



ISSUE 10 ■ JUNE ■ 2008



Drug & Alcohol Workers'
Group



eNewsletter

Welcome to another packed edition of
the DAWG Newsletter

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SAFER CLUBBING NIGHT
& MORE

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At the May DAWG meeting, we had a record attendance, with representatives from services across the city. We heard speakers Justin Grantham on the services at the CRI/Equinox Harm Reduction Service and Sarah Frances on an overview of Brighton & Hove mental health services and dual diagnosis issues. I also updated the group about Hepatitis C and activities for National Tackling Drugs Week.

May 19th - 23rd was National Tackling Drugs Week, aimed to:

- Raise awareness of work undertaken by agencies (DAATs, CDRPs, Neighbourhood Policing teams and Police Forces)
- Tackle drugs and reduce drug-related crime in communities across the country
- Highlight the wide ranging activities and services available

May 19th, was also the first ever World Hepatitis Day and The Hepatitis C Trust aimed to get a quarter of a million people to watch the documentary *Louie, Me & Hepatitis C* in one night. To join in and mark the start of National Tackling Drugs Week, we held a viewing of the film at the Brighthelm Centre, followed by Rick Cook, Service User Involvement Worker, telling us more and answering questions.

The film is an explicit depiction of a single mother's fight to eradicate her hepatitis C with a year's course of aggressive anti-viral drugs. It also showcases the stories of other patients and challenges the Government and the NHS over what they are doing about the growing numbers of hepatitis C cases in the UK. With 80% of hepatitis C patients still undiagnosed, the ability to diagnose and then refer patients is critical in preventing the increasing mortality from this disease.

The film is already used as a teaching tool for post graduate GPs. It's eye-opening and definitely worth seeing. If you would like to view the film you can borrow it from me (sarah.berger@sussexpartnership.nhs.uk) or from the health promotion library. For more info on Hep C → **page 5**

**You are invited to:
The 12th Sussex DAATs
Drug & Alcohol Annual
Conference!**

This year's conference takes place on
Thursday 17th July at the University of
Sussex Conference Centre, Falmer.
9.30am - 4.00pm

Keynote speakers:

**Professor Alexander Copello
(Birmingham University)
Families and Substance Misuse**

**Dr Mike Shiner
(London School of Economics)
Alcohol and Young People**

Other topics include:

**Alcohol brief interventions
Domestic violence
Service user involvement
Randomised Injectable Opioid Treatment
Trial (Brighton)
Cannabis Latest
Drug Strategy 2008
Food and recovery
Naloxone
Alcoholics Anonymous**

**It's only £60 including lunch and
refreshments.**

Please book early to avoid disappointment!

**This can count as part of your Continuing
Professional Development**

You can book online at
www.westsussexdaat.co.uk/conference.asp

CANNABIS TO BE RECLASSIFIED



From early 2009 Cannabis will be reclassified to a Class B
Drug.

The Home office state the reclassification will mean:

- More robust enforcement against cannabis supply and possession, and those repeatedly caught with the drug will not just receive cannabis warnings;
- A new strategic and targeted approach to tackling cannabis farms and organised criminals behind them;
- Introducing additional aggravating sentencing factors for those caught supplying cannabis and other illegal substances near further and higher educational establishments, mental health institutions and prisons;
- Working with the Association of Chief Police Officers to look at how existing legislation and powers can be used to curtail the sale and promotion of cannabis paraphernalia; and
- Updating and refreshing our public information messages on the harm caused by cannabis.

For more info visit:<http://drugs.homeoffice.gov.uk/news-events/latest-news/latest-news/cannabiscrackdown>

**If you would like to find out more about
cannabis the next 'Reefer Madness: What You
Need To Know About Cannabis' training course
takes place on 19th June 2008 - 9.30-1.30 →
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Useful websites:

www.knowcannabis.org.uk - for people who would like to assess their own cannabis use with advice on how to make changes

www.sussedaboutdrugs.net - for information on cannabis and other drugs





As part of National Tackling Drugs Week:



**CRI/Equinox Harm Reduction Service 11, St. George's Place
Open day took place on Friday 23rd May**

Offering the chance to find out about the services it provides and to meet some of the workers there

Justin Grantham, Tier 2 Manager, spoke to the DAWG group about the services running from No.11 and some of the particular issues faced, such as drug related deaths. **Avoiding drug related deaths needs to be high priority.** Talk to service users about overdose risks. These are likely to occur when tolerance is low, for example, after leaving prison, but also after leaving hospital and rehab.

