



ANNUAL REPORT

April 2000 – March 2001

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GOOD PRACTICE DEVELOPMENT

Liaison

National Links have been developed by way of a joint forum with similar treatment services, of which there are currently six across the Country. These forums meet on a six monthly basis at different venues, exploring a range of issues relating to the treatment of substance misuse amongst young people.

E's Up hosted the June forum in Portsmouth, the agenda for the day focused on National monitoring and evaluation outcomes. The forum was well attended from services such as Birmingham, Wolverhampton, Bristol, Plymouth, Cornwall, West Sussex

Drug Scope have also initiated a National forum open to all services working with Young people. The objectives of this group will be to influence policy on a National level. Representatives from the team attended the first meeting as an information sharing exercise.

Presentations to both statutory and non-statutory agencies across the District have continued this year to promote the service and develop a wider range of working links with agencies involved with young people. These have been prioritised to focus on localities with the least amount of referrals, such as Petersfield and Sarisbury Green.

Letters of thanks have been received from various agencies thanking the team for their presentational input.

Family work

Service presentations have also been given to a group of foster parents and parents of young offenders.

Agency work

Liaison with the Young people's substance misuse team attached to Brookvale in Southampton have been instrumental in developing a joint working group to review and develop standardised protocols for prescribing programmes for young people.

E's Up have joined the youth mental health service forum to further develop joint working initiatives with adolescents.

The team have been involved in the Havant initiative 'School Survival', which focuses on year eleven pupils in preparation for leaving school. This initiative involves a number of different agencies working together to equip young people with information about services available in the community. There are a total of four sessions identified in the programme, with each session targeting 150 pupils.

Publications

An advertisement for E's Up has been published in '190 Days'. A Portsmouth City Council school information booklet which is available for parents and young people in schools, libraries and other such locations as city council offices.

Dawn Roberts, Service Co-ordinator, has published a chapter in ‘Essays on issues in applied developmental psychology and child psychiatry’ Published by Mellen Press outlining the development of the E’s Up Service and the main findings.

A write up and listing of the E’s Up service has been published in the young people’s magazine Rant.

Service details have also been included in the Hampshire Youth Service web site.

CLINICAL GOVERNANCE

The young people’s service has been involved with the substance misuse clinical governance arrangements and is represented on the sub groups for Quality, Research and Evidence based practice, Information Technology and Audit.

A health promotion initiative has been developed for young people involved with the service, to receive information and education about substances and services available locally. Quality money has been used to purchase school bags carrying the E’s Up logo which contain a variety of information including the D Code C.D rom , leaflets, pens and badges. All clients seen by the service will be given the pack at the initial stage of assessment.

Training

A training session for all child and family therapy teams took place for approximately forty people in May. Members of the team have also attended the Child and family therapy academic study days.

Work is ongoing to deliver a training package for Off The Record, This is being lead from the Youth Mental Health Team and jointly funded with Off The Record.

A breakdown of the Teams training and development this year is shown in Table 1.

Table 1 - Staff Training and Development

Training Courses	Education/Informal Study	Ongoing Training
Children in Need and the Law.	Loss, death and bereavement	Post graduate certificate in Clinical Governance
Alcohol Misuse and Young People	Using the internet	NVQ level 3 in Healthcare ‘Promoting Independence’
Two day Inter-agency child protection course	Subutex and Orlaam – New opiate products	
Training and presentation skills	Effects on menstrual cycle of problem drinkers	
Managing absence in the workplace	Urinalysis	
Meeting skills	Addiction	
Dealing with complaints	Data protection	
	Alcohol Audit	
	Narrative Therapy	
	Ketamine and GHB	
	Motivational Interviewing	

Service Accessibility

Assessment of new referrals continues to take place within a week of the initial referral, across the district, all clients are seen in their own homes or a venue of their choice.

There has been some difficulty in transferring clients who have reached 18 years into adult services due to waiting lists. This has meant the team 'holding' clients until treatment is available. This has proved difficult for the clients in finishing the piece of work with E's Up as there has been no time limit given for transfer.

A protocol for transfer has since been developed with the adult services to improve the process and ensure effective communication.

Data Collection

Comparisons of Age Ranges - Appendix 1.

This year has seen an increase in referrals of 16 year olds by 13% from 19 % during April 98 – March 00 to 30% during April 00 – March 01.

Over a three year period there has been two referrals of Eleven year olds and ten twelve year olds.

Comparisons of Assessments by Geographical Area – Appendix 2.

On last years figures Portsmouth City has seen the largest increase in referrals this year, from 39 to 47. Havant & Petersfield has shown a slight decrease of one client, whereas Fareham & Gosport has increased by ten.

Comparisons of Assessments by Gender – Appendix 3.

There has been a significant increase in the number of female assessments this year. Last year showed 15% (n16) of the total 108 assessments, rising to 27% (n37) of the total 125 assessments.

Comparisons of Range of Substances Used - Appendix 4.

Substance use this year has shown 94% (n118) of all assessments have used cannabis and 96% (n120) have used Alcohol. These figures suggest that 90% (n113) clients are using both Cannabis and Alcohol.

Comparing data from April 99 – March 00 with April 00 – March 01, there have been significant increases in:

Cocaine from 6% (n7) to 26% (n32).

Ecstasy from 12% (n13) to 64% (n80)

Poppers from 5% (n5) last year to 19% (n24) this year.

Amphetamine from 31% (n33) to 57% (n71)

Tobacco from 44% (n47) to 92% (n115)

Heroin has seen a small increase from 12% (n13) to 19% (n24).

This year has seen the inclusion of substances such as Ritalin and Haloperidol being misused

Comparisons of Intravenous Users - Appendix 5

Reported intravenous use this year has reduced by 50 %.

Identification of Client Status – Appendix 6

The introduction of monitoring client status has been developed this year, and shows 56% (n76) of all clients fall into the following status categories:

- § From drug using Parents
- § Child Carers
- § Looked after children (In care)
- § Youth Offenders
- § Homeless

Comparisons of Assessments of Youth Offenders - Appendix 7

The number of youth offenders assessed has shown a steady increase from 27 last year to 33 this year.

Youth Offenders by Age and Gender – Appendix 8

91% (n30) of all youth offenders assessed were male, the highest number of offenders by age were 16 year olds at 43% (n14).

Comparisons of Substances Used by Locality – Appendix 9.

There are no real significant use of substances in relation to localities, all substances reported have been used across the district in relation to number of referrals.

Service User Evaluation

A questionnaire has been developed to gain information from parents/carers of young people involved with the service. This has focused on:

- § The assessment process
- § Timeliness of assessment
- § Quality of information given

This survey has been evaluated for the period ending Dec 2000. The results were positive both in developing future service provision and providing feedback for areas of good practice. It has been identified that although the service is well publicised to other agencies, often when parents contact they express having had some difficulty in obtaining information in respect of E's Up.

This year has seen the continuation of service user evaluation, with a focus on qualitative outcomes. (Appendix 14).

HOT SPOTS

Staffing

Management of human resources within such a small team has proved difficult in terms of sickness and annual leave. There is a risk that this may effect response times for assessment.

Gaps in service provision

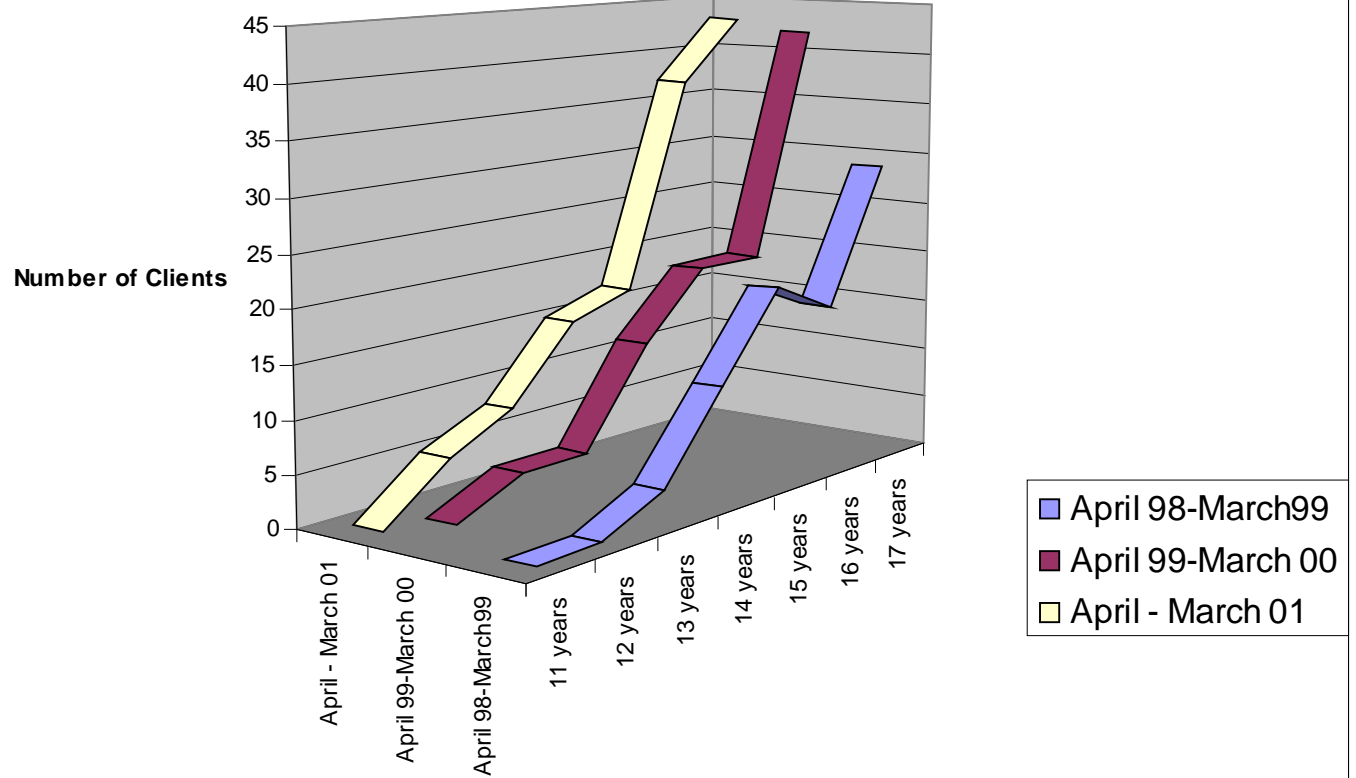
There has been some difficulty in acquiring funds for clients to attend appropriate activities such as Fairbridge training, particularly clients between 16-18 years old.

