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ONE HULL is Hull's Local Strategic Partnership (LSP), which brings together public, private, voluntary and community sectors to create a better city.

Services to Tackle Problem Drug Use

Compass

Training



Compass have been delivering training to different organisations across Hull since April. The aim of the sessions is to educate both the community and professionals about the local treatment system and different substances. These sessions can be tailored to meet the demands of the group and follow up training can be offered.

Within 8 months Compass Harm Reduction team have delivered 48 sessions to 437 individuals; 20 sessions to 176 professionals, 22 sessions to 215 people involved with the community and 6 sessions to 46 licensees.

The take up for sessions has been very successful and the Harm Reduction team are keen to continue to deliver training in the community. If you think that your organisation would benefit from the training please call Compass on (01482) 221551 and ask to speak with Kay Brady.



Drug trends, issues, warnings

There has been a dramatic decrease in the amount of **heroin** in the UK. The Serious Organised Crime Agency stated the drop was due to supply routes being cut off and reported that the street price of the drug had doubled. Europe's biggest drug testing company, Concateno, said the number of addicts testing positively for heroin had halved in the past six months. However, it warned that suppliers were diluting heroin with other drugs. If heroin purity returned to normal levels, addicts would face an increased risk of overdose.



In Hull drug testing in custody suites has reflected national reports – seeing a decrease in the number of positive heroin tests. Anecdotal reports concur that Hull has seen a drought in **heroin**, but in January this year there have been reports of some stronger heroin in circulation. This may raise issues with a higher risk of overdose.

Hull drug testing data also shows a significant increase in positive **cocaine** tests. Drug strategy team is monitoring this trend.



Anecdotal information and NDTMS statistics also indicate greater prevalence of **amphetamine** (speed) locally.



Pregablin (lyrica) – (a medicine that is mainly used to treat epilepsy) Anecdotal information suggests around 20 clients in the Hull area have reported using this drug; it appears that it is mainly being diverted from prescribing (rather than being bought over the internet for example). The main motivation for use seems to be that it can give the same result as **benzo's** – but won't show up on drug tests. It is likely to result in the user presenting as heavily under the influence of a sedative/depressant, i.e. falling asleep, slurring words, poor coordination and cognition. It comes in many coloured capsules (white, blue, yellow, red) but colour is not indicative of strength – the strength is usually on the capsule. **Pregablin** greatly increases the effects of all depressants – therefore increasing the risk to users of heroin, **benzo's** or barbiturates in particular, but also alcohol and methadone.



NTA consultation on a new service framework to replace Models of Care

The framework should reflect the importance of making recovery a desirable and realistic goal and will include key discussion areas including bringing together prison and community treatment and whether to closely integrate drug and alcohol treatment.

The consultation can be found at www.nta.nhs.uk and is open until 4th May.



New National Drug Strategy

On 8th December 2010 the government launched its new drug strategy:

Reducing demand, restricting supply, building recovery: supporting people to live a drug-free life.

<http://www.homeoffice.gov.uk/publications>

Drug treatment system re-design consultation findings

if it's local
be vocal

The results of the local consultation on the re-design of the adult drug treatment system can be found at:

<http://www.hullcc.gov.uk/pls>

The responses have been used to help develop the new service specifications. The new system will be in place from July 2011.

Example of some findings within the document:

- > There was a general consensus that a more straightforward treatment journey was required with many suggesting a single point of access.
- > A dedicated mentor working to provide support to a service user throughout treatment and recovery was deemed the most effective in helping people achieve and maintain recovery. This was closely followed by one to one counselling support. Access to post recovery self help groups and having a

family member involved in the treatment and recovery plan were also deemed important with over 50% of respondents stating these approaches to be effective in recovery.

- > A large number of respondents felt that more emphasis on encouraging users to use their time productively; such as training, volunteering, work, hobbies, would be effective in helping people achieve and maintain recovery. Improved support with arranging accommodation, a 24 hour telephone support line, web-based support and speedier access to detoxification and rehabilitation centres were also reported to be effective.
- > There is a need for better provision for other drug users, i.e. stimulant users, work to improve public perception of drug treatment services, more work to help recovered addicts become welcome in society and training/ more awareness for GPs.

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2011 RCGP Conference



(Harrogate, 12-13 May 2011)

The conference is the largest event in the UK for GPs, shared care workers, drug users, nurses and other primary care staff, specialists, commissioners and researchers interested in, and involved with the management of drug and alcohol users in primary care.

This year's conference will be conscious of the threats and opportunities facing services under the Coalition Government; welcoming the emphasis on placing drugs services within the Public Health arena, but with concern that changes ahead may threaten the need for patient centered, user led treatment. The theme of this year's conference addresses the relationship and tensions between

these two areas: the imperative to maintain patient focused care as substance misuse is recognised as a public health issue.

Web link for more information:

<http://www.smmgp.org.uk/html/rcgpconference.php#Details>

In Hull there is an RCGP level one certificates in Substance Misuse course being run by CHCP Dr Jez Thompson on May 24th 2011. For further information on this or to book on to the course contact Denise Wilkinson CHCP on (01482) 335335.

