

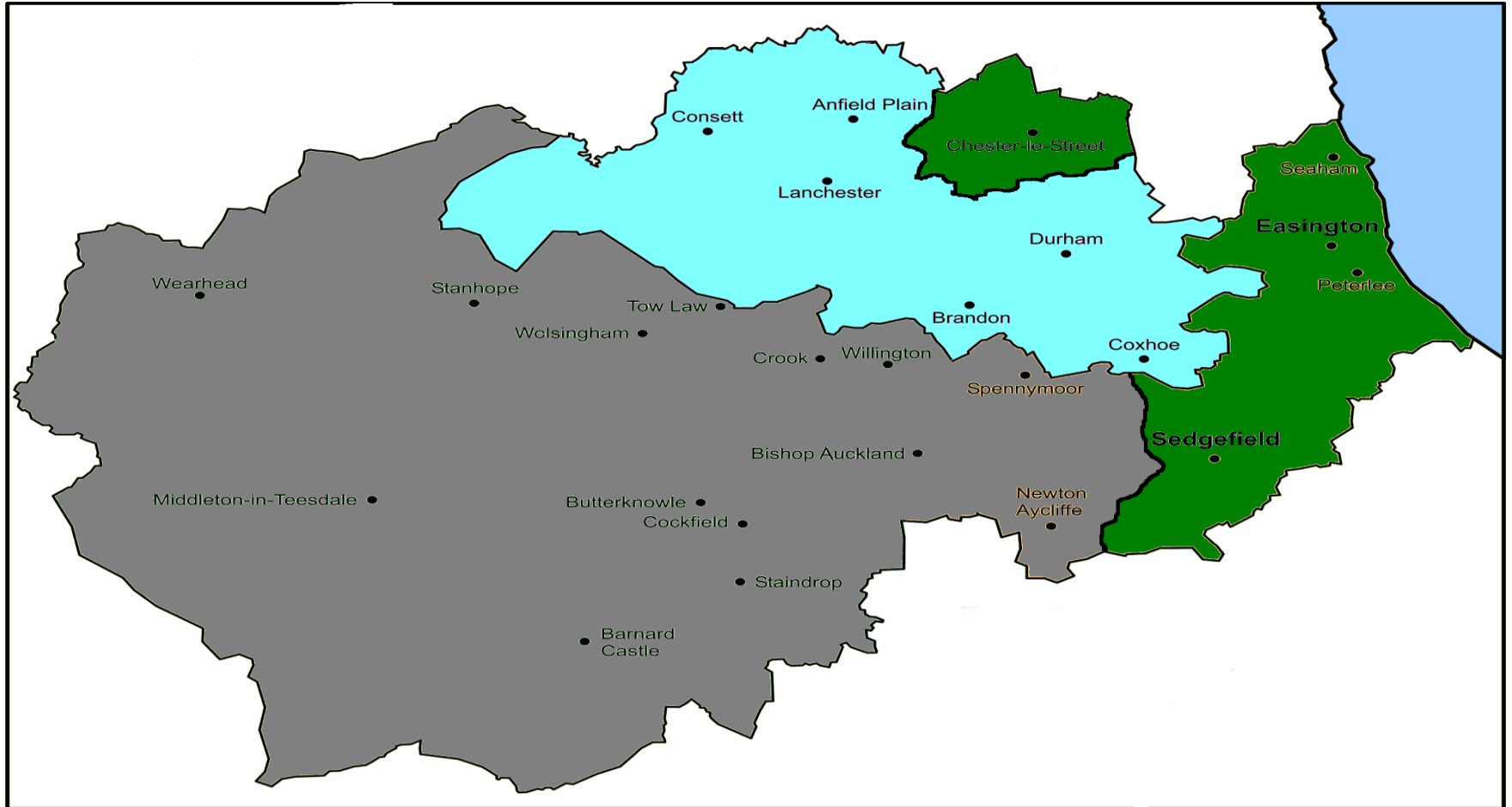
Community Alcohol Service- delivering NICE-ly in County Durham