Links with the Youth Offending Team have been beneficial in increasing referrals from this service.

If the introduction of conditions of treatment from the courts is to impact on this service, more time may be required to work with this group of clients who from our experience have been difficult to engage and have limited motivation to change.

APPENDIX 1 - Comparisons of Age Ranges

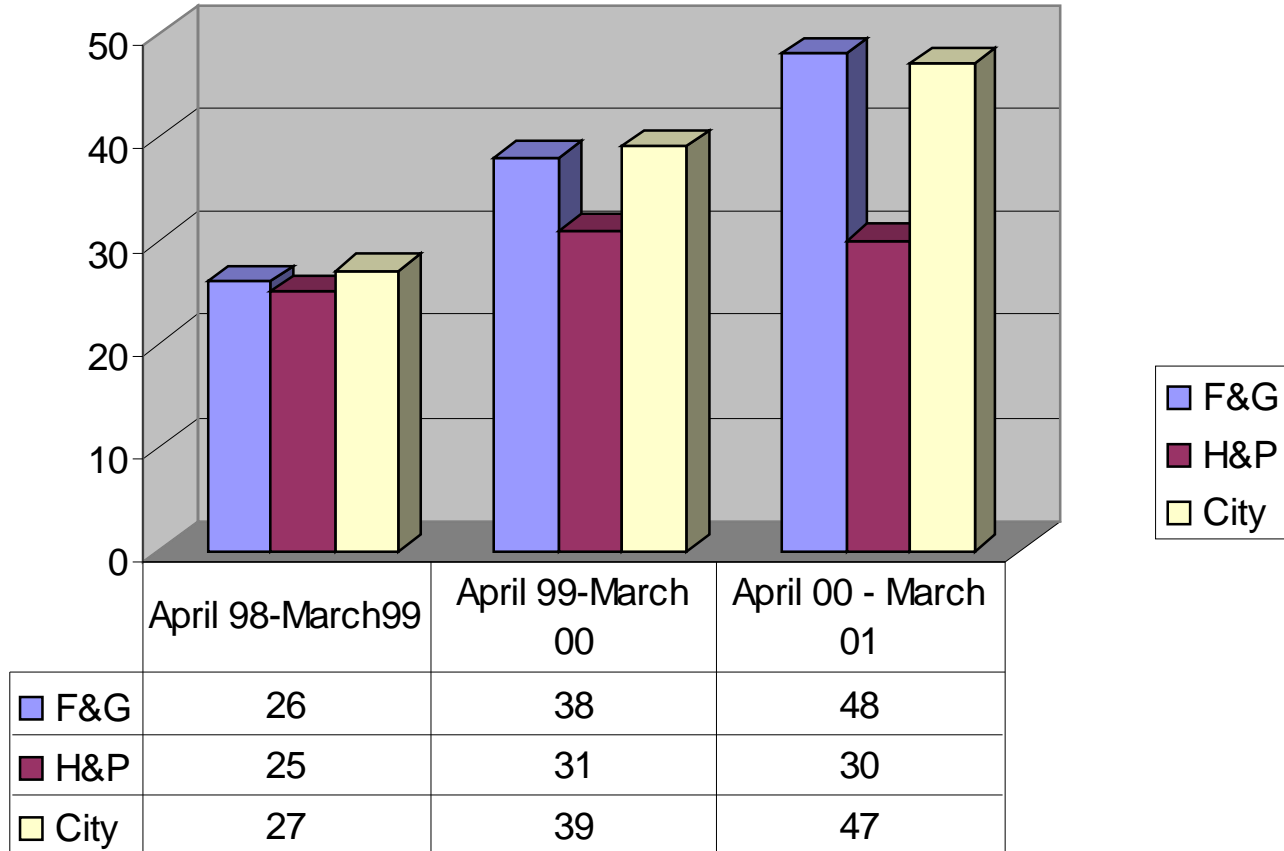
Comparisons of age ranges April 1998 - March 01



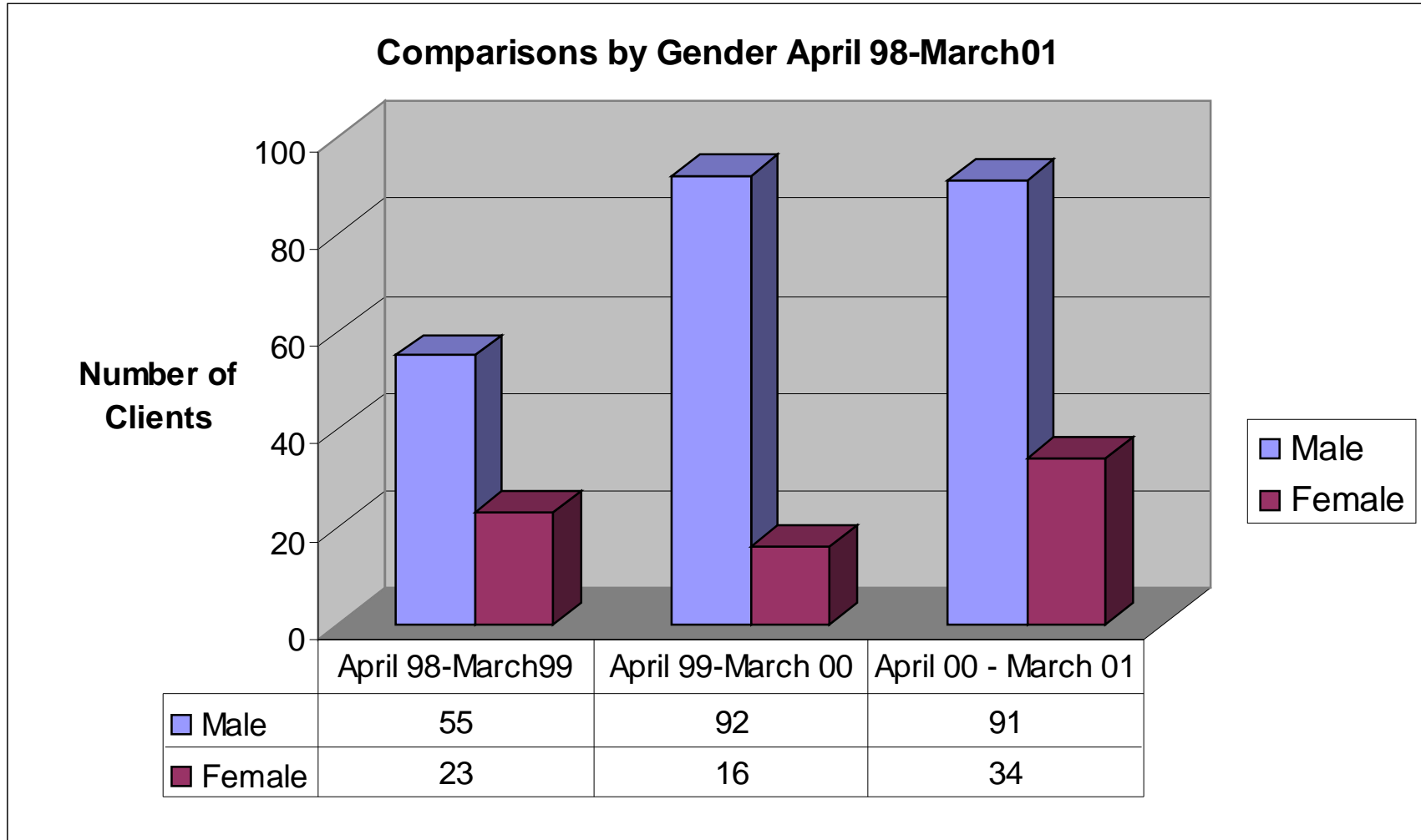
	11 years	12 years	13 years	14 years	15 years	16 years	17 years
■ April 98-March99	0	0	3	11	19	16	29
■ April 99-March 00	2	5	5	14	20	20	42
■ April - March 01	0	5	8	15	17	37	43

