

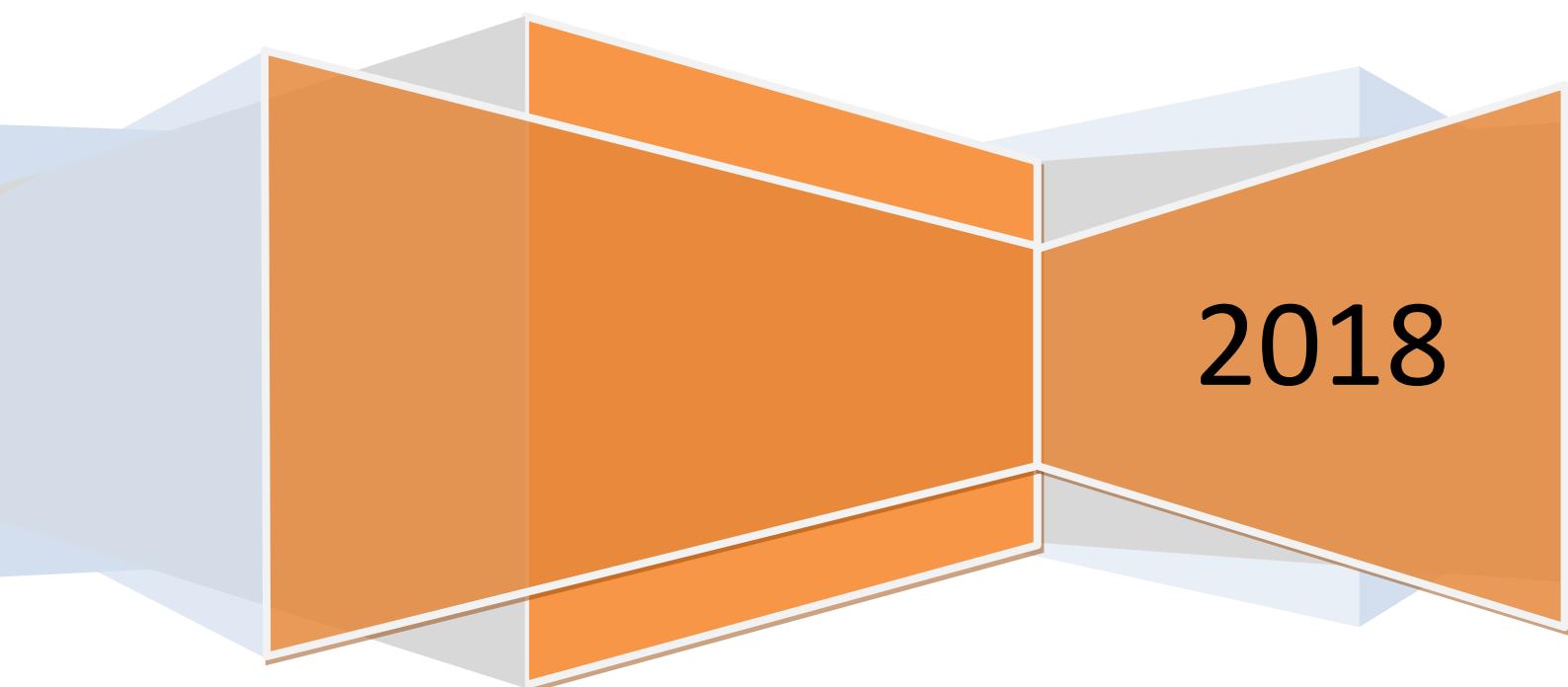
**London Borough of Waltham Forest**

# **Alcohol and Drug Strategy**

**2018 – 2021**

**Health and Wellbeing Board**

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**2018**

A 3D perspective bar chart composed of three vertical bars. The central bar is a solid orange color and contains the black text "2018". The top and bottom edges of this central bar are white. The bars are set against a light gray background.

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Version	Author	Date
1	Stella Bailey	13/02/2017
2	Stella Bailey	11/04/2018

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## BACKGROUND

The Health and Wellbeing Strategy 2016-2020 set out the overarching goal to improve health and reduce inequalities for all residents. The council's new Creating Futures strategy outlines the challenges and opportunities we face in the next few years. We are facing uncertain times. Council funding is changing, we do not yet understand the impact of Brexit and our population is ageing. Our ambition for the borough is to create strong and sustainable communities where people support themselves and each other. This requires a fundamental transformation of the way we work, in our relationship with residents and businesses, in how we connect communities and people together, in how we harness new technology for the greater good and how we make the most of the borough's amazing strengths.

## ALCOHOL AND DRUGS IN WALTHAM FOREST

Alcohol and drug use in the borough affects everyone, adding complexity to already complex lives. The London Borough of Waltham Forest aims to reduce the impact of alcohol and drugs in our community.

