

# Carers Leads

Concerned others of adults who use  
drugs or alcohol

Lesley White  
Drug and Alcohol Development Worker

# Carers Leeds

You are a carer if you provide unpaid support to family or friends who could not manage without your help

# Carers Leeds

**Extract from: Message from the Chair of the Leeds Health and Wellbeing Board 'Healthy Leeds' Event: Supporting Carers – are we doing enough?**

Carers play an absolutely vital role in our communities. Without them, the healthcare system would simply not be able to function and thousands of people with varying care needs would be left without support. We of course know about some of the invaluable work carers provide in our society; however, sadly, much of the work carers do goes largely unnoticed. According to the 2011 census, over 71,000 people in Leeds declared themselves as providing care to family, relatives or friends. However, only 10% of this 71,000 are known to the authorities.

# Carers Leeds Services

- Advice and information
- Emotional support
- Training
- Social events
- One to one support
- 14 support groups across the city

# Carers Leeds team

- Young Adult Carer Support Worker
- Alzheimer Carer Support Worker
- Drug and Alcohol Concerned Other Support Worker
- BME Carer Support Worker
- Outreach Carer Support Worker
- Generic Carer Support Workers
- Health Development Worker
- Development Worker
- Volunteer Project Coordinator
- Drug and Alcohol Development Worker
- Group coordinator
- Volunteers
- Management

# Drug and Alcohol Development Worker

- Since 2010
- Post funded – Leeds City Council Directorate Environment and Neighbourhoods – Strategy and Commissioning Team
- Employed by Carers Leeds

# Drug and Alcohol Development Worker

To lead and co-ordinate the multi agency service development approach focusing on maximising the support and involvement provided by substance use treatment services, carers', primary care and community services for concerned others affected by someone else's drug and/or alcohol misuse.



# Drug and Alcohol Development Worker

- Quarterly contract review meetings with Strategy and Commissioning
- Quarterly Steering group meetings
- Bi-monthly Working group meetings

# January 2012 to December 2012

## Contacts with concerned others

### Year ending figures

|                                  | Total      |
|----------------------------------|------------|
| New contacts                     | 199        |
| Existing contacts                | 324        |
| <b>Total contacts</b>            | <b>523</b> |
| Numbers attending support groups | 153        |
| Events                           | 60         |

# January 2013 to March 2013

## Quarterly contact figures

|                                  | Total      |
|----------------------------------|------------|
| New contacts                     | 30         |
| Existing contacts                | 144        |
| <b>Total contacts</b>            | <b>174</b> |
| Numbers attending support groups | 42         |
| Events                           | 0          |

# November 2012 to January 2013

## Tier 2 & 3

|              |           |
|--------------|-----------|
| Tier 2       | 16        |
| Tier 3       | 21        |
| <b>Total</b> | <b>37</b> |

# November 2012 to January 2013

## Tier 2 & 3 substance user data

|                  |    |
|------------------|----|
| Alcohol          | 19 |
| Drugs            | 18 |
| In treatment     | 17 |
| Not in treatment | 11 |
| Not known        | 9  |

# November 2012 to January 2013

## Tier 2 & 3 substance user data

|                                  |    |
|----------------------------------|----|
| Children                         | 15 |
| No children                      | 12 |
| Not known                        | 10 |
| Living with SU                   | 9  |
| Children Social Care involvement | 3  |

# Developments across treatment services

## Working group – November 2012

- Multiple Choice (Caroline McKay)
- ADS (Bill Owen)
- Disc: Rapid Access Prescribing (Christine Casey)
- HMP Leeds CARATS (David Browne)
- DISC: Integrated Offender Management (Andrew Walsh)
- CRi: Integrated Offender Management (Kate House)
- Community Drug Treatment Services (Margaret Lee)
- Harm Reduction (Margaret Lee)
- Other services due to be invited to attend

# Developments across treatment services

## Working group – November 2012

### Terms of Reference

- To support and enhance the Development Work being led by Carers Leeds to improve the support and involvement of concerned others affected by someone else's drug and alcohol use in Leeds
- To provide advice and guidance on all aspects of the Development Work and provide a multi agency overview and context for the work
- To provide a forum for informed discussion on service developments relating to best practice for the support and involvement of concerned others



# Developments across treatment services

## Working group – November 2012

- To actively implement individual service developments as agreed by The Drug and Alcohol Development Steering Group
- To ensure the agenda of concerned others is actively discussed and promoted within drug and alcohol services across Leeds commissioned services
- To take responsibility for promoting the range of needs of concerned others affected by someone else's drug and alcohol misuse within relevant meetings, forums and partner agencies
- To take responsibility for promoting the active involvement of concerned others in the recovery of the person using drugs or alcohol

# Developments across treatment services

## Working group – November 2012

- Opt-in service user consent form
- Concerned other information sessions across services
- Family Information Booklet
- Concerned Other Development Plan