APPENDIX 2 – Assessments by Geographical Area

**Comparisons of Assessments by Geographical Area
April 98 - March 01**

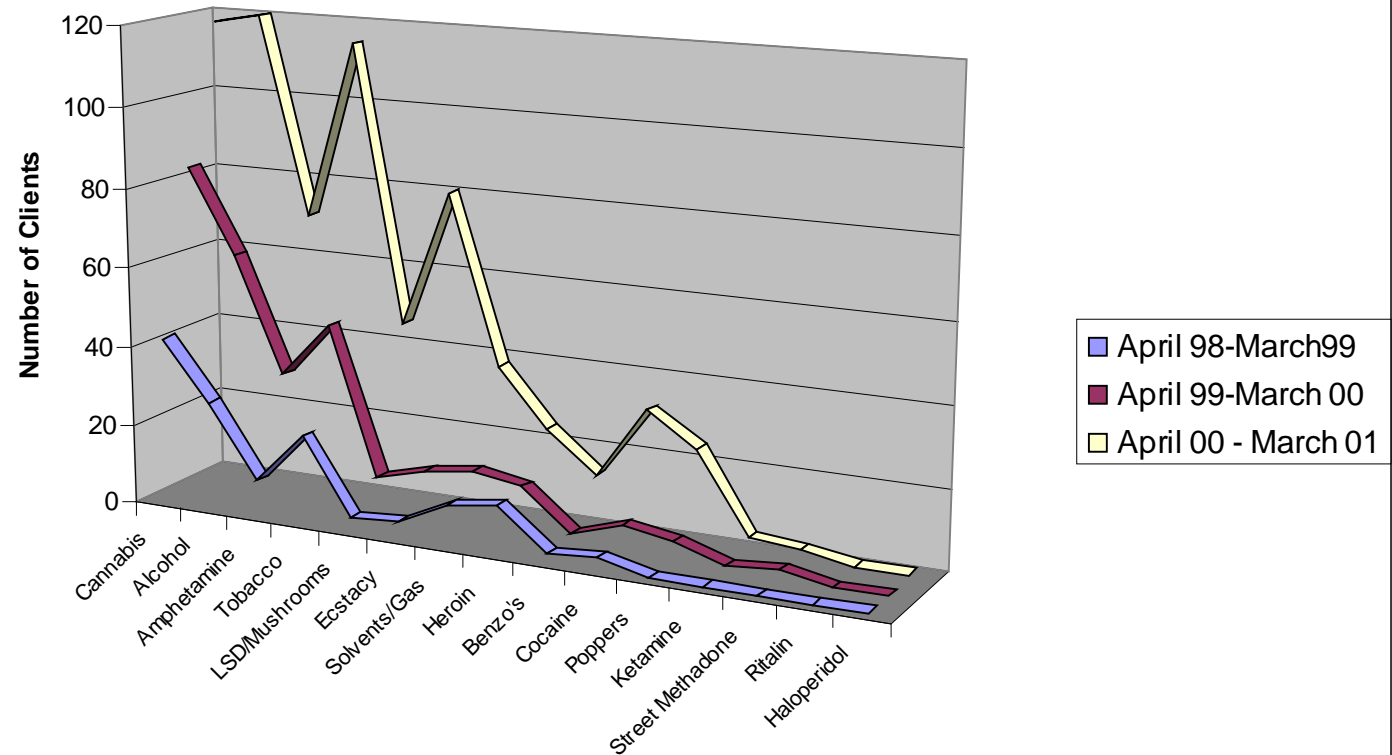


APPENDIX 3 – Assessments by Gender



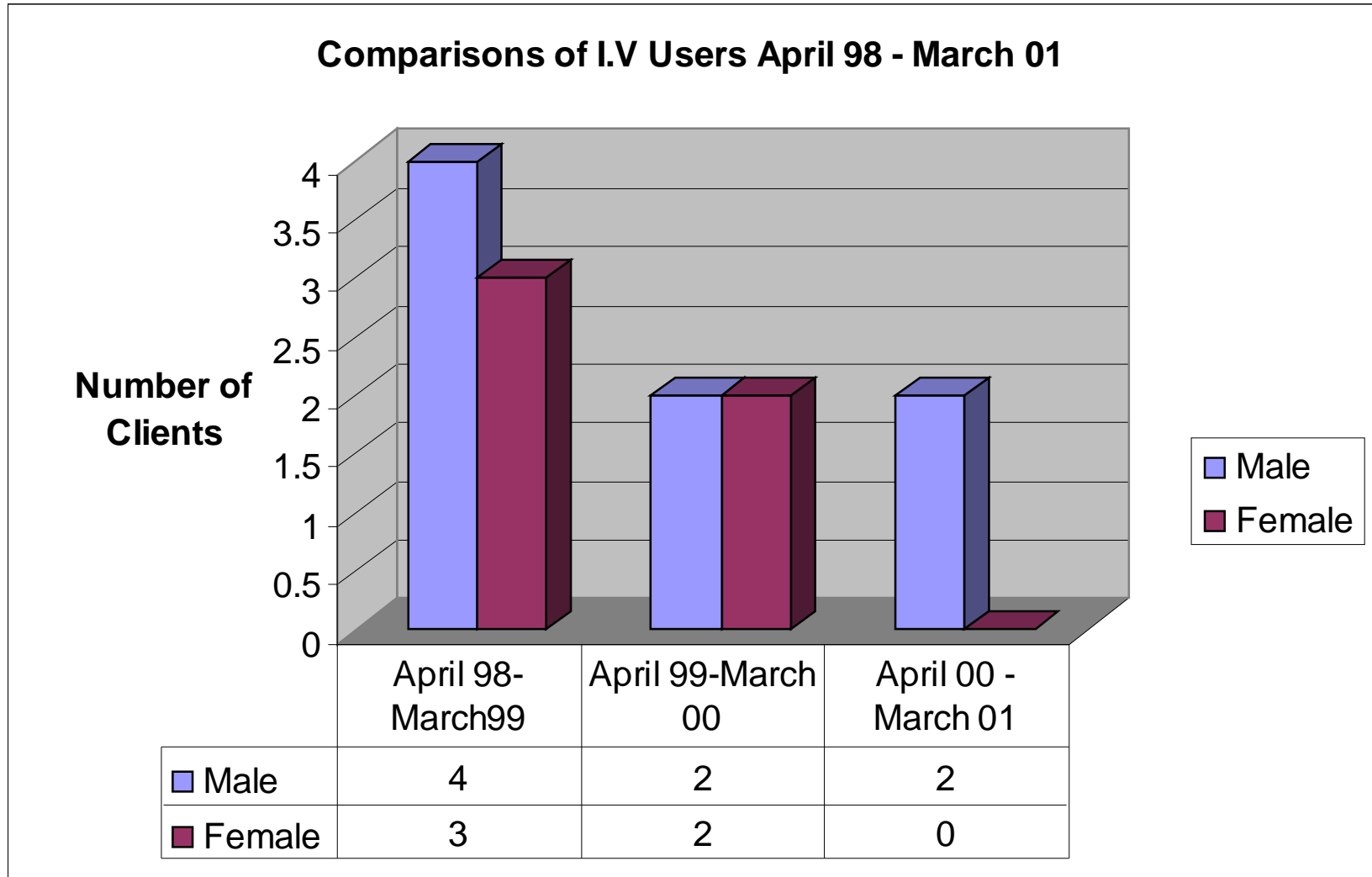
APPENDIX 4 – Substances Used

Comparisons of Substances Used April 98- March 01

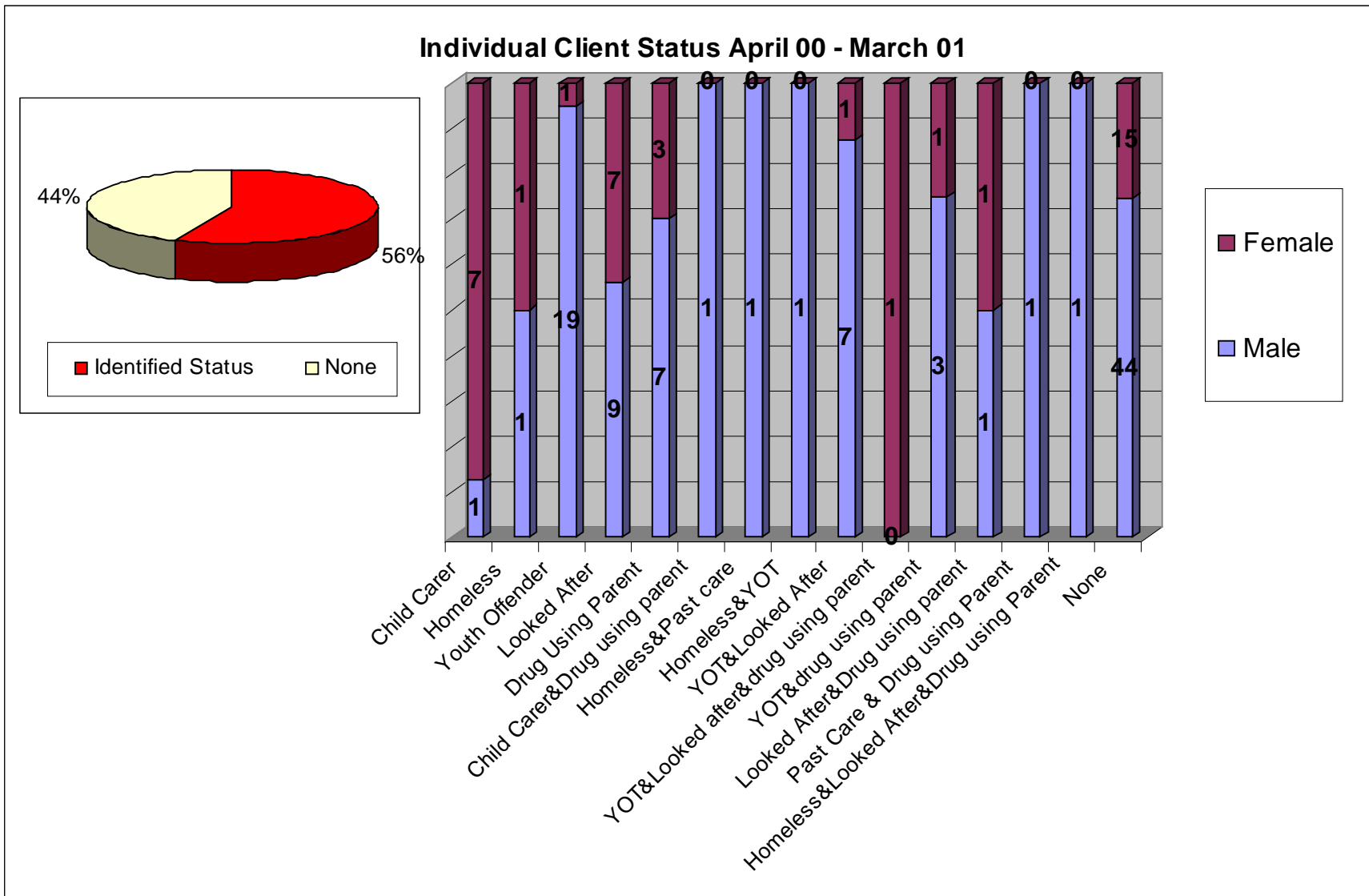


	Cannabis	Alcohol	Amphetamine	Tobacco	LSD/Mushrooms	Ecstasy	Solvents/Gas	Heroin	Benzo's	Cocaine	Poppers	Ketamine	Street Methadone	Ritalin	Haloperidol
■ April 98-March 99	42	27	9	22	3	4	10	12	2	3	0	0	0	0	0
■ April 99-March 00	83	62	33	47	10	13	15	13	3	7	5	1	2	0	0
■ April 00 - March 01	118	120	71	115	46	80	38	24	14	32	24	4	3	1	1