What do they do at No.11?

- **Needle Exchange.** This includes a wide range of injecting paraphernalia; needles, barrels, filters, spoons, vitamin c, citric, sterile water, swabs etc. We satellite the needle exchange service to some hostels and to rough sleepers and are able to provide the service to women at Oasis.
- **Harm Reduction Advice and Information.** Up to date expert advice on reducing harm associated with drug and alcohol use e.g. safer injecting advice. Condoms and sexual health advice is also available.
- **Triage Assessment.** We can immediately provide this initial assessment to start the process of getting you into drug and/or alcohol treatment
- **Drug Free Time.** We provide groups and one to one support for anyone who is drug free at a time when active users are not accessing the service
- **Blood Borne Virus and Wound Care Nurse.** A nurse is available every afternoon to provide access to BBV advice, testing and vaccinations. The nurse is also available for wound advice and care such as dressing.
- **DIP Team.** The DIP team provides support and interventions to any drug users in the criminal justice system. The team includes Arrest Referral, Prison Resettlement, Operation Reduction, PPO work, Shoplifters Project and Aftercare
- **PATCHED.** Provides support to families, friends and carers of drug users, have free phone support line and support groups.
- **Pre-treatment Group.** For those awaiting a treatment start
- **Peer Support Aftercare Group.** For people who are drug free provides support to maintain so.
- **St Thomas Fund Aftercare Group.** Support group for those completing treatment at St Thomas Fund.
- **Ear Acupuncture by Pathways to Health.** Every Wednesday 10.00 to 1pm
- **Service User Forums.** Every 2 months to give service users a chance to have their say
- **Health Promotion**
- **Art Group.** Open to all with materials provided
- **Club Drug Group** (cocaine, ecstasy, ketamine...) starting in June - contact Deby Byrne for more info d.byrne@crinet.co.uk



CRI Drug and Alcohol Manuals Launched!!

As part of continuing work to link housing and substance misuse services, Dave McNamara (Just Say Know) and I have produced a Drugs Manual and an Alcohol Manual: harm minimisation guides to working with drug and alcohol use.

The manuals were written for hostel workers but are an accessible and practical tool for anyone who would like more information on working with drug and/or alcohol use.

Launched at the CRI/Equinox Harm Reduction Open Day, hard copies are now being sent to hostels to complement ongoing training. If your hostel has not yet had substance misuse and harm reduction training and you would like some, please contact Dave McNamara - dave.mcnamara@sussexpartnership.nhs.uk

Manual sections include:

Exploring drugs/alcohol

Working with ongoing use - harm reduction strategies

Working with service users to access treatment

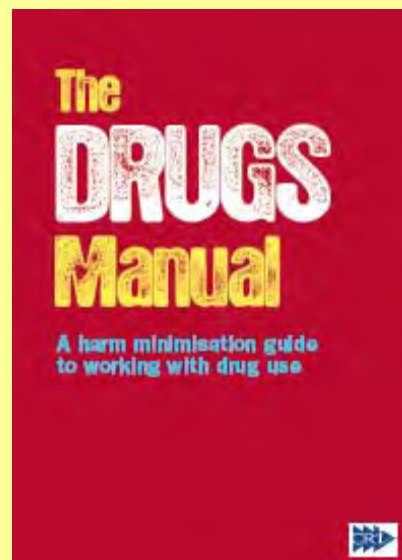
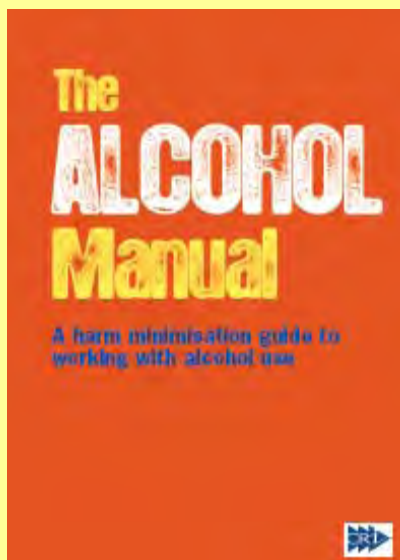
What help is available

