Community Alcohol Service-
delivering NICE-ly
in County Durham

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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.
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
‘opportunistic screening and brief interventions for adults.’

NICE 2011
**How much is too much?**

**Simple Structured Advice**

**Units**
- 2 units = Bottle of lager
- 1.5 = Alesop or Pale Ale
- 1 = Glass of Wine (175ml)
- 7 = Single Measure of Spirits
- 9 = Bottle of Wine

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**Are you at risk from drinking alcohol?**

<table>
<thead>
<tr>
<th>Risk</th>
<th>AUDIT Score</th>
<th>Man</th>
<th>Woman</th>
<th>Common Effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sensible</td>
<td>0-7</td>
<td>21 units or fewer per week or up to 6 units per day</td>
<td>14 units or fewer per week or up to 3 units per day</td>
<td>Increased relaxation, Reduced risk of heart disease, Sociality</td>
</tr>
<tr>
<td>Hazardous</td>
<td>8-15</td>
<td>22-49 units per week or regular drinking of more than 4 units per day</td>
<td>15-35 units per week or regular drinking of more than 3 units per day</td>
<td>Less energy, Depression/Stress, Insomnia, Impotence, Risk of injury, High blood pressure, Relationship problems</td>
</tr>
<tr>
<td>Harmful</td>
<td>16-19</td>
<td>50+ units per week</td>
<td>36+ units per week</td>
<td>All of the above and... Memory loss, Increased risk of heart disease, Increased risk of cancer, Possible alcohol dependence</td>
</tr>
</tbody>
</table>

**Referral**
- 20+ - Referral into the Community Alcohol Service (CAS)

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**What is everyone else like?**

- 70% Male
- 30% Female

Most people are sensible drinkers.

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**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

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**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?

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**What targets should you aim for?**

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**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

**Dependent Drinkers**
- No drinks advised during pregnancy

**No drinks are safe**

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**Your screening outcome is**

**How do you feel?**

**Altogether better**
‘diagnosis, assessment and management of harmful drinking and alcohol dependence in adults, in specialist services’ NICE 2011

Service Delivery- Anne Bell, CAS service manager
Service user journey

<table>
<thead>
<tr>
<th>Screening and Early Identification</th>
<th>Access to Community Alcohol Service</th>
<th>Structured interventions</th>
<th>Recovery</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Training to use the Audit screening tool delivered to all professional groups</td>
<td>• Assessment (Level 3)</td>
<td>• Relapse prevention strategies</td>
<td>• Central Hub with spokes (DRAW)</td>
</tr>
<tr>
<td>• GPs DES- paid to screen and refer using the Audit screening tool</td>
<td>• Clinical assessment (SADQ)</td>
<td>• Alcohol Rolling Programme (offenders)</td>
<td>• Support to remain Substance free</td>
</tr>
<tr>
<td>• Pharmacists –screening LES.</td>
<td>• Access to community /residential or inpatient detoxification</td>
<td>• Binge drinking awareness raising sessions</td>
<td>• peer support</td>
</tr>
<tr>
<td>• All professionals to screen to identify correct referral pathway and intervention to be delivered.</td>
<td>• Reduce drinking strategies</td>
<td>• Prison alcohol programme</td>
<td>• Volunteering opportunities</td>
</tr>
<tr>
<td></td>
<td>• Behaviour change support</td>
<td>• Women groups</td>
<td>• Support to seek education, training or employment</td>
</tr>
<tr>
<td></td>
<td>• Family/carer support</td>
<td>• Self-esteem &amp; confidence building programmes -You Turn</td>
<td>• Enhancing skills, IT, communication</td>
</tr>
<tr>
<td></td>
<td>• Support for any dependent children</td>
<td>• Couple counselling</td>
<td>• AA support</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Whitehouse (older drinkers referred by hospital)</td>
<td>• Apprenticeship schemes</td>
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<td></td>
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<td>• DASS –service user involvement groups</td>
</tr>
</tbody>
</table>

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

Current commissioning model
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
What the ‘patients’ say……