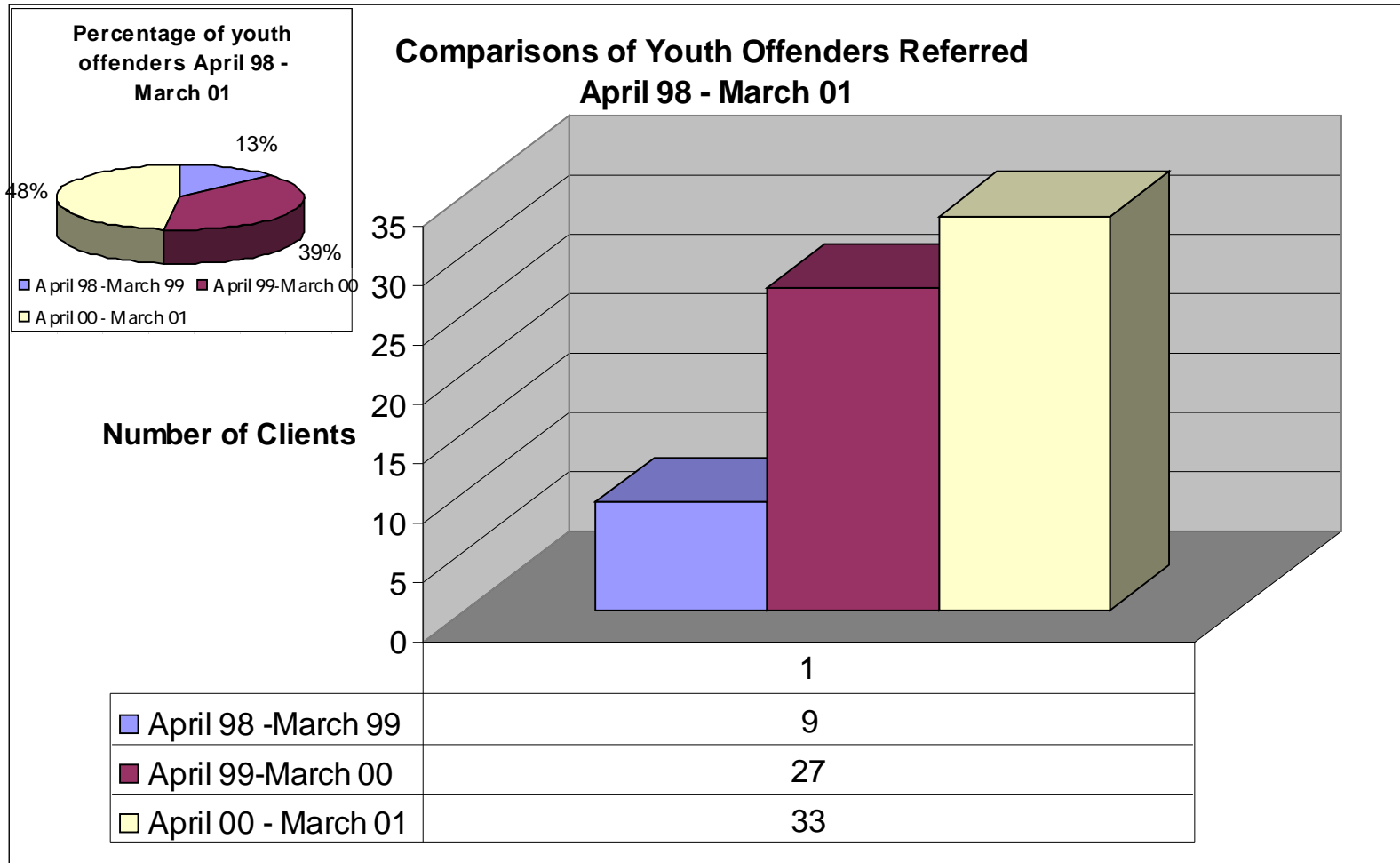
APPENDIX 5 – Intravenous Users



APPENDIX 6 – Identification of client status



APPENDIX 7 – Comparisons of Youth Offenders Referred

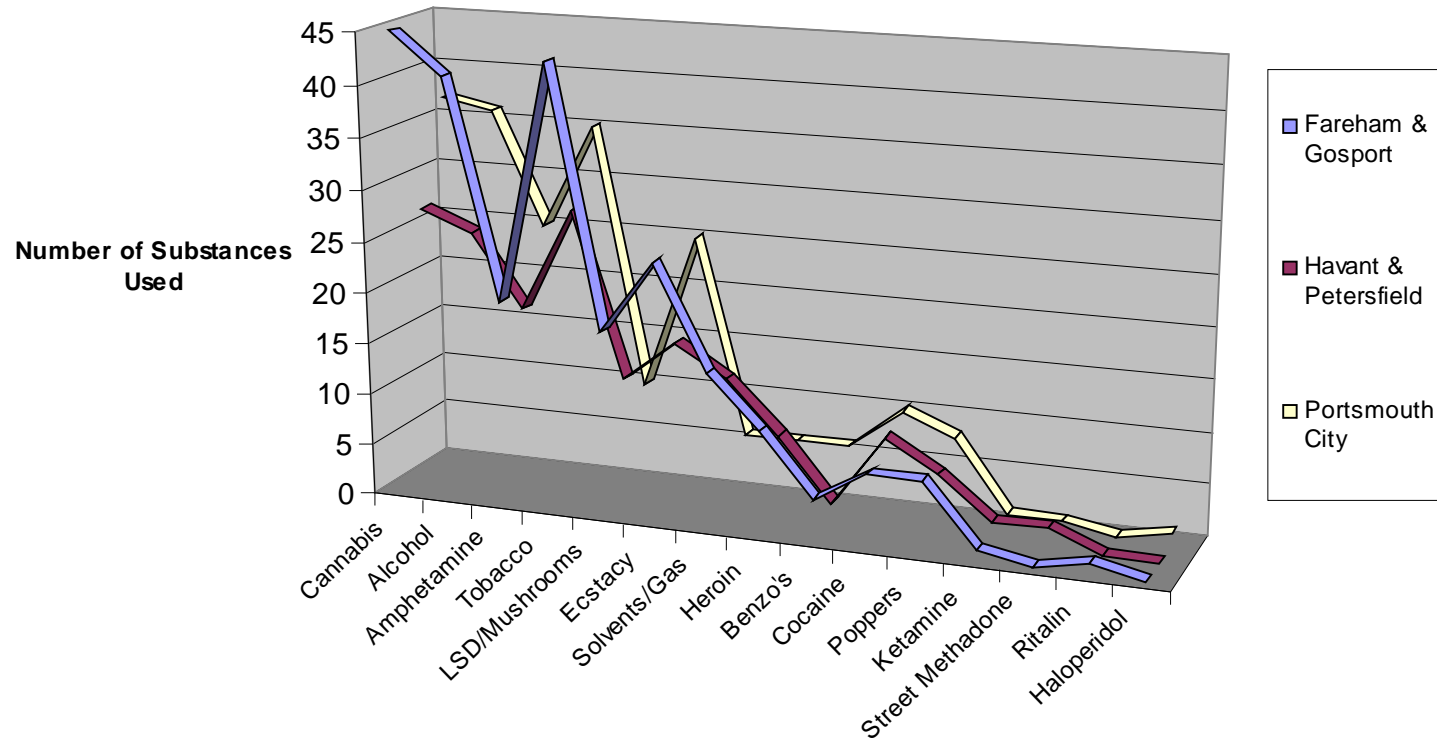


APPENDIX 8 – Youth Offenders by Age and Gender



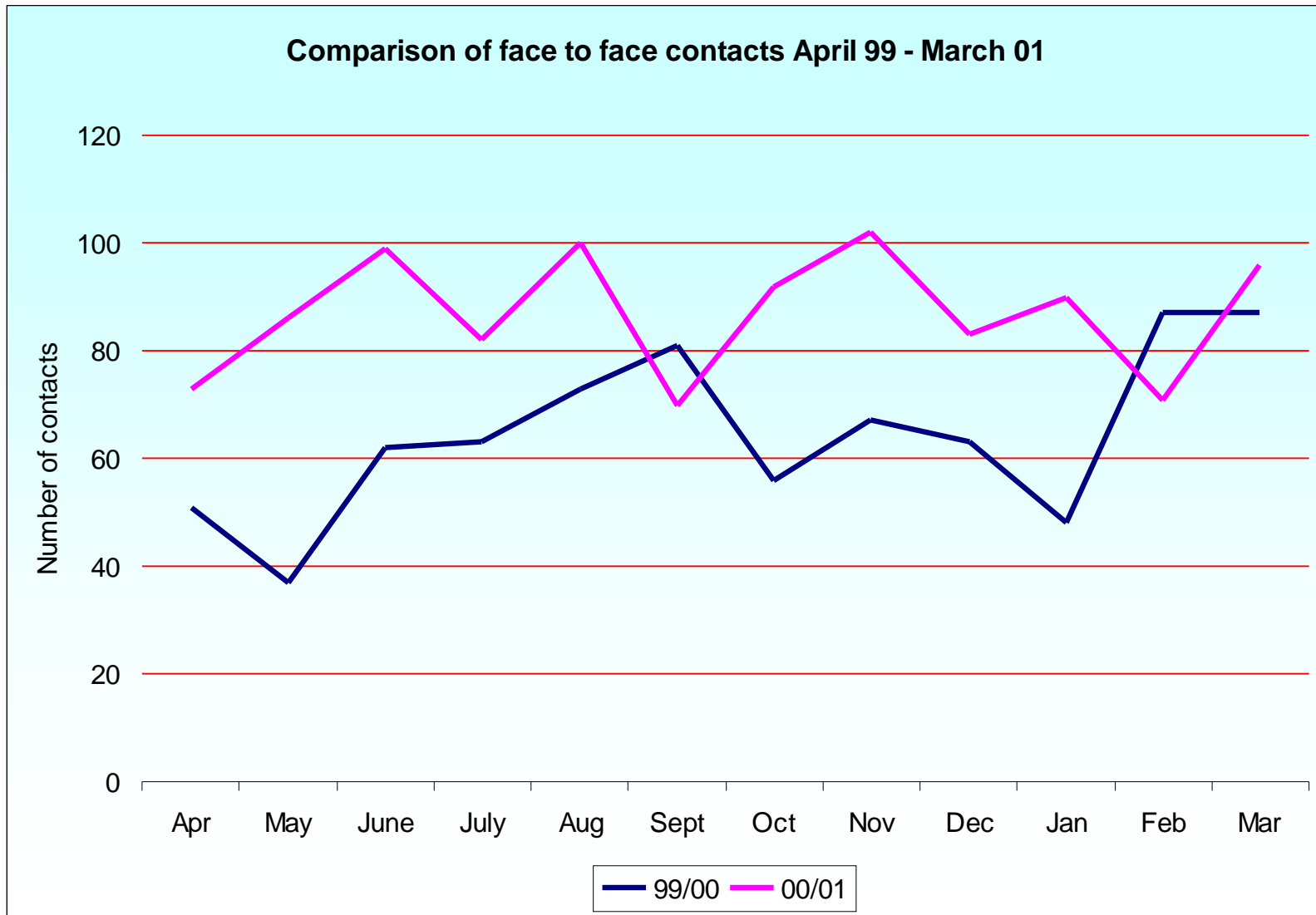
APPENDIX 9 - Substances Used by Locality

