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## 5.16 Alcohol Treatment

### Outline

Alcohol misuse is a substantial problem that impacts across our services, which:

- impairs the health and quality of life of our residents
- is associated with crime and anti-social behaviour
- creates pressures on our local health, social care and enforcement systems
- compromises the safety of all road users
- affects our local economy by causing sickness absence from work.

In 2004, the Government published the Alcohol Harm Reduction Strategy for England. This was a major milestone: it was the first cross-government statement on the harm caused by alcohol, which included a shared analysis of the problem and the programme of action to respond. Key activities have included:

- better education and communication
- improving health and treatment services
- combating alcohol-related crime and disorder
- working with the alcohol industry.

### Data Description

Data has been used from the National Drug Treatment Monitoring Service (NDTMS 2009/10), the East Midlands Public Health Observatory (EMPHO 2010) and the Place Survey data (2009).

### Key Findings

- The numbers entering alcohol treatment is an indication of treatment provision not treatment need. Increased funding for structured alcohol treatment for 2010/11 should help provide a more complete picture of treatment need across the county.
- Waiting times: as at 31/03/2010 over two thirds (68%) of people were waiting less than 3 weeks to entered structured treatment for alcohol misuse.
- Alcohol misuse in Northamptonshire is on the increase and is demonstrated by the rapid increase in alcohol related hospital admissions over recent years (109% between 2002/3 and 2008/9); this increase has consistently remained higher than the East Midlands or England Average (EMPHO, 2009). For 20-24 year olds the percentage change for alcohol related hospital admissions was 144% between 2002/03 to 2007/08.
- Increasing risk drinkers: Over 84,000 men are drinking over 3-4 units/day; and, 56,000 women over 2-3 units/day.
- Higher Risk Drinkers: Nearly 22,000 men are drinking over 8 units/day; and, over 14,000 women over 6 units/day.
- Dependent drinkers: These are people who have a definite problem with drinking and in severe cases may be physically dependent. Usually, they are men drinking over 100 units/week; or women over 70 units/week. In Northamptonshire we estimate about 2,000 men and 1,500 women are dependent drinkers

### Consequences

Binge drinking is a recognised problem in Northamptonshire. The latest synthetic estimate (2003-05) of binge drinking (aged 16 years or over) in Northamptonshire is 18%.

There is growing evidence in Northamptonshire that middle aged drinkers are increasingly drinking above safe limits; the greatest contribution to the increase in alcohol related hospital admissions between 2002/3 and 2008/9 was from individuals who were aged 60-69, who accounted for 22% of the increase.

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The 2009 Northamptonshire Place Survey indicated that across the county 24.1% of the respondents stated that drunk and rowdy behaviour was a problem in their local area, a fall of 3.3% on the previous year. However, within the data there are significant local variances with Corby and East Northamptonshire having a much higher perception of this issue as a problem than other localities, and rural areas having considerably lower rates.

There is a need to reinforce referral pathways into treatment services. All agencies need to ensure that their referral pathways are designed to be the most effective and are clear and well sign posted for both staff and clients.

It is expected that increased investment in alcohol services will see an improvement in waiting times and retention/planned discharge from treatment.

To develop practices within Emergency Departments that recognise and treat all levels of alcohol abuse, providing appropriate services to ensure at-risk patients are identified, correct advice is offered, and follow-up treatment is available if appropriate.

