

# Improving health together



[www.northyorkshireandyork.nhs.uk/stayinghealthy](http://www.northyorkshireandyork.nhs.uk/stayinghealthy)

Public Health Factsheet

**W**elcome to this edition of Improving Health Together, which focuses on Drug Misuse.

Drug misuse not only affects those individuals who take drugs, but their families and their local communities too. Because of this it is important to have local support available to people with drug problems; to help them recover from their addictions and reintegrate back into local communities.

North Yorkshire Substance Misuse Partnership Board and Safer York Partnership Board work closely with local providers to manage and reduce the harmful effects that drug and alcohol misuse causes to individuals and communities, and reduce drug and alcohol related crime within North Yorkshire and York.

For more information on Alcohol, please refer to our Alcohol factsheet [www.northyorkshireandyork.nhs.uk/StayingHealthy/factsheets.htm](http://www.northyorkshireandyork.nhs.uk/StayingHealthy/factsheets.htm).

## Drug Misuse

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**Drug misuse causes a range of different harms, such as those listed:**

Individual	Family/friends	Local communities
Health problems	Worry	Fear of going out
Debt	Feel helpless	Drug litter
Unemployment	Frustrated	Crime
Criminal convictions	Stressed	Antisocial behaviour
Depression	Guilt	Stigma
Death	Isolation	Deprivation

### What is the government doing about drug misuse?

In December 2010 the Government published their new drug strategy: 'Reducing demand, restricting supply, building recovery: supporting people to live a drug free life'.<sup>1</sup>

This strategy demonstrates the government's ongoing commitment to the problem of drugs, and indicates a new approach; focusing more on recovery from drug misuse than previous strategies, and incorporating treatment for alcohol dependence. It is available at [www.homeoffice.gov.uk/drugs/drug-strategy-2010/](http://www.homeoffice.gov.uk/drugs/drug-strategy-2010/).

## What drugs do people use?

Evidence from the North Yorkshire Substance Misuse Partnership Needs Assessment 2010 and City of York Substance Misuse Drug Gap and Needs Analysis 2010-11 suggests that heroin is the biggest problematic drug amongst adults in North Yorkshire—although compared to other parts of the country, use of heroin is relatively low.

The most recent estimated figures of the numbers of people using heroin and/or crack in North Yorkshire and York suggests the following numbers per 1,000 population which are below the national average:

- ◆ North Yorkshire: between 4.81–5.88 per 1,000 population
- ◆ City of York: 6.98–8.90 per 1,000 population
- ◆ England: 9.27–9.64 per 1,000 population .

(95% confidence intervals)

*Data taken from Estimates of the prevalence of opiate use and/or crack cocaine use (2008/09) Yorkshire & Humber Region available at [www.nta.nhs.uk/facts-prevalence.aspx](http://www.nta.nhs.uk/facts-prevalence.aspx)<sup>2)</sup>*

A range of sources suggests that all groups of illegal drugs are available throughout North Yorkshire.

However in young people under the age of 25, there appears to be very little heroin use, and the biggest problem substance for people in this age group is cannabis.

For more information about the North Yorkshire Needs Assessment<sup>3</sup> contact the North Yorkshire Substance Misuse Commissioning Team at [daatoffice@nyypct.nhs.uk](mailto:daatoffice@nyypct.nhs.uk), tel: (01845) 573934. For York Needs Assessment<sup>4</sup> contact [acedat@york.gov.uk](mailto:acedat@york.gov.uk), tel: 01904 554513.

Below is a list of the most commonly misused illegal drugs, and their legal classification:

For more information on these drugs and their effects, visit <a href="http://www.talktofrank.com">www.talktofrank.com</a>		Maximum penalties
<b>Class A drugs</b>	Cocaine, crack, ecstasy, heroin, LSD and magic mushrooms (when they are prepared). They are the most harmful drugs and carry the heaviest penalties. It is illegal to have, give away or deal in Class A drugs.	<b>Possession:</b> 7 years in jail plus an unlimited fine. <b>Supplying/Dealing:</b> Life imprisonment plus an unlimited fine. <b>Possession with intent to supply:</b> Life imprisonment plus an unlimited fine.
<b>Class B drugs</b>	Cannabis, mephedrone and speed (amphetamines). Any Class B drug prepared for injection will be treated as Class A. It is illegal to have, give away or deal in Class B drugs.	<b>Possession:</b> 5 years in jail plus an unlimited fine. <b>Supplying/Dealing:</b> 14 years in jail plus an unlimited fine. <b>Possession with intent to supply:</b> 14 years in jail plus an unlimited fine.
<b>Class C drugs</b>	GHB (also GBL which is closely related), Ketamine, anabolic steroids and tranquillisers such as Valium if not prescribed to that individual. It is illegal to have, give away or deal in Class C drugs.	<b>Possession:</b> 2 years in jail plus an unlimited fine. <b>Supplying/Dealing:</b> 14 years in jail plus an unlimited fine. <b>Possession with intent to supply:</b> 14 years in jail plus an unlimited fine.