Comparisons of Substances Used by Locality April 00 - March 01

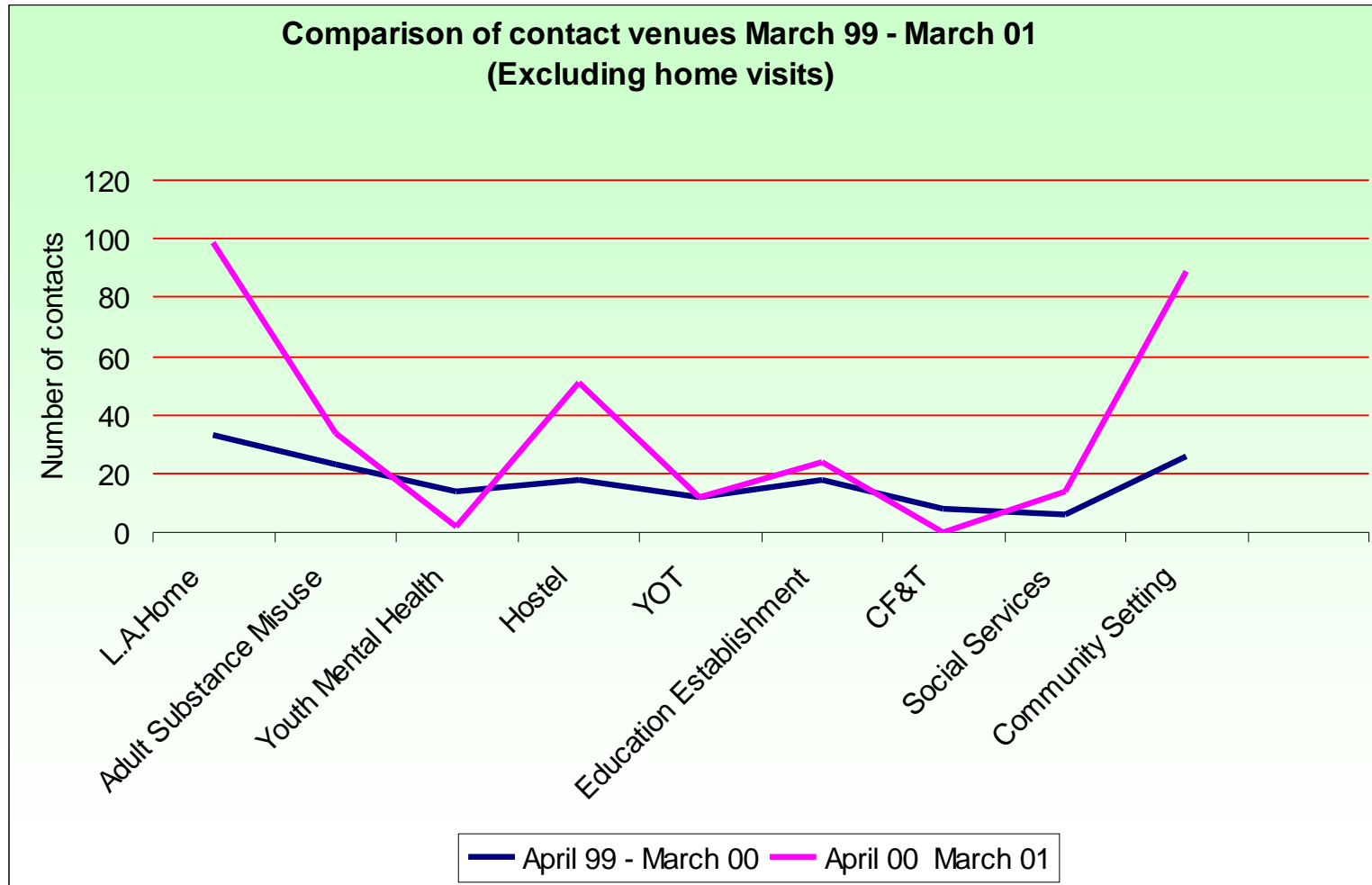


	Cannabis	Alcohol	Amphetamine	Tobacco	LSD/Mushrooms	Ecstasy	Solvents/Gas	Heroin	Benzo's	Cocaine	Poppers	Ketamine	Street Methadone	Ritalin	Haloperidol
■ Fareham & Gosport	45	41	20	43	18	25	15	10	4	7	7	1	0	1	0
■ Havant & Petersfield	27	25	18	28	12	16	13	8	2	9	6	2	2	0	0
■ Portsmouth City	37	36	25	35	10	25	6	6	6	10	8	1	1	0	1

