

# JSNA Light Touch Review: **Substance Misuse**

**Executive summary**

June 2023

*Please see the full report for more details and references*

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# Introduction

- Substance misuse in this Joint Strategic Needs Assessment (JSNA) refers to the misuse of alcohol and drugs.
- Misuse of drugs encompasses legal and illegal drugs, including performance enhancing drugs, opiates, non-opiates and prescription drugs when taken in a way not recommended by a GP or the manufacturer.
- The JSNA does not consider nicotine (refer to the Smoking JSNA) or other substance misuse, for example, solvent abuse.
- The review was identified to be a priority by the Cheshire East JSNA steering group. It was undertaken as part of the 2022/23 work programme.
- This review considers changes in patterns of need and provision over recent years and for the first time covers changes since the Covid-19 pandemic.
- The review builds upon the previous drugs and alcohol JSNA published in 2018.
- The content of this review has also been shaped by the creation of the Cheshire East Combating Drugs Partnership (see next slide).

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# Cheshire East Combating Drugs Partnership

The Cheshire East Combating Drugs Partnership has been convened as a multi-agency response to the Government's drugs strategy, *From harm to hope: A 10-year drugs plan to cut crime and save lives*<sup>1</sup>.

The strategy relies on co-ordinated action across a range of local partners including enforcement, treatment, recovery and prevention and requires a partnership approach to deliver the following strategic priorities:

- Break drug supply chains
- Deliver a world-class treatment and recovery system
- Achieve a shift in demand for drugs

Highlighted functions of the Cheshire East Combating Drugs Partnership relevant to this review include:

- To provide oversight of the Substance Misuse Joint Strategic Needs Assessment (JSNA) and its recommendations
- To ensure that the action plan and JSNA are used as the basis for strategic decisions and the identification of priorities for the commissioning and delivery of services relating to substance misuse

A further local priority will be to understand and explicitly address the co-occurrence of substance misuse with mental illness and other complex issues.

1. HM Government (2021) From harm to hope: a 10 year drugs plan to cut crime and save lives. [From harm to hope: a 10-year drugs plan to cut crime and save lives \(publishing.service.gov.uk\)](https://www.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/94221/20210218_from_harm_to_hope_a_10_year_drugs_plan_to_cut_crime_and_save_lives.pdf) [accessed 20 February 2023]

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What were our recommendations following this review?

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# Recommendations – alcohol misuse



**We are seeing worsening rates of alcohol-specific admissions across Cheshire East. To address this, we need to:**

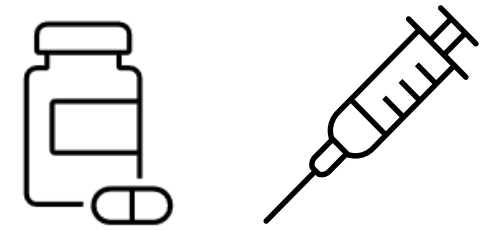
- Understand the distribution of risk factors, alcohol consumption, accessibility and pricing across Cheshire East to identify more susceptible groups and geographies.
- Reach children and families to promote protective factors and address risk factors early (before age 15) through universal and targeted services:
  - Ensure they can reach support on both wider issues through schools/family hubs/ GPs/social prescribers and other family settings.
  - Ensure those that have disclosed a problem receive prompt, holistic advice through a variety of media.
- Consider more intensive prevention approaches in parts of Crewe, Macclesfield, Nantwich and Rural, and SMASH (Sandbach, Middlewich, Alsager, Scholar Green and Haslington) Care Communities. Alcohol attributable hospital admissions data suggests that the Crewe 6 wards are of particular concern (also identified in the Crewe JSNA).
- Understand the barriers to seeking and accepting treatment. Explore learning from people with lived experience to improve treatment pathways and support.
- Work on breaking down the stigma in seeking help for alcohol. Synergise with regional Cheshire and Merseyside Public Health Collaborative (CHaMPs) campaigns.
- Ensure that clear pathways are in place and signposted to optimise the services available, including brief intervention and discharge from hospital.
- For those in treatment, we need to continue to support people back into employment, housing and to quit smoking.
- Provide tailored outreach treatment options for our homeless population.
- Further explore the impact of alcohol attributable hospital admissions on the NHS and wider community including economic impact.
- Regularly monitor a small group of indicators in the longer term.

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# Recommendations – drug misuse



## Across Cheshire East we need to:

- Understand the distribution of risk factors and use across Cheshire East to identify more susceptible groups and geographies.
- Understand the barriers to seeking and accepting treatment. Explore learning from people with lived experience to improve treatment pathways and support.
- Provide tailored outreach treatment options for our homeless population.
- Ensure that clear pathways are in place to optimise the services available.
- Reach our young people in appropriate settings with timely advice regarding substance misuse, protective factors, support with wider social issues, and support with treatment where needed. Advice on drugs should include highlighting the dangers of nitrous oxide.
- Raise awareness of county lines activity and how to stay safe or seek advice with concerns is particularly important amongst our vulnerable children and adults.
- Better understand our rates of drug-related crimes and in those areas with the highest rates, develop a comprehensive evidence-based approach to reduce rates.
- For those in treatment:
  - We need to provide holistic support to their families where children live within their households
  - We need to continue to support people back into employment, housing and to quit smoking.
- Improve response to misuse of emerging types of drugs and help people addicted to prescription medicines.
- Regularly monitor a small group of indicators in the longer term.

