

TACKLING DRUGS CHANGING LIVES

DYFED POWYS DRUG INTERVENTIONS PROGRAMME

DIP NEWSLETTER AUGUST 2009

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Welcome

Welcome to the August 2009 edition of the Dyfed Powys Drug Interventions Programme Newsletter. Over the last three years Dyfed-Powys Drug Interventions Programme has developed and grown with increasing numbers of individuals accessing the service. DIP staff have been piloting and developing creative ways of working with service users and new schemes such as the Drug Conditional Caution and Carmarthenshire Prolific and Priority Offenders Support Service have been developed.

In the last few months Helping Groups to Grow and its Pathways to Recovery programme, a Lottery funded project, has been launched. This initiative has grown out of the Drug Interventions Programme and will focus on substance misusers with mental health issues.

In the next few months, the Drug Interventions Programme Rapid Access Prescribing Service will start in Llanelli and at the time of writing work has commenced on the Parish Hall building.

So thank you to all the committed staff working on the Programme and we are looking forward to the establishment of new initiatives over the coming year.

Kevin Fisher, DIP Manager

About the Drug Interventions Programme

The Drug Interventions Programme (DIP) is a crime reduction initiative, which provides support to encourage offenders out of crime and into treatment. It aims to break the cycle of drug misuse and offending behaviour by intervening at every stage of the criminal justice system to engage offenders in treatment and provide aftercare support.

The Drug Intervention is funded by the Home Office and implemented through the Welsh Assembly Government. There are four DIP regions in Wales: South Wales, Gwent, Dyfed Powys and North Wales and in each area the programme is delivered through a Regional Management Board.

The DIP programme is for people over 18 years of age who are entering or about to leave the criminal justice system and are misusing drugs. Contact with the Programme will be made through the Courts, Probation, Police, Prisons, a 24 hour Helpline, self referral or through referral from other key agencies. Clients will have contact with a drug worker who will conduct an assessment and develop with the client a Care Plan that matches available services to the client's

needs. This may include harm reduction advice and information, one to one motivational interviewing, counselling and relapse prevention, drop-in centres, volunteer and mentoring schemes, referral to other substance misuse services, support in accessing General Practitioner specialist substitute prescribing schemes, referral to wrap-around providers such as housing and training and family support.



Llywodraeth Cynulliad Cymru
Welsh Assembly Government



Key Performance Indicators

There are three Key Performance Indicators for the Drug Intervention Programme which are monitored and evaluated by the Home Office. They are:

- KPI 1 the number of clients with whom a contact is made and then go onto an assessment to be at least 60%
- KPI 2 the number of adults assessed who need a further intervention, who are subsequently taken onto the caseload at a treatment agency to be at least 85%
- KPI 3 the number of adults taken onto the caseload who engage in treatment to be at least 95%

In 2008/09 the Dyfed Powys Drugs Intervention Programme exceeded the targets for KPIs 1 and 2 and met or were within 4% of achieving KPI 3.

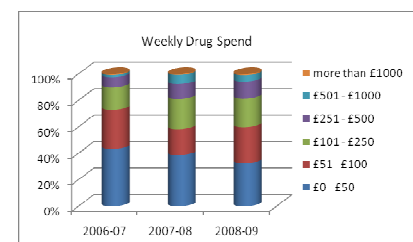
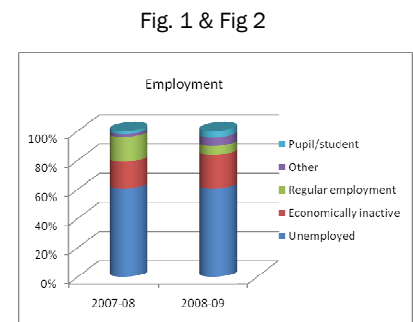
In addition to the Home Office KPI's, the DIP Regional Management Board also set local targets which include:

- 300 clients to be taken onto caseload in the financial year.
- 60% of all case closures to be care plan or treatment completed

In 2008/09, 394 clients were taken onto caseload and 60% of case closures were due to care plan or treatment completed. Congratulations and thanks to the Regional DIP teams for achieving both our national and local targets. In 2009/10 we aim to build upon this success by focussing on improving outcomes.