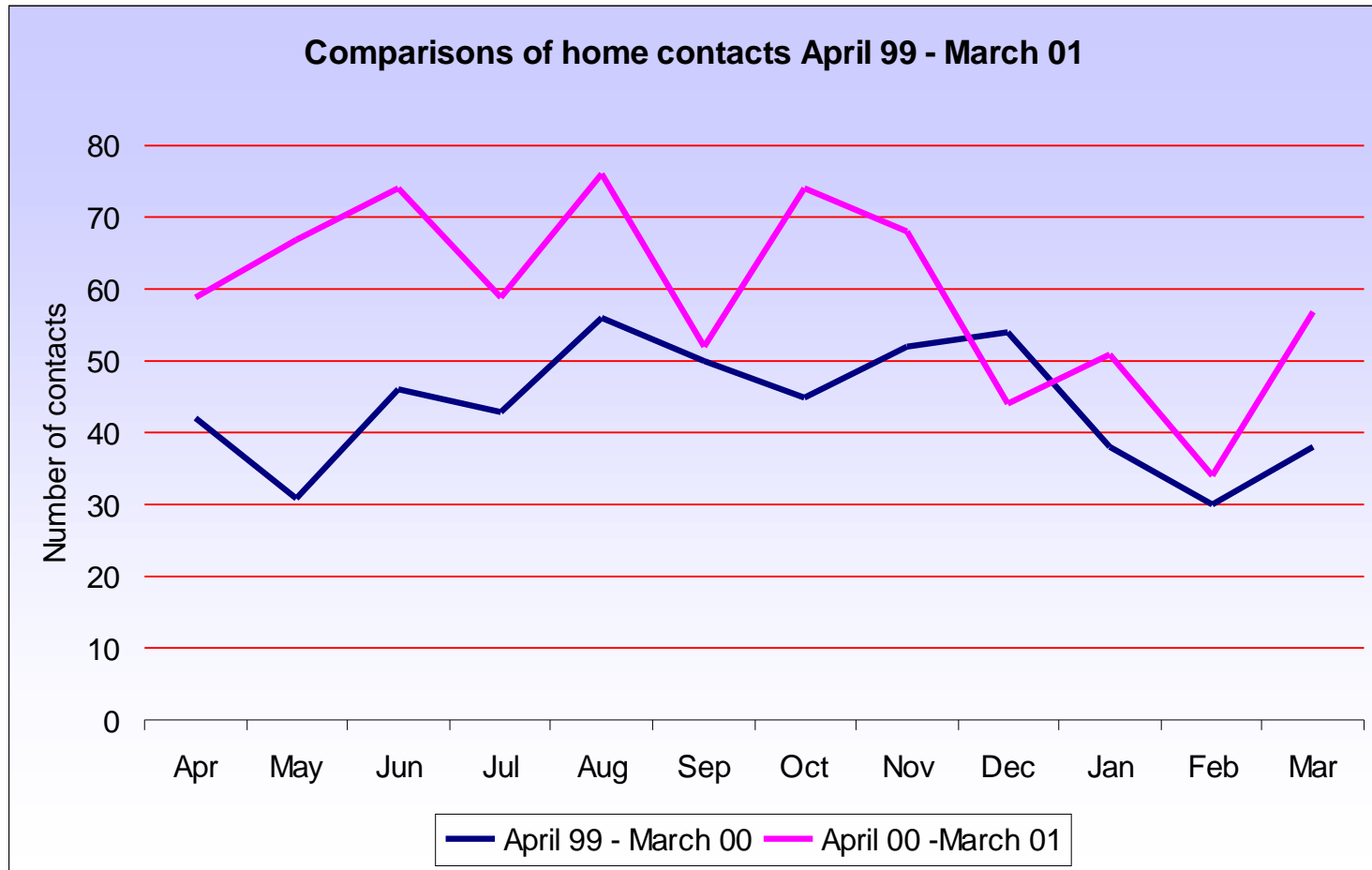
APPENDIX 10 – Face to Face Contacts



APPENDIX 11 – Contact Venues



APPENDIX 12 – Comparisons of Home Contacts





E's Up Substance Misuse Service

Client Survey Evaluation

Outcomes

April 1999 – March 2001

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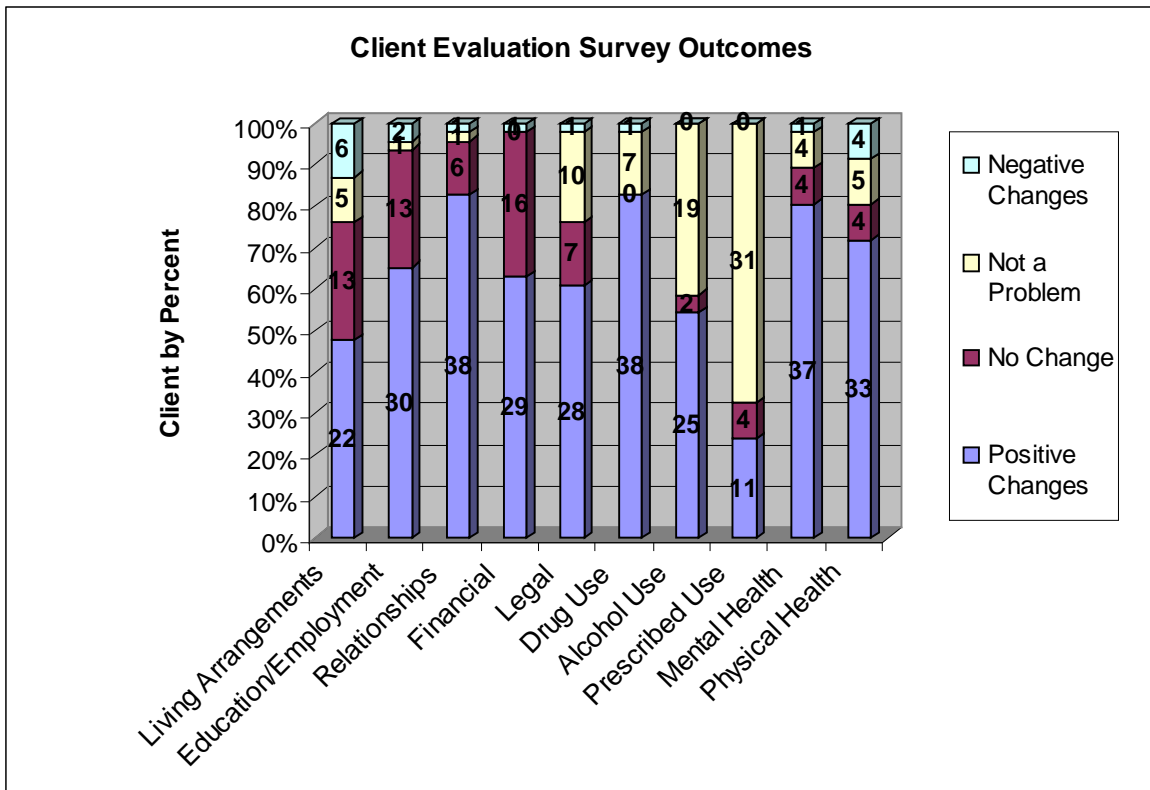
Client Evaluation Survey Outcomes

Clients entering the E's Up -Young People's Substance Misuse Treatment Service are interviewed at regular intervals to assess changes in their lifestyles and behaviour since commencing with the service. The interviews focus on four main areas; Social, Legal, Substance use and Health.

This data is based on clinical reviews of 46 clients receiving treatment from E's Up during the period April 99 – March 01.

Chart 1 shows overall changes which have occurred during their treatment.

Chart 1 – Survey Outcomes



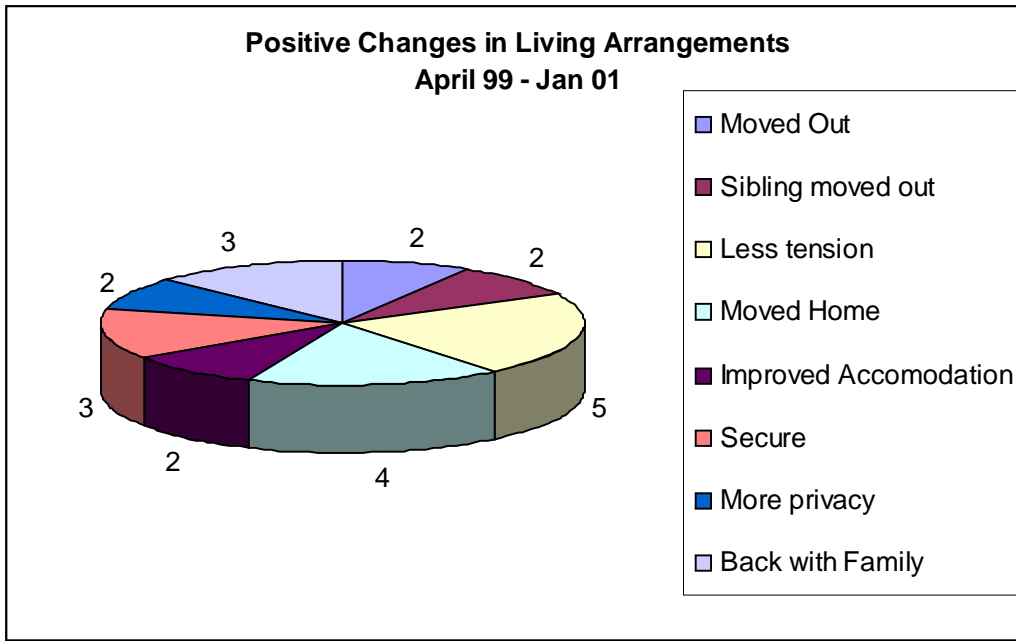
Living Arrangements

The first category looks at any changes in individual's living arrangements. 48% (n22) clients have experienced positive changes. These have been broken down in chart 2.

21% (n5) have seen a reduction in the tension at home causing a better living environment. All five put this down to their change in substance use.

28% (n7) showed no change at all in living arrangements, whilst 12% (n3) showed a negative change. These were due to breakdown in the family relationships, admission to secure accommodation and changes in foster care placement. (Chart2).

Chart 2 – Positive Changes in Living Arrangements

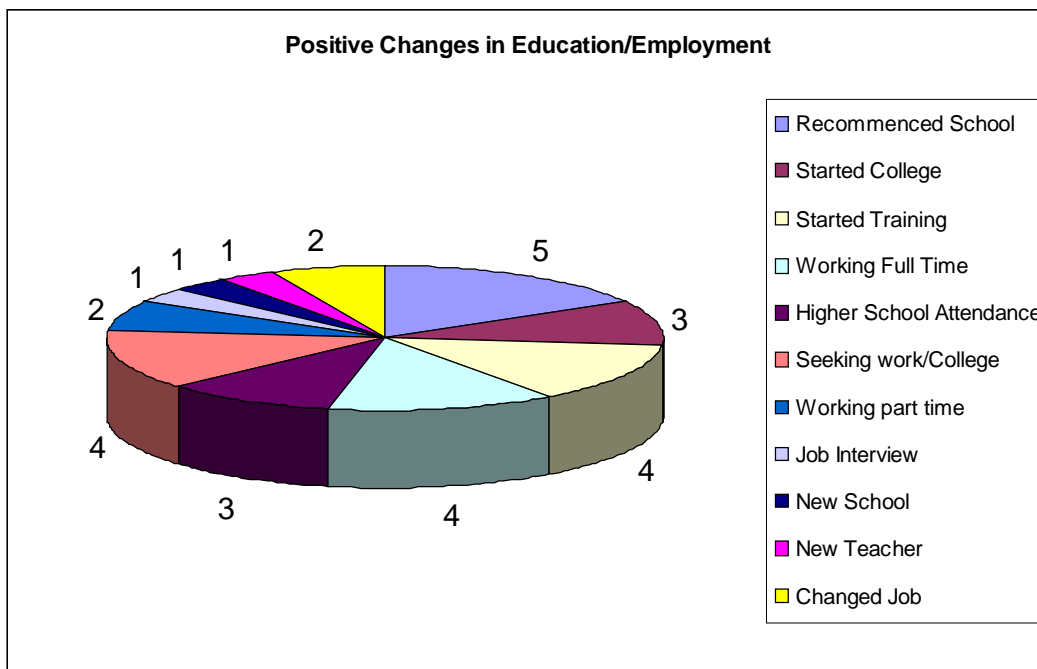


Employment / Education

66% (n30) of clients saw positive changes in employment or education, reasons for these changes have been broken down in Chart 3. In total 18% (n5) have recommenced school, whilst 26% (n8) have started full time education or employment, with 13% (n4) increasing their motivation to work.

28% (n13) saw no change in Education / Employment, whilst 8% (n2) were dissatisfied with their training or had difficulty getting back into school.(Chart 3).

Chart 3 – Positive Changes in Education/Employment

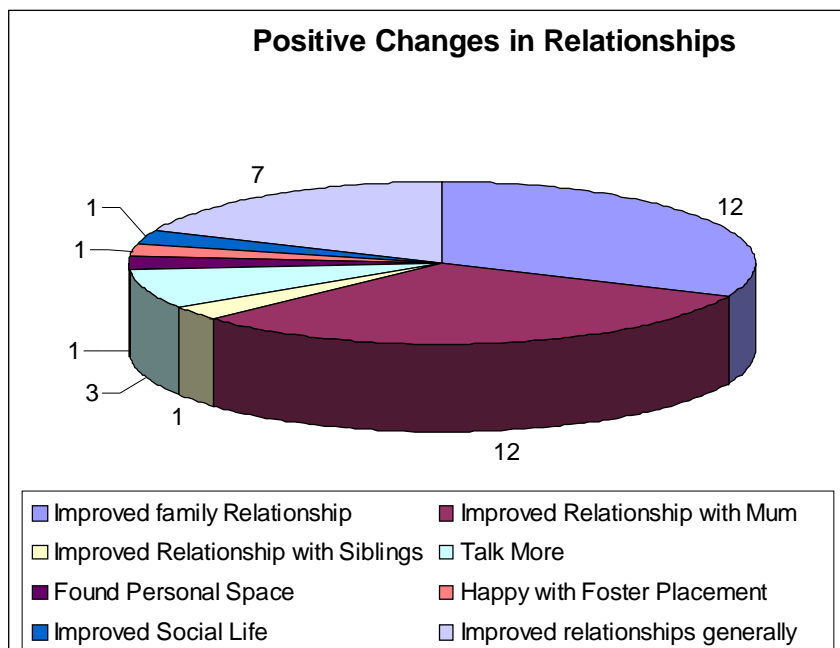


Relationships

83% (n38) saw positive changes in their relationships, this has been broken down in chart 4, showing 30% (n12) improving their relationship with their mother and a total of 60% (n24) positive changes generally in family relationships.

