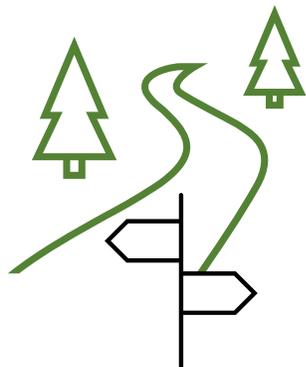


Drugs and Alcohol in Cheshire East



Substance Misuse JSNA Short Summary

A Review of Substance Misuse Across Cheshire East

Led by Cheshire East Council, the NHS and our volunteer
communities





What is a Substance Misuse JSNA?

It is a **review of a topic area** which helps us understand an issue in more detail – in this case substance misuse.

We can see where the gaps in support services are and **make better decisions to meet the needs of our residents.**

What does it tell us?

1 What substance misuse is



2

The number of people experiencing substance misuse in Cheshire East

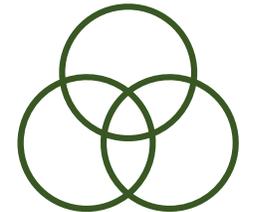


What

3 services there are to support people experiencing substance misuse



4 What support services are needed but not yet provided



5 Which communities and organisations may be able to work together to fill the gaps

What is Substance Misuse?

Substance misuse means the misuse of alcohol or drugs.

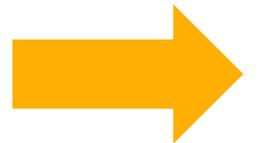
Misusing alcohol means drinking at a level which is harmful to you or other people. Drinking is harmful when it leads to health problems, like injury, liver disease or depression. Drinking a lot can also cause relationship problems¹.

Misuse of drugs involves legal and illegal drugs, including performance enhancing drugs (like steroids), opiates (like heroin), non-opiates and prescription drugs (like sleeping tablets or pain killers) when taken in a way not recommended by a doctor or the company that made them.



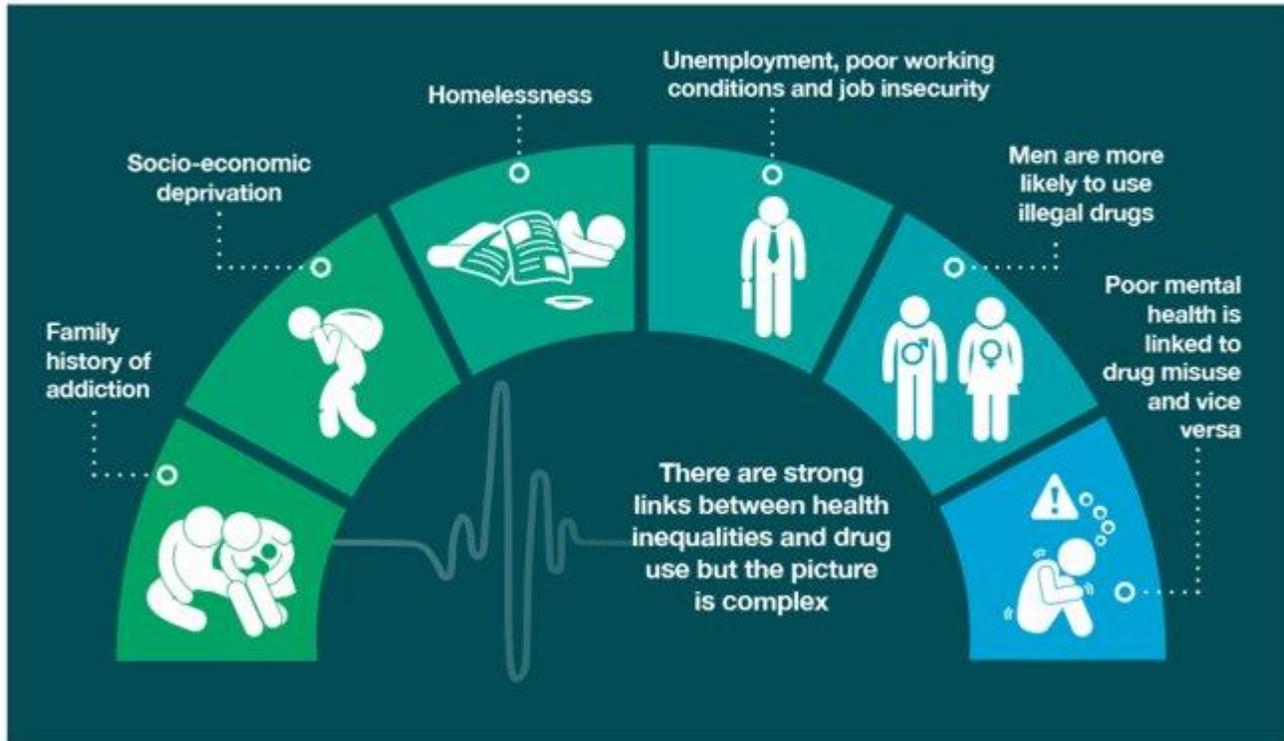
Substance misuse can affect anyone, but some people are more at risk than others.

