

Substance Misuse : Birmingham's Adult and Young Peoples Treatment Services

OSC – 19th November 2019

Alcohol Misuse-Birmingham

- 13,300 people are alcohol dependent.
- 373 deaths from causes specific to alcohol per annum.
- 1400 alcohol dependent people in treatment (12%).
- Estimated 2,900 adults dependent on alcohol living with children.
- A heavy drinking profile of those in treatment.
- Numbers in treatment has reduced.

(Source Public Health England)

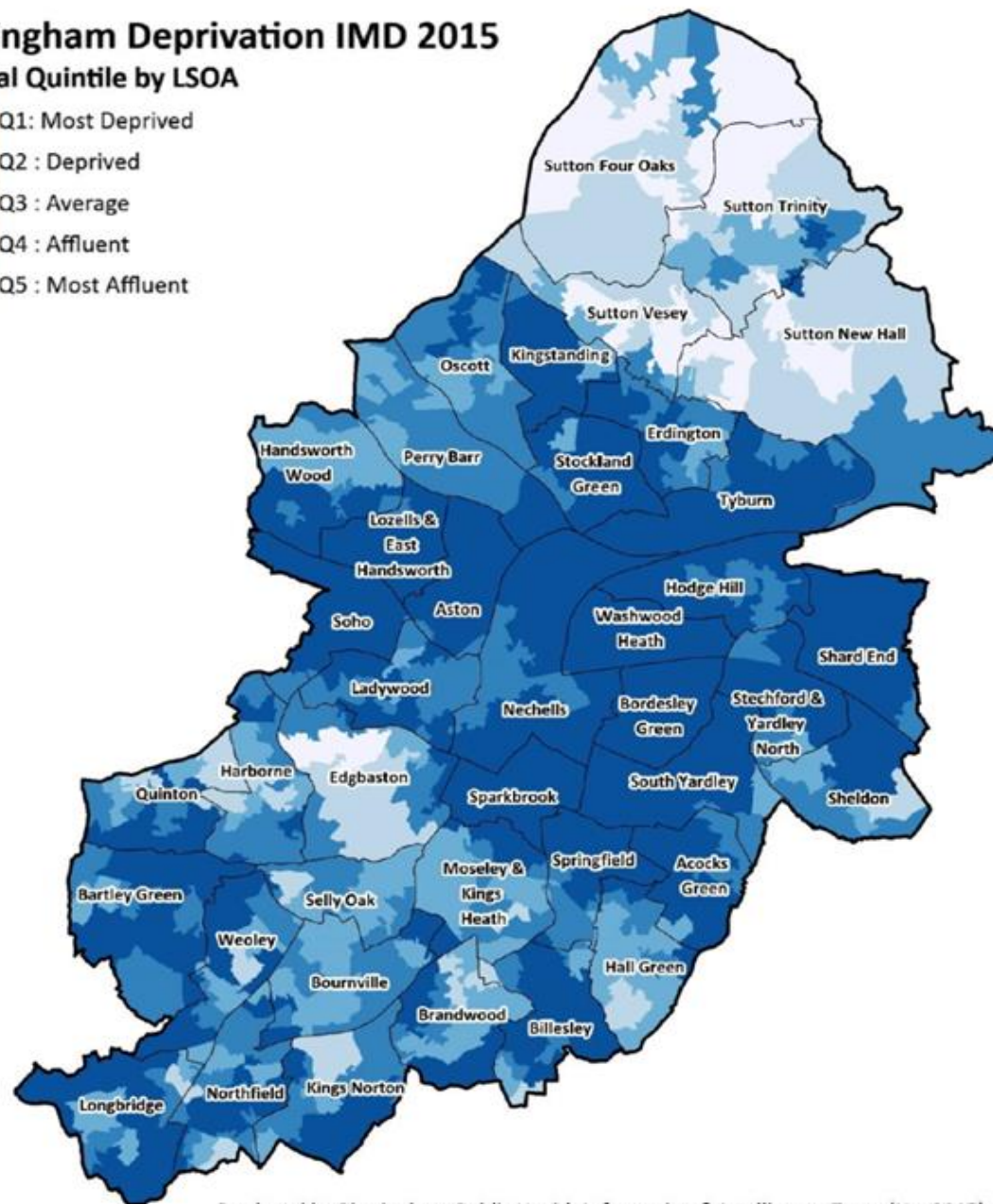
Drug Misuse - Birmingham

- 10,500 people using opiates and/or crack.
- 173 deaths from drugs misuse per annum.
- 4700 in treatment (43%).
- Estimated 3,400 adults dependent on opiates living with children.
- Those in treatment and those new to treatment tend to have multiple complexities.
- 1100 users in treatment using other drugs/alcohol.

