1 2019/20 30 kits were supplied (almost double the same period last year. 20 were new which was double the 10 of last year.

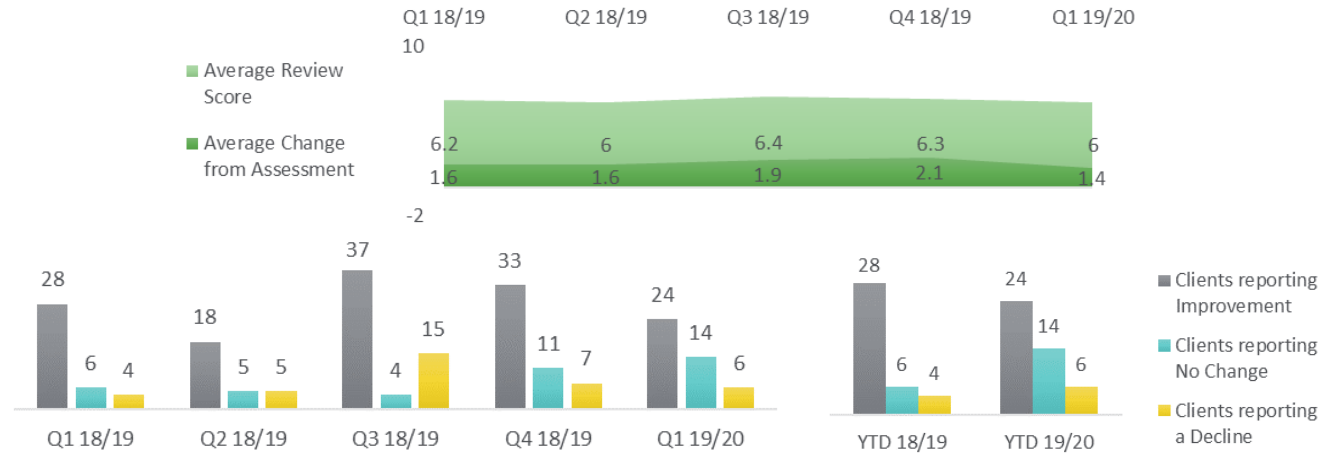
These figures will be kept under review given that the MADP have increased the investment in Arrows of which part of that funding is to promote the take up of Naloxone.

**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**

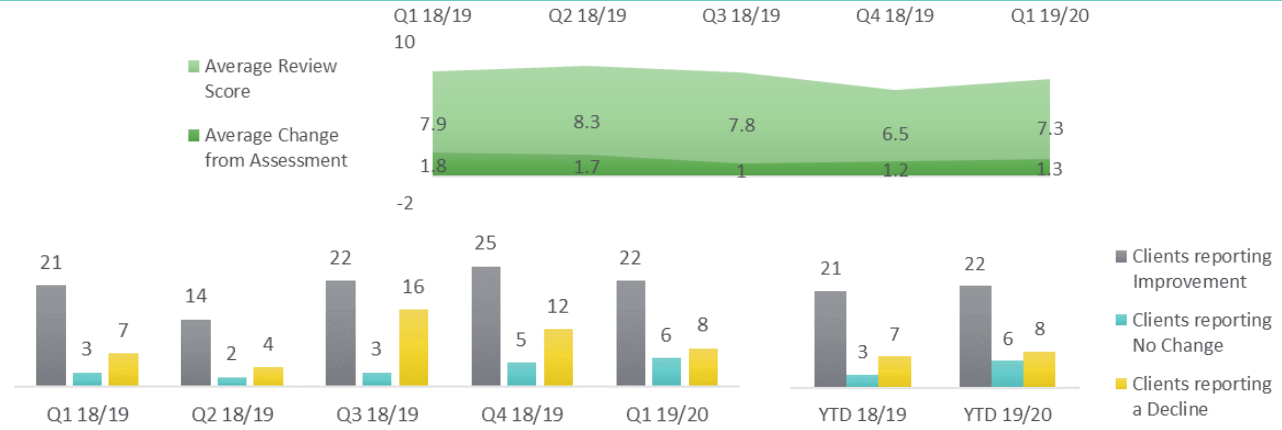
**FIG 4.1 RECOVERY OUTCOME - SUBSTANCE USE**



The number of clients reporting improvement in “Substance Use” has gone down on last year and is in fact the lowest it has been in 5 quarters.

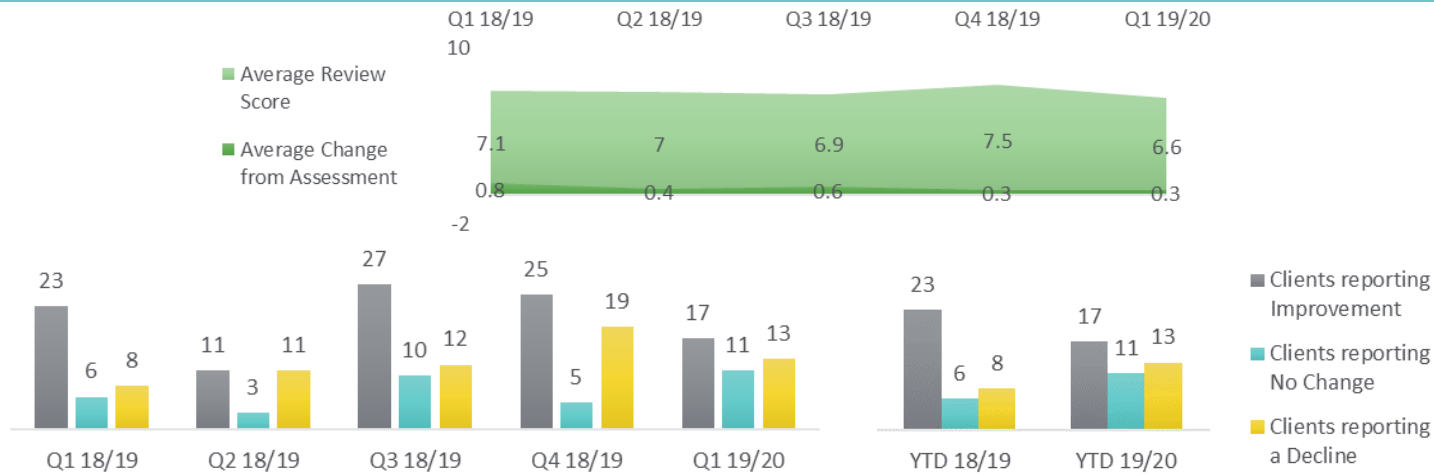
This lower change seems to be brought about by more people reporting No Change in this outcome rather than an increase in those reporting a decline (Down to 6 from a high of 13 in Q3 18/19)

**FIG 4.2 RECOVERY OUTCOME - SELF-CARE AND NUTRITION**



After a small dip in the overall reported rating of this outcome in the previous quarter, this quarter has seen an increase in the average review score. This is paired with an increase in Average change and a reduction in those reporting a decrease in this outcome.

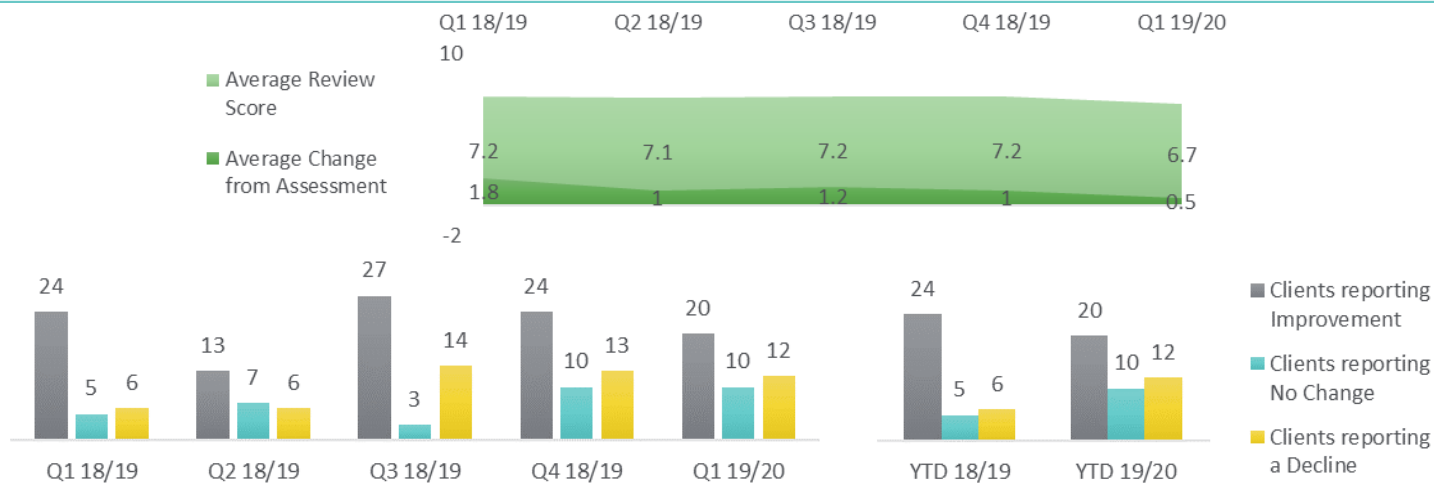
**FIG 4.3 RECOVERY OUTCOME - RELATIONSHIPS**



Average Review scores in this measure seem to vary greatly with the numbers reporting an Improvement or a Decline moving significantly from quarter to quarter.

The average change from assessment, however does not vary as much.