Read on to hear more about what we found in our review of substance misuse in Cheshire East



1. NICE (2011) Clinical Guideline 115, Alcohol-use disorders, diagnosis, assessment and management of harmful drinking (high risk drinking) and alcohol dependence, [Harmful drinking \(high-risk drinking\) and alcohol dependence | Information for the public | Alcohol-use disorders: diagnosis, assessment and management of harmful drinking \(high-risk drinking\) and alcohol dependence | Guidance | NICE](#) [accessed 3rd August 2023]

What we know about risk factors for drugs

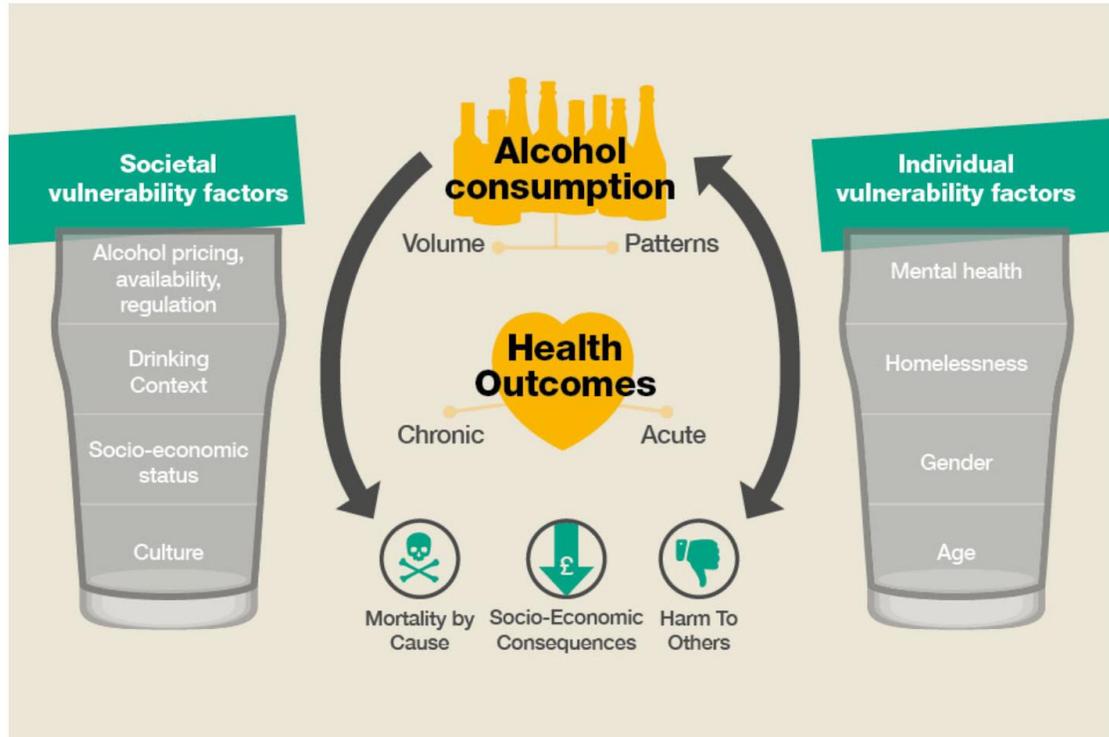


People's risk of misusing drugs varies by who they are, where they live, what they do for a living, friends, family and wider community.

People who struggle with debt, poverty, unemployment, housing problems and mental and physical illness, are more at risk.

Children are affected by their parents' drugs misuse and some people suffer with other issues linked to substance misuse, such as crime.

What we know about risk factors for alcohol



PHE Health Matters, 2016, Harmful drinking and alcohol dependence, [Health matters: harmful drinking and alcohol dependence - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/publications/health-matters-harmful-drinking-and-alcohol-dependence) [accessed 27th June 2023]