(Source Public Health England)

Birmingham Deprivation IMD 2015

National Quintile by LSOA



Produced by Birmingham Public Health Information & Intelligence Team (Nov2015).
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Birmingham as a whole has high levels of deprivation with 40% of the population living in the 10% most deprived areas of England.

Many areas within Birmingham are amongst the most deprived in the country.

	Q1 2019/20 - Numbers in Treatment/Recovery with CGL				
Birmingham Constituency	Opiates	Alcohol Only	Alcohol & non-opiates	Non-opiates only	All substance groups
Edgbaston/Hall Green	738	24	11	13	786
Hodge Hill/Yardley	766	28	14	8	816
Perry Barr/Ladywood	1344	74	26	21	1465
Selly Oak/Northfield	736	49	17	11	813
Sutton Coldfield/Erdington	739	87	28	6	860
Totals	4323	262	96	59	4740

Adult Services

- Change Grow Live
- 5 year contract awarded 2015 – 2020
- To be Extended to 2022
- £15m contract value 2018/19
- Key commissioning intentions:

Think Family

Single System

Recovery Outcomes

Adult Services Performance: – Successful Completions

Eight Core City Ranking:

- Opiate clients Birmingham ranks 3rd highest.
- Alcohol clients Birmingham ranks 2nd highest.
- Non-opiate clients Birmingham ranks 2nd highest.

Birmingham's substance misuse spend per head of population is £13.79 which is the 7th lowest.

Young People's Services

- Aquarius
- 2 year contract 2019 – 2021
- Option to extend for additional 1+1 years
- £673,000 contract value 2019/20
- Key commissioning intentions:
 - Minimise the misuse of drugs, alcohol and tobacco
 - Reduce risk / vulnerabilities in a holistic approach

Young People Performance

- 79% Planned Completions
- 61% wider care plan needs met at treatment exit
- 92% showing improved Emotional Health at treatment exit

Issues

- Ageing Opiate population
- New range of substances
- Alcohol
- Agendas / pathways to service:

Mental Health

Prison release

Employment

Criminal justice

Blood borne Virus

Domestic Abuse

Acute Sector

Child protection

Homelessness

- Multiple complex needs of young people

Future Commissioning Plan post 2020

- System wide review of the key outcomes regards the substance misuse agenda.
- Partners to include health, social care and criminal justice.
- Collaborative commissioning opportunities
- Children and adult contract timelines aligned
- Needs / trend analysis
- Evidence base as to what works

Future Commissioning Plan Approach

Stage	Intervention
Prevention	Eg Making Every Contact Count (MECC)
Early Intervention	Eg Children and young people's services
Treatment	Eg Counselling, Motivational Interviewing' Cognitive behaviour therapy
Maintenance / Harm Reduction	Eg Methadone scripting
Recovery	Eg Mutual Aid (AA, NA), pathways to employment



Change Grow Live, Substance Misuse Services in
Birmingham

Presented by:

Sian Warmer – Deputy Director

Date: November 2019



Our goal is to help service users regain control, change the direction of their lives, grow as a person and live life to its full potential.

Our service in Birmingham

CGL is a service for adults (over 18s) experiencing difficulties with drugs or alcohol in Birmingham. Our support includes:

- Family support
- Help in maintaining and finding employment
- A liaison team working across Birmingham's hospital
- Tailored support for BME communities
- Support in finding accommodation and support for Birmingham's rough sleepers task force
- Mutual aid and peer support groups
- Criminal Justice employment programmes
- An inpatient detox service and residential rehabilitation
- A small grants scheme supporting community level recovery projects

Birmingham is one of the only cities in the UK that provides such a range of support within a single system.