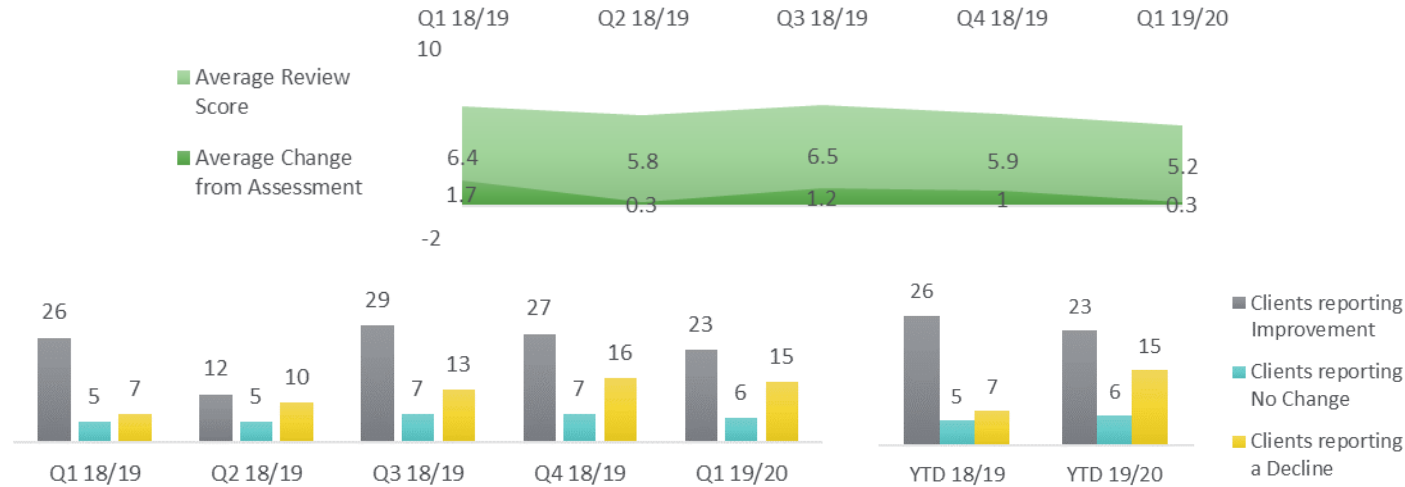
**FIG 4.4 RECOVERY OUTCOME - PHYSICAL HEALTH AND WELLBEING**



There has been a slow decline over the past few quarters for those reporting an Improvement in the "Physical Health & Wellbeing" Outcome. While this decline has not resulted in a decrease in Average Review Score previously; in Q1 there was a decrease of 0.5 points in both Average Score and Average change in scores.

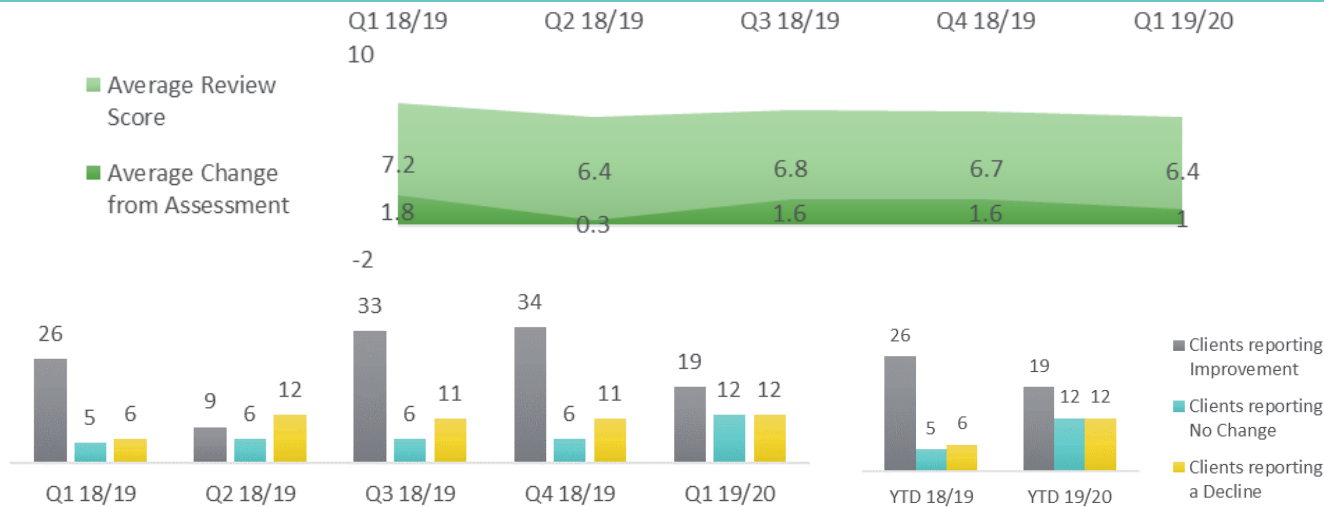


**FIG 4.5 RECOVERY OUTCOME - MENTAL HEALTH AND EMOTIONAL WELLBEING**



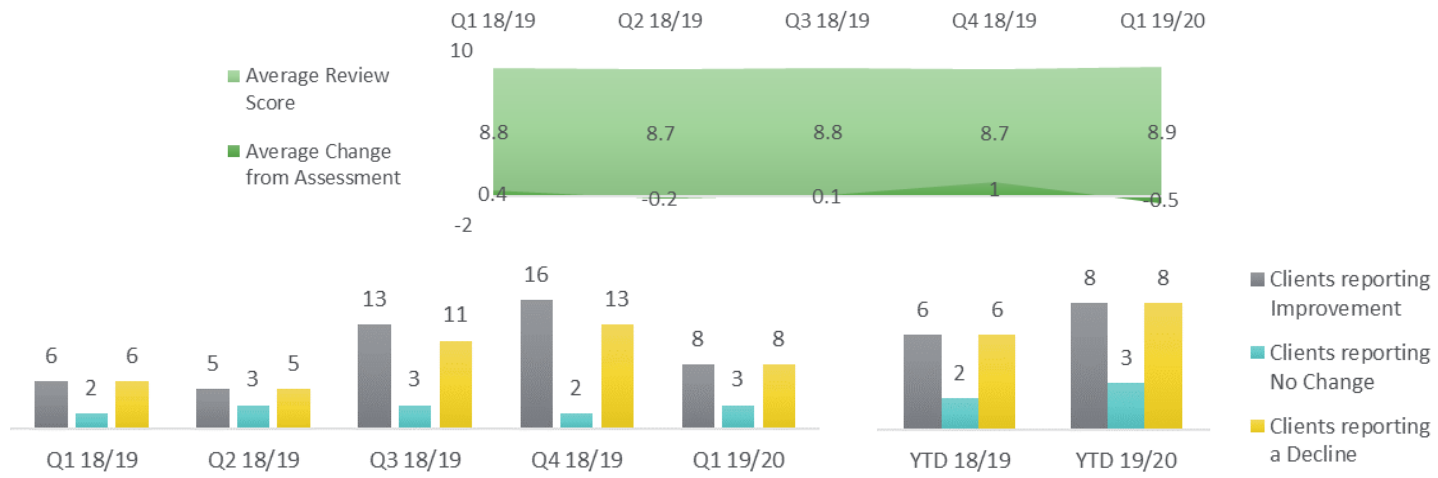
“Mental Health and Emotional Wellbeing” has had a decreasing number of people reporting an improvement over the past 3 months and an increasing number reporting a decline. This has resulted in the average at review dropping from 6.5 in Q3 18/19 to 5.2 in Q1 19/20. The average change in reported score has also reduced in this period and is down to 0.3.

**FIG 4.6 RECOVERY OUTCOME - OCCUPYING TIME AND FULFILLING GOALS**



This measure has a high variance in the numbers if clients reporting an improvement. The number reporting a decline does not vary as much. The average review score does not vary with the numbers reporting an improvement however.

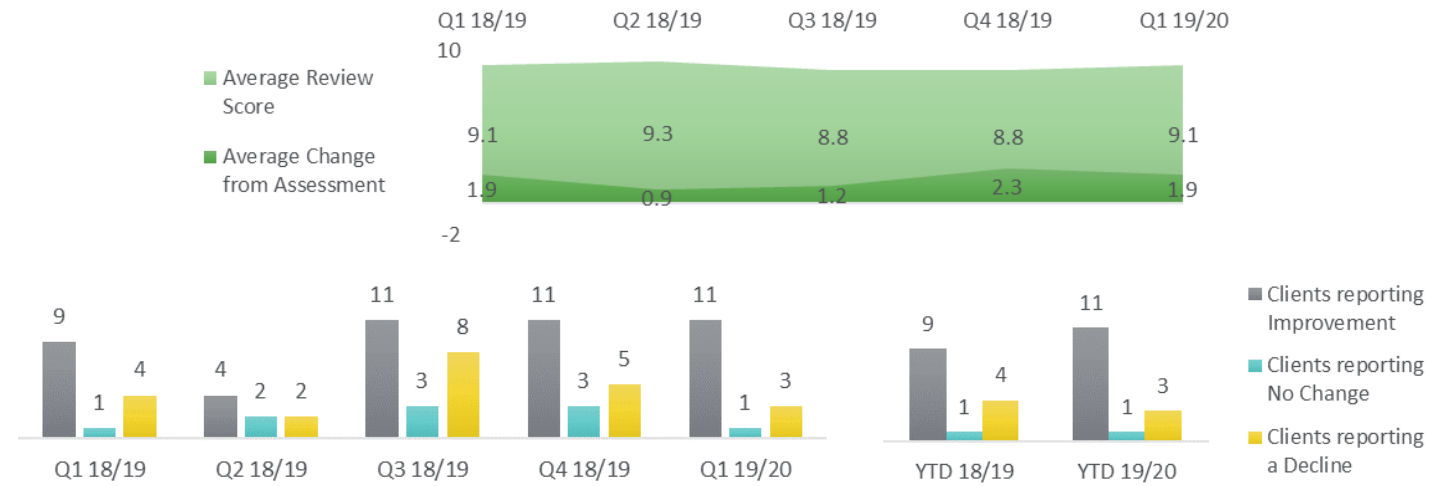
**FIG 4.7 RECOVERY OUTCOME - HOUSING AND INDEPENDENT LIVING**



Due to the high number of tens in this measure the numbers reporting no change is 0 as those reporting a 10 cannot improve so are counted as No Change Required (NCR). This measure has 31 out of 44 clients reporting a 10 and therefore cannot improve.