Three year trend

The Drugs Intervention programme now has access to data covering a three year period from April 2006. This data tells us that the profile of service users has remained consistent over the three year period with approximately 71% of clients being between the ages of 18 and 34 and 29% being 35+ years. Similarly, the DIP caseload over the three year period has typically been 79% male and 21% female. The ethnicity of clients was 99% white during this period. Approximately, 70% of clients lived in settled accommodation, 22% in temporary accommodation and 7% were of no fixed abode during this period. Employment status of clients has also been consistent over the period with 60% of clients recorded as being unemployed. Interestingly, there seems to have been some movement between the number of clients recorded as being economically inactive (i.e. those who are out of work, and who are either not seeking work or are unavailable to start work) and the numbers who were in regular employment (see Fig 1). Although the service user profile has remained consistent during the last three years, there have been some variances in terms of drug expenditure.



The most prevalent primary drugs of choice continue to be Heroin and Cannabis although what we do see is that weekly drug spend has increased during this period (Fig. 2). In 2006/07, 27% of clients were recorded as having a weekly drug spend of £100 or more compared to 40% of clients in 2008/09. At the higher end of the scale, only 3% of clients were recorded as having a weekly drug spend of £500 or more in 2006/07, rising to 8% in 2007/08 and then slightly declining to 6% in 2008/09. The number of clients who have pre-

Operation Moonlight

As part of the ongoing joint work between DIP and Dyfed Powys Police, Isabel Probert from the Carmarthenshire DIP team accompanied Police on Operation Moonlight late on a Friday night in May this year.

The Operation involved people entering Tom Pepper's and Barnum's nightclubs in Llanelli being tested by a drug itemiser to identify if the person had been in contact with illicit substances. This was done via a hand swab and completion of the test was a condition of entry into the club. Issi along with Julie Muckle, the Police Substance Misuse Officer, was on hand to offer advice and support to anyone testing positive.

The evening was successful from both agency's perspectives. Issi was able to promote DIP to potential service users while the Police issued warnings to four people and one person was arrested for possession of 35 MDMA tablets.

As a result of the Operation DIP is likely to be invited along to future itemiser operations planned for throughout the force area, a good reflection of how drug services can work closely with the Police without compromising their independence.

Tough Choices

Tough Choices, a programme aimed at helping identify more drug-misusing offenders within the criminal justice system was introduced in Wales on 1st April 2009. The programme was implemented in the non-intensive areas of Newport, Cardiff, Swansea & Wrexham.

Suspects entering the custody suite for certain offences will be required to undergo a drugs test for heroin, cocaine and crack cocaine as part of the Tough Choices Drugs Intervention Programme. Officers will use a mouth swab in a drug-testing device similar to a breathalyser. The machine then analyses the chemical content of saliva.

Suspects found to have the presence of drugs will face a mandatory initial assessment and a further follow up assessment with a drugs worker if deemed appropriate. Both the initial assessment and the follow-up assessment provide opportunities for those testing positive to engage with treatment and other support, even if they do not go on to be charged with any offence.

Although Tough Choices has not been implemented in Dyfed Powys, providers will be required to complete the follow up assessment and sometimes the initial assessment where it has not been possible for the initial assessment to be carried out by the CJIT in the area where the requirement was imposed.

Helping Groups to Grow

'Pathways to Recovery' is a comprehensive, psychosocial, therapeutic programme aimed at individuals who have experienced significant harm as a result of their substance misuse. The Programme is targeted at those who are at high risk of relapse, vulnerability and likelihood of developing significant mental health problems or who already experience anxiety, depression or mood problems.

The Pathways to Recovery Programme will provide thirteen weekly sessions of group based support combined with one to one sessions. The primary objectives of the programme are to help service users not only to overcome their substance dependence and mental health difficulties, but also to achieve a healthy, functional and balanced lifestyle that will be sustained long after their planned exit from services. These goals are reflected in a unique Lifestyle Balance Model that enables service users to understand and address the underlying psychological difficulties, such as depression, anxiety, low self-esteem and anger, which perpetuate their substance dependence.

Helping Groups to Grow is working in close association with Clinical Psychology Associates who have developed the Lifestyle Balance Model and are providing clinical oversight to the team, and with Professor Peter Kinderman from Liverpool University who is evaluating the programme and its delivery.