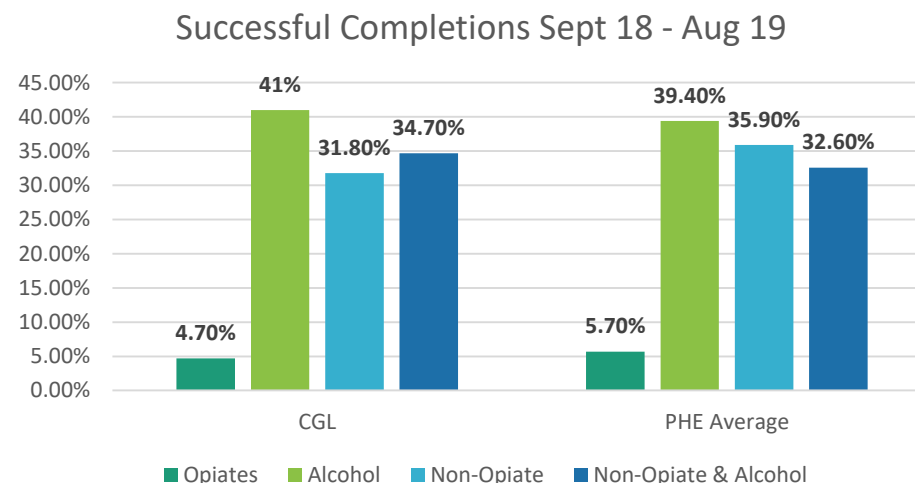
What service do people receive?

We've been providing services since March 2015, and the number of people that find recovery in Birmingham is on a par with the top 25% of services across the country.

Success Completions Sept 18 - Aug 19 (CGL Info Dashboard)		
Drug Category	CGL	PHE Average
Opiates	4.70%	5.70%
Alcohol	41%	39.40%
Non-Opiate	31.80%	35.90%
Non-Opiate & Alcohol	34.70%	32.60%

Re-representation Rate Sept 18 - Aug 19		
Drug Category	CGL	PHE Average
Opiates	6.10%	15.60%

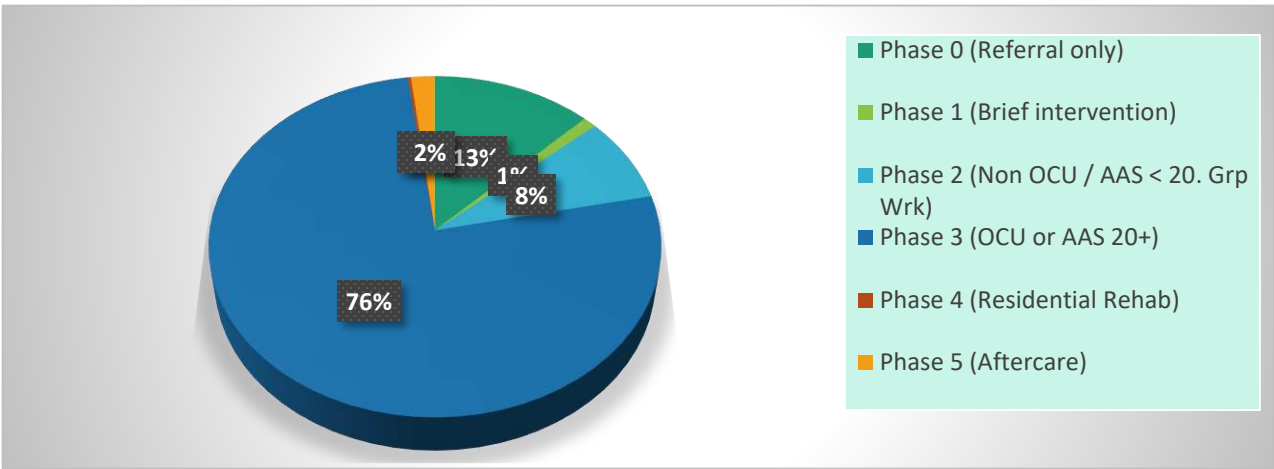
% of Clients in treatment with contact with the CJ System (DOMES Qtr1)	Column1	Column2
Drug Category	CGL	National Average
Opiates	32.0%	19.7%
Alcohol	9.8%	5.8%
Non-Opiate	24.9%	10.6%
Non-Opiate & Alcohol	19.5%	9.9%