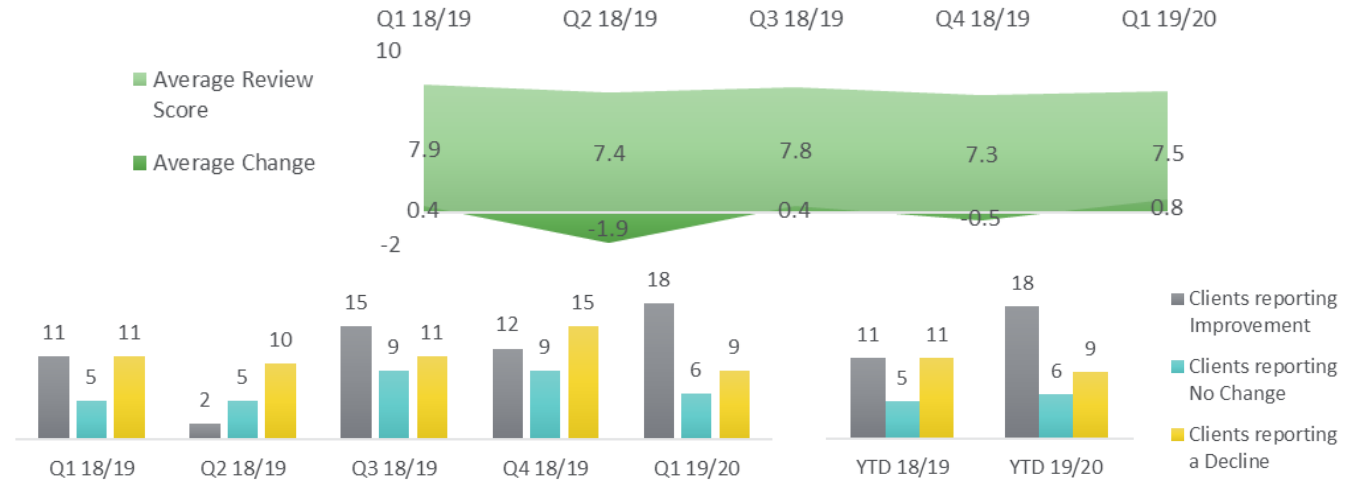
This will result in one client impacting the average change but not influencing the average score. As a result, the reduction this quarter is mostly attributed to one client.

**FIG 4.8 RECOVERY OUTCOME - OFFENDING**



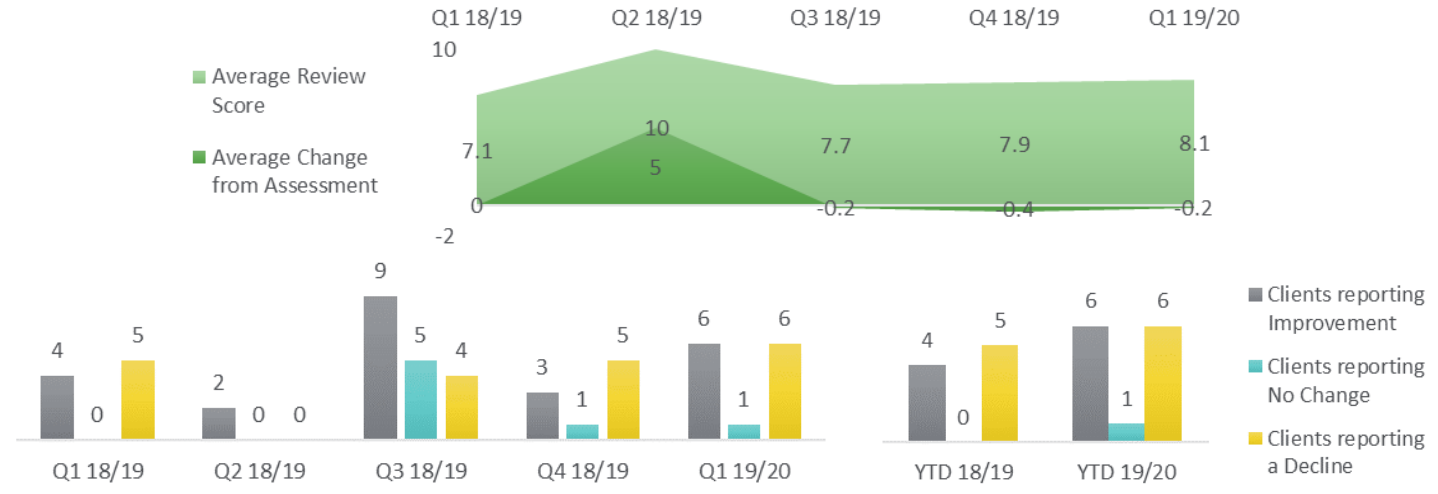
The Offending outcome consistently scores high on review and also high in the average change from assessment to review.

**FIG 4.9 RECOVERY OUTCOME - MONEY MATTERS**



Money Matters is an outcome that has a high variance in the assessment values as well as a high variance in the average change to the scores. This would suggest that while this measure is high the changes are more likely to be from complex reasons.

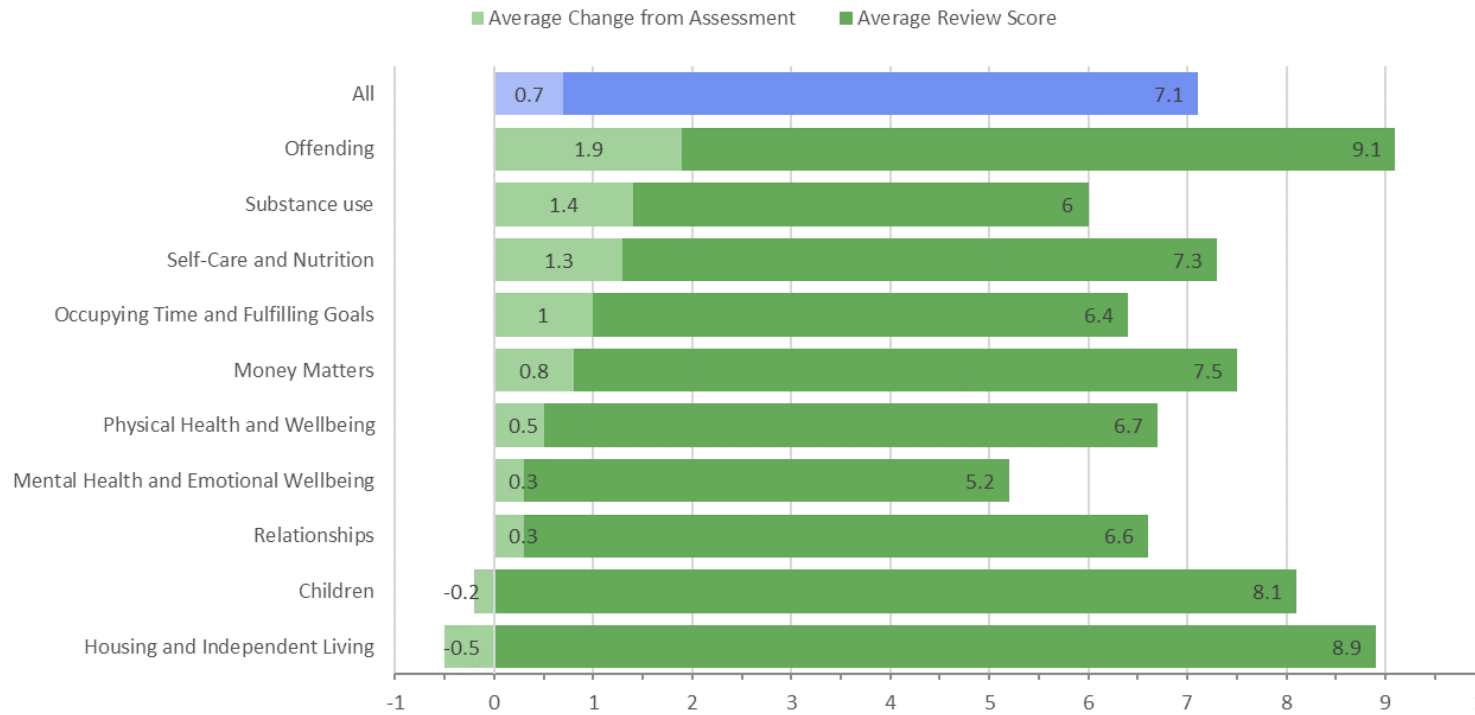
**FIG 4.10 RECOVERY OUTCOME - CHILDREN**



N/A was recorded for over half of the clients for this outcome (23). Of those where this outcome was relevant 11 of the 21 scored 10 at assessment and then at review.

