

Drug & Alcohol Misuse Young People's Event June 2011

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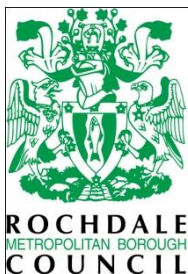
Have Your Say!



Voices 4 Wellbeing

Rochdale Borough Local Involvement Network

In Partnership with



EARLY *break*

Young People's Drug & Alcohol Service

The NHS logo, consisting of the letters 'NHS' in white on a blue background.

Heywood, Middleton and Rochdale

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Executive Summary

During 2010 and 2011 Voices 4 Wellbeing carried out an interactive survey to gain public opinion about health and social care priorities in the Rochdale Borough. Drug and alcohol misuse was one of the areas identified. Voices 4 Wellbeing strive to work with different groups of people from the borough and it was agreed to hold a *Have Your Say* event for young people to gain young people's views about drug and alcohol misuse, service provision and additionally, to provide an opportunity for relevant organisations to promote drug and alcohol misuse awareness and the various services available across the Rochdale Borough.

Voices 4 Wellbeing worked in partnership with the Drug and Alcohol Action Team (DAAT), Early Break, Holding Families, Greater Manchester Police: Community Support Officers, Just Poets, Rochdale Metropolitan Borough Council (RMBC) and Heywood Middleton & Rochdale Primary Care Trust (HMRPCT) to plan an engaging and interactive event for Rochdale Borough's youth. Working with a variety of youth clubs across the borough i.e. Milnrow, Heywood, Middleton; Voices 4 Wellbeing were able to provide transport to enable youths to attend the event, which took place on the 1st June 2011 at Richmond Hall in Rochdale.

Using the interactive survey equipment *Ask the Audience* loaned by HMRPCT and Voices 4 Wellbeing's Interactive Road Show (IRS) Voices 4 Wellbeing were able to gain the views of the youths in attendance.

Following the event Voices 4 Wellbeing carried out an evaluation, visiting the youths who had attended to speak with them about what they thought about the event, what they did or did not enjoy about the event and how future events such as this might be improved upon. A separate report of these findings will be available to provide feedback to those who were involved in the delivery of the event, but also for anyone/organisations who may wish to use the findings as a tool to help plan events specifically for young people.

The information gathered at the event and the evaluation process following the event has been analysed and a set of recommendations for service improvement produced. In the main the recommendations refer to promoting drug and alcohol misuse awareness to youths. These recommendations can be found on page 18. The main findings were that:

- Promotion needs to be more interactive for engaging with young people
- More promotion available in schools
- More awareness around peer pressure



Introduction

Voices 4 Wellbeing is Rochdale Borough's Local Involvement Network (LINK). Established 1st April 2008 by the Department of Health, LINKs were set up nationally in place of Patient and Public Involvement in Health Forums (PPIHF's) to enable organisations, community groups and individuals (anyone with an interest in improving health and social care services), to have a say about how health and social care services could be improved at a local level.

Further information can be found at www.voices4wellbeing.co.uk

During 2010 and 2011 Voices 4 Wellbeing's Interactive Road Show has been out and about at various venues across the Rochdale Borough. The purpose of the Interactive Road Show (IRS) is to raise awareness about Voices 4 Wellbeing and to reach as many members of the public as possible to gain public opinion about health & social care priorities and experience of services. It is worth noting that the IRS is extremely adaptable and has proved an excellent tool in engaging with hard to reach groups.

For the past 12 months Voices 4 Wellbeing has been asking people to prioritise six health conditions. The conditions were Mental Health, Lung Disease, Stroke, Smoking, Heart Disease and Drug & Alcohol Misuse. Heart Disease and Mental Health were seen as the highest priorities and some work around these is planned later in the year. Drug and Alcohol Misuse was the next highest.

Voices 4 Wellbeing strive to work with different groups across the community and it was agreed to hold a *Have Your Say* event with a focus on young people, allowing youths across the Rochdale Borough to learn more about and have their say about drug and alcohol service provision.

