

Latest News from Turning Point Leicester, Leicestershire and Rutland Substance Misuse Services Winter 2018/19



We are delighted to announce that following an unannounced routine inspection in November 2018 by the Care Quality Commission (CQC) who regulate substance misuse services, Turning Point Leicester, Leicestershire and Rutland has been awarded an overall rating of **Outstanding**.

This sits alongside the comments made by CQC following their unannounced visit to our team in HMP Leicester in January 2018 where they highlighted Turning Point's substance misuse services in the prison as being one of five areas of outstanding practice. We are extremely proud of this feedback but never take such ratings for granted and are constantly striving to improve our service delivery.

The full report can be found here:

https://www.cqc.org.uk/sites/default/files/new_reports/AAAH7485.pdf

| Overall rating for this location | Outstanding | ☆ |
|----------------------------------|-------------|---|
| Are services safe? | Good | ● |
| Are services effective? | Outstanding | ☆ |
| Are services caring? | Good | ● |
| Are services responsive? | Good | ● |
| Are services well-led? | Outstanding | ☆ |

Focusing on Alcohol

Around a quarter of our service users are in treatment for alcohol but we know there are many more drinking problematically...

In the last 12 months we have treated 1055 individuals for alcohol only and a further 364 who are using alcohol alongside a non-opiate drug. We know additionally many of our opiate users also use alcohol.

Turning Point has developed 3 dedicated treatment pathways for those using alcohol:

- 1) **Dependent Alcohol Pathway**
- 2) **Non Dependent Alcohol Pathway**
- 3) **Risk, Vulnerability and Complex Safeguarding Pathway**

These pathways combine structured, individualised recovery planning with evidence-based psychosocial interventions and, where appropriate, clinical interventions. We do encourage service users to access our group interventions as the evidence base demonstrates that those engaging in treatment alongside peer support are most likely to achieve and sustain recovery. However it is a myth that we only deliver interventions in groups with the majority of service users accessing one-to-one support either alongside or as an alternative to groups.

Welcome to Turning Point News

Welcome to our second edition of Turning Point News and a very happy New Year from everyone at Turning Point LLR.

At this time of year when many are contemplating making changes to their drinking this edition focuses on what Turning Point offers relating to Alcohol treatment and busts a few myths that we know are out there relating to alcohol treatment.

We hope you find this useful and please do get in touch with any queries or suggestions.



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Information

You can visit our well-being cloud at any time for more information or to make a referral:

<http://wellbeing.turningpoint.co.uk/leicestershire/>

Tel: 0330 3036000



Dependent Alcohol Pathway

Our dependent alcohol pathway starts with a comprehensive assessment and development of an individualised recovery plan.

The recovery plan will include an element of psychosocial interventions, most likely starting with our 7 session Alcohol and Well-being group. Additionally our 12 session Recovery Skills and 8 session Mindfulness Based Relapse Prevention Groups are very effective follow-ons for those needing more in depth treatment.

Every service user on the dependent pathway is offered an appointment with our well-being nurse. If required interventions such as Pabrinex injections can be given (high strength vitamins to address deficiencies caused by heavy alcohol use). Where appropriate, if a service user is unable to safely reduce their drinking, they may receive a medically assisted detox, either in the community if the risks are low or as an inpatient at Framework's Edwin House if the risks are higher.

A detox from alcohol is a risky intervention and has a high rate of relapse. It is vital therefore that referral for detox follows a robust clinical assessment and is supported with pre and post detox support to ensure effectiveness. Turning Point Clinical Lead, Dr Andrew Ball advises: *“The relapse rate of unsupported detox is 99% within 3 months, which dramatically drops by over 25% if the appropriate pre and post support is in place.”* At times we see service users coming into treatment having been told they will immediately get a detox and believing that detox is all they need. Detox is just one part of treatment and timescales must be planned with the service user to ensure the highest likelihood of success.

Every service user has a named recovery worker who will meet them regularly to review their goals and ensure treatment is on track.

Risk, Vulnerability and Complex Safeguarding

We know that not everyone is able to engage with structured treatment and therefore we have flexible approaches to meet the needs of those who are most at risk and vulnerable. We have some dedicated specific roles included our Street Lifestyle Outreach Recovery Worker who takes treatment to the streets of Leicester to attempt to engage those who find engaging with services most challenging.

We also have a team of Recovery Workers based within the hospital who will see any individuals admitted to hospital as a result of an alcohol related issue. For those who most frequently attend hospital we have recently introduced a Hospital Frequent Flyers approach which involves an outreach style of treatment including increased home visits. Whilst we can't offer this approach to everyone due to limited resources, it is something we do provide.



Left to right: Angie Barron, Drew Jagger – (Hospital Liaison Recovery Workers) Jamie Leake (Street Lifestyle and Hospital Frequent Flyers Recovery Worker)

Non Dependent Alcohol Pathway

Following a comprehensive assessment (which can take place on the phone) the majority of those who are not dependent will access our 6 session Non Dependent Alcohol and Well-Being Group. Additionally we have a suite of evidence based eModules which service users can access either alongside or as a standalone treatment option.

58% increase in numbers in alcohol treatment

Between June 2017 and October 2018 Turning Point have seen a 58% increase in individuals accessing alcohol treatment across Leicestershire up from 429 in 12 months to 678 in 12 months.

40-47% leaving treatment successfully

Between 40-47% of those in treatment across the city and county are leaving treatment either entirely alcohol free or drinking non-problematically. This is significantly above the national average and in Leicestershire is in the top quartile of similar local authorities.



Early Referral Saves Lives

Sadly every week across Leicester, Leicestershire and Rutland, individuals are dying as a result of their alcohol misuse.

Our hospital liaison Recovery Workers based within University Hospitals Leicester see between 100-160 individuals each month who have attended hospital due to an alcohol or drug related incident. Of these around 40-50 per month are referred in for ongoing treatment. Sadly for some of those individuals their physical health has become so poor due to their long term alcohol misuse that at times they die before we have even had the chance to undertake an assessment.

We are extremely keen to work with partners to identify the signs of alcohol misuse earlier, enabling earlier referrals into treatment. If we can work with individuals at an earlier stage we will have more likelihood of supporting them to make changes which ultimately may save their lives.

Alcohol is an extremely dangerous substance and accounts for far more deaths within our services than drugs despite the fact that drug users make up the majority of those in treatment.

IMPORTANT ADVICE

It is essential that those dependent on alcohol do not immediately cease alcohol use due to the risk of seizures and death.

GPs CPD Webinar

We would like to offer all GPs across Leicester, Leicestershire and Rutland the opportunity to access a **FREE** CPD session relating to Alcohol with a specific focus for GPs.

This will be in the format of a Webinar which will be live on Wednesday 6th March 2019 at 6pm, but will also be downloadable for access at any time. The Webinar will be led by Dr Andrew Ball (Consultant Psychiatrist in Addiction), Dr Anna Hiley (GPsWI and CEO of Inclusion Healthcare).

For more information please email: tina.arrindell@turning-point.co.uk

Current Alcohol Guidelines

Current guidelines from the Department of health indicate that **BOTH** men and women should drink no more than 14 units of alcohol per week with several **DRINK FREE DAYS**



What does 1 unit of alcohol look like?



Professionals Information Sessions

Our professionals Information Sessions on the last Friday of every month 2pm-3pm are proving very popular with 20+ attendees every month.

If you would like to book a place please email our partnership manager Caroline Gadsby on: caroline.gadsby@turning-point.co.uk