This suggests that the remaining 10

**FIG 4.11 2019/20 YEAR TO DATE AVERAGES**



Across Moray for the year to date (Currently only Q1) there was an average increase in Recovery Outcomes of 0.7 points with the average outcome being 7.1 out of 10.

The outcomes to increase the most were "Offending" (Up 1.9 points, averaging 9.1), "Substance Use" (Up 1.4 and also averaging 6) and "Self-Care and Nutrition" (Up 1.3 and averaging 7.3).

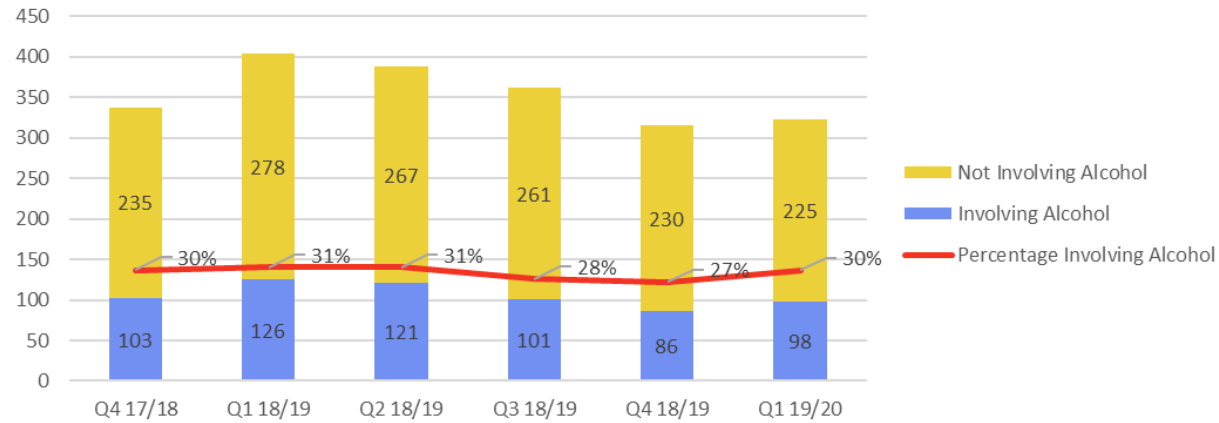
Of the two areas with a decreasing change in outcome "Children" and "Housing and Independent Living", both have much smaller cohorts and are therefore impacted by individuals more than other outcomes. In the case of these two, one client is bringing down the average change in both and with that client removed the change from assessment moves to +0.5 for "Children" and -0.1 for "Housing and Independent Living".

**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.

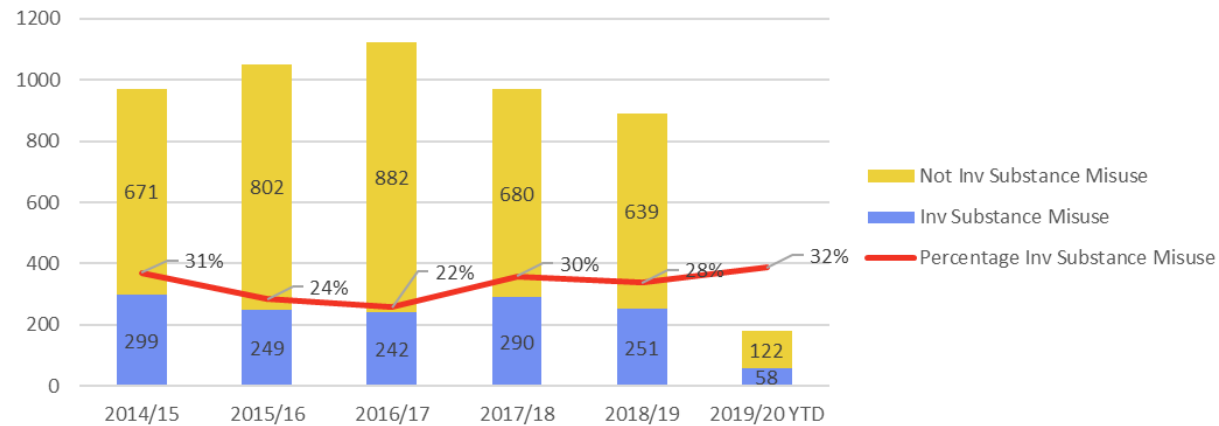
**6 – COMMUNITY SAFETY: COMMUNITIES AND INDIVIDUALS LIVE THEIR LIVES SAFE FROM ALCOHOL AND DRUG RELATED OFFENDING AND ASB**

**FIG 6.1 REDUCTION IN THE NUMBER OF CASES OF VANDALISM, BREACH OF THE PEACE, ASSAULT OR ANTISOCIAL BEHAVIOUR THAT HAVE INVOLVED ALCOHOL**



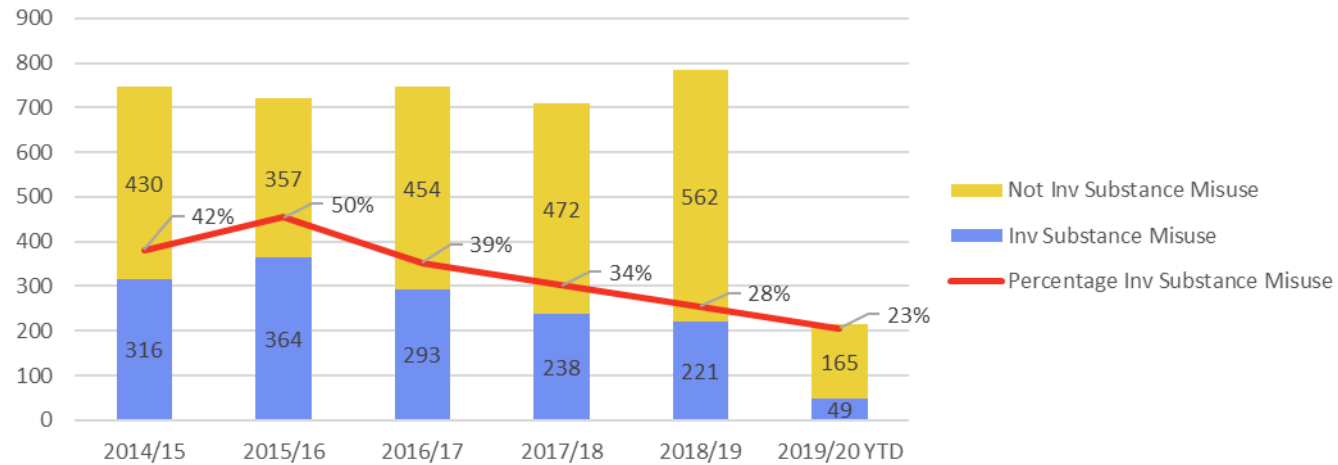
There was an increase in percentage of incidents involving alcohol in quarter 1 but this might just be a seasonal increase and the percentage is lower than Q1 2018/19.

**FIG 6.2 PERCENTAGE OF VIOLENT CRIMES INVOLVING SUBSTANCE USE**



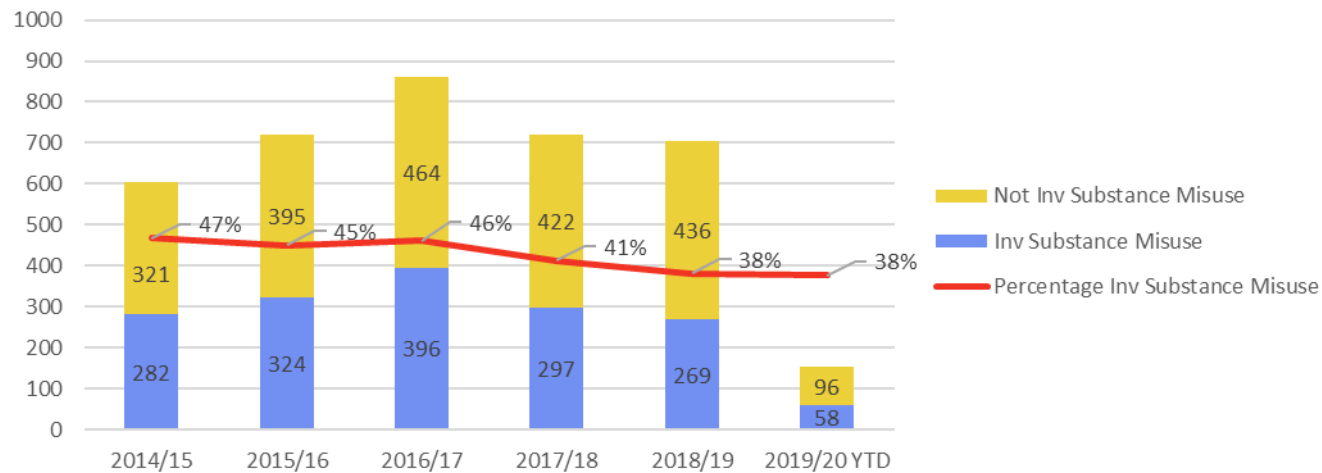
Year to date the percentage of incidents of violent crimes involving alcohol is just over 30% and is worth noting to monitor over the next quarter.

**FIG 6.3 PERCENTAGE OF DOMESTIC ABUSE INCIDENTS INVOLVING SUBSTANCE USE**



Year on year there has been a decreasing percentage in the numbers of Domestic Abuse incidents involving Substance Use and Q1 continues this trend.