The earlier someone first tries alcohol, the more likely they are to misuse it as an adult.

Children can be affected by their parents' alcohol misuse and are more likely to develop alcohol problems themselves.

Young people are more likely to binge drink, but people in middle age are more likely to drink at harmful levels.

Males, people with mental health problems, people on low incomes or who are unemployed, and people who are homeless or live in poor housing are more likely to have problems with alcohol.

Drinking large volumes of alcohol is linked to availability, pricing and regulation, and also if it is normal for friends and family.

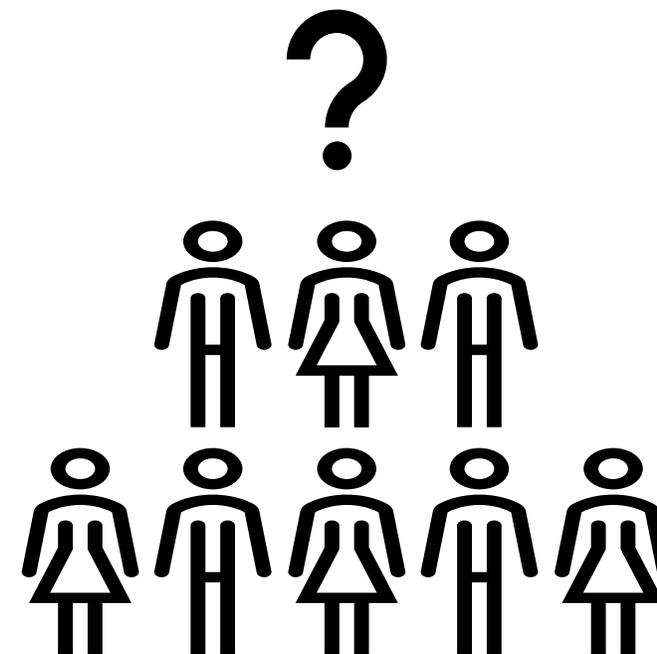
How many people do we think might have drug or alcohol problems across Cheshire East?

We know very little about people in Cheshire East who misuse alcohol and drugs unless they have to go to hospital because of them or ask for help to stop using them.

Some people in Cheshire East drink alcohol at levels that harm their health; some of them are dependent on alcohol.

We think that 3 in 4 of those who are dependent on alcohol are NOT getting treatment.

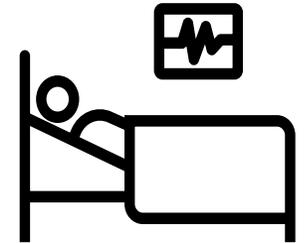
Of residents who have a problem with heroin or crack cocaine, we think that just over half are getting treatment.



What does substance misuse mean for Cheshire East?