Feedback from Training Courses

5 of the 7 training courses have now taken place, with positive feedback from attendees.

Recovery – Self Reported Confidence in all Key Competency areas rose following the training.

59% of attendees stated the course to be very beneficial and 41% stated it to be quite beneficial. Comments regarding most useful parts included:

- > Clarification re: what recovery means
- > National treatment strategies
- > Discussion around barriers and overcoming barriers
- > Reinforced what we are doing already
- > CD Rom is very useful

Drugs now – 85% of attendees rated this course as excellent. Feedback included; the course being very up to date, useful to learn about other drugs than heroin, use of video clips, understanding the role of the internet and history of legal and illegal highs, useful booklet and an enjoyable, informative course.

ITEP – (based on 27th/28th feedback) Training objectives for Mapping Skills, Mind Traps, Ways of Thinking and Behaviour & Thinking Cycles were all met. All aspects of the course were reported to be relevant and useful, with attendees praising the trainers for their knowledge and approach.

Families and Treatment and Managing Anger in substance misusing clients have also been run, and Domestic Violence and Alcohol courses are to take place later this month.

If you have training needs please contact the DST (Anna) who can explore possible options for future training.

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ReFresh

ReFresh have extended the age range of their clients, and will now see young people up to the age of 24 (previously 19) where it is deemed they would benefit from case management via ReFresh rather than the adult treatment services. There are no changes in terms of referrals.



Refresh Parenting Programme

Early intervention

Parenting support is one of the ways in which ReRefresh can help children and families.

One of the aim's is the early identification of children and young people who may be at risk of falling victim to alcohol or drug abuse – in order to provide advice or intervention.

The idea is that if we can raise the protective factors for the young person, particularly around their family relationships, then this can reduce the risk of harm caused by drugs or alcohol.

ReRefresh Parenting Workers also work with parents

who misuse substances themselves (with children aged 18months and upwards). Research tells us that young people whose parents misuse drugs or alcohol are at a greater risk of poorer outcomes or misusing themselves in later life. We use evidence based parenting programmes to support parents to reflect on their parenting styles and recognise the impact for their children. We also support them to look at strategies to manage behaviour and develop positive relationships with their child.

We are actively encouraging practitioners within adult services to make contact with us regarding potential parenting support work. If you have a parent who may benefit from this support and would like to discuss a referral please contact sarah.turner@hullcc.gov.uk or (01482) 331 059.

Alcohol Treatment literature

New literature is now available detailing the Hull Alcohol Treatment System.

It includes information on:

- > Gateway service The Alcohol Project (ADS),
- > Hull Community Alcohol Team (Humber NHS Trust),
- > Hull Alcohol Recovery Treatment (Rapt),
- > HARTBeat (Rapt),
- > Alcohol Treatment Requirements (Compass),
- > Abstain,
- > Alcohol Harm Reductions Service (AfCh)
- > Alcohol Arrest Referral (CRI)

There is a booklet for service users, a booklet for professionals and a generic basic leaflet – ideal for waiting rooms and notice boards.

Please contact Anna on (01482) 612816 to obtain copies.



Additional Needle Exchanges



Two additional needle exchange schemes are to begin operating from April this year from;

Lloyds Pharmacy, 304 Marfleet Lane

Lloyds Pharmacy, 322 Holderness Road

This is to provide a wider geographic coverage of exchanges across the city.

Exchanges enable those using needles to safely dispose of used needles in exchange for clean needles – to discourage needles being discarded on the streets and discourage the sharing of needles / use of old, dirty needles.

Needle exchanges also provide advice to users, testing and vaccinations and signpost to treatment.

Currently needle exchanges are available at:

Needle exchanges	Address and telephone	Opening times
The Point	17 Albion Street HU1 3TG Tel: 01482 221 551	Mon - Thurs: 9.30am - 1pm, 1.30pm - 4.45pm Fri: 9.30am - 1pm, 1.30pm - 4.15pm Sat: 10am - 1pm
Lloyds Pharmacy	253 Anlaby Road HU3 2SE Tel: 01482 211 121	Mon - Sat: 9am - 10pm Sun: 10am - 8pm
Lloyds Pharmacy	48-49 Goodhart Road Northpoint Shopping Centre HU7 4EE Tel: 01482 833 670	Mon - Fri: 9am - 5.30pm Sat: 9am - 5pm
Alliance Pharmacy	234 Ellerburn Avenue HU6 9RR Tel: 01482 853 241	Mon - Fri: 9am - 6pm Sat: 9am - 5pm

Drug Strategy Team (DST)



Vicky Harris: Head of Drug Strategy and Offender Management

Diane Harvatt: Reducing Reoffending Manager

Paul Robinson: Contracts Manager

Andrew Major: Performance Officer

Anna Pilgrim: Review and Community Development Coordinator

Nicola Harris: Admin Assistant

DST main telephone number: (01482) 612 327.

The team would be particularly interested to hear from community/voluntary groups and professionals regarding any drug related work or initiatives. If you would like to include information in future editions please contact Anna on (01482) 612 816.

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