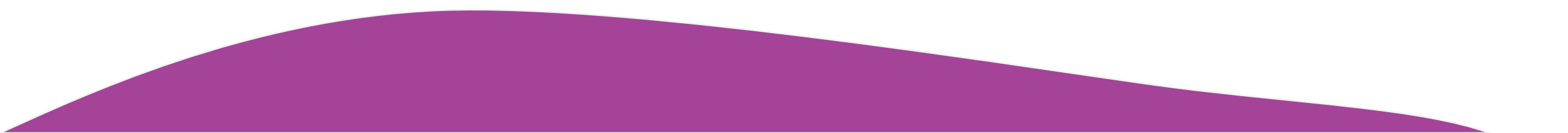




SUBSTANCE MISUSE SUPPORT



STATISTICS

Approximately **1 in 11** adults aged 16 to 59 years (**9.2%**; approximately 3 million adults) and approximately **1 in 5** adults aged 16 to 24 years (**18.6%**; approximately 1.1 million adults) reported last year drug use in the year ending June 2022. Office for national statistic 2022

For the year ending June 2022, the proportion of adults reporting any drug use in the last year was highest among those aged 20 to 24 years (**23.3%**).

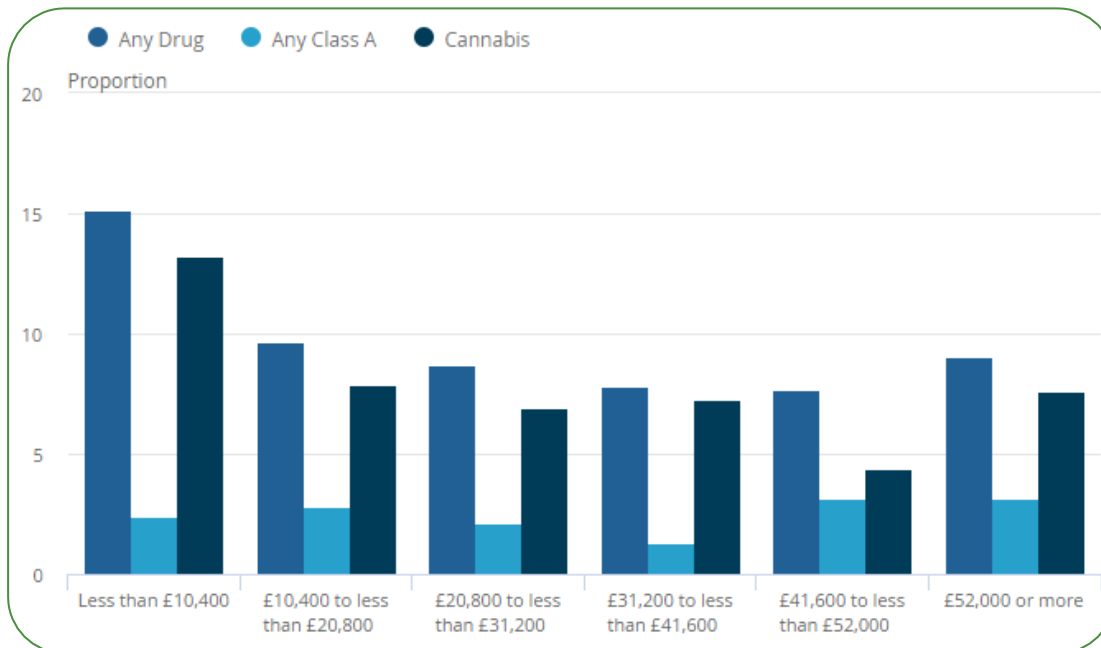
According to the Health Survey for England, **1 in 4** adults are drinking above low-risk levels. This can result in or contribute to chronic and acute ill health, alcohol-related accidents and hospital admissions.

From 2021 to 2022, there were **342,795** hospital admissions that were wholly due to alcohol. This equates to a rate of **626 per 100,000** population.



STATISTICS

The proportion of adults in England and Wales, aged 16 to 59 years who reported using a drug in the last year by total household income, year ending June 2022



Those earning less than £10,400 per year were most likely to have used cannabis (13.2%). However, those in the highest income groups were most likely to have used a Class A drug, with 3.2% of households earning £52,000 or more per year having used a Class A drug in the last year, compared with 2.4% of households earning less than £10,400 per year.