We know that we need to improve access to our treatment service for alcohol users, creating a welcoming, effective environment for individuals to achieve their goals. We know that we need to improve joint working across health, mental health, social care and criminal justice systems to ensure everyone receives a co-ordinated response to their needs. The council has an opportunity to bring people and organisations together, to allow collaboration and co-operation. This will allow us to share responsibility for solving problems and making decisions.

We also know that whilst alcohol and drug misuse may feel isolating, it has significant impacts on family members who would benefit from individualised support that recognises their role as support system and carer – at any age. We will work with our community to find the best ways to deliver interventions and support.

## WHAT MATTERS TO PEOPLE

***"Make it harder to get drugs and alcohol don't just make it more expensive"***

***"Improve community spirit, support people with bereavement"***

***"We think both drugs and alcohol should be prioritised and we also think the causes of drug or alcohol dependency should be prioritised."***

Residents on the Have your Say survey 2017 want the local authority to do more to reduce drug and alcohol misuse in communities, and to do so by improving community integration, providing support where support is needed and arresting those who break the law. We intend to create a new relationship with our residents, changing the way we work with one another, empowering residents and connecting communities. By collaborating even further with our partners, we aim to eradicate health and social inequalities in the borough and provide better value for money for council tax payers by reducing duplication. We are much stronger and more able to tackle issues such as gang crime, mental health, homelessness and radicalisation if we work together, utilising all the assets of the community.

Service users say that part of their recovery should include more access to life skills, back to work skills, support to access exercise options, and more options to use creativity to express themselves. They want treatment services that can deal with dual diagnosis mental health and substance misuse conditions; more needle exchange services; and more options for pain management. We can support this by shifting our mind-set from trying to deliver cheaper and more efficient services and seeing ourselves as a service provider to thinking about how we can draw on our assets in the borough to help individuals and communities. We need to harness the artistic, imaginative spirit we have in the borough to make and create new ways of working and develop new infrastructure to support our communities.

This will mean being more open to experimentation and trying things out. We want to draw on creative tools and techniques to better understand people and work with them to generate new solutions, which we then test out in practice. With this approach, things won't always be right first time, but we'll learn from the process of doing and continuously improve.

Young people want us to focus on prevention, and that includes more education about alcohol and drugs in schools, and to reduce the availability of cheap alcohol. Treatment services are important and should also be a priority and they have requested that we look more at prescription drug abuse. They've also asked us to look what pressures young men to drink excessively. Our work needs to be evidence-led and we need to collaborate with partners and co-produce with users. Our LGBT community want us to make sure efforts are being made to prevent substance misuse, not just assist in the recovery of individuals and families affected by it. They would like to see a focus on supporting young people to value and respect themselves, find their inner worth, develop their self-esteem & to learn about difference and inclusion & equality as the starting point to tackling drug and alcohol abuse. We are committed to working with this community to co-produce solutions to address these outcomes.

## WHAT THE DATA SAYS

- *Notes: These facts will be turned into infographics*
- 5% adults estimated to be high risk drinkers locally, compared to 4% nationally
- 1.4% of local residents are thought to be dependent drinkers compared to 1.3% nationally
- Women aged 18-24 had a higher rate of admission to hospital in Waltham Forest (2015-17) than men the same age.
- Rates of hospital admissions in men doubled in the 25-39 age groups and doubled again in the 40-59 age groups to a rate of 7.5 per 1,000 population before dropping again in those aged 60 and above.
- 68% of opioid clients are not accessing treatment (50% nationally).
- The percentage of new presentations accessing treatment with diagnosed mental illness was 16% in 2016/17, compared to 24% nationally.
- 15% of new presentations to treatment in the 2016/17 financial year reported living with children. This is lower than the national average (20%).
- 9% of referrals were from the criminal justice system compared to 22% nationally
- 90% of residents who are dependent drinkers and 68% of opioid clients are not accessing treatment
- Drug related deaths in Waltham Forest residents have increased significantly since 2012/13, at a faster rate than other parts of the country.

### Young people

- 100% of service users began using substances before the age of 15, compared to 92% nationally
- 37% of service users were not in education, employment or training compared to 17% nationally
- 53% involved in offending or anti-social behaviour compared to 32% nationally

## WHAT WE WILL DO

### PARENTAL SUPPORT AND EARLY YEARS

#### Aims

- Parents and carers will be supported when they need support in relation to their own use of substances or substance use in their children. (**Wellbeing and independence**)
- Children and young people feel supported to overcome the challenges in their lives, whatever those challenges may be, and building resilience against substance misuse in later years.

