



Safe in East Sussex

In Focus: Substance Misuse

July 2018

In this edition:

East Sussex Drug and Alcohol Service Re-commissioning

Safer East Sussex Team Community Development Substance Misuse

Under 19s Substance Misuse Service

STAR – East Sussex Drug and Alcohol Recovery Service

Action in Recovery

East Sussex Recovery Alliance

Drug Related Deaths

Seaview RADAR Programme

Hastings Community Alcohol Partnership

South Coast User Forum (SCUF) Conference



The harms caused by substance misuse are far reaching and affect our lives at every level.

It includes crime committed to fuel drug dependence; organised criminality, violence and exploitation which go hand in hand with production and supply; and the irreparable damage and loss to the families and individuals whose lives it destroys.

The Government estimates that alcohol misuse costs the criminal justice system £11bn every year, though this is liable to be lower than the actual cost. People with alcohol problems emerging from the criminal justice system may also place a burden on other health, housing and social care services.

This newsletter looks at the work undertaken by the Safer Communities Team and its partners in addressing substance misuse across East Sussex.



The East Sussex Safer Communities Partnership is supported by the Safer East Sussex Team, made up from Community Safety staff from Sussex Police and East Sussex County Council

East Sussex Drug and Alcohol Service Re-commissioning

The new drug and alcohol service is due to start in East Sussex on 1st April 2019. The new service will work with existing community assets both within and out of the substance misuse fields to enhance the service user experience. The rationale behind this allows those seeking support with substance misuse disorders to access support within services they already access.

The following documents have been prepared to guide potential providers of this service:

- **East Sussex Drug and Alcohol Treatment Needs Assessment**- explains and describes what the needs of the substance misusing population are locally.
- **Substance Misuse Services Service Specification** – describes what service is required to meet these needs.
- **Substance Misuse Services Commissioning Strategy** – looks at the processes behind the re-commissioning of this service

These documents detail the needs of the county and planned outcomes for the new service. They were written after consultation with local stakeholders. These stakeholders include:

- CGL staff, service users and volunteers
- Fulfilling Lives
- Adult Social Care Substance Misuse Service
- District and Borough Councils
- Staff from CCGs
- GPs from across the County Council
- Refuge
- East Sussex County Council Early Help Team
- Sussex Police
- East Sussex Families and Carers Team
- Active in Recovery
- SSAFA
- ESHT
- Public Health – East Sussex County Council
- Public Health England
- Other community groups including Foodbank, Salvation Army and Matthew 25

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The procurement processes within the County Council are now being carried out and the tender process for providers is scheduled to begin in August with bids scheduled to be evaluated this Autumn. A preferred provider will be identified once this process is completed.

The new service will look to work with existing services and the wider community within and out of the substance misuse fields to enhance the service user experience. The rationale behind this allows those seeking support with substance misuse disorders to access support within services they already access.



Focus Groups

A number of focus groups have been conducted over the last few months to help shape the future provision of drug and alcohol treatment in East Sussex. Individuals from a range of backgrounds were consulted including service users, volunteers and professionals, to ensure the new service meets the needs of its clients.



The national policy shift from a focus on drug treatment to a recovery orientated system has given rise to the development of a mutual aid programme across East Sussex. Initially, the 2012/15 Substance Misuse Commissioning Strategy instigated the development of the recovery communities and they will continue to be developed as part of the current re-commissioning process.

They provide a range of peer led groups and activities which can help build relationships and develop constructive networks. A portion of the Public Health Grant has been allocated to the development of peer support projects and services.

You can read more about some of these projects in the following pages.

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Community Development - Substance Misuse



Dave Perry is the new Community Development Officer for Substance Misuse in East Sussex. His role involves supporting the development of recovery communities, supporting individuals, mutual aid and aftercare services.

What are recovery communities?

Recovery communities support individuals leaving treatment for drug and alcohol abuse and aim to provide an individual with all the local services they need to sustain abstinence – including providing help with housing, career support, peer support and health support – in order for them to continue to make lasting changes to improve their quality of life.

What is mutual aid?

Mutual aid is support provided by members of a community group during recovery. The most common mutual aid groups in England include 12-step fellowships and SMART Recovery.

The fellowships (e.g., Alcoholics Anonymous (AA), Narcotics Anonymous (NA), Cocaine Anonymous (CA) and Al-Anon) are based on a 12-step self-help philosophy developed in the 1930s.



SMART Recovery applies cognitive behavioural techniques and therapeutic lifestyle change to its mutual aid groups to help people manage their recovery.

