



DRUG & ALCOHOL SERVICES

BEATING ADDICTION IN COMMUNITIES

Alcohol Early
Interventions Team



Alcohol Early Interventions (AEI) Team



Aim

To offer a structured time limited programme which raises awareness of how alcohol is or can impact on your life, the sessions aim to teach the skills and techniques required to either reduce or stop alcohol use, allowing the person to make an informed decision on how alcohol affects their life in the future.

The AEI Team aim to reduce stigma associated with Alcohol Services and make the offer more accessible to the wider dispersed population of Doncaster residents, this may include those who have noticed an increase in their alcohol intake but are not dependant and would not usually access services or those people who are currently working or have a reasonable amount of social capital.

Programme

- 6 sessions (can be extended to 12 if required)
- 30min appointment – virtual, face to face or telephone
- Appointment is same day and time each week
- Late night appointments available
- Each session focusses on a particular structured subject related to alcohol and how this may have or could impact on the persons life
- The course offers Evidence based, guided self-help techniques which are based on principles of Cognitive Behavioural Therapy (CBT)
- Recovery Support and maintenance tools

Team size – staff

- 2 full time ADS staff, 1x Band E and 1x Band F



Engaged Stakeholders:



- IAPT
- Mental Health wards
- PAUSE
- Department of Working Pensions (DWP)
- Bfriend
- GP Surgeries (Flying Scotsman health centre, Mount group practice, Kingthorne group practice, Bentley)
- Alcohol Alliance
- Alcohol and Older People
- Police/Probation/Prisons
- Access and Liaison
- Food banks
- People focus group
- RDASH older peoples service
- Live well
- The veteran community
- Probation
- Local Pharmacy Committee
- Project 6
- South Yorkshire ambulance service
- Frequent callers to ambulance service task team
- Domestic abuse service
- Riverside
- Legacy church
- Be Well Doncaster
- Health watch Doncaster
- St ledger Homes
- Liaison and Diversion
- Social Care
- MIND



Referrals

April 2021 – Sept 2021 (Q1 and Q2)

Month	Caseload (Mth end)	Referrals	Successful discharges	Transferred within wider AspIRES services
April	9	18	1	0
May	29	25	5	0
June	53	31	5	1
July	64	18	18	1
Aug	57	19	17	0
Sept	57	11	9	0
Total		122	55	2

Scoring Questions



Average Scoring Questions 0-20 (0 poor, 20 excellent) asked at treatment start and end