Mandy English
Strategic Alcohol Commissioning Manager.
Durham County Council

Altogether better



County Durham



County Durham Community Alcohol Service Locality Areas



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County Durham

- Durham is a large rural county.
- The overall population of County Durham is just under 500,000.
- It stretches from the remote rural North Pennine area of outstanding natural beauty in the West to the more densely populated East Durham heritage coastline.
- There are 12 major towns in County Durham, each acting as a service centre for surrounding communities providing employment, shopping and other services.

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NICE guidance

The commissioning guide (NICE 2011) describes the following service components required to deliver a high quality service:

- opportunistic screening and brief interventions for adults who are hazardous and harmful drinkers
- diagnosis, assessment and management of harmful drinking and alcohol dependence in adults, in specialist services
- *services for children and young people who are vulnerable to alcohol-related harm*
- whole system commissioning of high quality alcohol services

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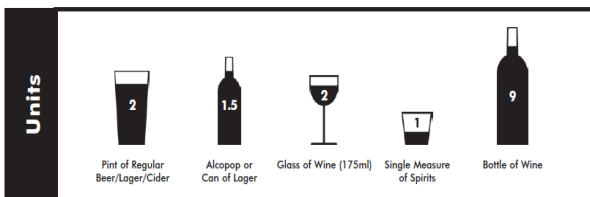
*‘opportunistic screening and
brief interventions for adults.’*

NICE 2011

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How much is too much? Simple Structured Advice



Are you at risk from drinking alcohol?

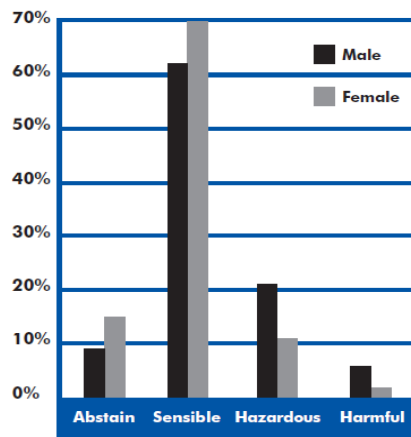
| Risk | AUDIT Score | Men | Women | Common Effects |
|-----------|-------------|---|---|---|
| Sensible | 0-7 | 21 units or fewer per week or up to 4 units per day | 14 units or fewer per week or up to 3 units per day | <ul style="list-style-type: none"> Increased relaxation Reduced risk of heart disease Sociability |
| Hazardous | 8-15 | 22-49 units per week or regular drinking of more than 4 units per day | 15-35 units per week or regular drinking of more than 3 units per day | <ul style="list-style-type: none"> Less energy Depression/Stress Insomnia Impotence Risk of injury High blood pressure Relationship problems |
| Harmful | 16-19 | 50+ units per week | 36+ units per week | <ul style="list-style-type: none"> All of the above and... Memory loss Increased risk of liver disease Increased risk of cancer Possible alcohol dependence |
| Referral | 20+ | Referral into the Community Alcohol Service (CAS) | | |

- Binge drinking is considered to be drinking twice daily the limit in one sitting (8+ units for men, 6+ units for women).
- There are times when you will be at risk even after two or three drinks. For example, when exercising, operating heavy machinery, driving or if you are on certain medication.
- If you are pregnant it is recommended that you completely abstain from drinking alcohol.
- As well as keeping to weekly and daily limits it is recommended that 2 days of the week should be alcohol-free.

Your screening outcome is How do you feel?

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What is everyone else like?



Most people are sensible drinkers.