The types of services that Dave oversees provide a range of therapeutic groups and activities that promote recovery (further details of some of these project are on the next page). Raising the profile of services and encouraging partnerships is a key aspect of his role while ensuring that service users are regularly consulted to give feedback about their experience of using services which informs the services' development.

All the services commissioned are at least part-funded by the Innovation Fund and Dave is always looking for ways to develop existing services and support new service development. If you are interested in this kind of work and want to share your expertise as Trustee or volunteer or have an idea about supporting people in recovery then please get in touch with Dave.

Dave.perry@eastsussex.gov.uk or call 07769 239 104

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Local Therapeutic Groups and Activities: -

Oasis Women's Recovery Service is a trans-inclusive service supporting women's recovery from drugs and alcohol and empowered abstinence. Structured groups and activities are facilitated in a safe, confidential and non-judgemental environment, for adult women.



One of the service users recently commented, *"This group is my safe space- in fact it's my only safe space I think I have ever had?!"*

Eastbourne groups are currently engaged in a 6-week "Art of Attachment" project involving workshops with Towner Gallery Artist-in-Residence, Jenny Arran and acclaimed poet Lemn Sissay, MBE.

For further information on their service please contact:

owrs@brightonoasisproject.co.uk / Beatriz: 07712 528501 / Karen: 07426 514235



SWOP Sussex aims to increase the safety and wellbeing of women involved in sex work, improve outcomes for women involved in sex work in relation to recovery from sexual violence and as well as those with complex needs.

The Sex Worker Outreach Project Sussex Helpline launched on July 21st 2018 and offers confidential, discreet, anonymous, for any female, trans-inclusive, who exchanges sex acts for money or other items. The helpline operates across Sussex every Tuesday 5pm-7:30pm

Get in Touch

For further details please phone: 01273 087047

WeChat: www.oasisproject.org.uk/services/swop/

Text: 07718 476699

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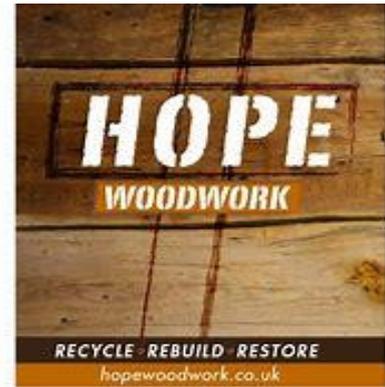
Hope Woodwork

Hope Woodwork's primary aim is to help unemployed people into paid employment by providing a supportive environment where people can gain self-confidence and learn new skills.

People can work flexibly at Hope Woodwork on placements, supported by a wonderful team of volunteers who share their life skills as well as their carpentry skills! A range of products are produced from both recycled and donated timber which is sold from the workshop and at shows/exhibitions.

Their aims are to:

- Create jobs and offer skills training to people
- Provide a non-threatening environment that equips people for work
- Help restore self-worth and build confidence
- Recycle and reuse waste wood and other products
- Provide volunteering opportunities



A placement recently made a comment about Hope Woodwork:

"The guys at Hope Woodwork have taught me so much since I have been coming here. They have given me a reason to get out of bed in the morning and I am grateful. The coffee's not bad either!"

How you can get involved:

- Encourage an unemployed person who wants to get into a work routine to make contact with us.
- Offer your skills and/or time to share with placements.
- Contact us to buy one of our products or place an order.



For further information please visit:

www.hopewoodwork.co.uk or contact Ray Whitby, General Manager
Ray@hopewoodwork.co.uk Mobile: 07546 256411

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Under 19s Substance Misuse Service

The East Sussex Under 19's Substance Misuse Service is a multi-disciplinary team delivering drug and alcohol treatment to young people and their families across East Sussex. East Sussex has well established referral pathways into treatment embedded in a range of services for vulnerable adolescents across local vulnerable adolescent services and thereby delivers an integrated young people's treatment offer.

The team comprises of practitioners and clinicians who have specialist knowledge of drug/alcohol misuse and skills in engaging and delivering interventions to young people. The team work from a variety of buildings across the County and can also deliver treatment as part of an existing intervention plan in another team – such as Youth Offending or Child Protection.

The majority of referrals into the service in 2017/18 came from Education and Social Care teams. The referral numbers are higher than similar geographical areas and indicate that partner organisations can identify young people in need of drug/alcohol treatment and have a solid understanding of help for local young people.