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# A wide range of support is available but there are gaps

- People who have co-existing substance misuse and mental health issues can fall between services and struggle to access support.
- Improvements need to be made in identifying and supporting those who drink at harmful levels but are not dependent on alcohol.
- There is a lack of ongoing support for some of those involved with the criminal justice system. Those with shorter sentences may not be getting sufficient access to treatment and ongoing access to community treatment following release.
- There needs to be more support for long-term users who have not responded to or not been successful with initial treatment.
- People with multiple risk factors or chaotic lifestyles may have additional difficulties accessing treatment.
- Funding cuts over the last few years have created an overall deficit in support.

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What were the findings that led to these recommendations?

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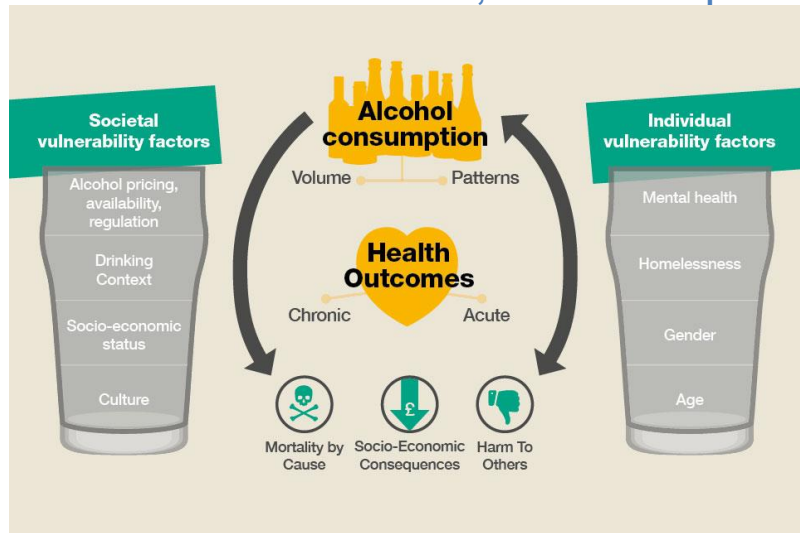
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# Risk factors - What makes some people more susceptible?

Substance use is a source of health inequality, and some research suggest that this is greater than the impact of socioeconomic inequality <sup>1</sup>

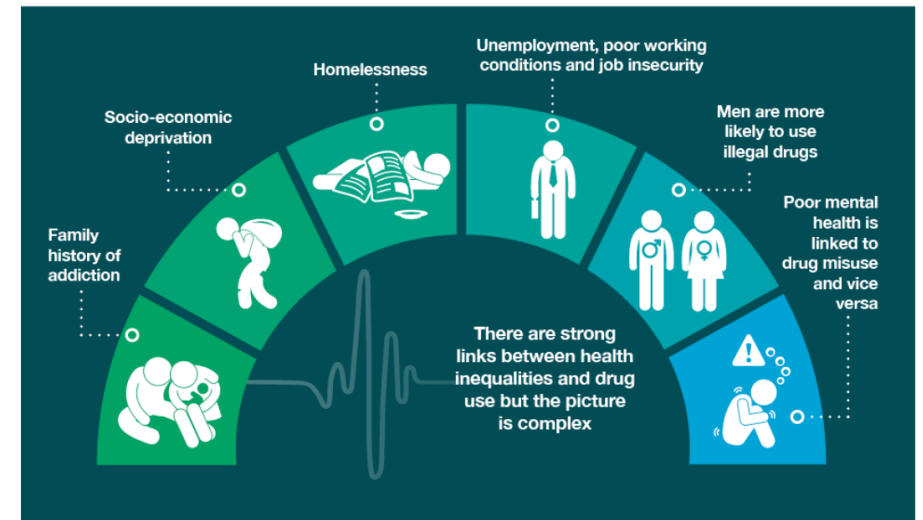
All people who misuse substances, whether alcohol or drugs, risk acute substance-related harms. However, the factors that lead to longer-term problems such as substance use disorders are complex. These include: who you are; where you live; what you do for a living; how you see yourself; your relationships; how you interact with the world; laws and policies.



Many of the risk factors are the same for alcohol and drugs. These factors are complex and interact with each other to benefit or disadvantage a person or groups of people. People may become more susceptible to risk factors at transition stages in their lives.

Public Health England

Healthmatters Risk factors for drug misuse



National data indicates that age affects the type of product you use; whereas availability and pricing of products may increase the likelihood of moving into harmful and dependent use.

1. Advisory Council on the Misuse of Drugs report - What are the risk factors that make people susceptible to substance misuse problems and harms?, Dec 2018 [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/761123/Vulnerability\\_and\\_Drug\\_Use\\_Report\\_04\\_Dec\\_.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/761123/Vulnerability_and_Drug_Use_Report_04_Dec_.pdf)
2. PHE Health matters: preventing drug misuse deaths, Sept 2017 <https://www.gov.uk/government/publications/health-matters-preventing-drug-misuse-deaths/health-matters-preventing-drug-misuse-deaths>

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# Risk factors for substance misuse in Cheshire East

We only know about the people who have sought and accepted treatment. Understanding the pattern of use in the wider community, particularly in the vulnerable groups, and the barriers to seeking and accepting treatment will help minimise future treatment need.

## who you are

- **Gender:** Alcohol admissions and deaths are always significantly higher for males than for females<sup>1</sup>. Service users in Cheshire East were more likely to be male<sup>2,3</sup>.
- **Ethnicity:** New presentations to treatment services in Cheshire East were more likely to be white British, white Irish or other white<sup>2,3</sup>.

National data indicates that being Black makes you more susceptible for non-opiate (cannabis) misuse.