# Developments across treatment services

## Working group – November 2012

- Opt-in service user consent form
  - Written consent of service user
  - Carers Leeds leaflet sent to a named concerned other

# Developments across treatment services

## Working group – November 2012

- Concerned other information sessions across services
  - Confirmed Mabgate Mills - 18<sup>th</sup> September
  - Developing with lead professionals
  - Proposal – concerned others of new service users

# Developments across treatment services

## Working group – November 2012

- Family Information Booklet
  - Booklet per service
  - First section introduces the service
  - Second section provides information for the concerned other
  - Currently under development – time scale for completion end August

# Developments across treatment services

## Working group – November 2012

- Concerned Other Development Plan
  - Proposals for service developments – resources, models of practice, implementation and delivery
  - Across commissioned drug and alcohol treatment service in Leeds

Any questions ??

# Carers Leeds Developments

## Tier 3 referrals

- Since May 2013 – additional funding
- Erica Mitchell –Drug and Alcohol Concerned Other Worker
- One day per week specifically for tier 3 referrals
- Structured time limited one to one support



# Carers Leeds Developments

## Tier 3 referrals

- Assessment and care planning
- Case management
- Reviews
- Planned exits

# Carers Leeds Developments

## Tier 3 referrals

- Assessment and care planning:
  - Relationships and wellbeing
  - Finances
  - Health
  - Coping
  - Support networks
  - Drug and Alcohol information and education

# Carers Leeds Developments

## Tier 3 referrals

- Behaviour changes for the concerned other – i.e. boundaries, enabling, communication and responses, safety in the home
- Education and information – substances, addiction, dependency and treatment services
- Emotional support
- Relapse planning
- Signposting and referral

# Carers Leeds Developments

- Wellbeing days
- Social events
- Educational workshops
- Support groups – developing third group

# April 2013 to mid June 2013

## Tier 3 referrals

|       | Total |
|-------|-------|
| April | 9     |
| May   | 12    |
| June  | 10    |

Any questions ??

# The concerned other in supporting recovery

With the discussion of recovery being a key part of future drug treatment, the contribution of families to the recovery agenda has to be at the centre of development. Families need to recover too as they often become broken and damaged by substance use. Families have much to offer to the recovery agenda, but they need support to allow them to do so.

East Midlands Family & Carer Strategy December 2009.

Published by the NTA on behalf of East Midlands Regional Family & Carer Forum.

# The concerned other in supporting recovery

- 1.4 million adults were significantly affected by a relative's drug use (including about 140,000 adult relatives of people in drug treatment)
- The cost of the harms they experienced was about £1.8 billion per year
- The value of support they provide would cost about £747 million per year (at 2008 prices) if it was to be delivered by health and social care providers.

UK Drug Policy Commission 2008: The Forgotten Carers: Support for adult family members affected by a relative's drug problems: Alex Copello and Lorna Templeton



# Dual Diagnosis

- Identify dual diagnosis of the substance user via concerned other - will be collecting dual diagnosis data from next month
- No separate support group
- Future developments for workshops on the subject for concerned others

# Dual Diagnosis

- Provide access and signposting to resources – literature, websites and services
- Carers Leeds information sheet introducing dual diagnosis – developed with a peer mentor from Multiple Choice on placement at Carers Leeds
- Promote mental health discussions in the support groups and one to one work – substance user and the concerned other

# Dual Diagnosis

- Current dual diagnosis cases – substance users have high risk behaviours and limited engagement with services
- Some cases are not appropriate for the support groups - due to risk management such as overdose, self harm and vulnerable children
- The support groups focus on behaviour changes for the concerned other – overdose and self harm focus is on the management of these within the family or relationship

# Dual Diagnosis

- Often the concerned other wants to attribute substance use to mental health
- Questions and discussions on the disease model– substance user is ill
- Discussion can focus on the capacity of the substance user
- Important to acknowledge and manage this discussion when supporting concerned others - if not focus becomes the role of mental health services, minimisation of the role of the substance user in their own path

# Dual Diagnosis

- Focus on the mental health of the concerned other
  - depression
  - anxiety and panic
  - suicidal ideation
- Address the link with mental health and physical health for the concerned others

# Dual Diagnosis

- Feature for the concerned other can be obsessive thoughts and a focus on the addiction and the substance user
- Some similar patterns of behaviours for the concerned others as that of substance user –
  - daily focus on drugs and alcohol
  - neglecting self and relationships
  - unable to remove self from situations known to be difficult
  - actively putting self in challenging situations
  - circular and obsessive thinking

# Dual Diagnosis

- Current thinking:
- Some concerned others do not know if the person using substances has a dual diagnosis condition
- Some concerned others are not able to focus on their own mental health and wellbeing
- Often uncertainty for the concerned other on how to respond when they cannot distinguish between mental health and substance use behaviours

Any Questions ??



Thank you