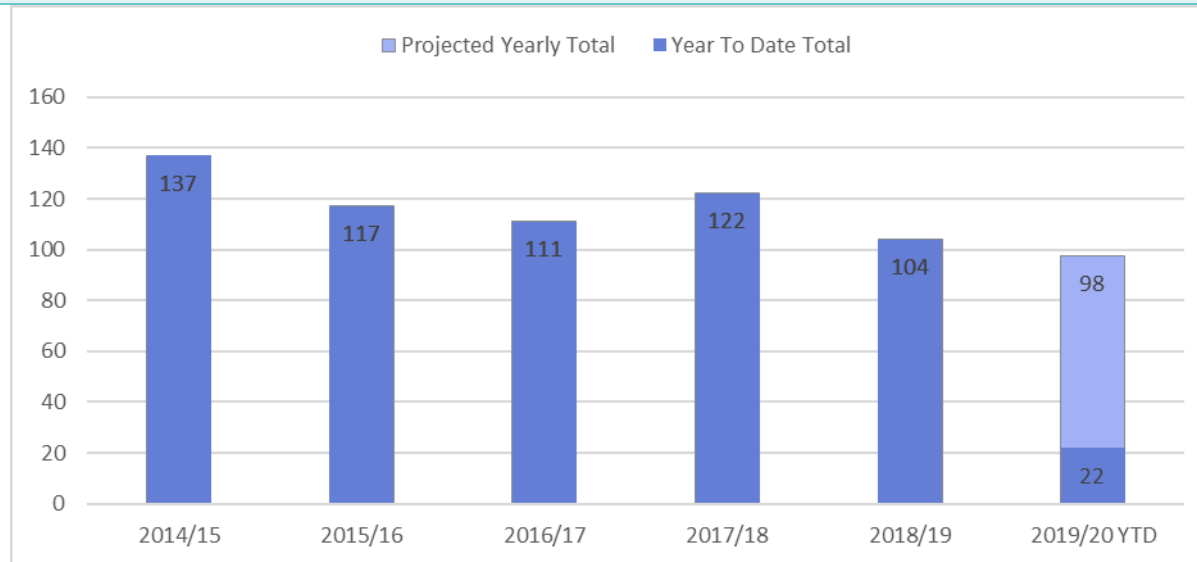
**FIG 6.4 PERCENTAGE OF ROWDY BEHAVIOUR INCIDENTS INVOLVING SUBSTANCE USE**



Incidents of Rowdy behaviour involving Substance Use also has a decreasing trend (percentage wise as in the raw numbers).

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

**FIG 6.5 DRINK/DRUG DRIVING NUMBERS**

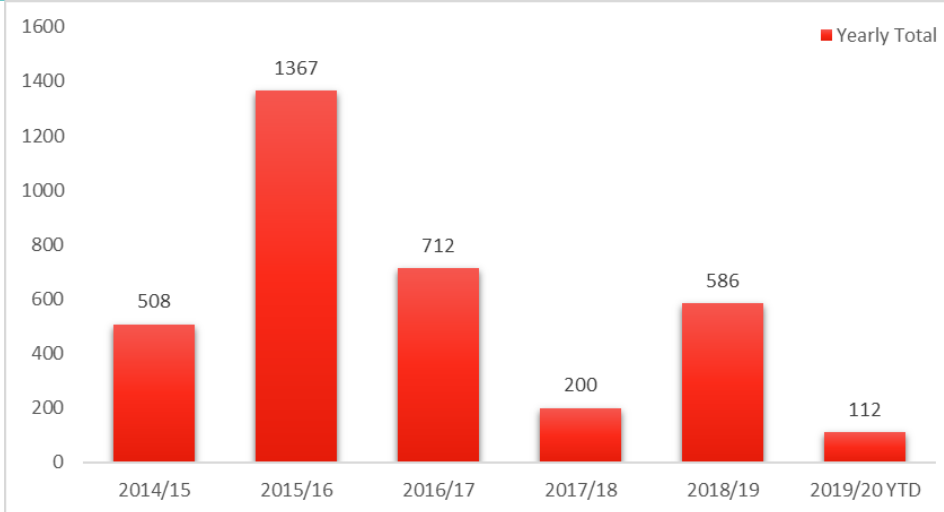


Aside from 2017/18 there has been a decreasing trend in Drink/Drug driving incidents and a weighted yearly projection from this quarter's figure promises a further reduction.



**7 – LOCAL ENVIRONMENT: PEOPLE LIVE IN POSITIVE, HEALTH PROMOTING LOCAL ENVIRONMENTS WHERE ALCOHOL AND DRUGS ARE LESS READILY AVAILABLE**

**FIG 7.1 REDUCTION IN THE NUMBER OF NEEDLES FOUND BY LANDS AND PARKS IN MORAY**



This measure is volatile in its nature and while this last quarter is low numbers for the year can easily go up based on a single big find.

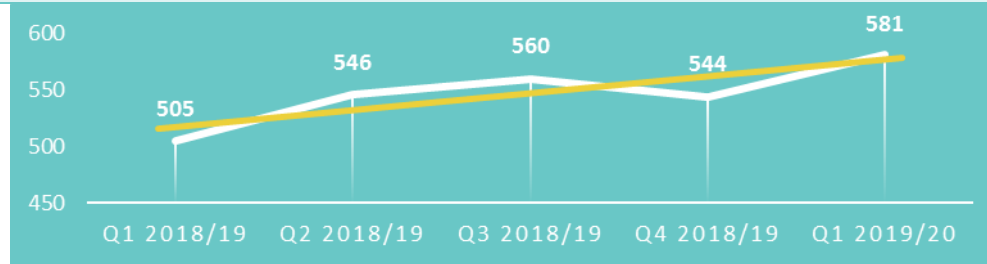
**FIG 7.2 BREAKDOWN OF NEEDLES FOUND IN Q1**

Date	Financial Year	Quarter	Area	Dept	Total No. of Needles Found
29/04/2019	2019/20	Q1	Town Centre	CFB	1
01/05/2019	2019/20	Q1	Quarryhill	Housing	20
03/05/2019	2019/20	Q1	Unknown	Housing	50
06/05/2019	2019/20	Q1	New Elgin East	Housing	1
10/05/2019	2019/20	Q1	Bishopmill	Collection	12
21/05/2019	2019/20	Q1	New Elgin East	Housing	1
21/05/2019	2019/20	Q1	New Elgin East	Housing	1
27/05/2019	2019/20	Q1	Inchbroom	Housing	1
31/05/2019	2019/20	Q1	New Elgin East	Collection	14
31/05/2019	2019/20	Q1	New Elgin East	Collection	1
19/06/2019	2019/20	Q1	Bishopmill	Lands & Parks	10

The majority of needles found this quarter were by the Housing Dept.

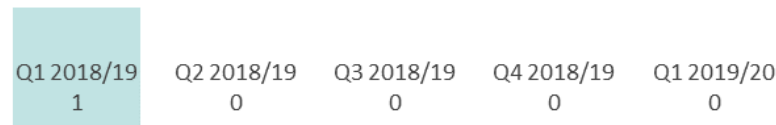
**8 - SERVICES: ALCOHOL AND DRUGS PREVENTION, TREATMENT AND SUPPORT SERVICES ARE HIGH QUALITY, CONTINUALLY IMPROVING, EFFICIENT, EVIDENCE BASED AND RESPONSIVE, ENSURING PEOPLE MOVE THROUGH TREATMENT INTO SUSTAINED RECOVERY**

**FIG 8.1 NUMBER OF CLIENTS IN SPECIALIST SERVICES IN MORAY**



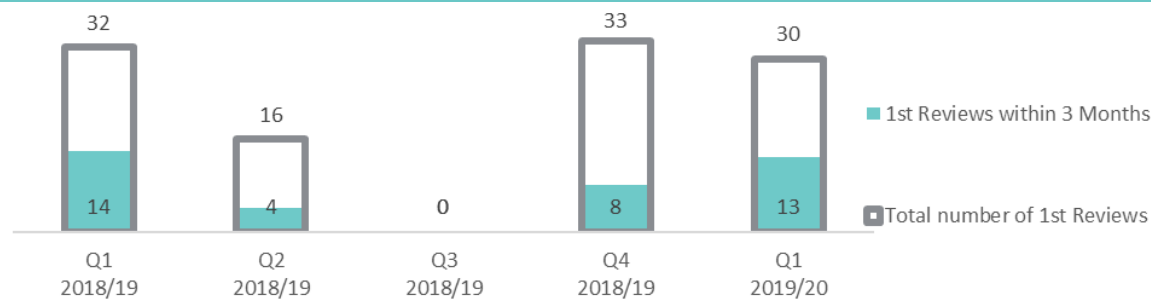
Q1 2018/19 saw a significant increase in the number of clients in specialist services in Moray.