## where you live; what you do for a living

- **Housing and homelessness:** Service data shows that a smaller percentage of clients have a housing need at the start of treatment in Cheshire East compared to the national average<sup>2,3</sup>.
- **Deprivation and household income:** Cheshire East is relatively affluent, but this conceals pockets of deprivation<sup>5</sup>.
- Approximately half of all service users are unemployed or economically inactive when they start treatment<sup>2,3</sup>.

"Homelessness and substance use are mutually reinforcing problems, often occurring with and exacerbated by mental ill health and physical health needs"<sup>7</sup>.

## how you see yourself; your relationships; how you interact with the world

- **Social networks:** Social connections may influence a person's risk of alcohol dependency, and their ability to respond to treatment<sup>6</sup>.

Survey data indicated that our adults have a high level of satisfaction with their lives; only 4.5% reported low satisfaction<sup>1</sup>.

- **Mental wellbeing:** 79% of service users entering drug treatment were identified as having a mental health need, 82% of those received treatment; higher than for England<sup>3</sup>. Many with co-existing mental health, fall between services, unable to access NHS mental health services due to alcohol or drug use and excluded from local authority substance misuse services due to severe mental illness<sup>7</sup>.

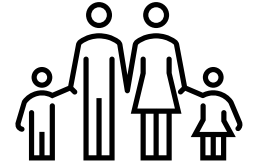
1. Office for Health Improvement and Disparities. Public health profiles. 2023 <https://fingertips.phe.org.uk> © Crown copyright 2023. [Local Alcohol Profiles for England - Data - OHID \(phe.org.uk\)](https://fingertips.phe.org.uk) [accessed 16th June 2023]
2. OHID/NDTMS Adult Drug Commissioning Support Pack, 2023-24, Cheshire East
3. OHID/NDTMS Adult Alcohol Commissioning Support Pack, 2023-24, Cheshire East
4. Adult substance misuse treatment statistics 2021-2022 <https://www.gov.uk/government/statistics/substance-misuse-treatment-for-adults-statistics-2021-to-2022>
5. English indices of deprivation 2019 (IMD2019) <https://www.gov.uk/government/statistics/english-indices-of-deprivation-2019>
6. Understanding local needs for wellbeing: data measures and indicators scoping report co-commissioned by the ONS and Public Health England (PHE), Nov 2017 <https://whatworkswellbeing.org/resources/understanding-local-needs-for-wellbeing-data/>
7. Black, C. 2020 Evidence relating to drug use, supply and effects, including current supply and future risks, p.90 [PowerPoint Presentation \(drugsandalcohol\\_je\)](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/86444/PowerPoint_Presentation_drugsandalcohol_je) [accessed 9th June 2023]

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# Risk factors for substance misuse in children and young people in Cheshire East



**Early life experiences and influences greatly affect a child/young person's ability to deal with stress, affect their mental wellbeing, how well they socialise and their susceptibility to risk-taking behaviours such as drug and alcohol use.**

- **Addiction within the family:** Service data indicates that 24.1% of alcohol users and 8.5% of opiate users new to treatment were living with children. Those in non-opiate treatment are more likely to be living with children (36.6%) compared to the national average (25.7%)<sup>1</sup>.
- Almost a third of new presentations to treatment were parents who did not live with children<sup>2</sup>.
- A high proportion of parents with substance misuse issues are not known to services<sup>2</sup>.
- **Age at initiation** of substance use: All young people who accessed the Cheshire East Substance Misuse Service began using their main substance under the age of 15 years<sup>3</sup>.
- **Adverse Childhood Experiences (ACEs):** A child's economic status, family history, and the kind of community they grow up in all come into play. ACEs impact on a young person's self-worth and mental health resilience and ultimately lead to risk taking behaviours including substance misuse. Cheshire East is performing better or similar to England on factors that make a child more likely to experience an ACE.<sup>5</sup>

1. Domes Q4 2021/2022 Report, NDTMS

2. Public Health England/NDTMS, Parents with problem alcohol and drug use: Data for England and Cheshire East, 2019 to 2020

3. Young People Substance Misuse JSNA Support Pack 2017/18

4. Office for Health Improvement & Disparities. Public Health Profiles. Available from: <https://fingertips.phe.org.uk> © Crown copyright 2022. [Local Alcohol Profiles for England - Data - OHID \(phe.org.uk\)](#) [accessed 23rd June 2023]

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# Significant numbers of Cheshire East residents misuse drugs or alcohol, many of whom are not in treatment

An estimated 14,000 residents across Cheshire East are higher risk drinkers and 3,500 are alcohol dependent, yet only 815 (23.5%) of these are engaged in treatment<sup>1,2,3</sup>.

- **This means that nearly 77% of those who are thought to be alcohol dependent are not receiving an intervention<sup>3</sup>**

An estimated 1,400 residents are thought to have a substance misuse issue involving opiates or crack cocaine (OCU), with 860 (62%) engaged in treatment<sup>4,5</sup>.