Office for National Statistics



EFFECTS OF SUBSTANCE MISUSE

Public Health England

Drug misuse damages health

Depression, anxiety, psychosis, personality disorder and suicide

Poor vein health in injectors

Lung damage from drugs and tobacco

Overdose and drug poisoning

Cardiovascular disease

Liver damage from undiagnosed or untreated hepatitis C

Blood borne viruses and bacterial infections especially among injectors

Sexual risk taking (inc. chemsex) and associated STIs

Arthritis and immobility among injectors

Alcohol has been identified as a causal factor in more than

60 Medical conditions

including:

- mouth, throat, stomach, liver and breast cancers
- depression
- cirrhosis of the liver
- stroke
- heart disease
- pancreatitis
- liver disease

EFFECTS OF PARENTAL SUBSTANCE MISUSE

Parental substance misuse can have a huge impact on children's wellbeing and development.

Potential effects:

- Lack of stimulation
- Emotional insecurity
- Anxiety, aggression, depression
- Poor school attendance
- Increased risk of school exclusion
- Restricted friendships
- Poor self-image and low self-esteem
- Early smoking, drinking and drug use more likely
- Increased risk of problems with substance misuse, pregnancy and sexually transmitted diseases
- Higher risk of offending and criminality



IDENTIFYING SUBSTANCE MISUSE

The Misuse of illicit drugs and medicines: applying All Our Health provides some useful guidance on how to ask people about their drug and alcohol use.

This guidance explains how routinely asking questions about someone's drug or alcohol use aligns with the Making Every Contact Count (MECC) approach. Questions that are "simple and straightforward" and asked in a "courteous, concerned, professional and non-judgemental" manner can often be the best way of obtaining an honest response.

There are also a number of identification tools that practitioners can use to support with the identification of substance misuse. Merton professionals have access to the Alcohol use disorders identification test (AUDIT) , Alcohol Use Questionnaire and DrinkChecker

Alcohol use disorders identification test (AUDIT)

AUDIT is a comprehensive 10 question alcohol harm screening tool. It was developed by the World Health Organisation (WHO) and modified for use in the UK and has been used in a variety of health and social care settings.

Questions	Scoring system					Your score
	0	1	2	3	4	
How often do you have a drink containing alcohol?	Never	Monthly or less	2 to 4 times per month	2 to 3 times per week	4 times or more per week	
How many units of alcohol do you drink on a typical day when you are drinking?	0 to 2	3 to 4	5 to 6	7 to 9	10 or more	
How often have you had 6 or more units if female, or 8 or more if male, on a single occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you failed to do what was normally expected from you because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you needed an alcoholic drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you been unable to remember what happened the night before because you had been drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
Have you or somebody else been injured as a result of your drinking?	No		Yes, but not in the last year		Yes, during the last year	
Has a relative or friend, doctor or other health worker been concerned about your drinking or suggested that you cut down?	No		Yes, but not in the last year		Yes, during the last year	

Total AUDIT score



HARM REDUCTION

Harm reduction refers to policies and practices that try to reduce the harm that people do to themselves or others from their substance misuse use.

Harm reduction guidelines:

- If you're going to use drugs, do not use them alone and always tell someone else what it is you have taken.
- Always use clean needles and do not share injecting equipment.
- Begin by using a small amount e.g. a quarter of a pill and wait a couple of hours before taking more. Or **Crush, Dab, Wait** – i.e. crush up any pills, dab in a wet finger to taste and then wait an hour or two. (This is particularly important advice now that ecstasy tablets are being found that are much stronger than they used to be)
- Don't mix drugs with other drugs including alcohol or prescription medications.
- When dancing, be sure to take breaks to cool down and drink small sips of water – but don't drink more than a pint an hour.
- Think about your surroundings and do not use in an unsafe place.