Main Aim:

To engage with and involve young people from the Rochdale Borough in the development and improvement of local Drug & Alcohol Services

Objectives:

1. To raise awareness of Drug & Alcohol Services already available in the Rochdale Borough
2. To provide the opportunity for young people of the Rochdale Borough to ask questions about Drug & Alcohol Misuse services available locally
3. To provide the opportunity for young people of the Rochdale Borough to *have their say*
4. To provide feedback to local service commissioners and make formal recommendations for service enhancement



The event was planned through working in partnership with the Drug and Alcohol Action Team (DAAT), Early Break, Holding Families, Greater Manchester Police: Community Support Officers, Just Poets, Rochdale Metropolitan Borough Council (RMBC) and Heywood Middleton & Rochdale Primary Care Trust (HMRPCT). It took place on the 1st June 2011 at Richmond Hall in Rochdale. Also involved in the organising of the event were youth workers from across the borough whose work was fundamental to the success of the event i.e. number of young people attending. Youths attended from all four townships, Rochdale, Middleton, Heywood and the Pennines.

This report provides a record of the event, but also recommendations for service enhancements. The report will be sent to relevant health and social care commissioners. Voices 4 Wellbeing will meet with commissioners to discuss the recommendations and will report on any services improvements later in the year.

Many thanks to all who have been involved in this piece of work

Julie

&

The voices 4 Wellbeing Support Team



The Event

Voices 4 Wellbeing's *Have your Say: Drug & Alcohol Misuse Event* took place on the 1st June 2011 at Richmond Hall Rochdale. Approximately 70 people attended the event, of those approximately 35 were youths from all 4 townships of the Rochdale Borough. The event was chaired by Carl Roach one of Voices 4 Wellbeing's Governors.

Carl opened the event, welcomed everyone and gave an overview of what would be happening during the event. Saeed Anwar Voices 4 Wellbeing's manager then gave a brief overview of the type of work Local Involvement Networks such as Voices 4 Wellbeing do, before inviting the first speakers from Early Break to give their presentation.

Early Break gave a very informative presentation about the service Early Break provides.

Early Break provides:

- Counselling
- Information
- Support in a variety of methods including alternative therapies
- Family support: *Holding families Therapy Service*

The service is for young people of the Rochdale Borough who are experiencing problems related to drug and alcohol use. The service is confidential and operates on a referral system.

Early Break's *Ask the Audience* questions were then put to the audience, using the interactive electronic equipment kindly loaned to Voices 4 Wellbeing by Heywood, Middleton & Rochdale Primary Care Trust (HMRPCT). The equipment was operated on the day by Nicola Crosby Patient and Public Lead (HMRPCT). The questions and results can be found on pages 8-10.

Next on the agenda was a monologue written by Robin Parker from *Just Poets* and performed by Kurtis Tweedale a 14 year old youth from *The Academy Dance & Drama School*. The monologue was performed in the character of Adam a youth who had just completed his GCSE's and highlighted some of the consequences which may arise from alcohol misuse i.e. teenage pregnancy, the affect this might have on education/career prospects and the wider society. This was followed by a question and answer session, whereby Kurtis remained in the character of Adam and engaged directly with the youths at the event, promoting an interesting open discussion. The discussion was led by Norman Warwick from *Just Poets*. Following the discussion, Janice Holliss: Project Implementation Officer Young People's Lead/DIP Lead from the Drug and Alcohol Action Team (DAAT) was then invited to give her presentation.



In her presentation Janice focused on the cost of treating drug and alcohol misuse nationally and why money spent on drug and alcohol services is important for example, preventing exclusion from school, because of the risk to family breakdown, risk of criminal activity and anti-social behaviour. Other issues highlighted were the high rates of hospital admissions due to alcohol, unwanted pregnancy, sexually transmitted diseases, sexual abuse and even death.

Janice also stressed the additional cost to other services if money was not put into drug and alcohol misuse prevention and support services. Following Janice's presentation there were six *Ask the Audience* questions. The questions and the results can be found on pages 10-12.

A poem was then performed by two youths from Milnrow Youth Club. The two girls had written the poem especially for the event.