- **This means that there is unmet need of 38% for OCU<sup>5</sup>**

**An estimated 21,000 16-74-year-olds across Cheshire East may have used drugs in the past year, with cannabis being the most commonly used drug in 16-59-year-olds<sup>6</sup>.**

1. Local Alcohol Profiles, Topography of drinking behaviours, Liverpool John Moores University, 2011, applied to mid-2020 population aged 16+
2. Estimates of the number of adults in England with an alcohol dependency potentially in need of specialist treatment, University of Sheffield
3. OHID/NDTMS Adult Alcohol Commissioning Support Pack, 2023-24, Cheshire East
4. Estimates of Opiate and Crack Cocaine Prevalence, Liverpool John Moores University, PHE, September 2017/2018/19
5. OHID/NDTMS Adult Drug Commissioning Support Pack, 2023-24, Cheshire East
6. National Crime Survey for England and Wales, [Drug misuse in England and Wales - Office for National Statistics \(ons.gov.uk\)](https://www.ons.gov.uk/people-population/living-conditions/crime-and-justice) [accessed 20 March 2023]

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# Estimated prevalence of substance misuse in children and young people

- Estimates suggest that **approximately 1,100 boys and 1,200 girls aged 11-15 may have taken drugs** in the past year across Cheshire East<sup>1</sup>.
- **Up to 7,000 16–24-year-olds in Cheshire East are estimated to have taken drugs in the past year**, with cannabis the main drug of choice, followed by nitrous oxide and ketamine<sup>2</sup>.
- In Cheshire East, all **young people known to substance misuse services started using their main substance before the age of 15**<sup>3</sup>.
- **Cheshire East was significantly worse than England for the proportion of 15 year olds who had ever drunk alcohol and the proportion who had been drunk in the previous week**<sup>4</sup>.
- According to a recent survey of 14–17-year-olds in Cheshire East by Trading Standards<sup>5</sup>:
  - **around half viewed drinking alcohol as normal and fun and did not perceive any health risks**
  - **6% drank alcohol once a week and a further 6% drank alcohol twice or more per week; 7% claimed to binge drink**, a figure that has remained stable for some time
  - **young people drank alcohol predominantly at home**
  - **there has been an increase in the percentage of young people buying alcohol for themselves since 2020**
- A recent health needs assessment for Cheshire Youth Justice Services (YJS) found that the prevalence of substance misuse was higher among young people entering the criminal justice system and that earlier support might have prevented them from offending in the first place<sup>6</sup>.

1. Smoking, Drinking and Drug Use among Young People in England, 2021, [Smoking, Drinking and Drug Use among Young People in England](#).

2. Crime Survey for England and Wales, [Drug misuse in England and Wales - Office for National Statistics \(ons.gov.uk\)](#) [accessed 20 March 2023]

3. NDTMS, Young People Substance Misuse JSNA Support Pack 2017/18

4. Office for Health Improvement & Disparities. Public Health Profiles. Available from: <https://fingertips.phe.org.uk> © Crown copyright 2023.

[Child and Maternal Health - Data - OHID \(phe.org.uk\)](#) [accessed 20<sup>th</sup> February 2023]

5. Trading Standards North West Young Persons Survey 2023 – Cheshire East Report.

6. Public Health Institute, Liverpool John Moores University. Cheshire Youth Justice Services Health Needs Assessment – full technical report (March 2023)

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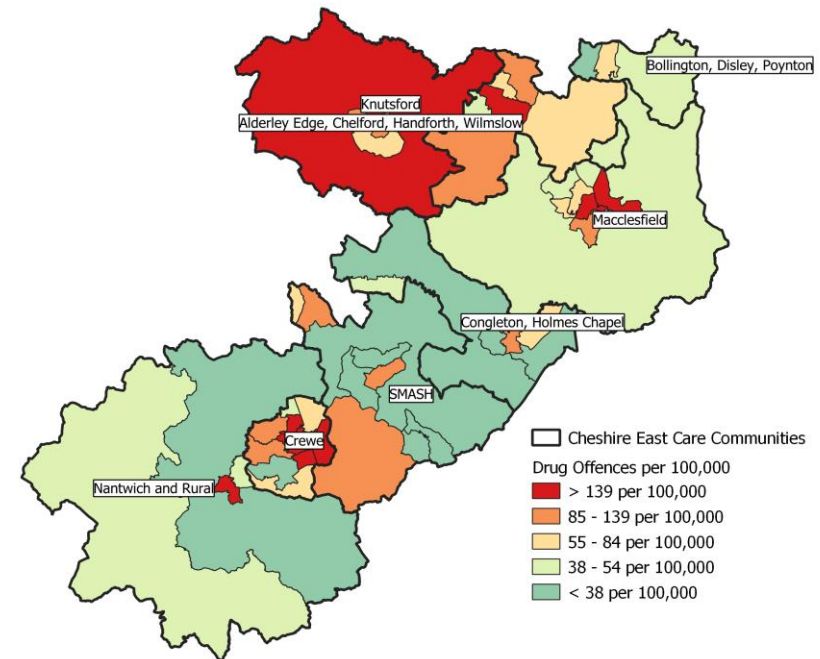
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# Substance misuse and crime can be linked and rates of drug-related crime vary across Cheshire East

- The highest rates of drug offences between September 2019 and August 2022 were seen in parts of **Crewe, Nantwich, Macclesfield, Wilmslow and Knutsford Rural**<sup>1</sup>, but it is important to note that drug offences are only a small proportion of drug-related crime.
- **Drug use is a factor in half of all homicides nationally**<sup>2</sup>.
- As of March 2022, Cheshire Constabulary believed that nine organised crime groups (OCGs) and 17 county lines gangs were having an impact on Cheshire East, with 9 of these having links to child criminal exploitation (CCE)<sup>3</sup>.
- Probation services have prioritised substance misuse and mental health need<sup>4</sup>.