HARM REDUCTION GUIDANCE CONTINUED

- Never drive or use machinery after taking drugs.
- Always get help if you are worried about a friend and give the medical professionals as much information as possible about the drug or drugs that were taken.
- Don't drink more than 14 units per week.
- Spread your drinking evenly across the week and have regular drink-free days.
- Alternate alcohol with food and/or water.
- If you are pregnant, you shouldn't drink alcohol at all
- Place sleeping or unconscious friends in the recovery position
- Practice safe sex

MERTON SUPPORT SERVICES

ONE YOU MERTON

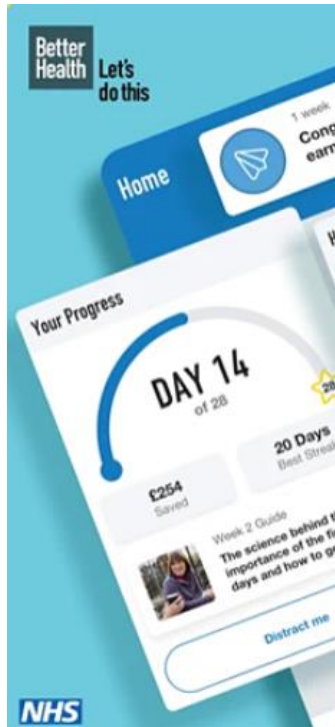
One You Merton is the Health and Wellbeing service for the London Borough of Merton and supports residents to eat well, move more, stop smoking and drink less.

One You Merton provides lots of useful information on how Merton residents can look after their body as well as their minds. Information includes stop smoking advice and how this, and gradually reducing alcohol consumption can help improve health and wellbeing, as well as energy levels, weight loss and finances.

There is also a range of apps and tools provided by the NHS which can be downloaded to support healthier lifestyles. The apps include [Quit Smoking](#) which supports residents to stop smoking and [DrinkChecker](#) which helps with the monitoring of alcohol intake.

One You Merton offers a free one-to-one support helpline where residents can gain support from a local health advisor to support them with their health and wellbeing. 020 8973 3545 (Monday to Friday, 9am to 5pm).

Further information - [One You Merton](#)



MERTON SUPPORT SERVICES

**catch
22**



Catch 22 supports Merton's young people aged 11-24 who have been using substances, reported missing from home or care, or exploited.

Substance misuse support includes, comprehensive assessments and specialist care with planned one-to-one support and treatment interventions, one-to-one support for young people and their families, psychosocial support and access to pharmacological support, if required, a tailored recovery approach, and transitional support to adult services.

Self-referrals are accepted as well as referrals from parents/carers and professionals.

0203 701 8641 / msm@catch-22.org.uk / [Catch22](https://www.catch22.org.uk)



MERTON SUPPORT SERVICES

v-i-a



Via is Merton's adult substance misuse service.

Via offers specialist pharmacological and psychosocial treatment, family and carer support and harm reduction interventions including provision of naloxone and needle exchange.

Residents will meet with a key worker regularly who will support with creating and reviewing a care plan to help reduce or stop drinking or drug use.

Via services try to be as flexible as possible and offer evening appointments, online groups and telephone/video sessions.

Referrals from professionals are accepted by completing a referral form and self-referrals are also accepted by registering online.

0300 303 4610 / merton@viaorg.uk / [Via](#)



FURTHER SUPPORT FOR PRACTITIONERS



All Our Health:
Misuse of illicit Drugs
and Medicines

The NHS provide an e-Learning bitesize training which gives professionals an overview of misuse of illicit drugs and medicines - including key evidence, data and signposting to trusted resources to help prevent illness, protect health and promote wellbeing. The training increases the confidence and skills of professionals to embed prevention in their day-to-day practice.



Alcohol Identification
and Brief Advice

The Alcohol Identification and Brief Advice e-learning programme helps professionals to identify those individuals whose drinking might impact their health, now or in the future and to deliver simple, structured advice aimed at reducing this risk.



Via

Via offers practitioners in Merton overdose awareness and naloxone training which provides the skills and knowledge of what to do in a drug or alcohol-related emergency. This training can be booked by calling 0300 303 4610 or emailing merton@viaorg.uk



SUBSTANCE MISUSE SUPPORT



[FRANK](#)

Frank intends to reduce the use of both legal and illegal drugs by educating teenagers and adolescents about the potential effects of drugs. Frank offers information on the different drugs as well as a helpline and live webchat. Call - 0300 1236600 / Text - 82111 / frank@talktofrank.com



[DrugWise](#)

DrugWise provides evidence-based information on drugs, alcohol and tobacco, including useful harm reduction guidance. DrugWise does not run a helpline service.



[Release](#)

Release provides free non-judgmental, specialist advice and information to the public and professionals on issues related to drug use and drug laws. This includes drug information, effects of drugs, harm reduction guidance and types of treatment. 020 7324 2989 (11am—1pm & 2pm—4pm Monday to Friday) / ask@release.org.uk



[Addiction: what is it?](#)

The NHS website provides useful information on drug and alcohol addiction, the effects it can have on the whole family and how to access support.