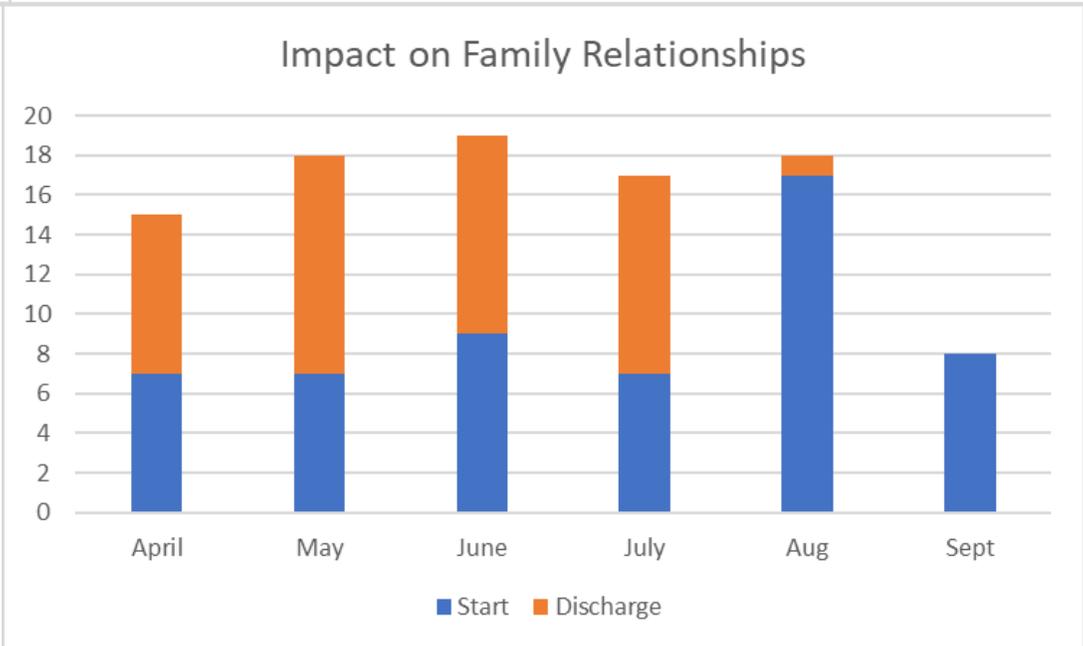
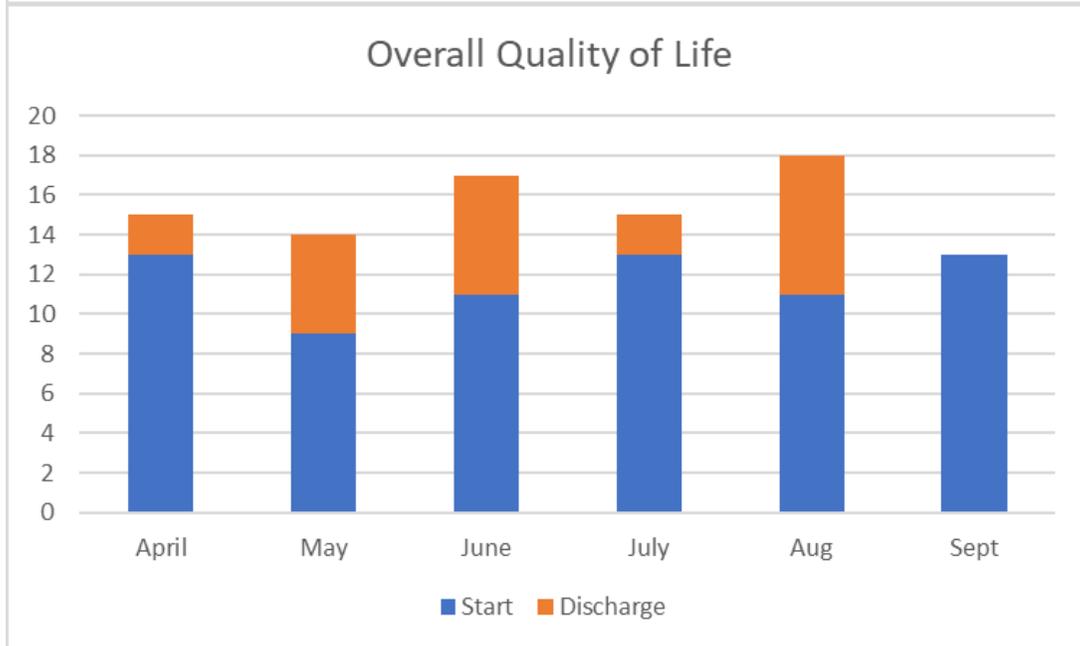
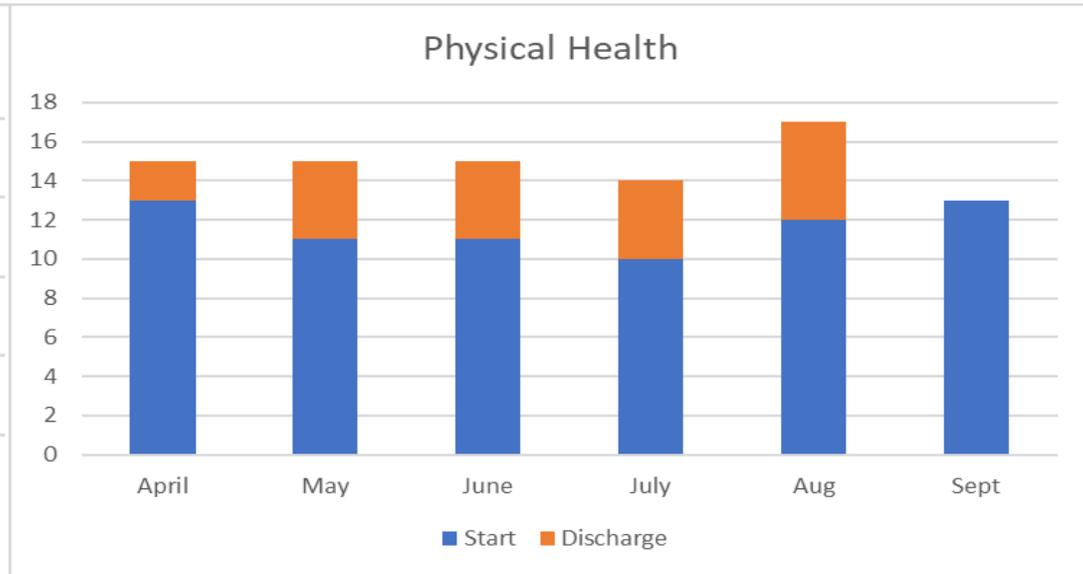
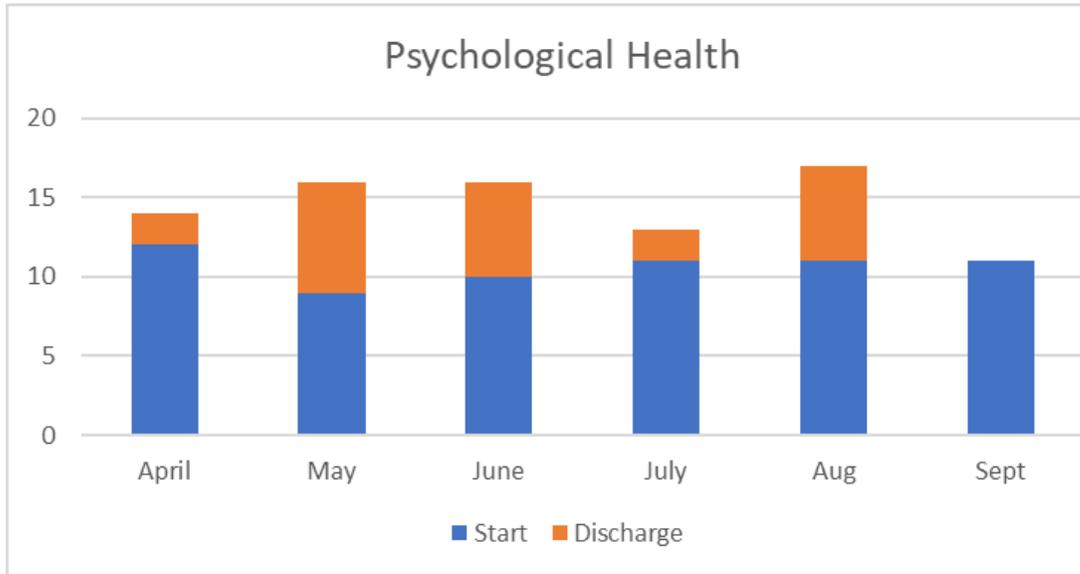
	Start of treatment episode							End of treatment episode						
	Average Scoring Questions 0-20 (0 poor, 20 excellent)							Average Scoring Questions 0-20 (0 poor, 20 excellent)						
Mth	Psychological Health	Physical Health	Overall quality of life	Impact on Family Relationships	Impact on attendance at work	Impact on Finances	Score out of 120	Psychological Health	Physical Health	Overall quality of life	Impact on Family Relationships	Impact on attendance at work	Impact on Finances	Score out of 120
Apr	12	13	13	7	11	12	68	14	15	15	15	15	17	91
May	9	11	9	7	16	10	62	16	15	14	18	20	20	103
June	10	11	11	9	13	9	63	16	15	17	19	20	18	105
July	11	10	13	7	15	13	69	13	14	15	17	20	18	97
Aug	11	12	11	17	12	11	74	17	17	18	18	19	19	108
Sept	11	13	13	8	13	13	71							