## How should I respond if someone discloses that they have a drug problem?

If someone tells you that they have a drug problem or are worried about their drug use, you can ask them whether they are getting any support around this, and if not encourage them to do so as soon as possible.

Evidence shows that drug misusers who access and stay in treatment have better outcomes; including reduced drug use, reduced offending and improved social functioning and health (Retaining Clients in Drug Treatment 2005, NTA<sup>5</sup>). Treatment can include a range of interventions such as:

◆ brief interventions	◆ needle exchange services	◆ specialist prescribing	◆ GP prescribing
◆ 1:1 structured support	◆ residential rehabilitation	◆ harm reduction advice	◆ group work
◆ community or residential detox	◆ Blood borne virus testing and referral for treatment	◆ help accessing other support i.e. housing support	

People with drug misuse problems can either be referred into treatment by their GP or other professionals, or they can self-refer for some services.

## Young people and drug misuse

Alcohol and cannabis continue to be the young peoples' drugs of choice. However, over the last 2 years there has emerged a rapidly changing pattern of drug use, with the increasing popularity of 'legal highs' easily accessed over the internet and the use of different drugs taken together, often mixed with alcohol.

'Legal Highs' are substances which produce the same or similar effects, to drugs such as cocaine and ecstasy, but are not controlled under the Misuse of Drugs Act. However, under medicines legislation, they are considered illegal. To get round this the sellers do not refer to them as being for human consumption. There is little information or knowledge about their level of potency or their effects, which makes their use extremely risky.

Data is collated every 2 years through North Yorkshire schools that highlight some of the issues that need to be addressed locally (this information is not available for York as it is not collected in York schools):

	2006	2008	2010
Pupils offered cannabis	23%	23%	19%
Pupils who had taken illegal drugs in the last month	7%	7%	6%
Pupils who had ever used Cannabis	22%	18%	15%
Pupils who have taken risks with sex after drinking or drug use	Not asked	30%	13%

Source: Health Related Behaviour Questionnaire. Published 2011. North Yorkshire County Council

Young Person's Substance Misuse Workers at local specialist treatment services can support young people who are actively using drugs, and/or have problematic alcohol use. For example, where a young person is experiencing the negative impact of their own drug/alcohol use such as lost days at school, engaging in illegal activities, and notable changes in behaviour. The service provided is usually one-to-one and solution focused.

**If you feel that a young person is at risk, or have any suspicions or concerns about substance misuse, contact the relevant local service (see page 4).**

## Policy Context

Models of Care for treatment of adult drug misusers: Update 2006. NTA. [www.nta.nhs.uk/uploads/nta\\_modelsofcare\\_update\\_2006\\_moc3.pdf](http://www.nta.nhs.uk/uploads/nta_modelsofcare_update_2006_moc3.pdf)

Drug Misuse and Dependence: UK Guidelines on Clinical Management (Also referred to as Orange book guidelines). London: Department of Health (England) and the devolved administrations (2007). [www.smmgp.org.uk/html/clinical.php](http://www.smmgp.org.uk/html/clinical.php)

NICE guidance on Drug Misuse—psychosocial interventions: full guidelines. The British Psychological Society & The Royal College of Psychiatrists. (2008). <http://guidance.nice.org.uk/CG51>

Hidden Harm; Responding to the Needs of Children of Problem Drug Users. Advisory Council on the Misuse of Drugs (ACMD). (2003) [www.homeoffice.gov.uk/publications/drugs/acmd1/hidden-harm](http://www.homeoffice.gov.uk/publications/drugs/acmd1/hidden-harm)

## References

- 1 Drug Strategy 2010, "Reducing demand, restricting supply, building recovery: supporting people to live a drug free life." 2010. Home office. Available from [www.homeoffice.gov.uk/drugs/drug-strategy-2010/](http://www.homeoffice.gov.uk/drugs/drug-strategy-2010/)
- 2 Estimates of the prevalence of opiate use and/or crack cocaine use (2008/09) Yorkshire & Humber Region. The Centre for Drug Misuse Research, University of Glasgow. Available from [www.nta.nhs.uk/facts-prevalence.aspx](http://www.nta.nhs.uk/facts-prevalence.aspx)
- 3 North Yorkshire Substance Misuse Partnership Needs Assessment 2010. North Yorkshire Substance Misuse Partnership. 2010.
- 4 City of York Substance Misuse Partnership Board Drug Gap and Needs Assessment 2010-11.
- 5 Retaining Clients in Drug Treatment: A guide for providers and commissioners. NTA. 2005. Available at [www.druglibrary.stir.ac.uk/documents/guidance\\_retention\\_FINAL.pdf](http://www.druglibrary.stir.ac.uk/documents/guidance_retention_FINAL.pdf).