13% (n6) saw no change in their relationships, whilst 2% (n1) felt that the home situation had deteriorated. (Chart 4).

Chart 4 – Positive Changes in Relationships

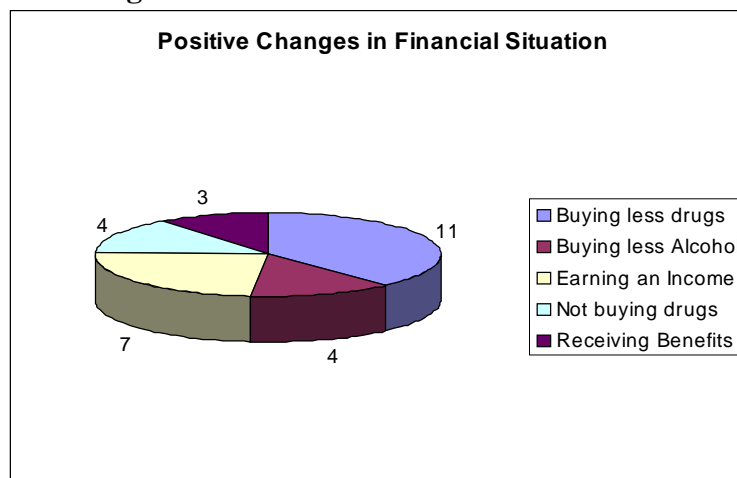


Financial Situation

63% (n29) showed positive changes in their financial situation of these 66% (n19) reported the cause to be buying less or no substances.

35% (n16) showed no change in their financial situations, whilst 5% (1) reported less money due to being in a secure environment. (Chart 5).

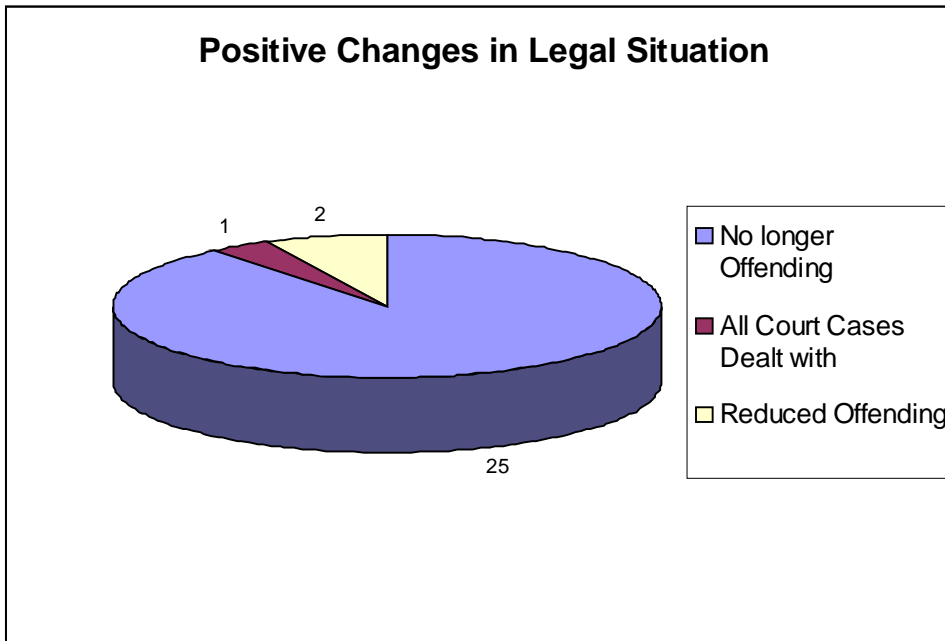
Chart 5 - Positive Changes in Finances



Legal Situation

61% (n28) showed positive changes in their legal situation, of these 96% (n27) had ceased or reduced their level of offending, whilst 2%(n1) was referred to secure accommodation for at risk behaviour. (Chart 6).

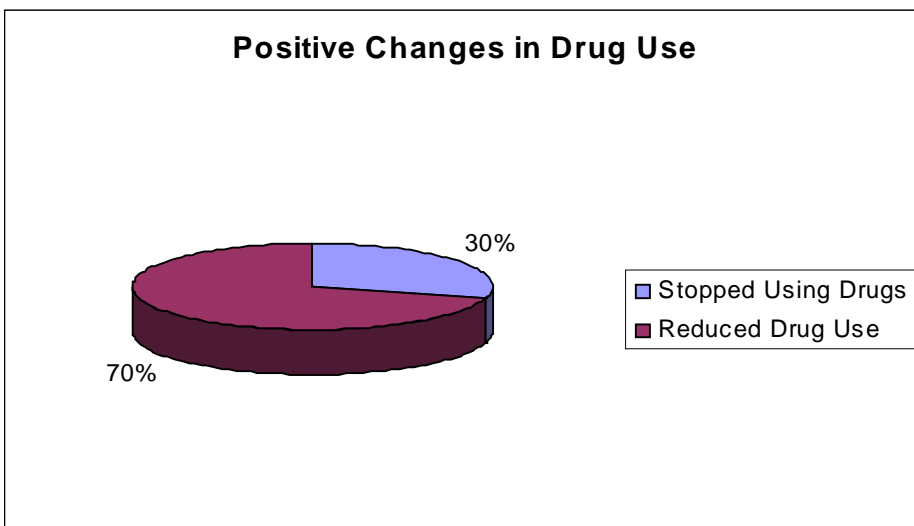
Chart 6 - Positive Changes in Legal Situation



Drug Use

85% (n39) of the clients in the survey had a problem with drug use, of these 83% (n38) showed a positive change in their drug use, of these 70% (n26) had reduced their use and 30% (n11) had stopped using. 2% (n1) showed a negative change due to injecting whilst on the programme. (Chart 7).

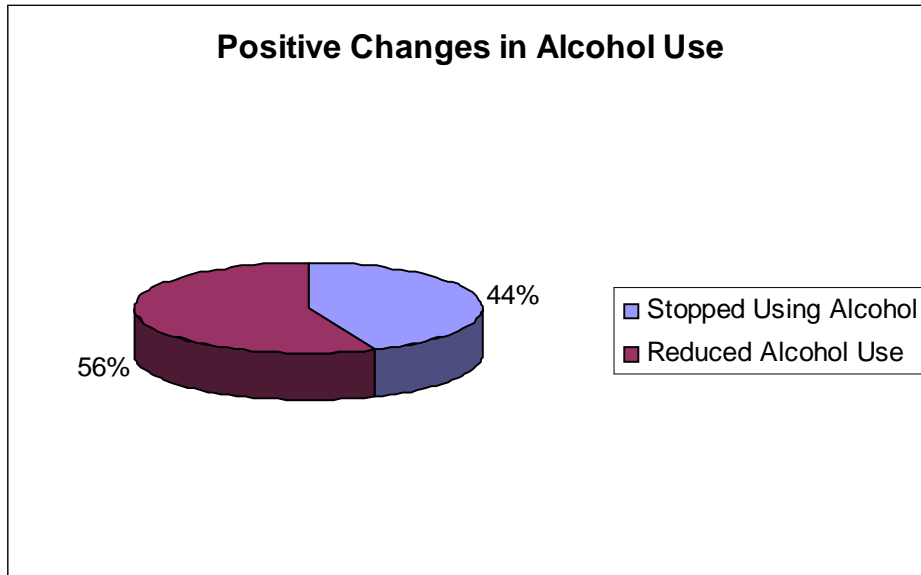
Chart 7 - Positive Changes in Drug Use



Alcohol Use

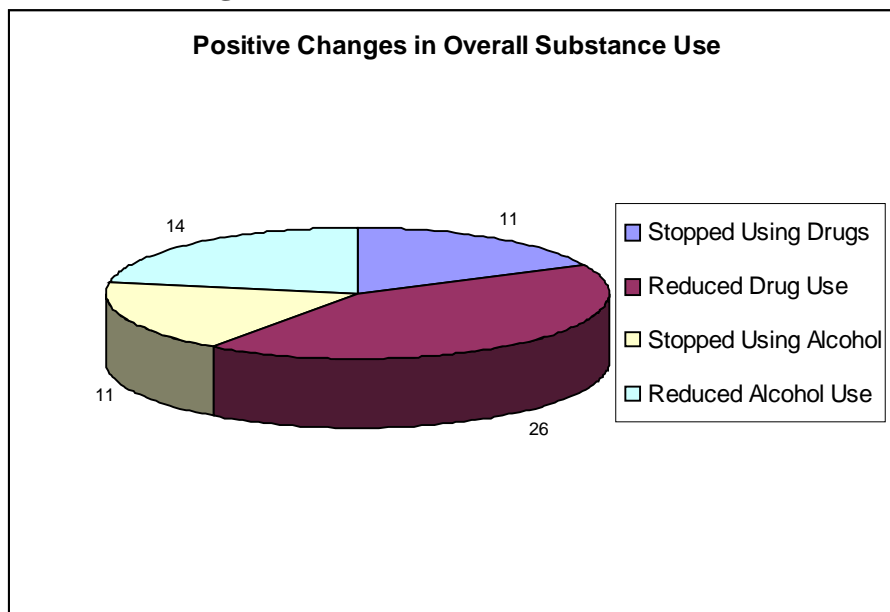
59% (n27) of the clients in the survey had a problem with alcohol of these 55% (n25) showed a positive change in their alcohol use, with 56% (n14) reducing their use and 44% (n11) had stopped using. (Chart 8).