Cheshire East Drug Offences, September 2019-August 2022, Rate per 100,000



Cheshire East Council Public Health Intelligence Team. © Crown Copyright and database right 2022. Ordnance Survey data 100049045

1. data.police.uk ([Police API Documentation | data.police.uk](https://data.police.uk/))
2. HM Government (2021) From Harm to Hope: a 10 year drugs plan to cut crime and save lives. [From harm to hope: a 10-year drugs plan to cut crime and save lives \(publishing.service.gov.uk\)](https://publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/100049045/From_harm_to_hope_a_10-year_drugs_plan_to_cut_crime_and_save_lives.pdf) [accessed 21 March 2023]
3. Cheshire Constabulary, Serious and Organised Crime Local Profile 2021/11, Cheshire East
4. Information received from David Teese, HM Prisons and Probation, 28<sup>th</sup> April 2023

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# Certain protected characteristics are more prevalent among the service user population

- **Service users in England reported a higher level of disability than the general population; behaviour and emotional (15.5%) was the most reported disability**, followed by mobility and gross motor problems (5.9%), progressive conditions and physical health (5.3%) and learning disability (3.1%)<sup>1,2</sup>.
- In Cheshire East in 2021/22 79% of new presentations to drug treatment and 83% of new presentations to alcohol treatment had an identified mental health need<sup>3</sup>. A higher proportion of service users in Cheshire East had their identified mental health needs addressed than the England average<sup>3,4</sup>.
- New presentations to drug treatment in Cheshire East were predominantly white British (87%), 3% gave their ethnicity as 'other white' and 1% as 'white and black Caribbean', but ethnicity was unknown or not given for 7%<sup>3</sup>. New presentations to alcohol treatment were more likely to be white British (89%), with 6% giving their ethnicity as 'other white' and 1% as 'white Irish'; 3% was 'unknown'<sup>4</sup>. In England as a whole, 82.6% of all people in treatment were white British and 4.3% 'other white'<sup>1</sup>.
- **Service users in Cheshire East were more likely to be male**, with males making up 69% (61% for alcohol and non-opiate, 69% for non-opiate and 71% for opiate) of the drug treatment population and 55% of the alcohol treatment population<sup>3,4</sup>. This is similar to the England average.

Unfortunately, whilst we have a reasonable understanding of protected characteristics in relation to substance misuse treatment services, we know much less about people who misuse alcohol and/or drugs and are not in treatment. This is particularly important for alcohol, where most people who drink at harmful levels or are alcohol dependent are not in treatment.

1. Adult substance misuse treatment statistics 2021-2022 <https://www.gov.uk/government/statistics/substance-misuse-treatment-for-adults-statistics-2021-to-2022>
2. 2021 Census. [Disability in England and Wales, 2021 - Office for National Statistics \(ons.gov.uk\)](https://www.ons.gov.uk/peoplepopulationandcommunity/disabilityandlongtermhealth/bulletins/disabilityinenglandandwales/2021)
3. OHID/NDTMS Adult Drug Commissioning Support Pack, 2023-24, Cheshire East
4. OHID/NDTMS Adult Alcohol Commissioning Support Pack, 2023-24, Cheshire East

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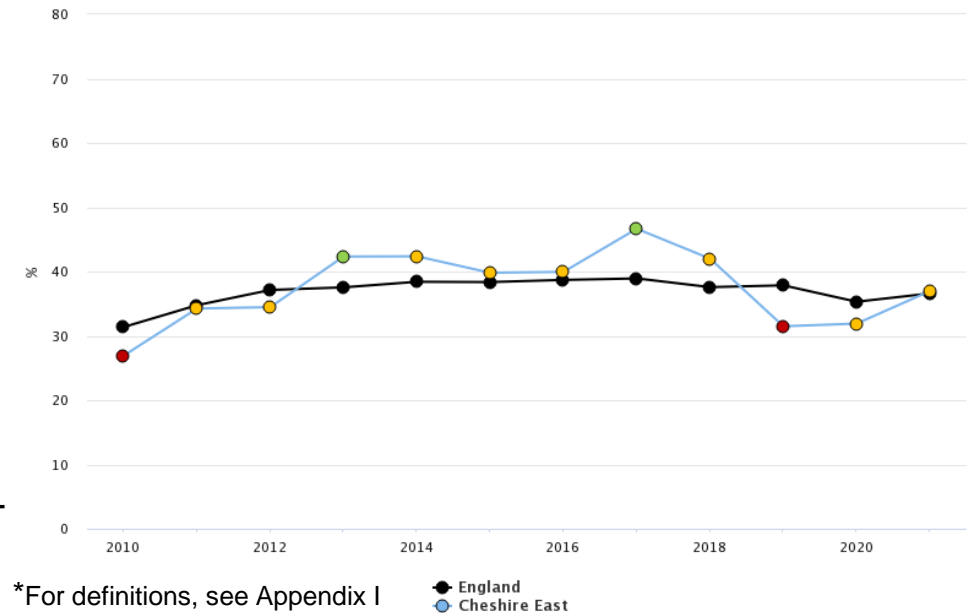
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# Successful completion rates for drug and alcohol treatment in Cheshire East are better than or similar to the England average

- The graph opposite shows that alcohol treatment completions have been increasing since 2010, despite a dip in 2019<sup>1</sup>.
- Also, more complex\* service users were less likely to complete treatment successfully. In 2020/21, Cheshire East had a higher proportion of successful completions by complex service users than England<sup>2</sup>.
- Opiate service users remain in treatment longer than non-opiate service users and alcohol service users. A typical treatment journey for an alcohol or non-opiate service user is less than 12 months, whereas opiate service users may remain in treatment for a number of years<sup>2</sup>.
- In Cheshire East in 2020/21, 11% of opiate service users returned to treatment within 6 months of completing a previous course of treatment (re-presentation rate); this was 4% for non-opiate clients and 6% for alcohol clients<sup>2</sup>.
- In Cheshire East, high proportions of drug and alcohol service users require smoking cessation support. High risk drinkers are more likely to smoke and their attempts to quit smoking are less likely to be successful<sup>3</sup>. However, smoking cessation support has generally not been offered.
- Reach Out and Recover (ROAR) is a not-for-profit organisation based in Macclesfield that provides inpatient rehabilitation for those with addictions and other issues in. The number of people in Cheshire East who access inpatient provision is low<sup>4,5</sup>