Data shows a small and steady increase in numbers entering treatment which shows that thresholds for young people are appropriate. Having a high threshold for young people entering structured treatment can increase the young person's vulnerabilities and make it harder for them to make progress. In some geographical areas where there has been a reduction this could be a result of disinvestment, poor performance or increasing the threshold.

The average length of time in specialist treatment in East Sussex is 20.99 weeks. This is very slightly lower than the national average. Again this indicates that thresholds are broadly right. East Sussex achieves more planned discharges and low re-presentation rates than nationally, again if young people were being discharged too early re-presentation rates would be higher.



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Designated workers within the Education Support, Behaviour and Attendance Service are now better at identifying need. These workers, deliver drug and alcohol interventions to pupils whose behaviour in school is reported to be affected by their drug or alcohol use. They receive supervision and training from the U19SMS so they can ensure that the Drug and Alcohol Protocol is being implemented in every school in the County.

“County Lines” and the criminal exploitation agenda are also driving up referral numbers. The local multi agency criminal exploitation panels (MACE) are important planning mechanisms for disrupting criminal activity and ensuring that good planning is in place to reduce ongoing risk for an increasingly complex group of young people and their families.



The U19's Substance Misuse Service attends MACE meetings and contributes to the planning for young people who are referred. Not only are young people being exploited by criminal gangs but unsurprisingly they are sometimes 'self-medicating' to cope with trauma.

Case Study A

A was a 14 year old boy and referred into treatment via the Education Support, Behaviour and Attendance Service (ESBAS) pathway. At the initial meeting with the ESBAS worker, he had disclosed that he has been smoking cigarettes since the age of 11 and using cannabis and alcohol since the age of 12.

He explained that he tried Cannabis the first time because some of his older friends offered it to him. Poor school attendance played into his substance misuse and his mother was called into the school in respect of his attendance. At this meeting his mother disclosed that he had recently confided to her, that since the previous school holidays he had been “running” cocaine on behalf of a local adult male.



The case was allocated to a practitioner from the U19's SMS. The young person was assessed and gave a full account of the extent of his drug use and exploitation. He described that for the last 12 months cannabis had become a daily habit and that he was smoking every day with his best friend.

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He reported that they spent approximately £70 a week on cannabis and that it “improves his mood and keeps him calm”.

A lives at home with his mother and is a young carer for her because she suffers with depression. He reported that sometimes his mother’s mood affects him, in that if she is feeling very low he can often feel low also and cannabis helped him feel better. He also stated that several years ago they had both suffered from domestic abuse via her previous partner and he was now very protective of his mother given their experience of this.

He reported selling cocaine in Hastings town centre to older ‘customers’. He described knowing the majority of these people as he had been a source of their supply of drugs since the age of twelve. He described how he was introduced to supplying drugs by a friend of the same age and later “worked” directly for an undisclosed older male. He believes that this male had “links to London.”



- This assessment triggered a child protection process alongside a drug treatment plan in order to reduce his vulnerability.
- The plan had to protect him from criminal exploitation by unknown adults, look at his own involvement in criminal activity and the impact, his home circumstances as a young carer for a parent with poor mental health and their shared previous experiences of Domestic Abuse, his experience of trauma, his self-medication via his cannabis use, his poor school attendance and the impact on his own education.

How to contact the Under 19’s Substance Misuse Services

Under 19s SMS, Ground Floor, St Mark’s House, 14 Upperton Road, East Sussex BN21 1EP

Phone: 01323 464404

U19SMS@eastsussex.gov.uk

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STAR – East Sussex Drug and Alcohol Recovery Service

East Sussex 'Change, Grow, Live' (CGL, formerly Crime Reduction Initiatives / CRI) and East Sussex Adult Social Care offer drug and alcohol treatment, recovery and wellbeing support to all adults affected by alcohol and other drugs, their loved ones and communities, across the whole of East Sussex. All services are free, and they work in partnership with a range of organisations to ensure those they work with are fully supported.



The service operates from Hastings and Eastbourne, and offers 'outreach support' to people who find it difficult access services, e.g. those in more rural areas or who are affected by mobility issues.

They offer a range of services working in partnership with a range of agencies:

- GP shared care
- Specialist prescribing services
- Community detox from drugs and alcohol
- Inpatient detox from drugs and alcohol
- Group work programmes
- Housing and benefits advice
- Drug and alcohol counselling
- Intuitive recovery
- SCDA employment support
- Foundations of recovery
- Carers support group

Further information can be found here; <https://www.changegrowlive.org/content/east-sussex-drug-and-alcohol-recovery-service-star>

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Active in Recovery

Active in Recovery (AiR) is a creative and innovative charity whose mission is to provide artistic, relaxing and therapeutic activities for people in East Sussex in recovery from substance and alcohol misuse.