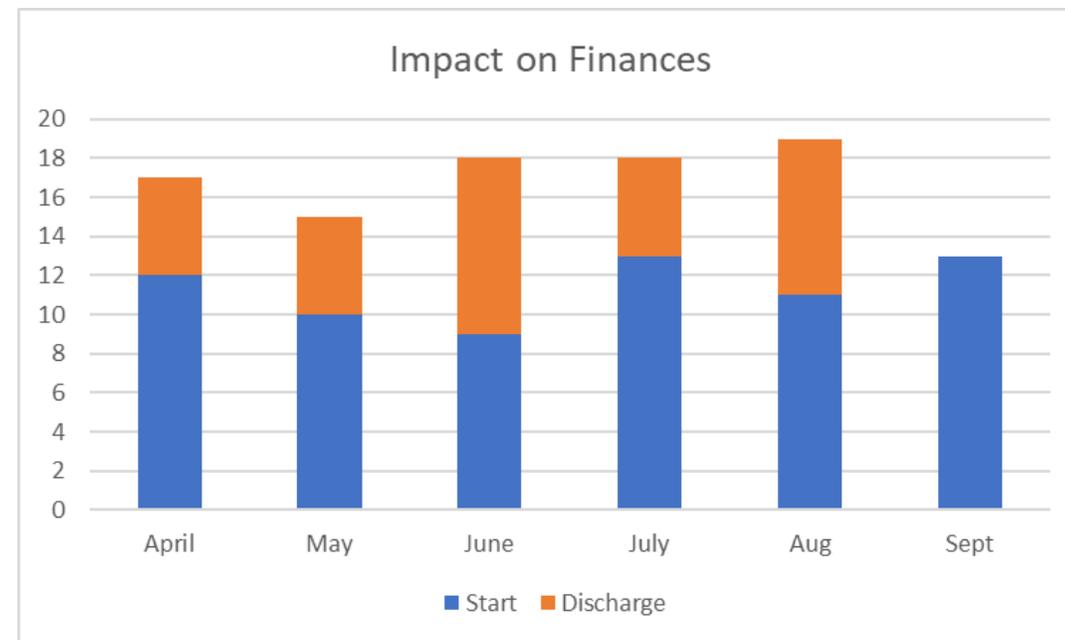
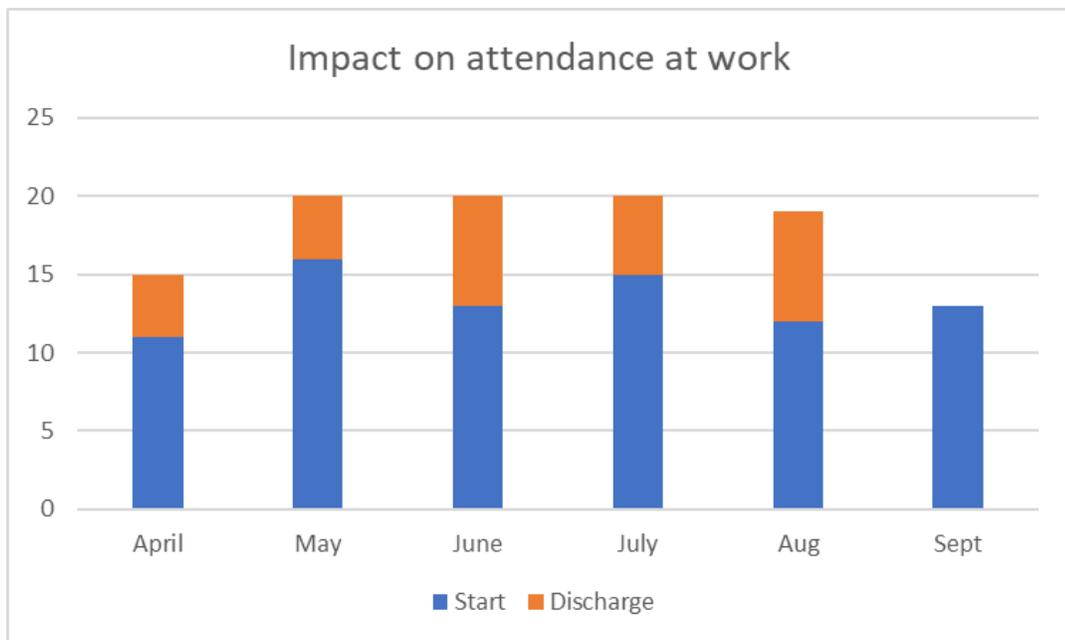
Please note that average scores for end of treatment for August are incomplete due to when the data was collected.