To continue to build on a social marketing campaign implemented during 2009/10 to raise awareness and understanding of alcohol related harm

### **Key Documents**

Audit Commission. 2009. *Northamptonshire Comprehensive Area Assessment 2009* (Online). Available from:

[http://www.northamptonshireobservatory.org.uk/docs/docAreaAssessment2009Northamptonshire\\_Full100208144626.pdf](http://www.northamptonshireobservatory.org.uk/docs/docAreaAssessment2009Northamptonshire_Full100208144626.pdf)

Department of Health, 2007. *Safe, Sensible, Social. The Next Steps in the National Alcohol Strategy* (Online). Available from:

[http://www.dh.gov.uk/prod\\_consum\\_dh/groups/dh\\_digitalassets/@dh/@en/documents/digitalasset/dh\\_075219.pdf](http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/@dh/@en/documents/digitalasset/dh_075219.pdf)

East Midlands Public Health Observatory. 2010. *Alcohol Related Hospital Admissions in Northamptonshire* (Online). Available from:

<http://www.empho.org.uk/pages/viewResource.aspx?id=11758>

NHS The Information Centre for Health and Social Care. 2009. *NHS Information Centre for Health and Social Care website* (Online). Available from: <http://www.ic.nhs.uk/>.

Northamptonshire County Council. 2009. *The 2009 Northamptonshire Place Survey*. Northampton: Northamptonshire County Council.

Numbers in Treatment 2008/09 - 2009/10

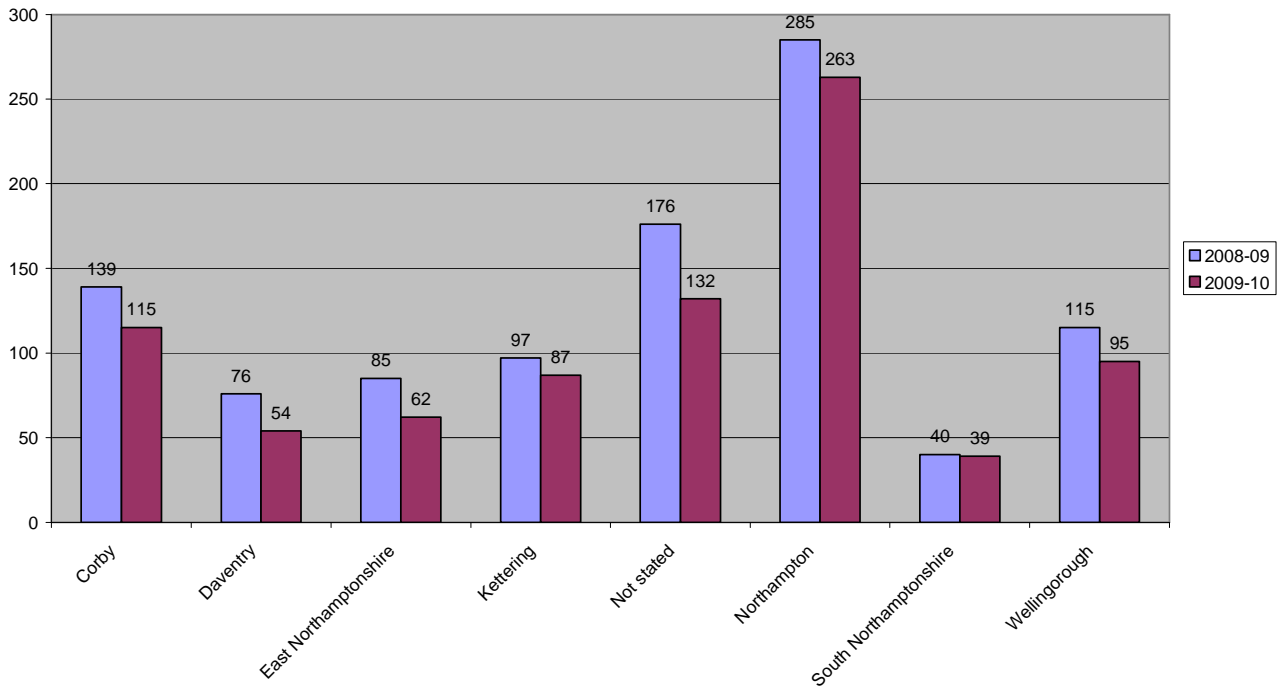


Figure 5.16.1 Number of people receiving structured treatment for alcohol misuse by Local Authority for 2008/09 to 2009/10 Source: DAAT.