They also support people with dual diagnosis mental health issues, and their carers and supporters. AiR was initially created as a peer support project and has developed into an independent charity with a remit to cover the whole of East Sussex.



AiR provides safe spaces in which clients can enjoy themselves and not think about their problems. Within group activities we try to maintain an environment where people can try to forget their issues for a while and focus on positive things such as artistry, relaxation and mindfulness, socialising, exploring new activities and learning new skills.

Active in Recovery (AiR) offers a variety of interesting and creative activities designed to support clients' recovery from negative impact substance and alcohol use. Some activities are used for therapeutic purposes, some are used to encourage clients to push their boundaries and try unusual activities, and some are simply for fun!

For further information or to make contact please visit:

<https://www.activeinrecovery.org.uk/contact-us>

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East Sussex Recovery Alliance



East Sussex Recovery Alliance (ESRA) is a peer led Recovery community organisation and now a Community interest company developed by several individuals in January 2012.

Members are made of up individuals who are in recovery from substance misuse and alcohol problems or have been affected by someone else with these issues.

Their overall aim is to guide and support individuals and families that are in recovery from alcohol and substance abuse and want to make realistic changes in their lives,

ESRA show that recovery is possible by offering peer led support groups, activities and recovery coaching to enable people to take positive steps with their lives and promote a healthier wellbeing.

ESRA provide free training in **recovery coaching** - A recovery coach is someone who is in recovery themselves and can offer support and guidance, in a goals focused way, to someone who is struggling and/or in early recovery.

The coach will work with the individual to set their own goals and agenda, and will work with them to overcome any barriers and access any specialised support they might need.

If you know someone who would be interested and like to find out more about becoming a Recovery Coach or having their own coach please speak to Pam (recovery coach coordinator) on 01424 435318 or by email: recoverycoaches@esrauk.org

Further information on ESRA can be found here:

www.esrauk.co.uk/



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Drug Related Deaths

Each year, two inquiries are produced that look at those drug related deaths that have occurred within East Sussex. A brief 'reflection' is included to consider whether there are lessons to be learnt that would enable the Safer Communities Partnership to focus resources on areas of work that could reduce the frequency and underlying causes of drug related deaths within the county.

Sadly, year on year, common themes such as erratic and volatile support networks, use from a young age and lack of stable accommodation are apparent.

The Government document aims to reduce the number of people taking illicit drugs, and increase the rate of people leaving treatment successfully. Their approach to this is three-fold:

- **Focusing on children and young people, with more targeted interventions for those most at risk such as those that are homeless or those with entrenched inter-generational substance misuse problems**
- **Disrupting domestic drugs markets and responding effectively to the threat posed by organised crime groups**
- **Supporting recovery**

This work has been re-affirmed within the Government's recently published Serious Violence Strategy where they have created funding to support delivery of a new round of Heroin and Crack Action Areas (HACAAs). These areas will provide local partners and communities with the space to consider their response to a variety of public health issues, particularly around heroin and crack use and the increase in drug related deaths.

We discussed this area of work at our **Safer People, Safer Places** event in June with partners. Discussions around whether or not people felt there were any indications of or opportunities for earlier intervention, or missed opportunities for partnership working were undertaken which were focused around the following four areas:

- Early intervention
- Treatment
- Joint working
- Housing support

All feedback was recorded and will be used to shape future work.

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Seaview



Seaview is an award winning charity working with people on the edges of society for a range of reasons. This year Seaview was one of eight winners of a national Kings Fund/ GSK Impact award for excellence in providing positive health impact in the community. A large proportion of individuals that they support are recovering from addictions, mental health issues or long term health conditions. Seaview works to try and meet people where they are and reconnect them with life and community. They worked with 1370 different individuals across its range of services last year.

Seaview operates a range of outreach services to rough sleepers and the street community in Hastings and St Leonards. A team of outreach workers go out three times a week, covering about 15 miles over 3 hours checking on the health and wellbeing of rough sleepers, verifying their status and inviting them in to our wellbeing centre for ongoing support.