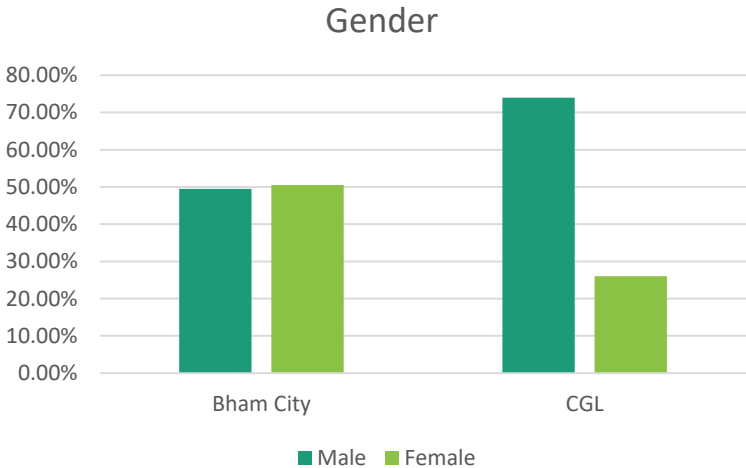
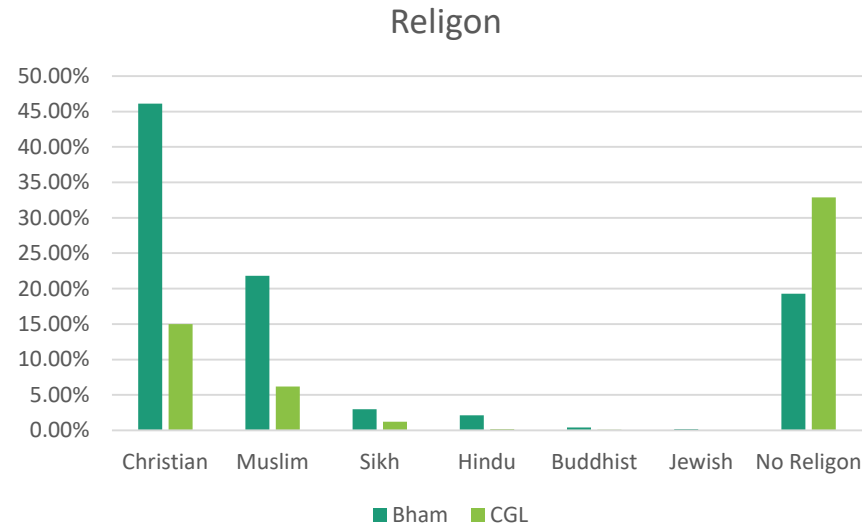
Successful Completions Sept 18 - Aug 19 (Partnership Report)

- Circa 860 successful completions (With NDTMS consent)
- Circa 930 successful completions (with & without NDTMS consent)
- Of which ,234 successful completions of clients in treatment who live with children.

CGL Birmingham – Birmingham’s Health Inequalities & Demographics

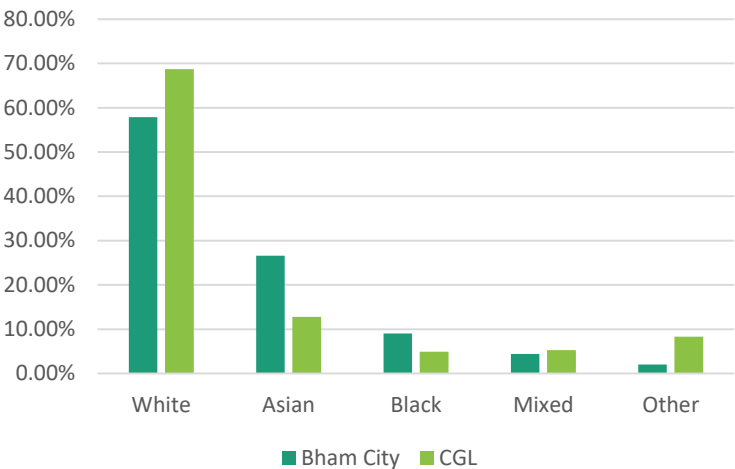


The Below graphs outline the population of Birmingham City demographics against the CGL caseload as of September 2019:

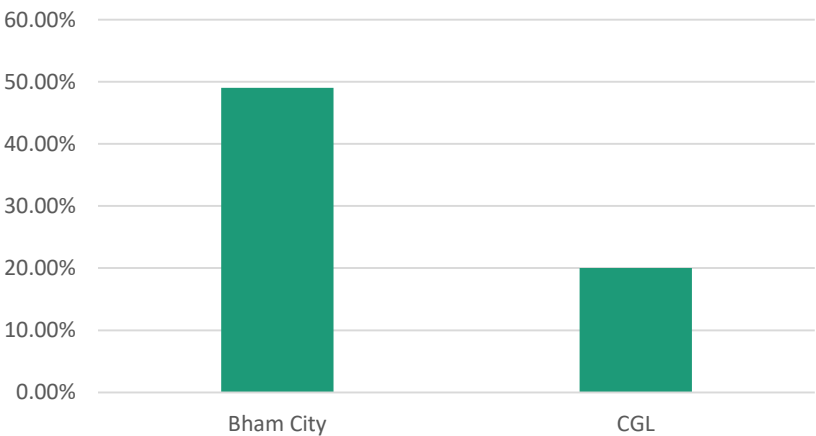


CGL Birmingham – Birmingham’s Health Inequalities & Demographics

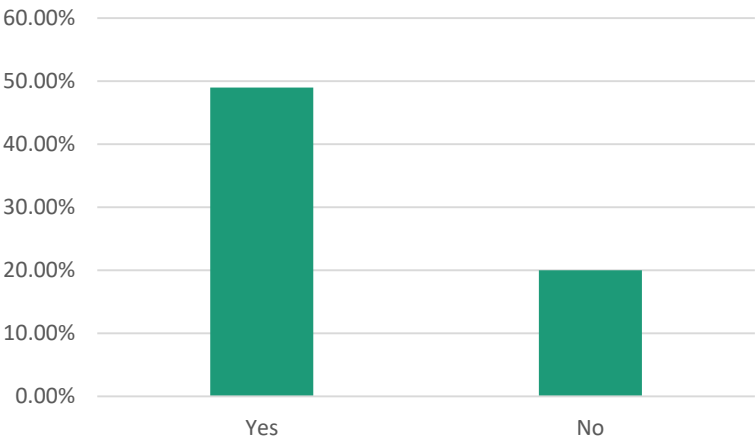
Ethnicity



Married/Cohabit



CGL Mental Health Status



Future Developments:

- 4 integrated hubs & a locality model of delivery
- Colocation opportunities
- Growing local assets and partnerships
- Contract extension – revised commissioning intensions

Partnerships:

- Subcontractors – Strategic Business Partners
- National Living Wage Foundation
- Street Intervention Team
- Housing First / Homeless Agenda
- Drug and alcohol death related enquiry group
- GP Shared care scheme
- Specialist Midwives
- Hep C Trust
- Hep C and HIV collocated clinics
- Umbrella – Sexual Health Services
- BSMHT
- WMP – Naloxone for officers