Successful completion of alcohol treatment for Cheshire East



1. Office for Health Improvement and Disparities. Public health profiles. 2023 <https://fingertips.phe.org.uk> © Crown copyright 2023. [Public health profiles - OHID \(phe.org.uk\)](https://publichealthprofiles.phe.org.uk) [accessed 21 March 2023]

2. NDTMS, Recovery Diagnostic Toolkit 2021.

3. Office for Health Improvement and Disparities, [Tobacco Control Dashboard](#). © Crown Copyright 2022 [accessed 17<sup>th</sup> February 2023]

4. OHID/NDTMS Adult Drug Commissioning Support Pack, 2023-24, Cheshire East

5. OHID/NDTMS Adult Alcohol Commissioning Support Pack, 2023-24, Cheshire East

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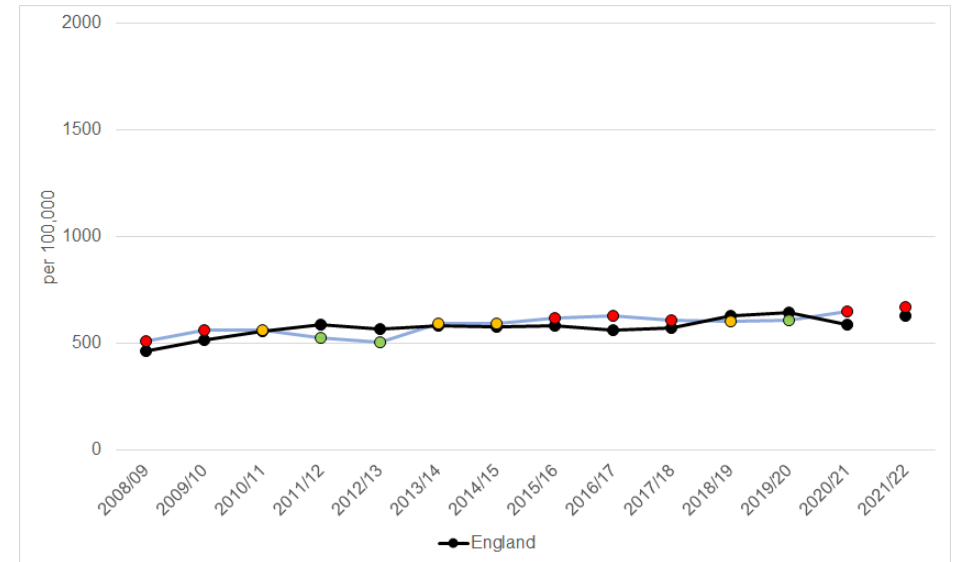
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# There are several worrying trends for substance misuse related morbidity in Cheshire East:

- Cheshire East has **higher rates of alcohol-specific hospital admissions** than the England average and this rate has been steadily increasing since 2008/9<sup>1</sup> (see graph opposite)\*.
- Alcohol-specific hospital admissions in under-18-year-olds are also significantly worse than the national average<sup>2</sup>.
- **Rates of alcohol-related admissions** vary across Cheshire East with higher rates seen in the "**Crewe Six**" wards and other wards in Middlewich, Nantwich and Macclesfield<sup>3</sup>.
- The **rate of hospital admissions due to substance misuse in children and young people aged 15-24 has been increasing** and is significantly worse than the England average<sup>4</sup>.
- Hospital admissions for drug poisoning are significantly worse than the national average. This is an important predictor of future fatal overdose<sup>5</sup>.
- There has been a slight upward trend in the percentage of eligible service users who receive a Hepatitis C test in Cheshire East, but this remains significantly below the England average<sup>6</sup>. **This means that service users in Cheshire East are potentially missing out on interventions to prevent future liver disease.**

Rate of hospital admissions for alcohol specific conditions in Cheshire East<sup>1</sup>



\* Note: Rates for 2021/22 cannot currently be compared with earlier data as 2021 Census population data has been used. Rates for earlier years will be re-calculated once re-based ONS population figures are published. [Local Alcohol Profiles for England - Data - OHID \(phe.org.uk\)](https://www.phe.org.uk/publications/local-alcohol-profiles-for-england)

1. Office for Health Improvement and Disparities. Public health profiles. 2023 <https://fingertips.phe.org.uk> © Crown copyright 2023. [Local Alcohol Profiles for England - Data - OHID \(phe.org.uk\)](https://www.phe.org.uk/publications/local-alcohol-profiles-for-england) [accessed 19<sup>th</sup> May 2023]
2. Office for Health Improvement and Disparities. Public health profiles. 2023 <https://fingertips.phe.org.uk> © Crown copyright 2023. [Local Alcohol Profiles for England - Data - OHID \(phe.org.uk\)](https://www.phe.org.uk/publications/local-alcohol-profiles-for-england) [accessed 23<sup>rd</sup> January 2023]
3. Office for Health Improvement and Disparities. Public health profiles. 2023 <https://fingertips.phe.org.uk> © Crown copyright 2023. [Local Alcohol Profiles for England - Data - OHID \(phe.org.uk\)](https://www.phe.org.uk/publications/local-alcohol-profiles-for-england); [Local Health - Small Area Public Health Data - Data - OHID \(phe.org.uk\)](https://www.phe.org.uk/publications/local-health-small-area-public-health-data) [accessed 21 March 2023]
4. Office for Health Improvement and Disparities. Public health profiles. 2023 <https://fingertips.phe.org.uk> © Crown copyright 2023. [Public health profiles - OHID \(phe.org.uk\)](https://www.phe.org.uk/publications/public-health-profiles) [accessed 23<sup>rd</sup> January 2023]
5. Adult Drug Commissioning Support Pack: 2023-24: Key Data (NDTMS)
6. OHID, Fingertips, [Public health profiles - OHID \(phe.org.uk\)](https://www.phe.org.uk/publications/public-health-profiles), [accessed 2 February 2023]