% Increase per Area

	Overall % increase from referral-discharge	Psychological Health	Physical Health	Overall quality of life	Impact on Family Relationships	Impact on attendance at work	Impact on Finances
April	19%	10%	10%	10%	40%	20%	25%
May	34%	35%	20%	25%	55%	20%	50%
June	35%	30%	20%	30%	50%	35%	45%
July	23%	10%	20%	10%	50%	25%	25%
Aug	28%	30%	25%	35%	5%	35%	40%
5mth average		23%	19%	22%	40%	27%	37%





Key findings:

- Each area had an increased percentage from start to discharge
- The overall % increase ranged from 19-35% across the 5 months (across all the 6 areas)
- The highest area of improvement was 'Impact on Family Relationships' and 'Impact on Finances'
- The lowest improvement was reported against 'Physical health'



Feedback



Service user Feedback:

- Client A (23 years): “Coming here has really helped me to build confidence in making conscious decisions for when I do drink. I wouldn’t have been able to do any of this on my own, so I am pleased that I have come to Aspire early to educate myself on alcohol.”
- Client B (39 years): “The alcohol early interventions team built a personalised programme around me, that suited my life I found that really helpful. It has helped me to the point where I have stopped drinking every day; In fact, I have not had a drink all week and it has also helped me to keep my family together. I am doing a lot better at work, I feel better in myself and feel more alive.”
- Client B’s wife: “The alcohol early interventions team has helped Karl so much. It’s helped him realise what he can do with the help of other people and what he has within his family. It’s helped us a lot to become stronger and to see what the future can hold for the both of us by helping each other. It’s just been amazing, and I can’t thank them enough; It’s held our family together which is what I wanted.”
- Client C (62 years): “ I found the liaison contact (Frankee white) to be particularly helpful and attentive. Not just going through the motions so to speak. The course was tailored to my situation as well as it could be. Because of my stroke and poor memory they sent me e-mails after the sessions confirming what we discussed which I also found really helpful”

https://youtube.com/playlist?list=PL2_RtUzQeufMaEc4INzEO7k_o55QTfCoz

Staff Feedback:

They would not have been able to provide the same level of routine/consistency which this client group need – i.e. appointment on same day and time every week

The wider team have benefited from the worksheets used by this team

This client group have not experienced any waiting times

Stakeholder feedback:

Fantastic service

Partnership is working great



Summary



Target cohort: non-dependent alcohol users (under represented in specialist service)

- 98% (n=120/122) of referrals were appropriate
- 1.6% (n=2/122) of referrals required specialist service.

Outcomes

- Six domains monitored
- Improvement in all domains
 - 40% improvement in family relationships
 - 37% improvement in finance
 - 27% improvement in work attendance