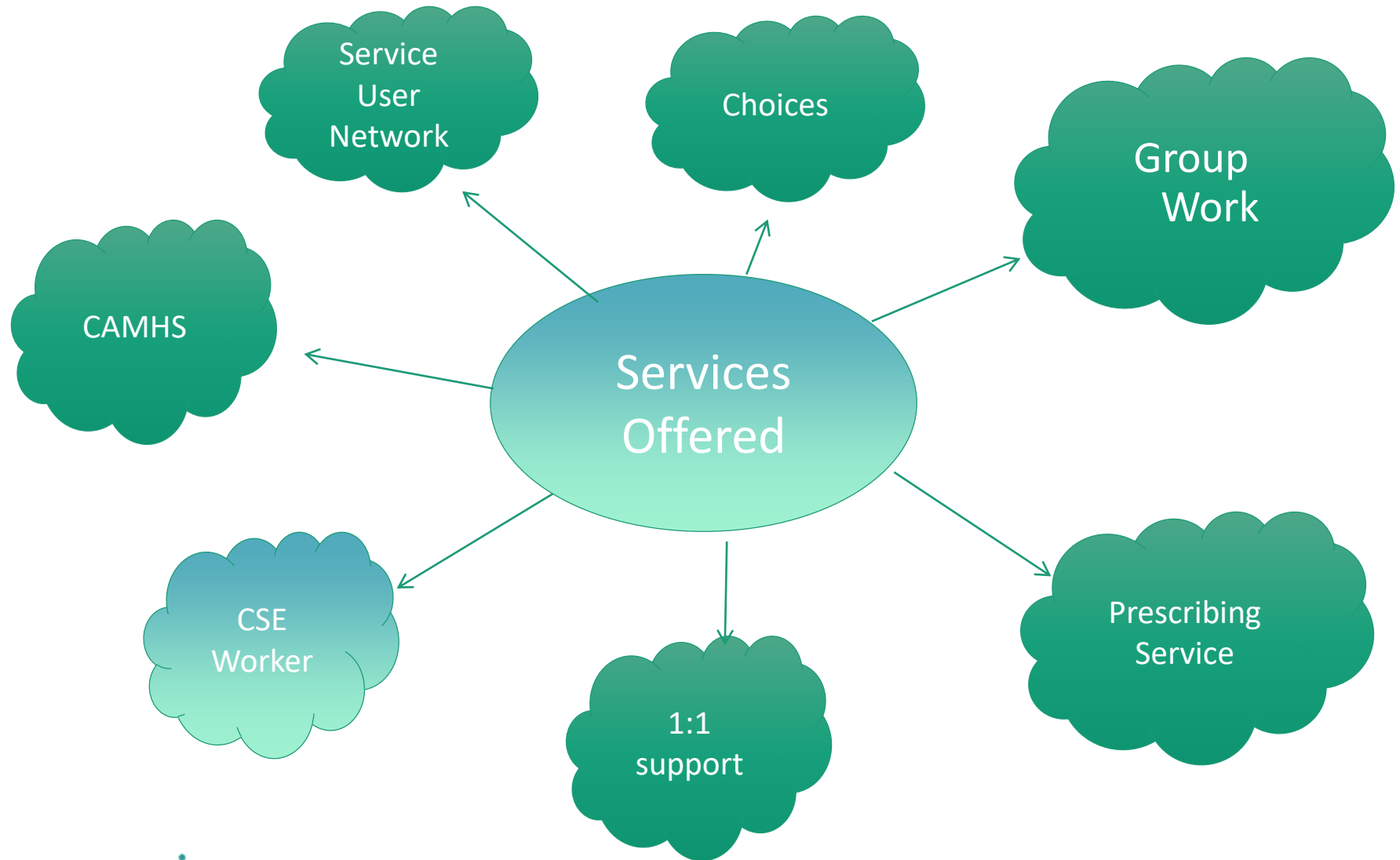
Aquarius: Young Peoples Service



What is the Aquarius Young Peoples Service?

- An under 18's substance misuse treatment service
- A multi-disciplinary team
- A service that is city wide

Our Services



Who do we work with?

- **Any Young Person under the age of 18 (under 21 if high additional needs) years old**
- **From any part of Birmingham**
- **From any background**
- **Living in any circumstances**
- **As long as the Young Person wants help and support around their drug and/or alcohol use then we will work with them**
- **High Risk Groups: Young offenders, LAC, NEET, NFA, young people with mental health and neuro-developmental Issues, Young People at risk of Sexual Exploitation (CSE)**

How do we work with our clients?