Plus, Tools including;

A Substance Diary, A Drink Diary, A Good Sleep Guide, Thinking About The Effects of Your Use, SMART Goals & Healthy Eating Tips on a Budget

Tools and Manuals are available free for download under the resource section @

www.sussedprofessionals.net



Hepatitis C Update

What is Hepatitis C?

Hepatitis C is a blood borne virus that can damage the liver. Most people who have the hepatitis C virus have no signs or symptoms at all for many years and around 1 in 4 people who become infected will get rid of the virus naturally. But even if there are no symptoms, it can still be passed on to others. There is no vaccine to protect against hepatitis C but a form of drug therapy is available that can cure the infection in about half of the people treated.

It's mainly spread through contact with the blood of an infected person, but it can also be passed via other body fluids, for example during unprotected sex with an infected person or from an infected mother to her baby before or during birth.

In 2006, 44% of injecting drug users in Brighton & Hove had hepatitis C, 30% had hepatitis B and 1.8% had HIV. Of those who were hep C positive, **more than a third were not aware** of their status (Brighton Harm Reduction Service, IDU Saliva Survey, Health Protection Agency, 2006).

It's easy to assume that hepatitis C has no relevance to you. But hepatitis C is not just a condition contracted by people who inject drugs. Anyone whose blood has come into contact with that of an infected person is at risk.

We can all work together to promote the prevention of its transmission

What can you do:

- Promote testing - available at CRI/Equinox Harm Reduction Service, 11 St. George's Place, the Substance Misuse Service and from GPs.
- Promote safer injecting practices
- Display leaflets & posters - order from the Health Promotion Library 01273 523312
- Visit NHS hepatitis C website www.hepcuk.nhs.uk
- Come on training - for Blood Borne Virus and vulnerable populations training book on @ www.healthpromotiontraining.net.
- Rick Cook is able to deliver training specifically for service users - he has already done 20 sessions. Contact: rick.cook@mindcharity.co.uk to organise a session
- And finally, **Talk about it!**

Sarah Frances - Assertive Outreach Team

The Sussex Partnership NHS Trust provides mental health, specialist learning disability and substance misuse services for Brighton & Hove, East Sussex and West Sussex. We were joined by Sarah Frances, who spoke to the group about Brighton & Hove adult mental health services, dual diagnosis issues and the work of her team.

In brief:

Access is the first point of contact for mental health problems and to receive a brief intervention

→ Make referrals through GPs and the RSST

If people need longer work the **Recovery Team** can work with them

The **Assertive Outreach Team (AOT)** receive referrals from Recovery for clients who aren't engaging with services

The AOT is multi-disciplinary, consisting of 23 team members, with 120 clients and a case-load of 11. Their remit is to work with people on an ongoing basis and engage them. A recent audit showed a high proportion of their case load have dual diagnosis needs (about 73%), with the majority of problems around alcohol and cannabis.

The challenge is to address all needs, working with all services.

The team work using an assertive outreach model. For information on assertive engagement, visit

<http://www.assertive-engagement.com>. Click on 'Articles' icon on left-hand side for pointers on working with Dual Diagnosis.

For more information on mental health services in Brighton & Hove visit
www.sussexpartnership.nhs.uk

Sexual Health Update by Liz Dean



Brighton & Hove C-Card

Do you work with young people under 25 in the city? If so you need to know about the C-Card Scheme. The C-Card Scheme launched in February and aims to increase the availability, accessibility and acceptability of condoms amongst under 25's as well as ensuring **consistent** condom provision, safer sex messages & signposting. There are over 50 places in the city on board the scheme, for the full list see www.swish.org.uk.

How does the C-Card work?