Seaview operates its support out of an open access wellbeing space where individuals can access:

- **Primary care via St John Ambulance in our clinical space:**
- **Health Activities**
- **Hot meals and drinks**
- **Showers Laundry**
- **Mental Health support**
- **Benefits applications**
- **Digital Health – Seaview is one of 20 national NHS Digital Pathfinder sites focussed on inclusion.**



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One of Seaview's most important and exciting programmes is **RADAR**

Refocus- Assess- Develop Activate-Recover. It is a programme funded through the Safer East Sussex Substance Misuse Innovation Fund and a Peer led programme of engagement.

There are three main elements to the RADAR project integrated and linking into Seaview's other services but very much concentrating on recovery concepts.

- There are four paid RADAR Peer -workers who are all individuals who have worked through their own recovery journey from both mental health and addictions. There is also a team of volunteer workers who run our donated clothing closet and some of the activities such as the Sunday bowl's team. As well as carrying out Peer led outreach to the street community alongside Seaview's experienced outreach team, RADAR come up with ideas that will engage with people and support reconnection to life and community including gym, running, football, music and Arts. Every year RADAR organise a Seaview's got talent event to engage with those that have musical or other talents and who might find formal recovery services too difficult initially. All of the programmes RADAR run are related to individuals remembering what matters to them and setting personal goals. Some highlights of this year's RADAR work include a men's cooking class and a five a side football tournament
- There is an Arts facilitator who assisted by one of the RADAR workers, links with other Arts, Theatre and Music programmes in the community to add variety and incentive.
- The final portion of RADAR is a Recovery Housing worker who works with Seaview's housing team to link current rough sleepers and those newly housed into RADAR's array of activities and groups.

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As a wellbeing hub Seaview is a tremendous access point for many individuals seeking to navigate the complex pathway of statutory and non-statutory supports and for many individuals acts as a friendly non demanding engagement point, allowing them to build trust in a layered manner.

Seaview is also one of the smallest organisations registered with the Caldicott Office and is considered a site of good practice for its implementation of Caldicott principles across all of its services and its partnership working.

Caldicott principles ensure that person identifiable information (including that of patients, staff and service users) is adequately protected.



Although Seaview does receive some statutory funding, it currently has to actively fundraise to match fund statutory contracts by in excess of £120,000 per annum in order to retain its open access approach in all of its services. Its annual Big Sleep is the most important fundraising activity in terms of both raising funds and awareness of the issues that Seaview serves.

Further information and links to Seaview can be found below:

<https://www.kingsfund.org.uk/audio-video/2018-gsk-impact-awards-seaview-project>

<https://digital.nhs.uk/news-and-events/news-archive/2017-news-archive/more-patients-to-benefit-from-programme-to-widen-participation-in-digital-health>

<http://informationsharing.org.uk/healthandpolice/>

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Ore, Hastings Community Alcohol Partnership



A Community Alcohol Partnership (CAP) was launched in Ore, Hastings, in July, last year to tackle underage drinking and associated anti-social behaviour. Surveys carried out with parents and residents highlighted that both are significant problems in the area.

CAPs are made up of partnerships between local authorities, police, schools, retailers, neighbourhood groups and health providers, working together to empower communities to tackle alcohol-related harm to young people and improve the quality of life for residents.

They aim to reduce the sale of alcohol to young people, advise them on the dangers of drinking and provide alcohol-free activities through youth services and local charities.

Across the country CAPs have had outstanding impacts on local crime, anti-social behaviour, litter, feelings of safety and reductions in underage purchasing of alcohol.

The Ore, Hastings CAP brings together a wide range of stakeholders, including East Sussex County Council, Hastings Borough Council, the NHS, Safer Hastings Partnership, Sussex Police, Licensing Teams, the Hastings Academy, retailers and the community.

The CAP works with partners including the National Social Marketing Centre (NSMC) to raise awareness of the harms of young people drinking, including being given alcohol by parents or relatives. NSMC has researched underage drinking in Ore and found that parents often supply their underage children with alcohol.

<http://www.communityalcoholpartnerships.co.uk/news/8-news/102-new-community-alcohol-partnerships-launches-in-ore-hastings>

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South Coast User Forum (SCUF) Conference

To celebrate people journeys in their recovery a Conference is being held for service users and organisations.

South Coast User Forum is celebrating recovery by holding a conference at ***The De La Warr Pavilion in Bexhill on Wednesday 19th September.***

The conference will celebrate peoples' journeys in their recovery, and will be filled with stories and entertainment to show recovery is possible.



This event is for people who are in recovery and for services that support people with substance misuse or their families

For more information or to book a place please click on the link below:

<https://www.eventbrite.co.uk/e/celebrating-recovery-on-the-south-coast-tickets-45550014319>

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