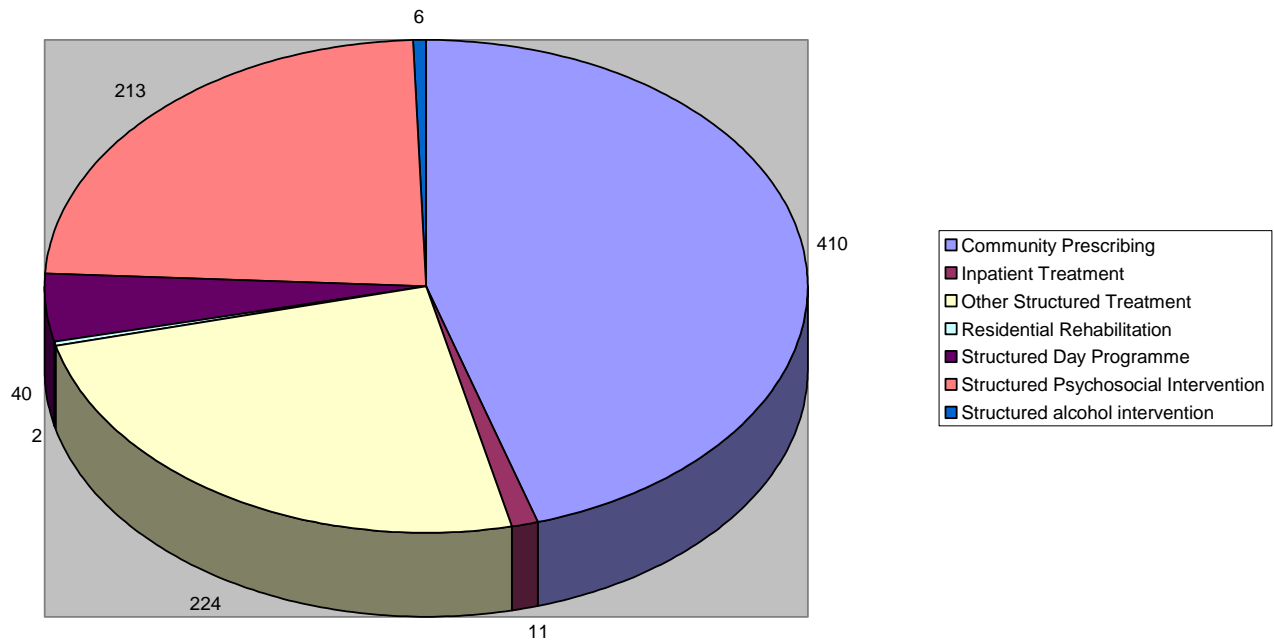


Figure 5.16.2 Types of Treatment Performed in Northamptonshire, 2009/10. Source: DAAT.