A young person requesting condoms has a 'condom consultation' which acts as a c-card assessment (involving discussion on safer sex, contraception use, risk taking, offered a Chlamydia screen, given a condom teach) and then given a safer sex pack with 6 condoms and their c-card. After the assessment the young person is then able to simply show their c-card **at any of the c-card condom outlets across the city** and will receive a safer sex pack (no questions asked) the practitioner must then initial and date the back of the card, then after 8 visits (when their card is full) they have to 'check in' with a worker again and will get re-issued another c-card.

If you work with young people and are interested in becoming part of the scheme, contact me for more information. The wider Condom Promotion Scheme continues to provide free condoms to those over 25 too and clients accessing substance misuse services are a key group to reach, so if you are interested in joining the scheme contact me.

Sexual Health Update for your staff team

I am happy to deliver a short update session on sexual health as part of your team meeting, contact me for more information if you are interested.

New Brighton & Hove Sexual Health & HIV Services Directory

A new directory has been produced and will be mailed out shortly with the Summer edition of PASHION (Pregnancy and Sexual Health in our Neighbourhood Newsletter) . For information or to order copies contact Liz.

Liz Dean, PCT Sexual Health Promotion Practitioner liz.dean@bhcpct.nhs.uk / (01273) 545403



National Tackling Drugs Week - Safer Clubbing Night!!

UNISEX is a joint initiative between the Universities of Brighton and Sussex which promotes positive sexual health and drug/alcohol awareness within the University communities. UNISEX aims to prevent HIV, other sexually-transmitted infections and unintended pregnancies by raising awareness and offering a range of services

As part of Tackling Drugs Week, UNISEX volunteers and I went to Oceana Nightclub to give out Safer Clubbing Guides with Sussed Cards. The guides were produced by a UNISEX volunteer and have also been given out at bars on the campuses. We got people's attention by the lure of free glow sticks and they certainly worked! In less than an hour we had given out 500 guides, with one side of tips and on the other local club listings.



UNISEX 01273 678641

Everyone wanted our glasses! Thanks to Suze and the UNISEX team

New FRANK Cocaine leaflet

A £1 million FRANK campaign targeted at 15-18 year olds, a commitment to the Colombian government's Shared Responsibility campaign and a new leaflet illustrating the dangers of the drug have been announced by the Government, to enhance the drive to tackle cocaine use.

A new addition to the suite of FRANK leaflets. Cocaine: What you need to know, contains the real facts on cocaine from how it's produced, what the risks and effects are, dangers of mixing with alcohol, the law and the impact on producing countries. It also includes information on addiction and the impact on relationships and features stories from young people.

If you would like to order copies, visit: <http://drugs.homeoffice.gov.uk/publication-search/frank/cocaine>

Snorting cocaine through a rolled note or other shared delivery device also carries the risk of Hep C transmission through membranes in the nose (which bleed easily).

Continuing from work Liz Dean and I have been doing on making the links between sex, drugs and alcohol with another successful 'Up for it? Taking Risks: Sex, Drugs, Alcohol and Young People' training course in May - we need to continue to acknowledge the links between substance misuse and sexual risk taking, and continue to promote safer sex.

www.sharedresponsibility.gov.co - Colombian government website that demonstrated the impact cocaine production has on their environment and people

DAWG updates:

Pathways to Health Community Health Project 01273 720200

Monday 2-5pm at the Allen Centre, 60 Sackville Gardens, Hove

Wednesday Open Access Ear Acupuncture Service at 11 St. George's Place, 10am - 1pm

Fridays 5-7 pm at Cornerstone Community Centre, Church Road, Hove

One Eighty Detached Project - street based work with young people - 01273 293981

With the (nicer!) weather young people are beginning to gather in large numbers at weekends/evening - alcohol being the main issue.

The Youth & Connexions Mobile Bus is out across the city at the following locations:

Tues @ Turner & Queens Park

Thurs @ Hove Lagoon

Friday @ Hove for after school session & city centre evening time

The Women's Refuge Project (Domestic Violence) 01273 622822

The project is currently recruiting for a mental health support worker. Christine Easterbrook is holding the post until a sectional worker is in post. Angela Jam era is a social worker in placement. She will be working alongside the new Refuge Mental Health Worker when in post.

ru-ok? (Under 19s Substance Misuse Service) 01273 293966

ru-ok? held a successful service user photography exhibition in Jubilee Library for the May festival. They are currently joining up work with Treehouse re: substance misuse and domestic violence.