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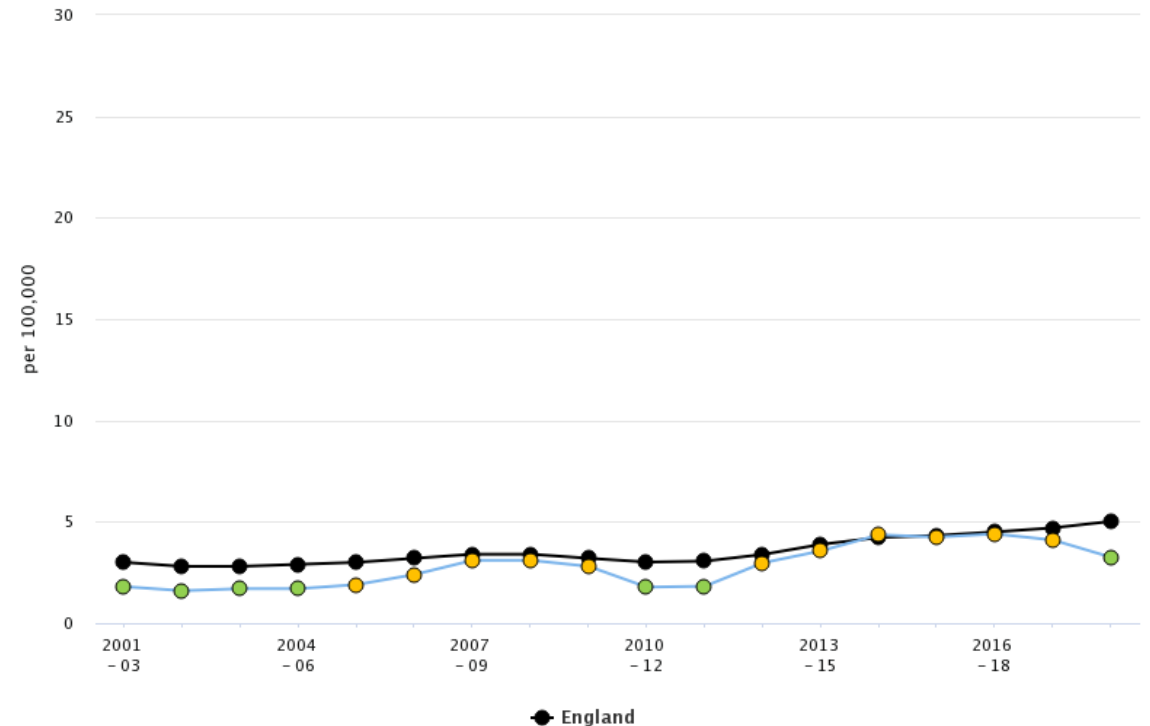
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# Substance misuse related mortality in Cheshire East is generally better than the national average but this conceals local differences

- **Nationally, mortality rates due to drug use have increased** since 2001-3. This has also been the case in Cheshire East, although rates are significantly below the England average (see graph opposite<sup>1</sup>).
- Between April 2019 and March 2022, Cheshire East experienced 38 deaths in drug treatment which is the same as the number expected<sup>2</sup>.
- Whilst alcohol-specific mortality has not increased and is similar to the England average, higher rates are seen in **Nantwich and Rural, SMASH and Crewe**. However, these rates are not statistically significantly different<sup>3,4</sup>.
- Parental substance misuse has also contributed to the deaths of infants and children in Cheshire East<sup>5</sup>.
- **Further analysis of admissions data would help to determine the likelihood of increased treatment need and deaths in the future.**

Deaths from drug misuse for Cheshire East



1. Office for Health Improvement and Disparities. Public health profiles. 2023 <https://fingertips.phe.org.uk> © Crown copyright 2023. [Public health profiles - OHID \(phe.org.uk\)](https://fingertips.phe.org.uk) [accessed 23<sup>rd</sup> January 2023]
2. [Alcohol and drug misuse and treatment statistics - GOV.UK \(www.gov.uk\)](https://www.gov.uk) [accessed 26<sup>th</sup> May 2023]
3. Office for Health Improvement and Disparities. Public health profiles. 2023 <https://fingertips.phe.org.uk> © Crown copyright 2023. [Public health profiles - OHID \(phe.org.uk\)](https://fingertips.phe.org.uk) [accessed 23<sup>rd</sup> January 2023]
4. Cheshire East Public Health Intelligence Team. Directly standardised mortality rates calculated from the Primary Care Mortality Database (PCMD), ONS mid year population estimates.
5. Pan-Cheshire Child Death Overview Panel. Annual Report. 1st April 2021 – 31st March 2022

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# There are a variety of sources of support for people experiencing substance misuse use across Cheshire East

- There is a **comprehensive service offer from CGL for both drugs and alcohol**<sup>1</sup>. The service supports a much higher proportion of those predicted to misuse opiates and crack cocaine than those predicted to misuse alcohol<sup>2,3</sup>.
- There is a range of **digital support** via NHS UK and the local Live Well offer<sup>4</sup>.
- Residents can also seek **support with wider social challenges**, and life issues via social prescribers and through core medical services.
- [Reach Out and Recover \(ROAR\)](#) is a not-for-profit organisation based in Macclesfield that provides inpatient rehabilitation for those with addictions and other issues. The number of people in Cheshire East who access inpatient provision is low<sup>2,3</sup>.