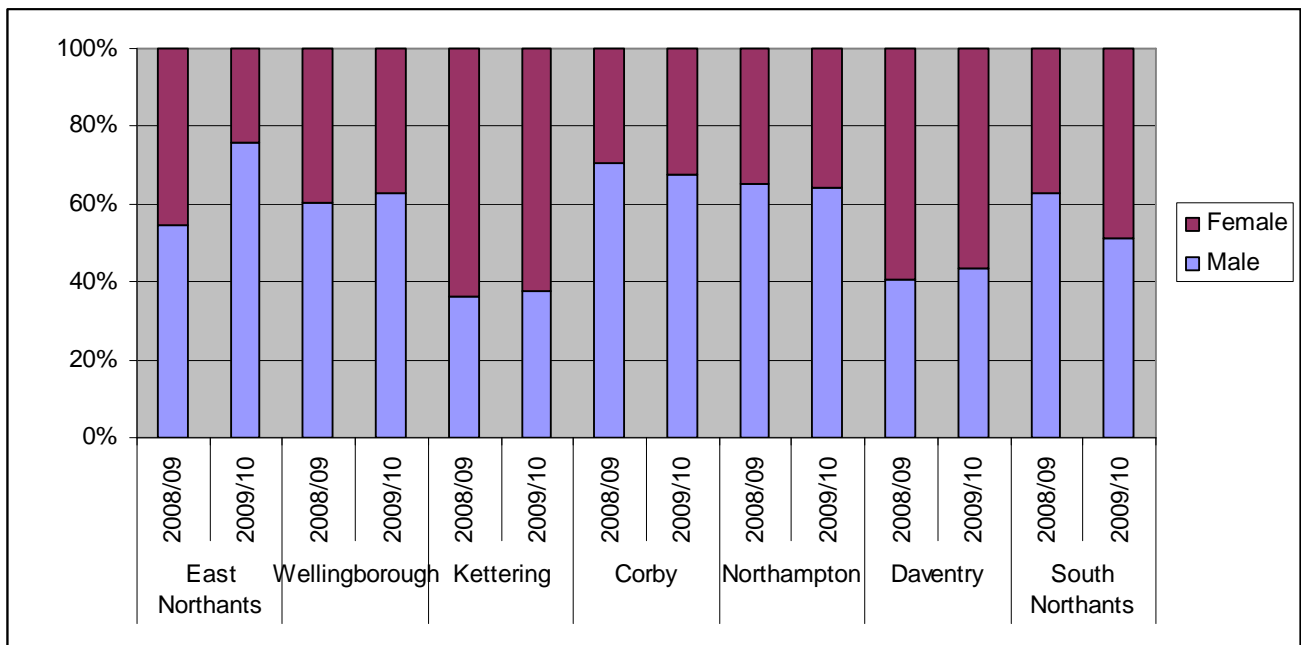


Figure 5.16.3 Referrals into Treatment by Local Authority and Gender, 2008/09 to 2009/10. Source: DAAT.