South Downs Housing - provides a floating support service across Brighton and manage an initiative for ex-rough sleepers on Ditchling Road. Referral through jo.harding@brighton-hove.gov.uk - Housing Support Co-ordinator

BHT recovery project - this is an abstinence based, supported housing project, providing a comprehensive programme of support for 30 men and women who seek abstinence and recovery from drugs & alcohol. Lasting 1 year, residents must be willing to attend AA meetings Referral through CRI/Equinox Harm reduction Service and SMS - 01273 607575

BHT Floating Support - offer short-term interventions for crisis support lasting 6 weeks. Referral through jo.harding@brighton-hove.gov.uk - Housing Support Co-ordinator. For privately rented support, people can self-refer to London Road - 01273 645400

William Collier House and Steine House Hostels - starting service user involvement work

One Stop Clinic is a multi-agency clinic for pregnant women who have used drugs and/or alcohol during their pregnancy.

The clinic is held on the 1st and 3rd Thursdays of the month on Level 11 (Antenatal clinic) at the Royal Sussex County Hospital between 2pm and 3.30pm. Run on a drop-in basis. For information call Jan on 07795 498509 or email Jan.Mattis@bsuh.nhs.uk. Hospital Guidelines for pregnant substance misusers are available on request.

RSSST - open for referrals and gearing up for the summer 01273 265676

National Tackling Drugs Week:

DAAT: Communities Against Drugs Team - Posters on Wheels Campaign

Communities Against Drugs "Posters on Wheels" Reporting Campaign Re-launched, in streets based on Police/Local Action Team feedback and CAD audit findings, that pinpoint where drugs and drug dealing are of particular concern. Streets were in the following neighbourhoods: Bristol Estate, Brunswick and Regency, Eastern Road, Queens Park and Craven Vale and Tarner.

The Police hired a cab and trailer for the week in order to publicise the re-launch via large posters on the side of the van. Cards were delivered to households and handed out in the streets by CAD staff and PCSOs, who were able to answer any questions and provide reassurance. Other free resources and publications to increase public awareness about services available were also distributed. The re-launch of the reporting campaign was intended to increase public perceptions about what is being done locally to target drug supply and strengthen community cohesion.

If you would like to know what's going on in your area visit: www.sussedcommunities.co.uk



Update: Brighton Substance Misuse Service phasing in of suboxone

From 27th May 2008 those starting treatment requiring buprenorphine prescribing will be given the buprenorphine/naloxone (suboxone) combination tablets.

For those currently prescribed subutex this too will be phased out in favour of suboxone. (Patients are being encouraged to speak to their key-workers for further information.)

This move follows the product approval of suboxone throughout the European Union in 1996 for the treatment of opiate addiction. Other Substance Misuse Services across the country have likewise been phasing in suboxone.

There has been concern by services that the diversion of subutex to the black market for abuse is contributing to: patients being bullied for their doses; dependency in those abusing illicit subutex; risks associated with snorting or injecting subutex - including overdose.

The benefits of suboxone address these concerns. Suboxone is essentially subutex (buprenorphine) but with an added minimal dose of naloxone.

Naloxone is the medicine given by paramedics and in A&E by injection for heroin overdose. It brings on immediate withdrawals. When suboxone is taken under the tongue there is no noticeable absorption of the naloxone.

However if suboxone injected or snorted then the part that is naloxone will become active and may bring on immediate withdrawals.

Suboxone is therefore attractive to those seeking to steer clear of unprescribed opiates and the risk of abusing subutex by injecting or snorting, or from being bullied for their dose. Its taste is also said to be an improvement, being citrus.

UPCOMING TRAINING COURSES:

Training Courses at Prestamex House, 171-173 Preston Road, Brighton:

Young People & Substances (Enhanced Level)	11 th June	9.30am- 4.30pm
Reefer Madness	19 th June	9.30am-1.30pm
Young People & Alcohol	13 th June	FULLY BOOKED
Basic Drugs & Alcohol Awareness	24 th /25 th June	9.30am-4.30pm

For more information contact Sarah Berger - 01273 265650 or to book visit:

www.healthpromotiontraining.net

Citylight is a project offering support to women and girls working in prostitution and victims of sex trafficking within Brighton and Hove and the wider Sussex area.