Danielle Doran (Police community support Officer) was next to give her presentation from a community policing perspective. Danielle spoke about the number of alcohol related calls Greater Manchester Police receive on an average weekend; approximately 820, what happens when calls are received and the consequences for youths caught using drugs and alcohol. Danielle also spoke about the effects on the community young people can have when drinking alcohol and misusing drugs. Danielle's presentation was followed by two *Ask the Audience* questions. The questions and results can be found on page 14.

The two final speakers at the event were people with lived experience of alcohol and drug misuse. One of them was a volunteer for Early Break and a recovering alcoholic spoke about addiction and the effects this had had on himself and his family. He spoke about the damaging effects of alcohol and how difficult it had been for him to stop drinking alcohol. He eventually sought help following a serious accident when he had fallen over drunk and broken his neck. The accident almost left him paralysed. Even so it took two attempts to abstain from drinking alcohol. The question and answer session which followed was recorded and can be found in the appendices (Appendix 1, Page 21).

One of Voices 4 Wellbeing's staff members then gave a very personal and moving account of the effects of living with an alcoholic on the family. The account was based on personal experience and highlighted the emotional difficulties of caring for someone harming themselves through alcohol misuse. Additionally the deceitfulness of an individual with an addiction and the pressure that this places on relationships was highlighted; ultimately this led to divorce in the speaker's case.

The two 'lived experience' speakers mesmerised the audience;

'You could have heard a pin drop' (Youth Worker)



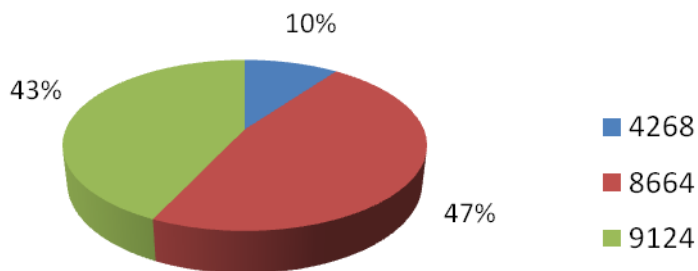
Refreshments were served towards the end of the event and the youths were then provided with the opportunity to participate in Voices 4 Wellbeing's Interactive Road Show (IRS), newly adapted to carry out a survey around drug and alcohol misuse and service suggestions. The IRS results from this event have been tabled and can be found on page 15 of this report. The IRS will be out and about across the Rochdale Borough to enable the wider community to have their say on drug and alcohol misuse.

It is also worth noting that due to the success of Voices 4 Wellbeing's event on the 1st June, further requests have been made to carry out similar events across the borough. Voices 4 Wellbeing is currently in talks with Hopwood Hall College and Middleton Technical College. Further events are of course subject to funding and resources available.