**FIG 8.2 REDUCE THE NUMBER OF PEOPLE WAITING MORE THAN THREE WEEKS BETWEEN REFERRAL TO A SPECIALIST DRUG AND ALCOHOL SERVICE AND COMMENCEMENT OF TREATMENT**



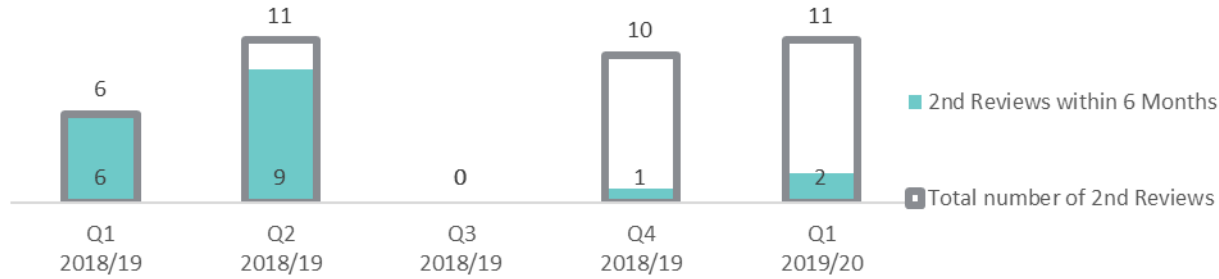
For the 4th quarter in succession, during quarter 1, no clients waited 3 or more weeks before starting treatment.

**FIG 8.3 NUMBER OF CLIENTS IN DRUG AND ALCOHOL SERVICES RECEIVING 1ST REVIEWS WITHIN 3 MONTHS**



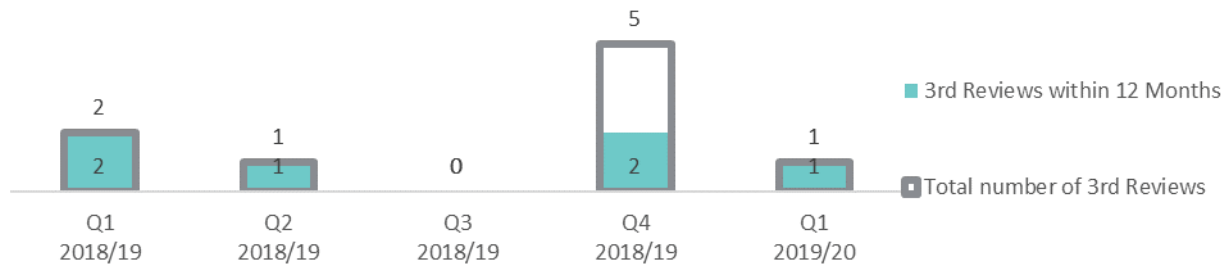
Over the last quarter 30 clients received a first review of which 13 received it within 90 days of assessment. This is an increase from 24% to 43% completion from quarter to quarter.

**FIG 8.4 NUMBER OF CLIENTS IN DRUG AND ALCOHOL SERVICES RECEIVING 2ND REVIEWS WITHIN 6 MONTHS**



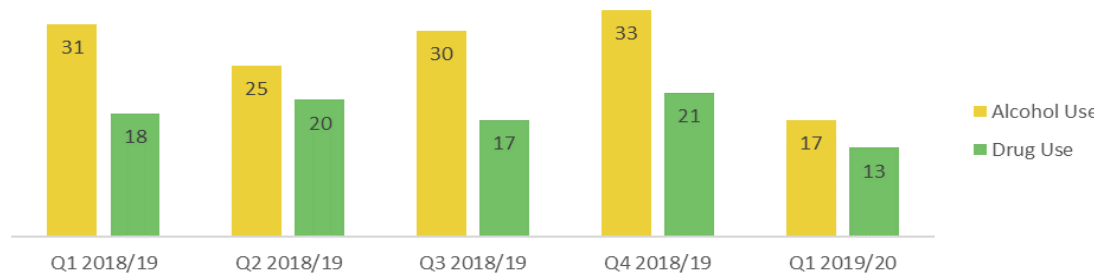
The number of second reviews done within 6 months in Q1 remained low in Q1.

**FIG 8.5 NUMBER OF CLIENTS IN DRUG AND ALCOHOL SERVICES RECEIVING 3<sup>RD</sup> REVIEWS WITHIN 12 MONTHS**



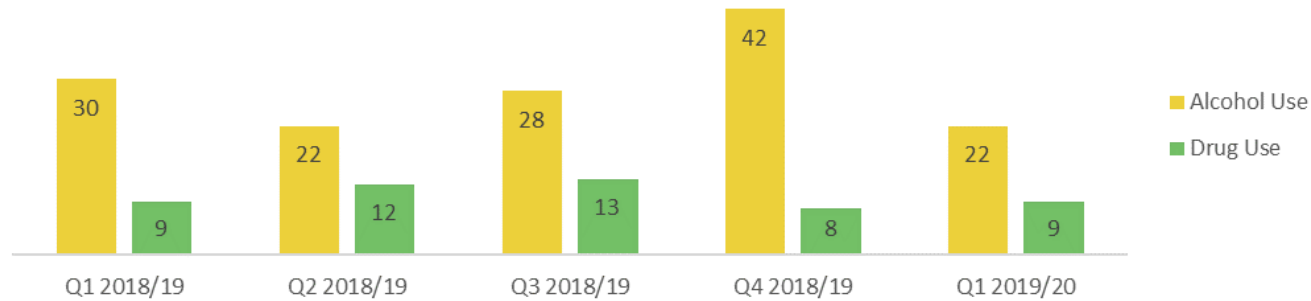
Only one client had a 3rd review this last quarter and they were seen within 12 months of assessment.

**FIG 8.6 REDUCE THE NUMBER OF UNPLANNED DISCHARGES FROM THE RECOVERY ORIENTATED SYSTEM OF CARE IN MORAY BY 10%**



Unplanned discharges almost halved from quarter 4 in quarter 1 (from 54 to 30), this was mostly driven by a reduction in unplanned discharges from Alcohol Use.

**FIG 8.7 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**



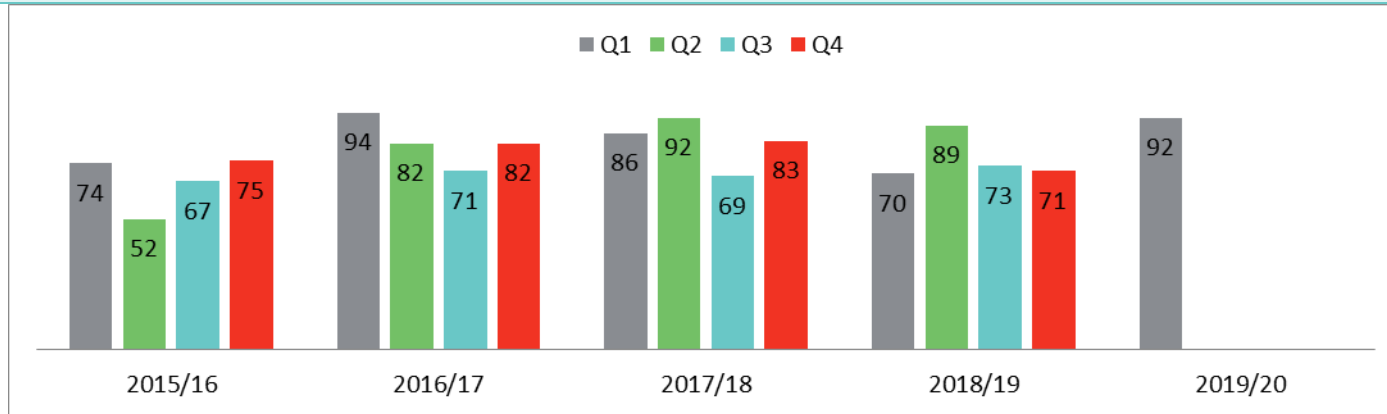
The number of planned discharges also fell in this last quarter (50 to 31) and this reduction is entirely in the numbers in those with Alcohol Use who were discharged.

**FIG 8.8 TOTAL NUMBER OF CLIENTS BY SUBSTANCE USED Q1**



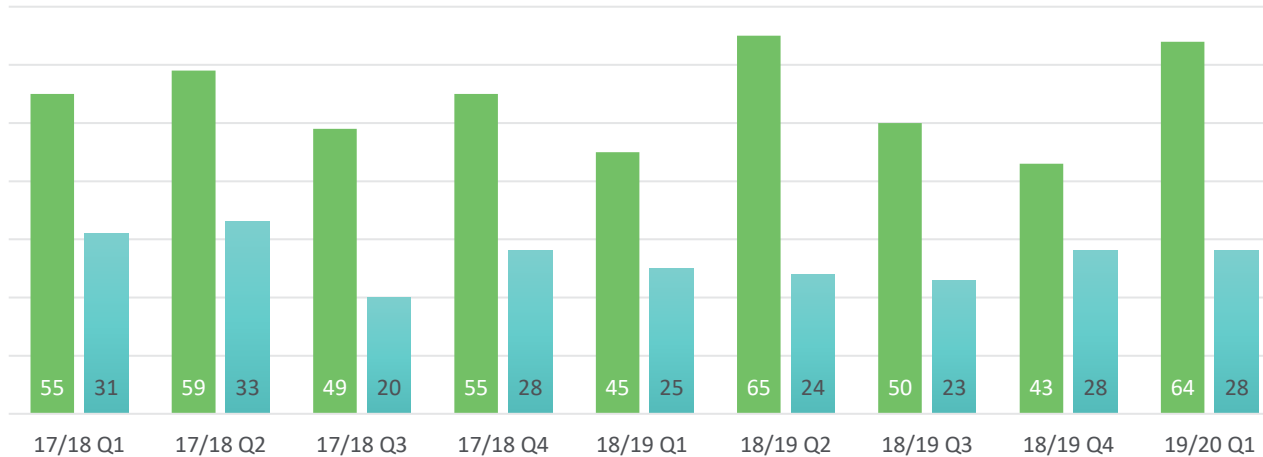
The numbers of people using drugs only makes up for 48% of all service users and 60% of all people use drugs.