## Resources

Department of Health Tel: **0300 123 1002** or order online at [www.orderline.dh.gov.uk](http://www.orderline.dh.gov.uk)

Talk to FRANK resources:

- ◆ Drugs Wall Chart with information and images of drugs—A1 (279814A1) or A2 (279814A2)
- ◆ Business card—credit card size with different ways to get in touch with FRANK (31591)
- ◆ Hi Postcard—generic postcard with FRANK contact details (31594)
- ◆ Gases, glues and aerosols: is your child at risk? What every parent should know. Leaflet (277034)
- ◆ FRANK Action Update. Summer feel the heat. Pack on drugs use linked to a summer theme. (40096)

Hepatitis C—are you at risk? Leaflet (product code 292320)



## Local Services

The following are drug treatment providers that can be contacted for drug treatment advice and referrals. Carers and relatives of those with substance misuse issues can also contact these for advice.

AREA	AGENCY NAME	SERVICE PROVIDED	CONTACT NO
<b>CRAVEN</b> (also <b>HARROGATE</b> for young people)	CODA	Community Drug Treatment & Young People's Service, Prescribing	<b>01756 794362</b>
<b>HAMBLETON &amp; RICHMONDSHIRE</b>	HARCAS	Community Drug Treatment & Young People's Service	<b>01609 780486</b>
	HARSMS	Prescribing	<b>01609 751232</b>
<b>HARROGATE</b> (ADULTS ONLY)	CRI	Community Drug Treatment Service, Prescribing	<b>01423 507185</b>
<b>SCARBOROUGH/ WHITBY/RYEDALE</b>	ABS	Prescribing	<b>01723 356090</b>
	Compass	Prescribing	<b>01723 503920</b>
	Next Choice	Structured Day Programme	<b>01723 506900</b>
	Cambridge Centre	Community Drug Treatment Service & Young People's service	<b>01723 367475</b>
<b>SELBY</b>	Compass	Community Drug Treatment Service & Young People's Service	<b>01757 212355</b>
<b>YORK</b>	Compass	Community Drug Treatment Service and Prescribing	<b>01904 670046</b>
	Compass DIP	Criminal Justice Drug Treatment	<b>01904 670046</b>
	CRI	Structured Day Programme & Drug Rehabilitation	<b>01904 675040</b>
	CRI First Base	Young Person's Drug Treatment	<b>01904 526240</b>
	PMS	Homeless and Traveller Drug Treatment Service	<b>01904 725406</b>
	York Hospital	Hospital Liaison Nurse	<b>01904 726559</b>
	York Carers Service	Family Support Service	<b>01904 715490</b>

## Websites

### **NYY PCT—Substance Misuse Commissioning Team**

[www.nyypct.nhs.uk/clinicalcommunity/substancemisuse/](http://www.nyypct.nhs.uk/clinicalcommunity/substancemisuse/)

Useful information and links to pharmacy needle exchange, supervised consumption provision.

York Substance Misuse Team has information about the treatment system, treatment providers, harm reduction advice, referral forms and pathway information listed at: [www.hiwecanhelp.com/](http://www.hiwecanhelp.com/). Request access to restricted practitioner content from the Substance Misuse Team via the website.

### **Harm Reduction Works**

[www.harmreductionworks.org.uk](http://www.harmreductionworks.org.uk)



Supports harm reduction works campaign materials. Free resources available for drug services.

NHS North Yorkshire and York  
Skipton Hospital  
Skipton | North Yorkshire | BD23 2RJ  
Tel: 01756 701765 | Fax: 01756 709913  
[www.northyorkshireandyork.nhs.uk](http://www.northyorkshireandyork.nhs.uk)

### **Drugscope**

[www.drugscope.org.uk/](http://www.drugscope.org.uk/)



Independent charity providing information on drugs and drug use.

### **Adfam**

[www.adfam.org.uk/](http://www.adfam.org.uk/)



Information and advice for families of alcohol and drug users.

### **NHS Choices**

[www.nhs.uk/Livewell/drugs](http://www.nhs.uk/Livewell/drugs)



Advice, information and where to get help for drug misuse.

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