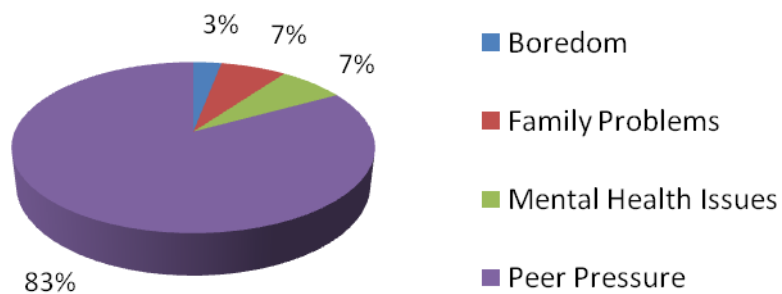
Ask the Audience Results: Early Break

1. How many alcohol related deaths were there in 2009 nationally?



Answer: 8664

2. What do you think are the common reasons for young people using drugs and alcohol?

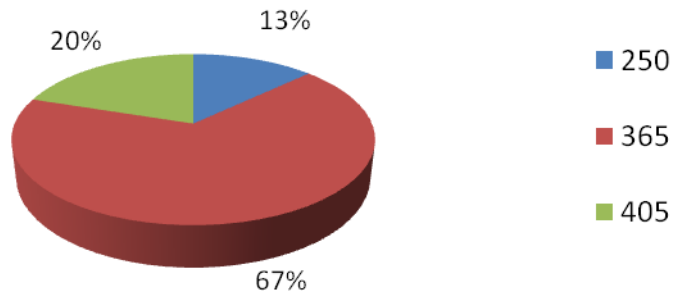


Answer: All of these reasons



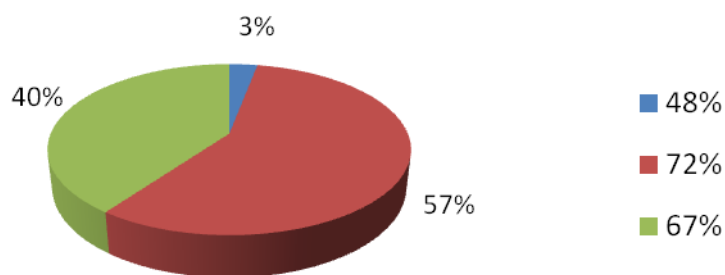
Ask the Audience Results: Early Break

3. How many young people from Rochdale were referred to Early Break to get help for their drug and alcohol problems in 2009/2010?



Answer: 365

4. How many people worked with Early Break and had made significant positive changes in their drug and alcohol use 2009/2010?