**9 - NEW SERVICE USERS: QUARTER 1 2019/20**  
**FIG 9.1 NUMBER OF FIRST ASSESSMENTS**



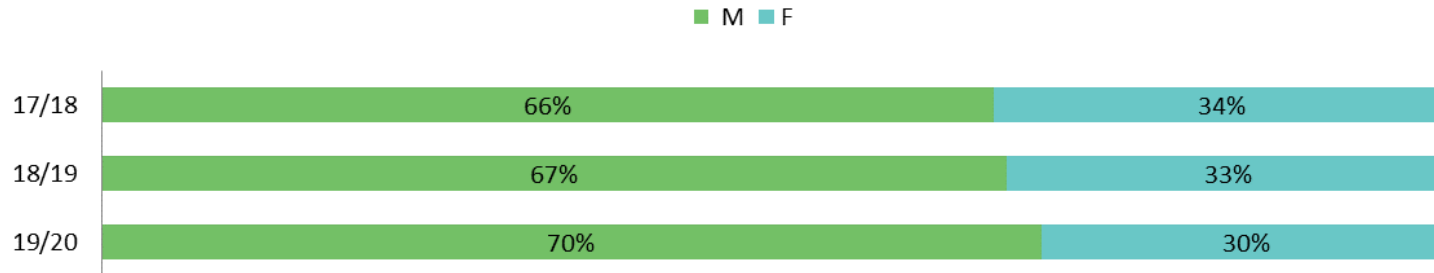
There was a large number of First Assessments done this quarter (92) second only to Q1 2016/17 which was 94.

**FIG 9.2 GENDER BREAKDOWN OF FIRST ASSESSMENTS BY QUARTER**



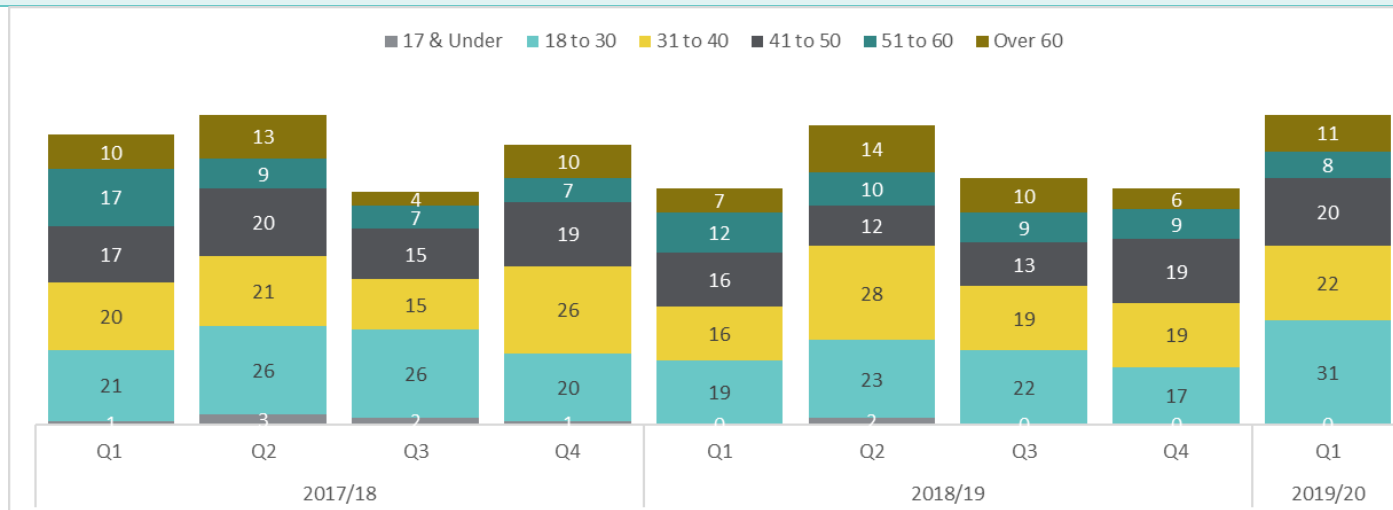
The increase in first assessments in Q1 was driven by an increase in male clients. The number of female clients remained the same quarter on quarter.

FIG 9.3 YEAR ON YEAR PROPORTIONAL GENDER BREAKDOWN



For the year so far the proportion of Males is 70% of First Assessments and this continues the trend of more males presenting for this.

FIG 9.4 FIRST ASSESSMENT AGE GROUP BREAKDOWN



There was a big jump in 1<sup>st</sup> assessments involving 18 to 30 year olds this quarter.