- Rapport Building
- Building Trust
- Being open/ honest & transparent (Confidentiality Agreement)
- Motivational Interviewing to resolve ambivalence and encourage change talk
- Social and Behaviour Network Therapy (SNBT)
- Cognitive Behavioural Approaches with a focus on goal setting and action
- Risk Assessments & Care Plans (regular reviews)
- Harm Reduction Advice/ Offer Drug Tests
- Referrals to other agencies (to increase the YP's support network)
- Multi-Agency working (inc. Safeguarding)

Substance Misuse Breakdown

The Bulk of our referrals are for the following drugs:

- **Alcohol (70%)**
- **Cannabis (75%)- nearly 90% “new” Cannabis**
- **Alcohol and Cannabis (60%)**
- (We are getting increasingly higher numbers of referrals for **Legal Highs (such as Black Mamba & Exodus Damnation)**)

Less frequently, we also see Young People using:

- Cocaine
- Ecstasy
- Speeds
- Solvent

Choices Project

- Works with Young People aged 10-19yrs old who are affected by Parental Substance Misuse
- Nearly 150 YP a year through the service.
- Offer 12 week support package (can be extended if necessary)
- Work around:
 - **Building Resilience**
 - **Exploring Coping Strategies**
 - **Removing Guilt**
 - **Developing drug/alcohol awareness**
 - **Developing support networks**
 - **Looking to the Future/Goal Setting**
 - **Safety Plans**

Safeguarding

Our clients safety & well-being (both physically & emotionally) are paramount and in certain cases we are required to act in the following ways:

- Referrals to Children's Social Care
- Initiation of fCAF's
- Active involvement in fCAF's, ISP's, CP conferences
- Escalating cases within Social Services if we feel they aren't safeguarding the client
- Liaison with Police & other professionals

We conduct regular Safeguarding Supervision to ensure good practice

Service Partnerships

- **St Basils** – member of staff based in the Hub
- **Pathfinders** – seconded member of staff
- **Barnardo's** – CSE and Substance Misuse worker
- **Engagement Navigator** – Working with Rough Sleepers
- **Welcome** – YP engagement worker linking YP to post treatment alternatives

Outputs

- Between 150 and 200 active clients at any one time
- Between 700 and 800 through the service in a year
- A combination of Focal/ Affected Others/Pathfinders/CSE
- During Q1 2019 a referral from 48 individual Bham postcodes
- 65% Male to 35% Female
- Ages from 10 to 19