- Specialist support will be co-ordinated, effective and meaningful to young people in need, ensuring that they only have to tell their story once.
- School pupils receive accurate, current information on all psychoactive substances and the risks related to these products.

### **Interventions**

- Early Help, Corporate Parenting, Education Services and Youth Offending Service will continue to work together to ensure that staff and adults around the child have the knowledge and skills to support young people affected by others substance use, or who use substances themselves.
- A Business case to implement universal, school based programmes to develop life skills in our young people is currently being reviewed. This will provide evidence based early interventions for our residents proven to reduce substance misuse in later years.
- The Young People's Substance Misuse service will improve capacity building work among school staff to ensure that adults that support young people have up to date knowledge on trends in substance use among young people and equip them with the skills to develop resilience.

## OPPORTUNITIES AND PROFESSIONAL DEVELOPMENT

### **Aims**

- Professionals supporting, safeguarding and providing services for our residents have access to facts and evidence based tools to identify substance misuse need and respond with a strength based approach.
- All residents have the opportunity to thrive in the life they choose to lead, identify and use their strengths to gain employment, give back to their communities, and successfully transition through life stages, such as:
  - Unemployment to employment
  - Recovery from trauma and bereavement
  - Loss of housing
  - Criminal Justice System

Young people will be supported through recommendations made by the Council's Life Chances Commission to engage with education, employment or training, and encouraged to take meaningful steps away from substance misuse and the drug-related economies that sustains it.

### **Interventions**

- Professionals across the health and social care sector will have access to evidence based tools for identifying alcohol and drug use, which will be delivered in a supportive, non-judgemental context with users to encourage action and develop self-help strategies. This includes Making Every Contact Count, Audit C, and positive conversation skills.

- Access to Education, Training and Employment support, housing advice, and welfare advice is available across a wide breadth of services in addition to existing substance misuse treatment services so that residents can easily understand the options available to them.
- Carer support will be available to residents who are supporting a family member, community member or friend with their substance misuse issues through better integration with the community and volunteer sector.
- Opportunities to support individuals in treatment services for substance misuse, or their families, will continue to be available through the Social Prescribing Service

## SERVICES FOR WELL-BEING, HEALTH, PREVENTION AND CARE

### Aims

- Residents will have options to address poor well-being through community led initiatives =
- Residents with a mental health illness and problematic substance use will experience seamless and effective care, where professionals will work across organisational boundaries to help support their dual diagnosis.
- Recovery services will prioritise all health outcomes for their clients, protecting users against blood borne viruses, and improve nutrition and exercise.

### Interventions

- We will work with the local voluntary sector to improve access to community groups to young people and adults affected by substance misuse. We will commit to providing the tools residents need to support and help each other. We will do this by ensuring residents are more engaged by empowering them to become involved in their communities, through activism, volunteering or setting up a social enterprise.
- The local health and social care system will work together to create joint ways of working to improve our response to individuals diagnosed with mental health conditions concurrent with substance misuse.
- Individuals in treatment for substance misuse in either adult or young people's services will have access to physical health and exercise programmes. Testing and treatment for Hepatitis C will be delivered in our treatment centres.
- Individuals using adult or young people's substance misuse treatment services will have access to nutrition and cooking education to help them develop the skills to be able to have a healthy and balanced diet.

## SAFE, SECURE AND SUPPORTIVE ENVIRONMENT

### Aims

- Residents are safe from anti-social behaviour and drug related criminality in their neighbourhoods and in their homes. We will work closely with our colleagues in planning and housing as well as those in the statutory sector to work towards this.
- Local businesses will be supported to become responsible retailers of alcohol, and continue to face penalties for failing in their responsibilities to protect their customers from harm.
- The night time economy develops into a safe, secure environment that can be enjoyed by all residents.

### **Interventions**

- The work of the local Community Safety Partnership
- The work of the Healthy High Streets project
- The work of planning

### **HOW WE WILL KNOW THAT WE'RE MAKING A DIFFERENCE**

*Notes: these will be turned into info-graphics with PHE and other references*

- Fewer young people reporting low life satisfaction
- Fewer young people participating in 3 or more risky behaviours
- Fewer young people taking cannabis or any other drug
- More schools reporting confidence in their ability to identify and discuss drug and alcohol use among their students
- Reduction in drug related deaths
- Increase the use of peer support groups in the borough
- Increase in volunteering and support
- Increase in number of people with a diagnosed mental health condition in treatment
- Increase in percentage of eligible persons in substance misuse treatment who have received a hepatitis C test
- Increase in responsible retailers in the borough that offer healthy alternatives
- Decrease in the proportion of adults that binge drink on their heaviest drinking day
- Decrease in violent assaults
- Decrease in domestic violence