SUBSTANCE MISUSE SUPPORT

drinkaware

[Drinkaware](#)

Drinkaware provides impartial, evidence-based information, advice and practical resources; raising awareness of alcohol and its harms. Drinkaware also offer a Helpline: Drinkline – 0300 123 1110 (weekdays 9am–8pm, weekends 11am–4pm) and a free online chat service, Drinkchat (Monday-Friday 9am-2pm)



[NACOA](#)

The National Association for Children of Alcoholics (NACOA) provides information, advice and support for everyone affected by a parent's drinking. NACOA also offer a free helpline – 0800 358 3456 (Monday to Saturday 10am to 7pm) / helpline@nacoa.org.uk



[Adfam](#)

Adfam is a national charity tackling the negative effects of drugs and alcohol on family members and friends. Adfam offers Adfam@Home which is a remote support service offering one to one support sessions to adults in London affected by a loved one's drug or alcohol use. 07442 137421 / admin@adfam.org.uk



[Antidote](#)

London Friend is the home to Antidote - the UK's oldest LGBT drug and alcohol service. Antidote offers one-to-one key working, counselling, drop in's and a telephone advice helpline: 020 7833 1674 (10am-6pm, Monday to Friday) / antidote@londonfriend.org.uk



SUBSTANCE MISUSE SUPPORT



[DrugFAM](#)

DrugFAM provides a helpline which offers safe, caring and professional support to families, friends, partners and significant others who are struggling to cope with the nightmare of a loved one's addiction to drugs, alcohol or gambling. They also support those bereaved by drugs, alcohol, gambling and related causes. Helpline – 0300 88 3853 (9am – 9pm, Monday – Sunday) **from 9am-9pm 7 days a week**



[Famanon](#)

Family Anonymous run groups to help the family and friends of people with a current, suspected or former drug problem. The groups provide mutual support and offer a forum where experiences and anxieties can be shared. Family Anonymous also offer a helpline - 0207 4984 680



[Getting It On](#)

Getting it on provides information and services for young people on sexual and mental health issues, drugs & alcohol and relationship problems. Getting it on does not provide a helpline.

[withyou](#)

[With You](#)

With You provides online information and advice about drug use and alcohol including finding the nearest needle and syringe service – which in Merton includes Haydons Pharmacy, Wimbledon and Rowlands Pharmacy, Morden. With You also offers an online chat for anyone over the age of 13 years old.



SUBSTANCE MISUSE SUPPORT



[Al-Anon UK](#)

Al-Anon is there for anyone whose life has been affected by someone else's drinking. Al-Anon run free meetings across the UK where people can come together to share their experiences. Al-Anon meetings do not provide advice or counselling. Al-Anon also offer a helpline 0800 0086 811 (Monday-Sunday, 10am – 10pm) / helpline@al-anonuk.org.uk



[EMDAP](#)

The Ethnic Minority Centre Drug Awareness Project (EMDAP) is a voluntary organisation which provides advice and information for Black and Minority Ethnic (BaME) communities on health and mental health well-being and welfare. EMDAP aims to raise awareness about drugs and alcohol misuse amongst BaME youth, parents and carers. 020 8648 0084



[Alcoholics Anonymous](#)

Alcoholics Anonymous (AA) is concerned solely with the personal recovery and continued sobriety of individual alcoholics who turn to the Fellowship for help. AA meetings take place across the UK and people can find their nearest meetings. Alcoholics Anonymous also have a national helpline 0800 9177 650 / help@aamail.org



[999](#)

In a substance misuse emergency, 999 should be called asking for an ambulance.



FURTHER SUPPORT

Families can receive further information on substance misuse support through the Family Information Support Hubs (FISH).

FISH provides parents/carers with information, support and guidance on all aspects of family life.

FISH sessions take place Monday – Friday with FREE face-to-face or telephone appointments available. Appointments can be booked via [Eventbrite](#) either by a parent/carer or a practitioner on their behalf.

Or parents/carers can come along to one of the FISH drop-in sessions (no appointment needed):

Family Hub at Church Rd Children Centre – Mondays, 1.30pm-4.30pm
Family Hub at Acacia Children Centre – Wednesdays, 9.00am-12.00pm