Making your plan

- Have your first alcoholic drink after starting to eat
- Quench your thirst with non-alcoholic drinks before alcohol
- Avoid salty snacks when drinking alcohol
- Avoid drinking in rounds or in large groups
- Switch to low alcohol beer/lager
- Take smaller sips
- Plan activities and tasks at those times you usually drink
- When bored or stressed have a workout instead of drinking
- Explore interests - cinema, exercise, etc.
- Avoid going to the pub after work
- Avoid or limit the time spent with 'heavy' drinking friends
- Any ideas? - Things you have tried?

What are the benefits of cutting down?

Physical

- Reduced risk of injury
- Reduced risk of high blood pressure
- Reduced risk of cancer
- Reduced risk of liver disease
- Reduced risk of brain damage
- Sleep better
- More energy
- Lose weight / Better physical shape
- No hangovers
- Improved memory

Psychological/Social/Financial

- Improved mood
- Less hassle from family
- Reduced risk of drink driving
- Save money
- Better relationships

What targets should you aim for?

'How to do it'

Men

4 or less standard drinks daily
21 or less standard drinks weekly

Women

3 or less standard drinks daily
14 or less standard drinks weekly
No drinks advised during pregnancy

Dependent Drinkers

No drinks are safe

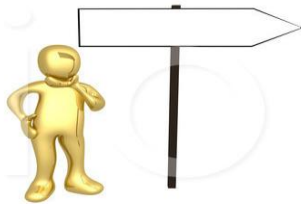
'diagnosis, assessment and management of harmful drinking and alcohol dependence in adults, in specialist services' NICE 2011