The project will offer training opportunities for practitioners in the field and opportunities for working together in delivering the group-work programme. Whilst joining the group is voluntary, once contracted in to participating the individual is expected to attend every session. Whilst each individual case would be taken upon its own merits it is likely that failure to attend on two occasions would result in participation being deferred. Attendance at the programme is enforceable and programme staff will liaise with offender managers to re attendance and in relation to progress on the programme.

The project will offer training opportunities for specialist and generalist practitioners in the field. The project will operate in Powys, Pembrokeshire, Ceredigion and Carmarthenshire. To make a referral please contact Andrew or Suzanne at Helping Groups to Grow on 01267 236862.



Peter Kinderman, University of Liverpool. One of the guest speakers at the Helping Groups to Grow "Pathways to Recovery" launch on 18th June 2009



Drug Worker Profile: David Hammond, Pembrokeshire DIP Team

I joined the Pembrokeshire DIP Team in January 2006 as a support worker, having previously been working in a similar role with clients who had learning difficulties. Before this I was, and still am, an ordained priest of The Church in Wales. It was in this work that I first began to be trained in counselling and psychological intervention techniques.

Shortly after DIP began taking on a caseload, our drug worker left the team and I applied for and was appointed to that position. I was fortunate in that the team were already well into an excellent evidence-based practice course and that provided me with the knowledge and skills required for the post of drug worker.

So how do I feel about it all now, after more than 3 years in the post? Well, for sure it is never boring! The variety of problems clients present with is an ever changing backdrop to my work. Effective partnership working appears to be one of the main components of clients turning their lives around – after their own motivation to change of course. A good therapeutic alliance between client and worker remains top of my list of essentials if change is to be facilitated by DIP.

The following two case studies demonstrate how clients can improve their outcomes with the assistance of DIP:

“Client A” - a 29 year old male, previously dependent on heroin prior to a custodial sentence. This client remained clean in prison but following receipt of a Community Care Grant towards furnishing a flat he started to use again and went into relapse. He returned to DIP some months later and was successful in coming off heroin without a substitute script. He returned to the DIP caseload a 3rd time when he entered a relationship with a woman who would not even tolerate him smoking cannabis. With the continued support of DIP, this client has been completely clean of all illicit substances for 2 years and is now married with a daughter.

“Client B” - a 32 year old male, long term impulsive poly drug and alcohol user prior to receiving a 4 year custodial sentence for a drug related assault. At the time of entering DIP, this client was housed in temporary B&B accommodation and trying to establish contact with his 2 children. Through contact with DIP, this client was able to access psycho-social interventions and secured more permanent local authority accommodation. The client also began attending the local gym on a regular basis, something he continues to do on a daily basis. The client was successful in significantly reducing his substance misuse and was in time able to regain regular and unsupervised access to his children. He remains drug and alcohol free.

Hello's and goodbye's!

Sadly for DIP, Mair Richards has left her post and indeed Wales! Mair is leaving to get married in September 2009 and will be embarking on a new life in Holland. Mair will be greatly missed and we would like to take this opportunity to thank her for all her support and her valuable contribution to DIP and we wish her all the very best in her new venture! A warm welcome is extended to our new Administrative Assistant, Sian Jenkins who took up post on 13th July 2009 and also to our Helping Groups to Grow Team, Kim Johnson, Co-ordinator, Andrew Kentish, Mental Health Worker and Suzanne Wood-Gaiger, Substance Misuse Worker.

CONTACT DETAILS

CENTRAL DIP TEAM

Kevin Fisher, DIP Manager
Sharon Richards, Data Manager
Sian Jenkins, Administrator

Building 1
St David's Park
Jobs Well Road
Carmarthen
SA31 3HB
Tel: 01267 236862
Fax: 01267 237317

CARMARTHENSHIRE

PRISM
2a Lon Ceiriog
Llwynhendy
Llanelli
SA14 9HB
Tel: 01554 751383 (SPOC)
Fax: 01554 757969

CEREDIGION

Cyswllt Ceredigion Contact
49 North Parade
Aberystwyth
SY23 2JN
Tel: 01239 623831 (SPOC)
Fax: 01970 626644

PEMBROKESHIRE

PRISM
43 Merlin's Hill
Haverfordwest
SA61 1PF
Tel: 01437 779688 (SPOC)
Fax: 01437 776742

POWYS

PDAC
Gwalia Annexe
Ithon Road
Llandrindod Wells
Tel: 01597 825102 (SPOC)
Fax: 01597 825698