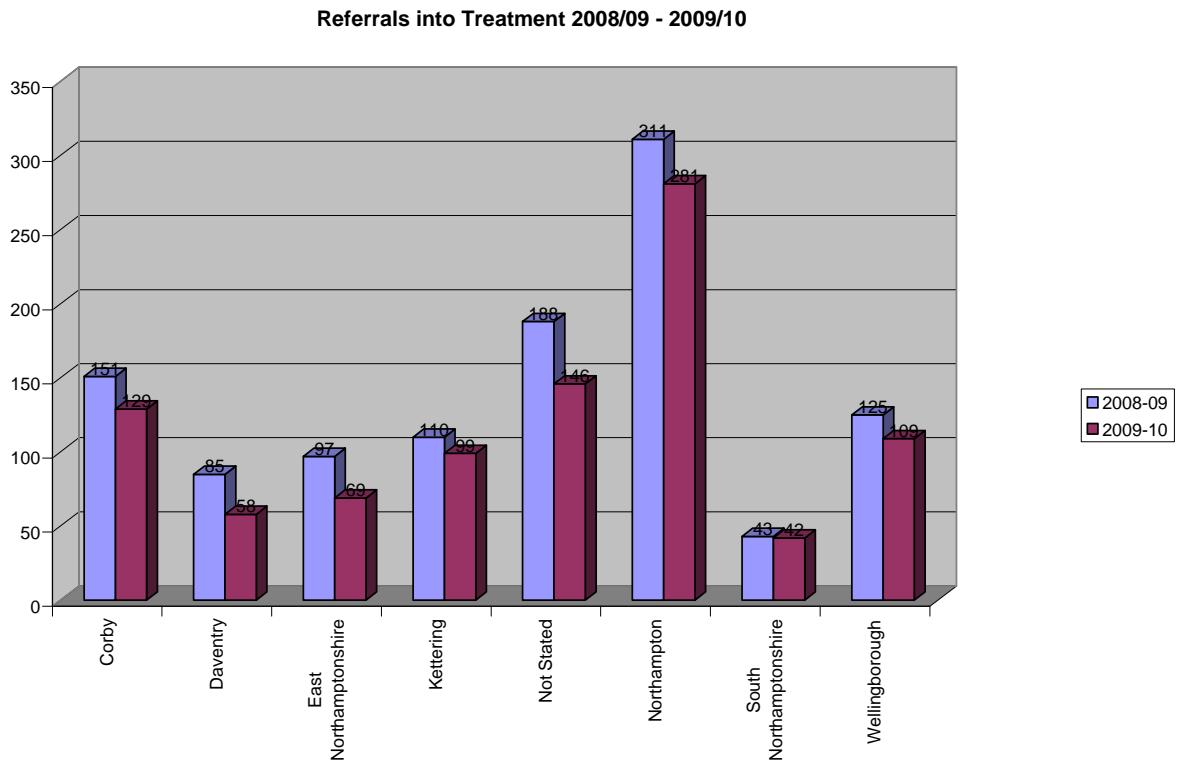


Figure 5.16.4 Number of Referrals by Local Authority in Northamptonshire, 2008/09 to 2009/10. Source: DAAT.

Client Sex	2008-09 No. of Clients	2008-09 Total Children	2009-10 No. of Clients	2009-10 Total Children
F	74	165	132	255
M	141	300	175	378
<b>Totals</b>	215	465	307	633

Client ethnicity	2008-09 No. of Clients	2008-09 Total Children	2009-10 No. of Clients	2009-10 Total Children
African	0	0	2	2
Caribbean	1	6	1	6
Indian	0	0	1	1
Other	1	2	1	2
Other white	1	1	8	19
White British	209	446	286	592
White Irish	2	5	2	3
White and Black Caribbean	1	5	0	0
Not stated	0	0	2	3
Other Black	0	0	1	1
Other mixed	0	0	2	3
White and Asian	0	0	1	1
<b>Totals</b>	215	465	307	633

Main drug	2008-09 No. of Clients	2008-09 Total Children	2009-10 No. of Clients	2009-10 Total Children
Alcohol	209	456	299	622
Benzodiazepines	1	1	1	1
Cannabis	1	4	1	2
Cocaine (excluding Crack)	2	2	3	3
Heroin	1	1	2	4
Methadone	1	1	1	1
<b>Totals</b>	215	465	307	633

Risky behaviour Drinking Days	2008-09 No. of Clients	2008-09 Total Children	2009-10 No. of Clients	2009-10 Total Children
Drinking days 0-7	119	44	226	114
Drinking days 8-14	36	2	36	12
Drinking days 15-21	47	13	58	20
Drinking days 22-28	383	155	378	170

Risky behaviour Units of Alcohol	2008-09 No. of Clients	2008-09 Total Children	2009-10 No. of Clients	2009-10 Total Children
Units of Alcohol 0	57	26	164	83
Units of Alcohol 1-8	27	3	35	12
Units of Alcohol 9-21	214	81	193	80
Units of Alcohol 22-30	160	55	172	82
Units of Alcohol 30-50	111	41	123	59
Units of Alcohol 50+	28	13	22	6

CDRP Area	2008-09 No. of Clients	2008-09 Total Children	2009-10 No. of Clients	2009-10 Total Children
Corby	38	90	51	94
Daventry	12	24	22	43
East Northamptonshire	19	49	28	69
Kettering	34	75	42	85
N/A	24	41	33	62
Northampton	54	121	92	202
South Northamptonshire	5	8	8	14
Wellingborough	29	57	31	64
<b>Totals</b>	215	465	307	633

**Table 5.16.1 Alcohol-specific hidden harm analysis for Northamptonshire, 2008-09 and 2009-10. Source: DAAT.** This details the number of children living with parents in treatment for alcohol misuse, together with a breakdown of those showing signs of 'risky behaviour' relating to either the number of alcohol units consumed on a normal drinking day, or the number of drinking days per month.