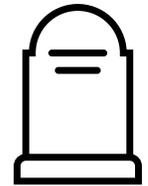
Ill Health

- Both adults and young people in Cheshire East have higher rates of hospital admission for problems caused directly by alcohol and drugs than in other areas of the country.
- Also, when considering hospital admissions for problems caused directly and indirectly by alcohol and drugs, there are higher rates in some areas of Crewe, Macclesfield, Nantwich, and also Alsager and Middlewich.
- Many people in Cheshire East who struggle with substance misuse also have problems with their mental health.



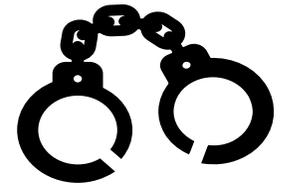
Death

- Death rates from substance misuse have increased since 2001-03. In Cheshire East, they are lower than in other places, but we may be storing up problems for the future.

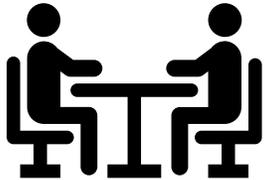


Crime

- Some people in Cheshire East commit crime to pay for drugs and alcohol. They often do not get the help they need for their substance misuse when they are in prison or when they are released.
- Vulnerable children and adults, and wider communities in Cheshire East have been harmed by county lines and organised crime groups.



What we know about people who are getting treatment in Cheshire East



- About half of service users are unemployed when they start treatment.
- Around 1 in 20 have a housing problem, which is better than nationally.
- People in drug treatment who have other issues such as homelessness and unemployment are less likely to complete treatment successfully.
- National data shows that people in treatment are more likely to have a disability; often these are mental or behavioural disabilities.
- People in treatment are more likely to smoke, but few are offered help to quit smoking.
- People who enter substance misuse treatment in Cheshire East are more likely to complete the treatment than in other parts of the country.

What support is currently available?

Residents with drug or alcohol problems are not alone.

There is a range of support across Cheshire East which we want more of our residents to reach out to:

- On-line support via NHS UK and the local Live Well offer.
- Change Grow Live (CGL) offers services for anyone affected by drugs or alcohol.
- Reach Out and Recover (ROAR), based in Macclesfield, provides 24-month residential support for people struggling with addiction and other issues.
- Residents can also seek support through their doctor's surgery if the above services have not helped or if they have a related health issue.



What are the gaps and who needs more support?

-  We need to make sure that people who have problems with drug and alcohol misuse as well as mental health problems can access services.
-  We need to identify and support people who drink alcohol at harmful levels.
-  We need to make sure that people who commit crime and go to prison because of drugs can access the support they need.
-  We need to help people who have been using drugs and alcohol for a long time and have not been successful in treatment.
-  We need to help people who have chaotic lifestyles and problems with alcohol and drugs to access treatment.
-  We need to help people who have substance misuse issues and smoke to quit smoking.
-  Where funding cuts have created a deficit in support, we need to find ways to provide services for the right people in the right places.

Read on for an outline of what we plan to do to tackle the issue of substance misuse

We, as a network of NHS organisations, the Local Authority and Voluntary, Community, Faith and Social Enterprise organisations, plan to:



- Help children and young people and their families to make the right choices about drugs and alcohol.
- Identify people in Cheshire East who are drinking alcohol at harmful levels and require support.
- Identify people in Cheshire East who are misusing drugs and require support.
- Understand why some people are more likely to misuse substances and offer them tailored support.
- Ensure that appropriate services are available for people who misuse alcohol and drugs, and have mental health problems.
- Support areas where drug related crime is harming residents.
- Identify people in prison and probation services who need more support to stop misusing alcohol and drugs.



Additional Resources

Here are some links to help you or someone you know

For information about local services and support, try

- Live Well Cheshire East [Live Well Cheshire East](#)

For advice and support, try

- Change Grow Live (CGL) [Change Grow Live | Charity | We can help you change your life](#)

For general information, try

- [The NHS website - NHS \(www.nhs.uk\)](#)

Or if the above do not help, or you have a related health issue as well, you can seek support through your doctor's surgery.