Chart 8 - Positive Changes in Alcohol Use



Overall 69% (n63) showed a positive change in their drug or alcohol use, whilst 1%(n1) saw a negative change and 2%(n2) saw no change at all. These figures show that 32% (n21) were using both drugs and alcohol. (Chart 9).

Chart 9 - Positive Changes in Overall Substance Use

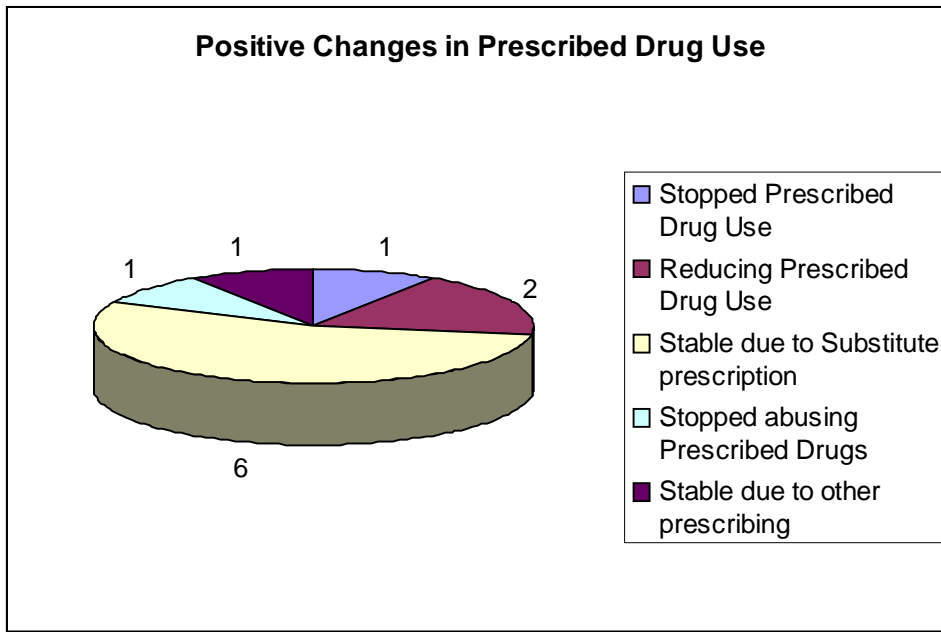


Prescribed Use

Whilst 67% (n30) did not receive prescribed drugs, from the remaining 33% (n15) who did 24% (n11) showed positive changes.

55% (n6) Showed stability due to Substitute Prescribing, whilst 27% (n3) stopped or reduced their prescribed use. (Chart 10).

Chart 10 - Positive Changes in Prescribed Drug Use

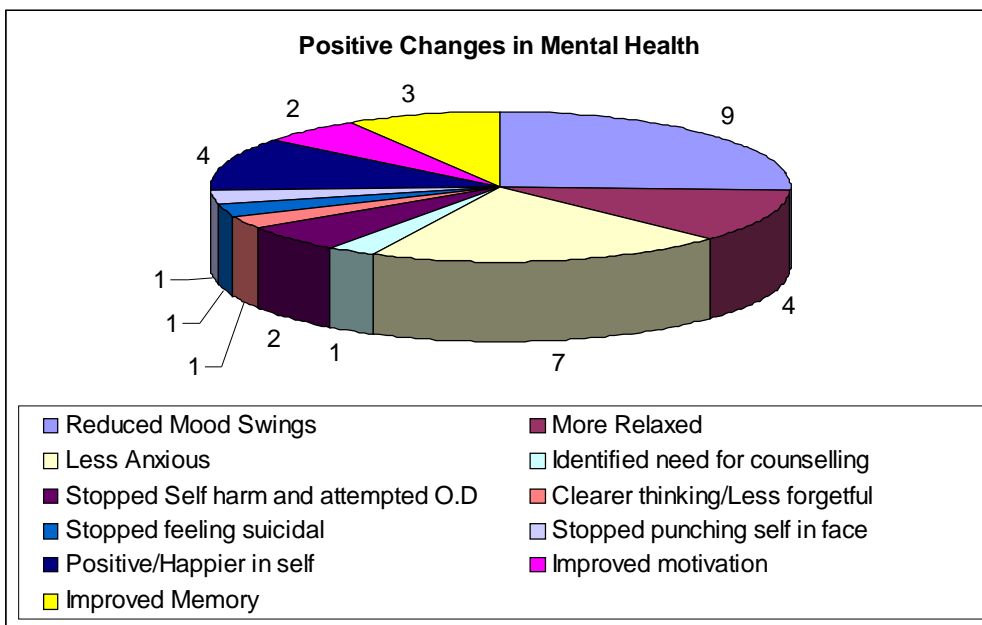


Mental Health

78% (n35) experienced positive changes in their mental health, of these 25% (n9) saw a reduction in their mood swings and 20% (n7) reported feeling less anxious.

9% (n3) had stopped self harming and feeling suicidal whilst 9% (n4) saw no change in their mental health and 2% (n1) had no reported problems.(Chart 11).

Chart 11- Positive Changes in Mental Health

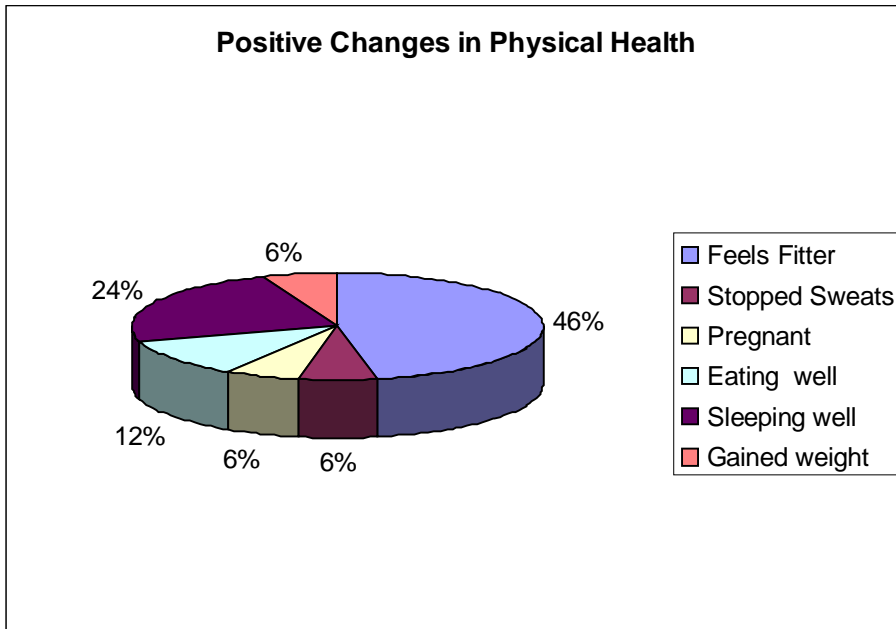


Physical Health

71% (n33) saw positive changes in their physical health, whilst 9% (n4) saw no change, 11% (n5) did not have a problem and 9% (n4) saw a negative change.

Positive changes showed 46% (n8) feeling generally fitter and 24% (n4) sleeping better. (Chart 12).

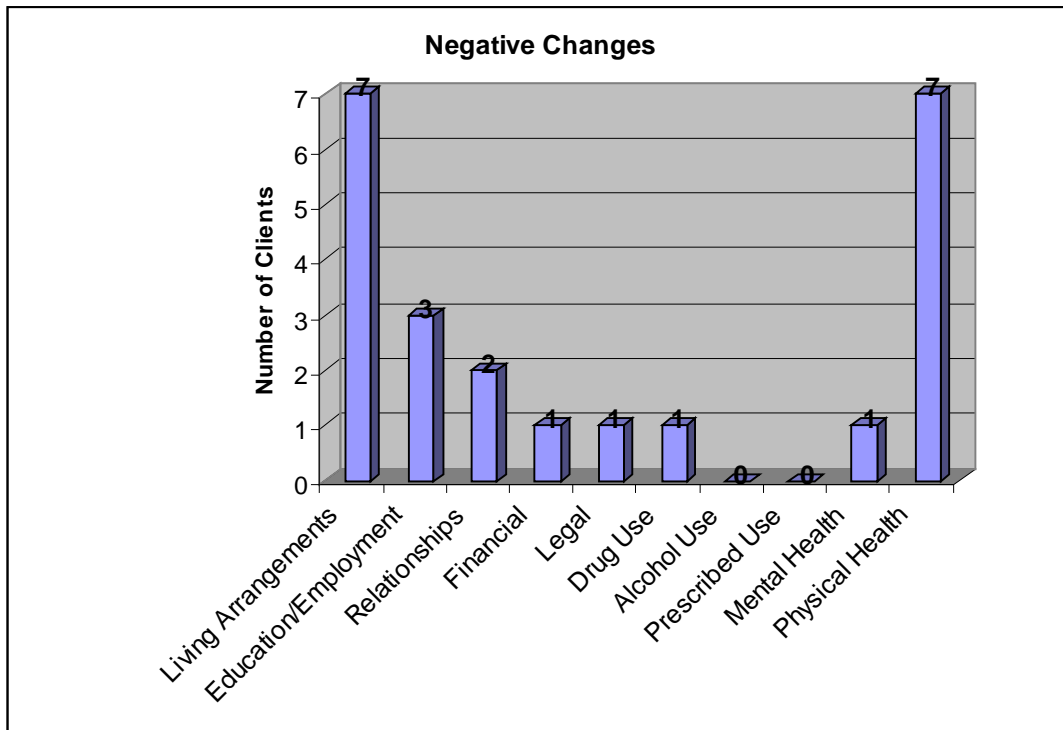
Chart 12 - Positive Changes in Physical Health



Negative Changes

Overall 5% (n23) areas showed a negative change of which, 31% (n7) showed negative changes in accommodation and Physical Health, whilst 9% (n2) showed a negative change in their Relationships. (Chart 13).

Chart 13 – Overall Negative Changes



March 2001