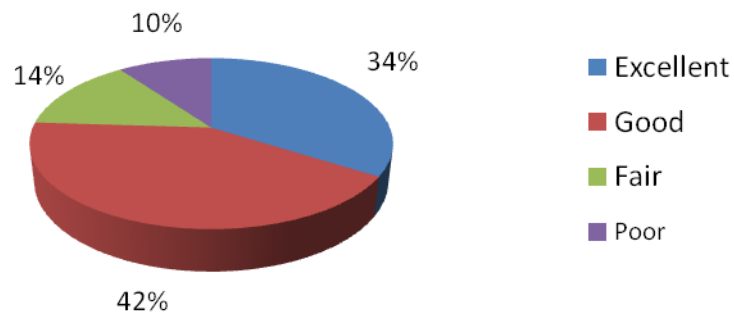


Answer: 67%



Ask the Audience Results: Early Break

5. How would you rate your drug and alcohol awareness?



Young People's Drug & Alcohol Service

Senator House

7-11 Bury Road

Radcliffe

M26 2UG

Telephone: 0161 723 3880

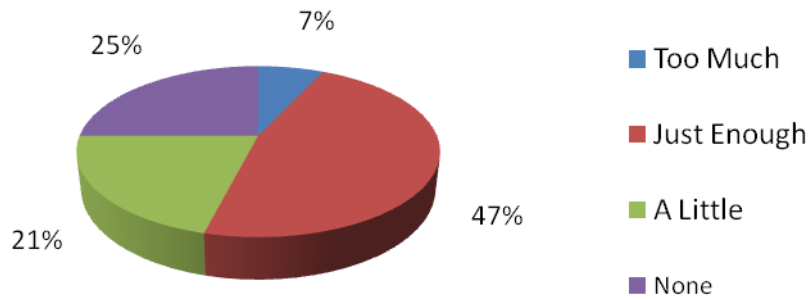
Email: info@earlybreak.co.uk

Website: www.earlybreak.co.uk

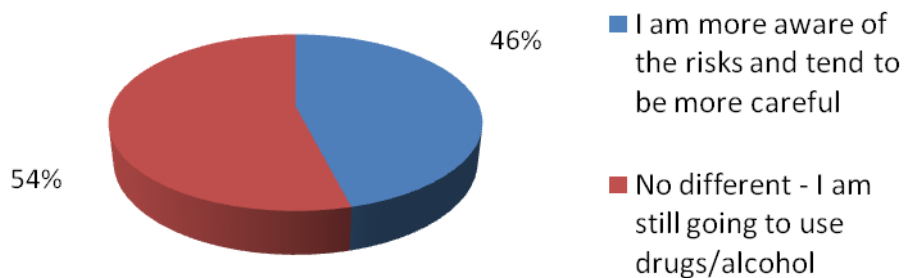


Ask the Audience Results: DAAT

1. How much education/awareness (of substance misuse) teaching is available in your school?



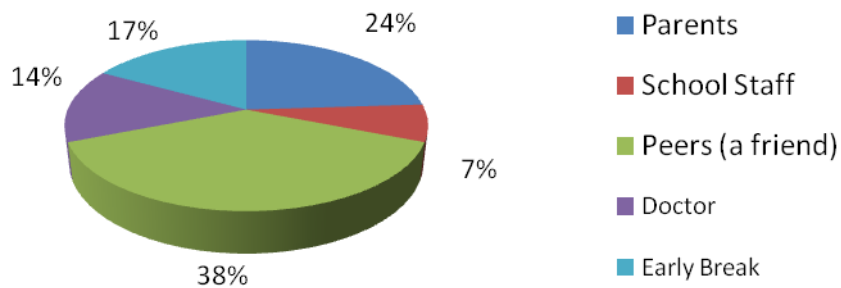
2. What difference has education awareness in your school made to your attitude to alcohol/drugs?



Ask the Audience Results: DAAT

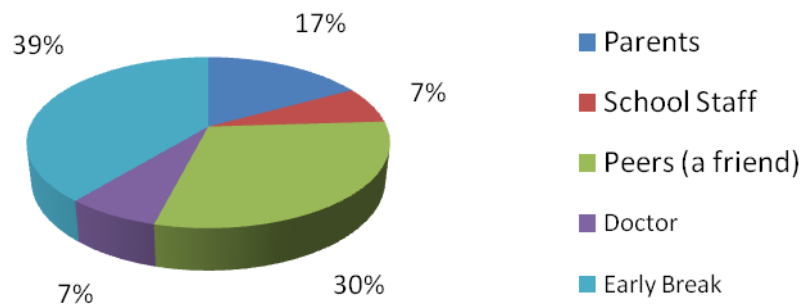
3. If someone you know needed some help regarding substance misuse, where would you look for it?

Before today...



4. If someone you know needed some help regarding substance misuse, where would you look for it?

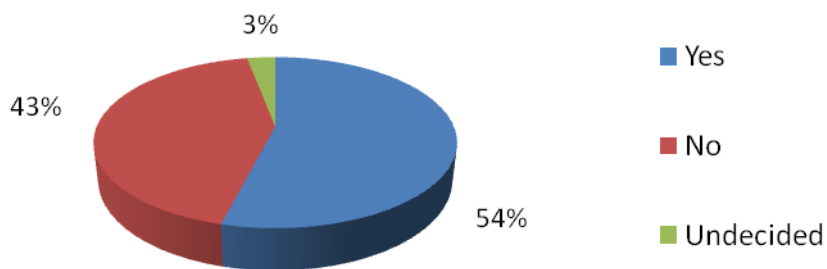
After today...



Ask the Audience Results: DAAT

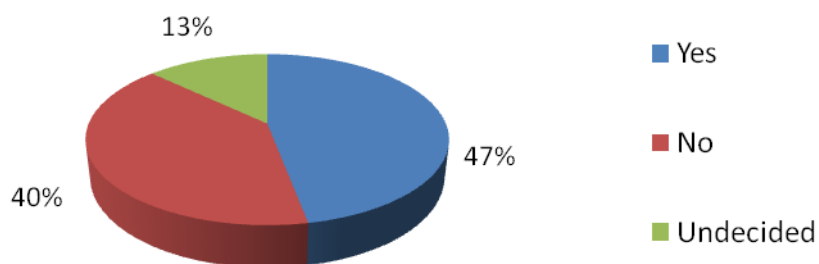
5. Do you think that spending money on drug and alcohol services is a waste?

Before today...



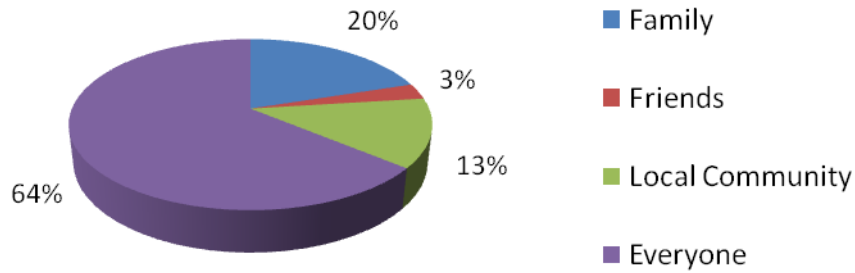
6. Do you think that spending money on drug and alcohol services is a waste?

After today...