1. Change, Grow, Live (CGL), <https://www.changegrowlive.org/>

2. Adult Drug Commissioning Support Pack: 2023-24: Key Data (NDTMS)

3. Adults Alcohol Commissioning Support Pack: 2023-24: Key Data (NDTMS)

4. <https://www.cheshireeast.gov.uk/livewell/livewell.aspx>

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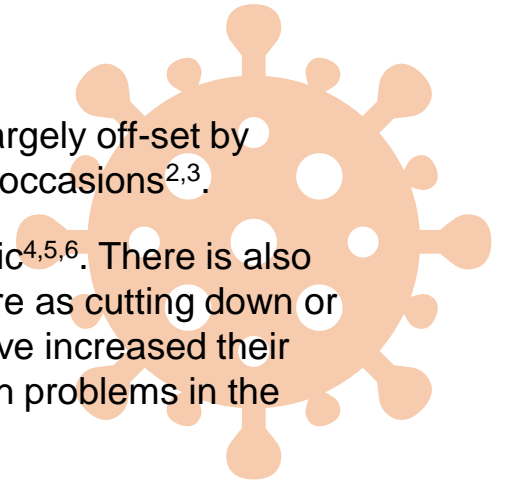
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# The impact of the COVID-19 pandemic on alcohol use has been variable

## National research has found:

- Lockdown restrictions led to some changes in people's drinking behaviour<sup>1</sup>. Increases in off-trade sales were largely off-set by decreases in on-trade sales (due to closures in hospitality), but many people were drinking more units on more occasions<sup>2,3</sup>.
- Higher risk and dependent drinking increased during periods of Covid-19 lockdown compared with pre-pandemic<sup>4,5,6</sup>. There is also evidence that lockdown led to a polarisation of drinking behaviours, with similar numbers of people drinking more as cutting down or abstaining altogether<sup>7</sup>. Since those considered to be the heaviest drinkers pre-pandemic were more likely to have increased their drinking during periods of lockdown, this is likely to have increased their risk of developing alcohol related health problems in the future<sup>7,8,9</sup>.
- Some people's drinking behaviour may have been disproportionately affected by the pandemic, including women, people of white ethnicity, those living in deprived communities, and people with co-existing mental health conditions<sup>4,10,11,12,13</sup>.



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3. Richardson E, Mackay D, Giles L, Lewsey J, Beeston C. (2021) **The impact of COVID-19 and related restrictions on population-level alcohol sales in Scotland and England & Wales, March–July 2020.** Edinburgh, UK: Public Health Scotland

4. Jackson SE, Garnett C, Shahab L, Oldham M, Brown J. (2021). **Association of the COVID-19 lockdown with smoking, drinking and attempts to quit in England: an analysis of 2019-20 data.** *Addiction* 116(5) 1233-1244. 10.1111/add.15295

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6. Daly, M & Robinson, E. (2021). **High-Risk Drinking in Midlife Before Versus During the COVID-19 Crisis: Longitudinal Evidence From the United Kingdom.** *American Journal of Preventive Medicine* 60(2) 294-297. 10.1016/j.amepre.2020.09.004

7. Public Health England (2021). **Monitoring alcohol consumption and harm during the COVID-19 pandemic.** [Monitoring alcohol consumption and harm during the COVID-19 pandemic \(publishing.service.gov.uk\)](https://www.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/97822/monitoring-alcohol-consumption-and-harm-during-the-covid-19-pandemic.pdf)

8. Alcohol Change UK. (2020). **Research: drinking in the UK during lockdown and beyond.** Available at <https://alcoholchange.org.uk/blog/2020/drinking-in-the-uk-during-lockdown-and-beyond> (accessed 20th February 2023)

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# How we went about this review

We reviewed the previous JSNA and identified what required updating. We then established what additional data was required from a Combating Drugs Partnership perspective.

The working group consisted predominantly of the Public Health Intelligence team, in collaboration with the wider Public Health Team and Commissioning.

There were also contributions from:

- Change Grow Live (CGL)
- Cheshire Constabulary
- HM Prisons & Probation
- Safer Cheshire East Partnership

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# What questions did this review aim to answer?

1. What is the extent and distribution of alcohol and drug-related harm in Cheshire East, including among those not already known to services as far as possible?
2. What are the patterns of supply and consumption of alcohol and drugs in Cheshire East?
3. What was the impact of the Covid-19 pandemic on alcohol consumption?
4. What are the key challenges in addressing substance misuse across Cheshire East?
5. What assets do we have to address these challenges, including people, groups, physical geography, communities, and services?
6. Are we providing the right services in the right places? Are there any gaps?
7. How can we address these gaps?

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# What did this review cover?

To answer the review questions the working group agreed to review substance misuse in relation to a variety of different issues:

- Risks and protective factors
- Estimated prevalence
- Substance misuse related crime
- Services to support people with substance misuse issues and wider challenges
- Treatment / service delivery
- Substance misuse related ill health and deaths
- The impact of the COVID-19 pandemic

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