Service Delivery- Anne Bell,
CAS service manager

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Service user journey

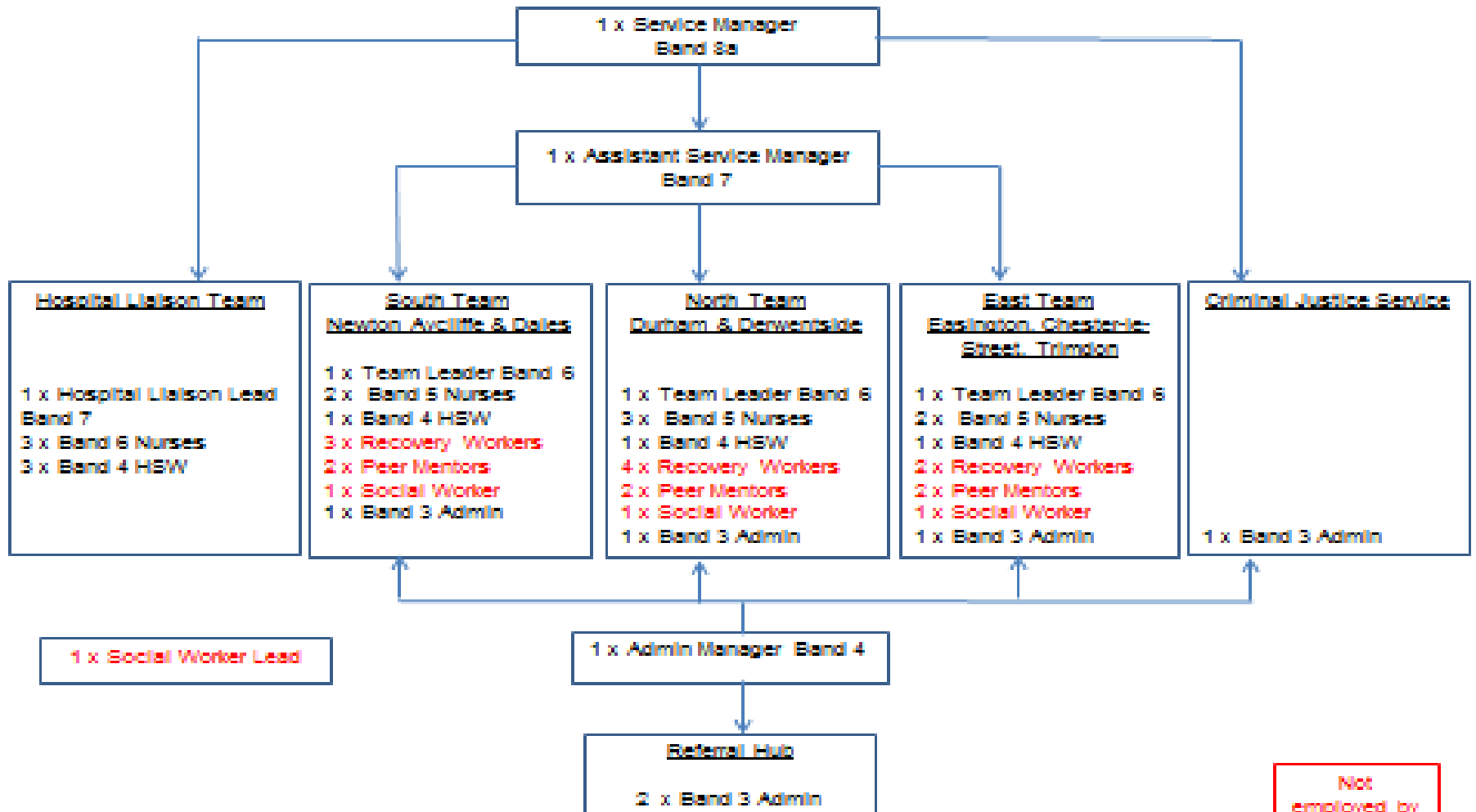


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| Screening and Early Identification | Access to Community Alcohol Service | Structured interventions | Recovery |
|--|--|--|---|
| <ul style="list-style-type: none"> • Training to use the Audit screening tool delivered to all professional groups • GPs DES- paid to screen and refer using the Audit screening tool • Pharmacists –screening LES. • All professionals to screen to identify correct referral pathway and intervention to be delivered. | <ul style="list-style-type: none"> • Assessment (Level 3) • Clinical assessment (SADQ) • Access to community /residential or inpatient detoxification • Reduce drinking strategies • Behaviour change support • Family/carer support • Support for any dependent children | <ul style="list-style-type: none"> • Relapse prevention strategies • Alcohol Rolling Programme (offenders) • Binge drinking awareness raising sessions • Prison alcohol programme • Women groups • Self-esteem & confidence building programmes -You Turn • Couple counselling • Whitehouse (older drinkers referred by hospital) | <ul style="list-style-type: none"> • Central Hub with spokes (DRAW) • Support to remain Substance free • peer support • Volunteering opportunities • Support to seek education, training or employment • Enhancing skills, IT, communication • AA support • Apprenticeship schemes • DASS –service user involvement groups |

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CAS Organisation Change – Final Structure