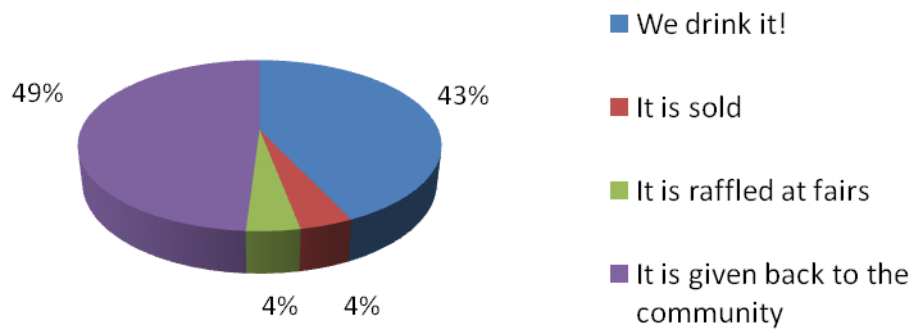
Ask the Audience Results: Greater Manchester Police

1. When you drink who can your behaviour affect?



Answer: Everyone

2. When police seize alcohol what happens with it?



Answer: It is given back to the community



Interactive Road Show Results

The 'Drug and Alcohol Misuse' Interactive Roadshow Survey was designed specifically to back up Voices4wellbeing's 'Have you Say' event.

Creating 'Choices', meant that the young people who voted had to think about which choices to make. This tended to bring issues out into the open for discussion amongst their friends and peers, some of them were strong views. Overwhelmingly the young people were making comments regarding what they felt was the lack of interactive involvement in schools. This is backed up by the figures in the survey. This may be a reflection on the fact that Voices4wellbeing's event was deliberately made as interactive and 'real' as possible.

SERVICE SUGGESTIONS	1 st Choice	2 nd Choice	3 rd Choice
More PCSO's	9	9	8
More Involvement in Schools	20	5	1
More Leaflet distributions	2	9	15
Free course on how to live with addict	7	8	11
More shocking adverts	10	6	11
More interactive events	5	16	5

'How confident that...' QUESTIONS	VERY CONFIDENT	CONFIDENT	NOT CONFIDENT
Nobody in family misuses drugs or alcohol?	4	4	13
Just one joint leads to addiction?	8	6	7
Misuse leads to criminal activity?	6	14	1
That you could recognise a person as alcoholic?	8	4	9
Say no to more than recommended drink limit?	6	7	8
Nobody would know if you reported misuse?	10	7	4



Evaluation of the Event: Summary

Following the *Have Your Say* event it was decided to carry out an evaluation of the event. An evaluation sheet was designed and provided for the youths who had attended. Voices 4 Wellbeing visited the youth clubs with the forms and spoke with youths and youth workers about the event. Generally the comments made were very positive and it was clear that most enjoyed the event, in particular the monologue and the lived experience speakers. However there were some suggestions made about what may have improved the event making it more enjoyable for the young people attending.

Suggestions:

Presentations more interesting with less focus on facts and figures

Speakers could have interacted with youths more

More *Ask the Audience* questions

Table top discussions after *lived experience* speakers

Interactive games

Interactive role play

A copy of the full evaluation report can be made available by request by contacting Jules Harris on 0161627 0163 or by emailing jules@voices4wellbeing.co.uk



Discussion

Interaction with the youths throughout the *Have Your Say* event enabled Voices 4 Wellbeing to carry out some useful research.

With regards to the question '*What do you think are the common reasons for young people using drugs and alcohol?*' it was interesting to find that 83% of the youths felt peer pressure to be the most common reason. Additionally, it was interesting to find that only 10% felt that their drug and alcohol awareness was poor; 14% saying their awareness was fair.

However, 46% said that either a little or no teaching about drug and alcohol is available in school. For those that had received information in school, 56% agreed that they are *more aware of the risks and tend to be more careful* (Pg 11). Another positive finding was the 22% increase in those who by the end of the event now said that they would contact Early Break for support.

Perhaps a slightly disappointing result with regards to the question '*Do you think that spending money on drug and alcohol services is a waste?*' When this question was asked for the second time and having heard the reasoning behind funding, there was only a 7% increase; 47% still felt that money spent on drug and alcohol services is a waste.