Issues related to Sexual Abuse.

7th June

10am - 3pm

Venue: The Clarendon Centre, New England Street, Brighton.

Facilitator: Maggie Ellis, Founder of Life Centre, Chichester

Cost: £12 per person including lunch

Outline of Training: The aim of the day is to equip you to understand and work with:

- Sexual abuse and its affects
- 'Under the skin' strategies to bring change to people caught in destructive cycles
- Responding to the dualities of anger and hopeless submission

We will also be recognising the importance of caring for the 'caregivers', looking at how to process our own emotions as 'caregivers' and how to avoid secondary trauma.

Safeguarding Children Who May Have been Trafficked 28th June

9.30am-4.30pm

Venue: The Clarendon Centre, New England Street, Brighton.

Facilitator: Debbie Beadle, End Child Prostitution and Trafficking (ECPAT)

Cost: £15 per person including lunch.

Outline of Training: The day is designed to give practitioners from a wide range of agencies a basic understanding of child trafficking and how children may present to universal & statutory services in the UK. As well as developing practitioners' knowledge base, the course also aims to ensure that responses to suspected victims follow local and national safeguarding procedures.

If you would like to attend both training days, the total cost will be discounted at £25. If you would like to book five or more places, the rate will be discounted to £10 per person per day. Please send cheques payable to The Clarendon Trust, FAO Samantha Godec, Citylight Project Manager, and indicate which training day(s) you would like to attend.

For more details contact - Lottie Murphy, Citylight Volunteer on 01273221134,

Email: lottie.murphy@citylight.org.uk



Other news.....



DAWG attendance

What is this newsletter for?

The newsletter is the chance to find out what happened at the DAWG, to find out the latest about local projects, services and initiatives. Please feel free to contribute any updates, stories and news about your work.

**Next DAWG Wednesday July 2nd @ Terrence Higgins Trust, Ship Street
12.30 - 3pm**

Please contact Sarah if you would like to attend.

Sussed Professionals

www.sussedprofessionals.net

Remember to check out the one stop web resource for drug and alcohol professionals locally. Register on line for information on local services, training, education courses, events, local and national news.

What is DAWG?

The idea of DAWG is to provide an open space where anyone whose work involves people affected by substance misuse can come and meet colleagues, exchange ideas, update information, and make contacts. We hope that DAWG helps to improve interpersonal and interagency links and in so doing contributes to providing better and more effective services.

DAWG is open to both paid and voluntary workers, to specialist substance misuse workers and staff from health, housing, social care, criminal justice, education, youth work etc...

DAWG MEETINGS

The usual format is that one or two members give a short presentation on a topic of interest (anything from ten minutes to half an hour). It can be a simple talk or a discussion - it's entirely up to you. Subject matter can be an aspect of your work, a project, a piece of research you've carried out or read, anything at all (as long as it's connected to substance misuse!).

That is followed by an open information exchange at which everyone can share news or ask questions. Even if you are not at the meeting you can submit information which will be sent out in this newsletter.

DAWG Disclaimer

DAWG is compiled from information which has been given to me. I try to get the information correct but accept no responsibility for any errors contained herein (I will print corrections). If there's no information about your service or agency it's because you haven't told me. Please feel free to send any information for the next DAWG newsletter to me:

sarah.berger@sussexpartnership.nhs.uk

Clifford Iffland
Dawn Gibson
Mervyn Bryant
Alyson Kingsley
Jacqui Stanbury
Angela Jamera
Christine Easterbrook
Alice Piper
Suzanne Borton
Caroline Roundhill
Jane Healy
Jan Mattis
Laura Sterry
Justin Grantham
Paola St Gerge
Marie Foran
Sarah Frances
Lisa Carter
Nick Cooper
Maya Rawal
Sarah Berger

Thanks to our
speakers and
everyone who
attended!

Best wishes,
Sarah