FIG 9.5 FIRST ASSESSMENT AGE GROUP PROPORTIONS

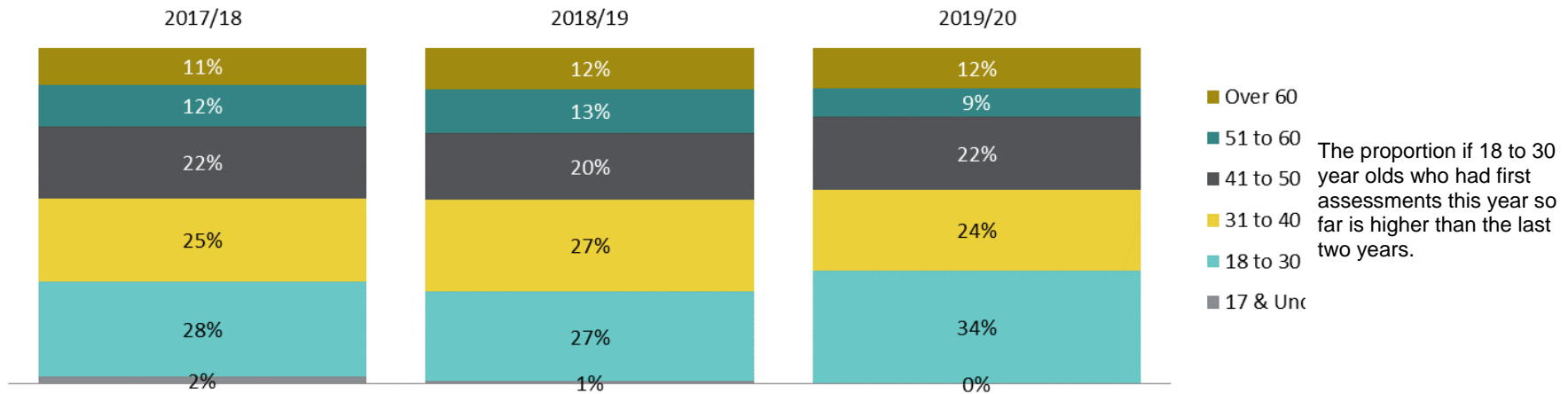


FIG 9.6 FIRST ASSESSMENTS BREAKDOWN BY SOURCE OF REFERRAL

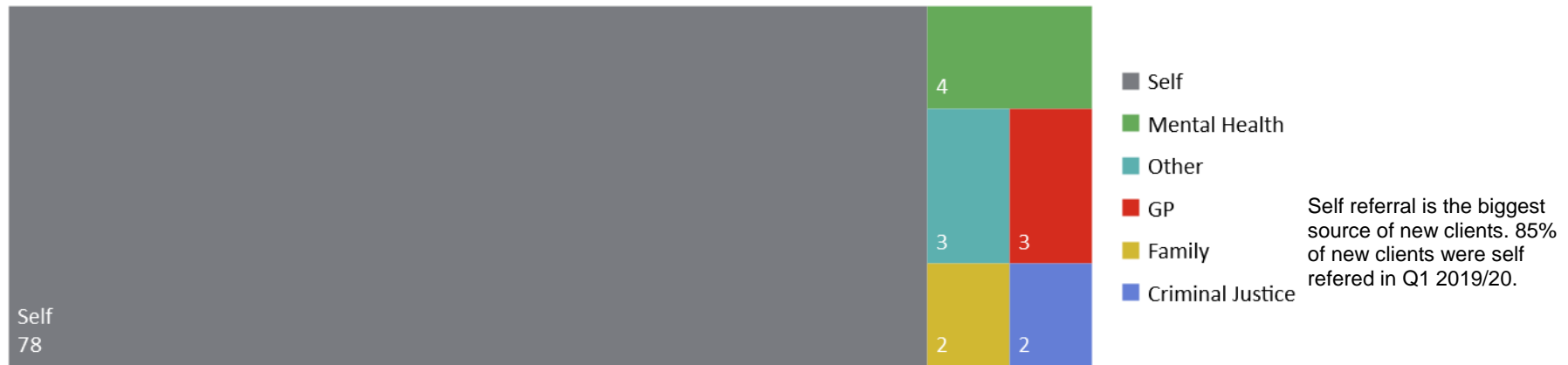
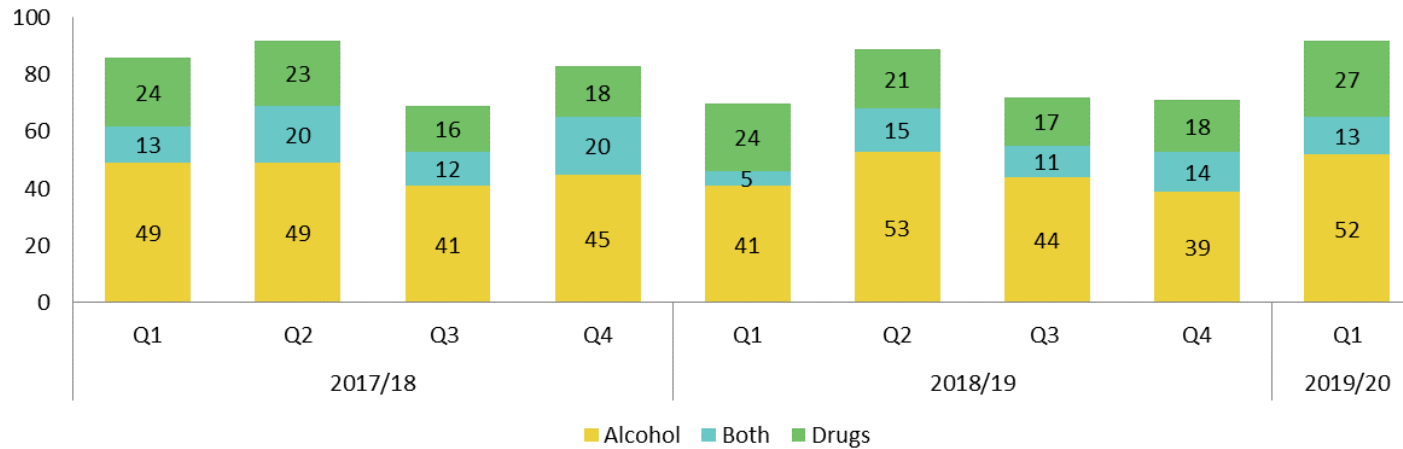
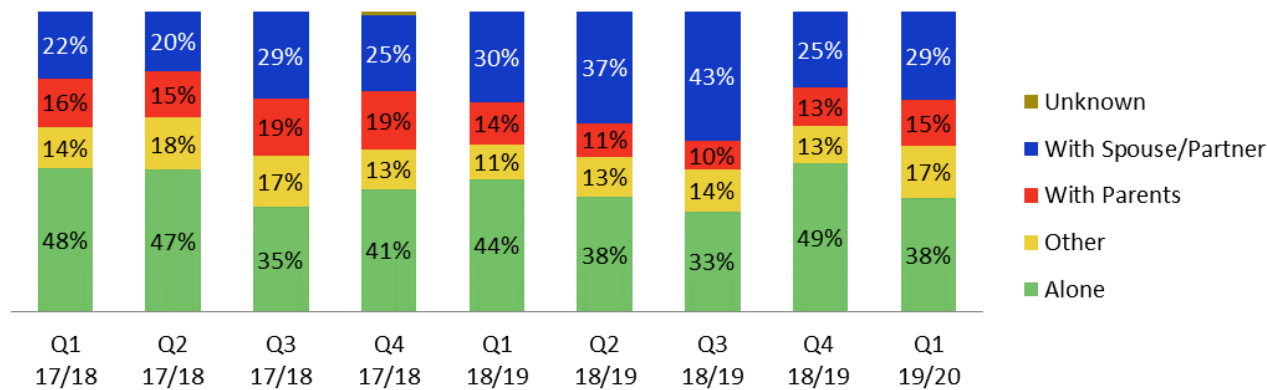


FIG 9.7 FIRST ASSESSMENTS BREAKDOWN BY SUBSTANCE USE



The number of new users with Alcohol only is up significantly on Q4.

FIG 9.8 FIRST ASSESSMENTS BREAKDOWN BY LIVING SITUATION



It is unsurprising that those living with parents has increased this quarter as the numbers of people 18-30 increased significantly.

FIG 9.8 FIRST ASSESSMENTS BREAKDOWN BY LIVING SITUATION



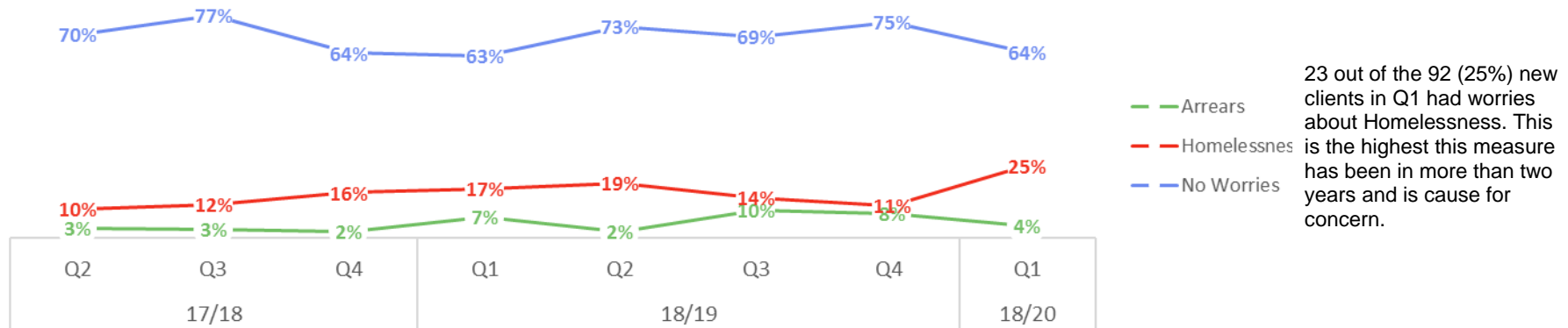
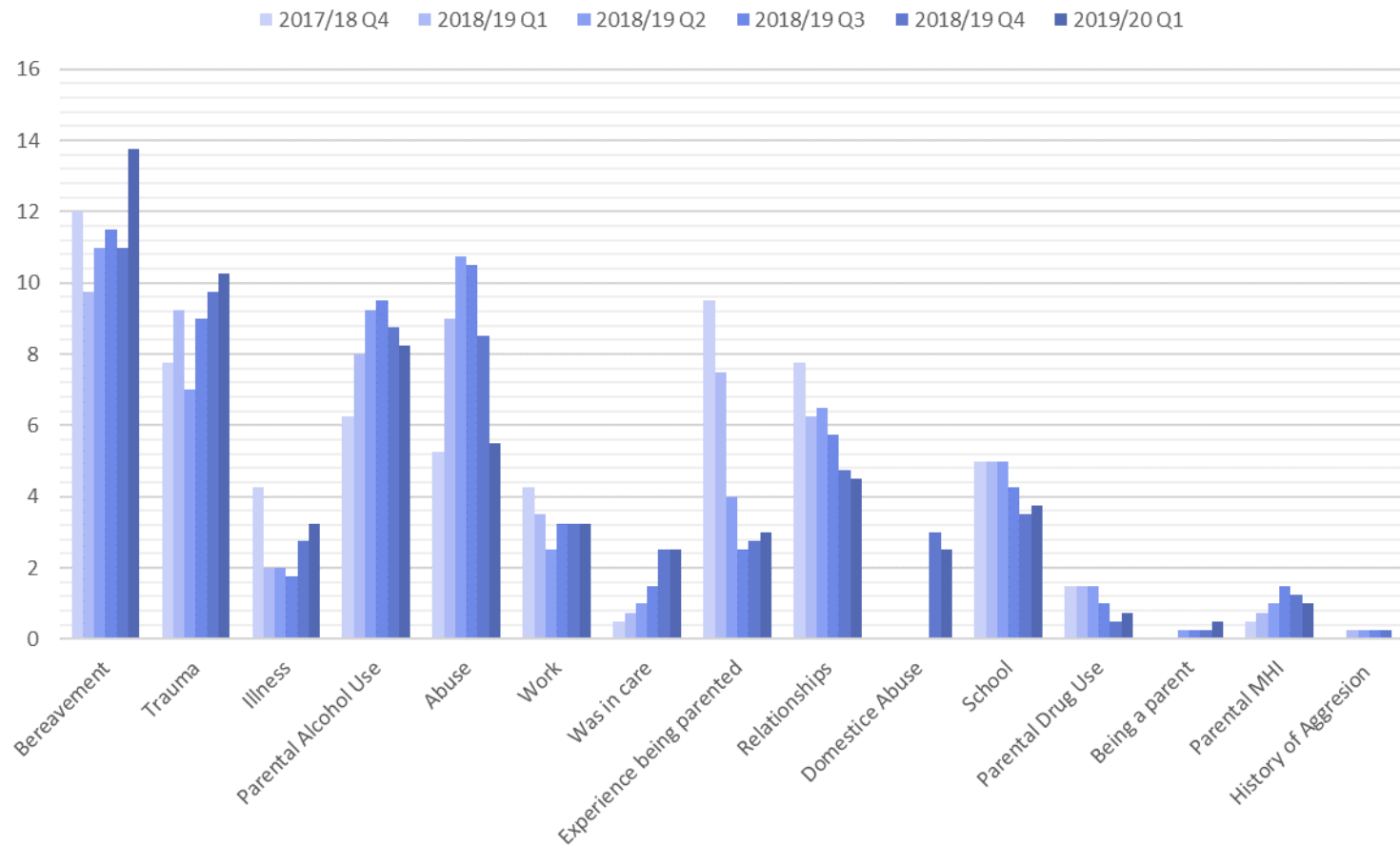


FIG 9.9 TRIGGERS FOR SUBSTANCE USE Q1 2019/20



FIG 9.11 TRIGGERS FOR SUBSTANCE USE ROLLING 12 MONTH AVERAGE



The rolling 12 month average for the triggers for substance use show a large increase in “Bereavement” in the latest quarter and a moderate increasing trend in “Trauma” and “Was in Care”.

“Relationships” and “School” are both decreasing but due to the smaller numbers this might not indicate a trend.

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.)