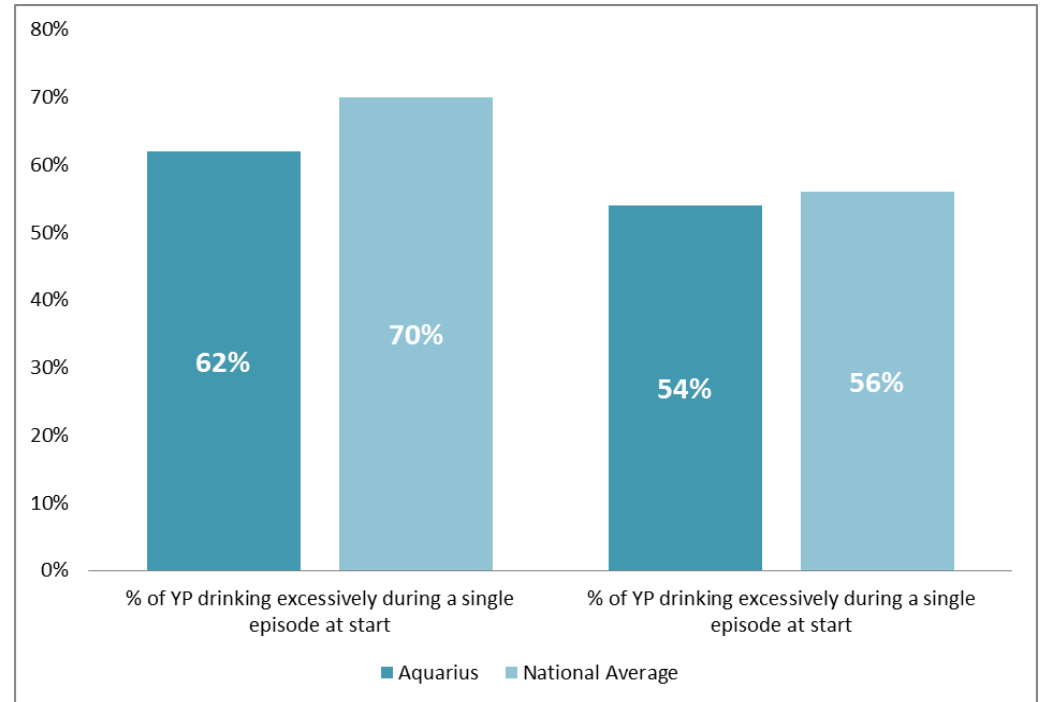
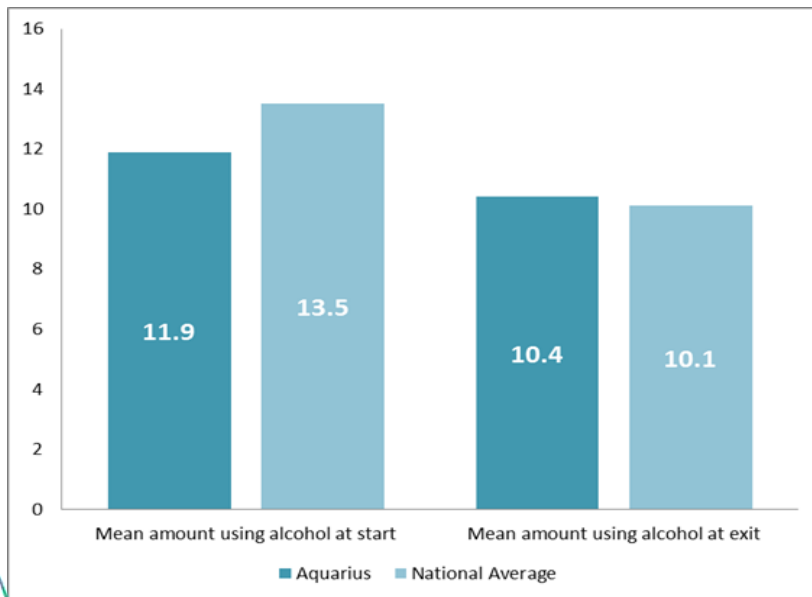
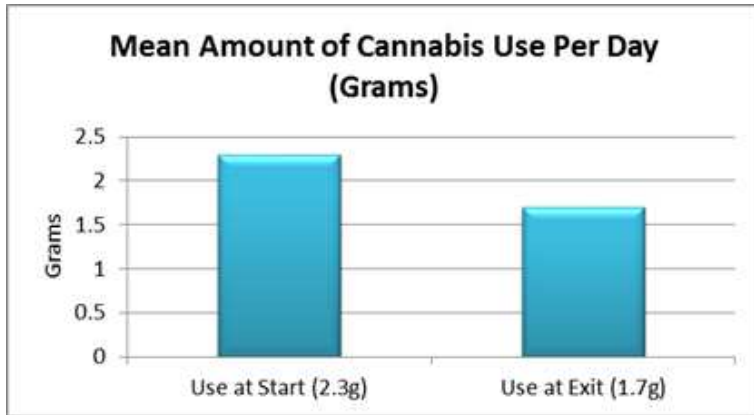
Data – Difference from National and wider complexity

- 38% in Mainstream Ed. 50% national average
- Solvent use 5% compared to 3% national
- 32% NEET compared to 19% national
- 41% White British compared to 75% National
- 16% Domestic Violence
- 67% Triggering action from the SDQ (Meatal Health Screening tool)

NEET's

- 32% of case load are NEETS. Much bigger problem within Birmingham service then national trend
- Led to creation of Evolve and Grow services
- Evolve, supported employment across 2 venues
- Grow, outdoor activities for YP
- If unsupported can lead to higher re-presentation rates

Substance Use



* Above graph should be treatment end

Outcomes

- 79% Planned Completions compared to 79% National
- 61% wider care plan needs met at Treatment Exit
- 92% YP showing improved Emotional Health at treatment exit

Outcomes

Area	Baseline Average	Latest Review Average	Average Change
Alcohol	7.2	9.2	2.0
Physical Health	7.9	8.3	0.4
Use Of Time	6.4	7.4	1.0
Social Networks	7.1	8.1	1.0
Drug Use	5.6	7.9	2.3
Emotional Health	6.1	7.9	1.8
Offending	7.1	8.8	1.7
Accommodation	8.1	8.4	0.4
Money	7.1	7.5	0.5
Family and Relationships	7.6	8.2	0.6