Conversely, when asked to participate in Voices 4 Wellbeing's Interactive Road Show (IRS) survey, which provided the youths with the opportunity to say what type of services money would best be spent on with regards to drug and alcohol misuse awareness, 80% voted for more involvement in schools as their first choice and over 60% said more interactive events as a second choice. Leaflet distribution scored the lowest.



Recommendations

- 1. There could be more focus on peer pressure i.e. the pit falls of peer pressure when promoting drug and alcohol misuse awareness**
- 2. Research how realistic youth perception is about their drug and alcohol awareness i.e. how much do youths actually know**
- 3. More drug and alcohol misuse awareness sessions in schools**
- 4. Awareness sessions should be interactive to engage with young audience**



Useful Contacts

Drug and Alcohol Action Team (DAAT)

Rochdale Town Hall

The Esplanade

Rochdale

OL16 1AB

Telephone: 01706 924 905

Greater Manchester Police: Community Policing

Rochdale North 0161 856 9961

Middleton 0161 856 8701

Pennine 0161 856 4556

Heywood 1061 856 8589

Rochdale South 0161 856 8549

Early Break and Holding Families

Senator House

7-11 Bury Road

Radcliffe

M26 2UG

Telephone: 0161 723 3880

Email: info@earlybreak.co.uk

Website: www.earlybreak.co.uk



Conclusion & Next Steps

Since *Have Your Say* event on the 1st June Voices 4 Wellbeing have received some very positive feedback, not only from the youths and youth workers who attended, but also from other professionals who were invited to attend. It was felt that the event was extremely successful in raising awareness of some of the issues relating to drug and alcohol misuse in particular the dangers associated with alcohol.

The Interactive Road Show adapted for the event has also been out and about across the Rochdale Borough to capture the views of other groups and the general public. *Awareness sessions in schools* is still scoring as the 1st choice for funding and *More Police Community Support Officers* as 2nd choice.

Voices 4 Wellbeing have also received a request to repeat the event within Hopwood Hall College. Talks are ongoing.

A copy of this report will be sent to relevant health and social care commissioners with a cover letter requesting a formal response.



Appendix 1

Question & Answer Session with Harry Early Break Volunteer & Recovering Alcoholic

- Q: Was your life all about alcohol?
A: Yes. I was completely selfish, but didn't recognise this. I was sneaky and hid things.
- Q: Why didn't you stop earlier?
A: I didn't realise the extent of the problem. It's very hard to get out of.
- Q: Do you have any long term health issues?
A: Yes. I have a really bad memory. I also broke my neck when I fell over drunk, and I was very lucky not to need a wheelchair. Guilt over my actions.
- Q: Why did you start?
A: Peer pressure, and just having a bit of fun with the lads.
- Q: How did you get help?
A: Went to detox, twice. But it will take the rest of my life to clear it mentally.
- Q: Did you ever do time in prison?
A: Yes, for shoplifting. I was caught three times, and my name was published in the paper.
- Q: How hard was it to stop?
A: I was given medication in detox which helped. That is the easiest bit. Afterwards, I have had to always be aware of the risks, and will have to for the rest of my life.
- Q: Were services like this available when you were younger?
A: Only adult detox.
- Q: Had your life changed?
A: Yes. Now I am able to volunteer with Early Break and help young people in similar situations as myself.
- Q: Did your family and friends support you?
A: Yes, but only when I recognised the problem myself and asked for help.
- Q: Do you have friends that are drug and alcohol addicts?
A: I had friends that didn't misuse, and acquaintances that I used to drink and drug take with. Afterwards, my friends came back.
- Q: When do you stop yourself being tempted to start again?
A: I am never complacent. I have to be careful for the rest of my life. At one point, I would travel much longer routes home, in order to avoid off licences.
- Q: What is the best advice you could give someone experimenting with D&A?
A: Don't do it. If you are going to do it, be very careful and don't overdo it. But mostly, I would say don't do it at all.
- Q: Could you now drink responsibly?
A: I dare not. I cannot put myself in that position. After my first detox, I thought I could have a little drink, but I got back into the habit.