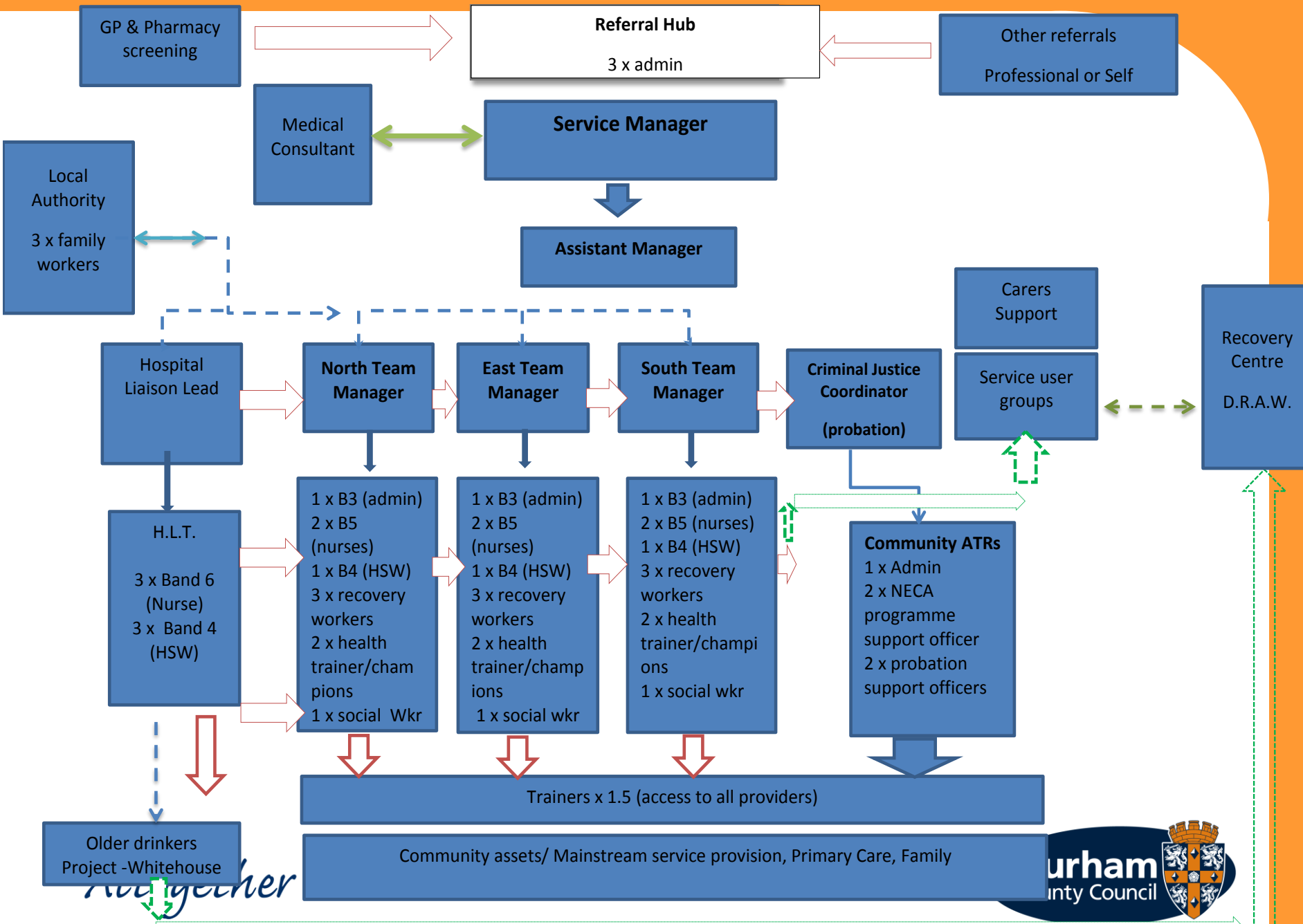
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*‘whole system commissioning of high quality
alcohol services’ NICE 2011*

Current commissioning model

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GP & Pharmacy screening

Referral Hub
3 x admin

Other referrals
Professional or Self

Medical Consultant

Service Manager

Local Authority
3 x family workers

Assistant Manager

Hospital Liaison Lead

North Team Manager

East Team Manager

South Team Manager

Criminal Justice Coordinator (probation)

Carers Support

Service user groups

Recovery Centre
D.R.A.W.

H.L.T.
3 x Band 6 (Nurse)
3 x Band 4 (HSW)

1 x B3 (admin)
2 x B5 (nurses)
1 x B4 (HSW)
3 x recovery workers
2 x health trainer/champions
1 x social Wkr

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Community ATRs
1 x Admin
2 x NECA programme support officer
2 x probation support officers

Trainers x 1.5 (access to all providers)

Community assets/ Mainstream service provision, Primary Care, Family

Older drinkers Project - Whitehouse



Alcohol specific –Q2 2013/14

- No's in treatment 1106
- Successful completions 36%
- Accessing peer support 271
- Receiving access to mutual aid 308
- You turn participants 45
- Couples counselling 15
- Older drinkers project 40

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What the 'patients' say.....

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