

Recommendations	Updates
RECOMMENDATION 1 – That Cabinet welcomes the report from the External Services Scrutiny Committee on the review into alcohol related A&E admissions amongst under 18s.	N/A
RECOMMENDATION 2b – That Cabinet asks the Regulatory Services team to encourage the adoption of a Challenge 25 policy by all licensed premises in the Borough.	The Licensing Policy was amended in 2016 and now states that Challenge 25 (rather than Challenge 21) is preferred by this Authority. This Policy is being applied to new applications and applications that are considered by the Licensing Sub Committee.
<p>RECOMMENDATION 2a – That Cabinet asks the Public Health team to work with The Hillingdon Hospitals NHS Foundation Trust and ARCH to gather more detailed information about those young people who attend the hospital as a result of substance misuse so that gaps in service provision can be identified and resources can be targeted to those most in need.</p> <p>RECOMMENDATION 2c – That Cabinet asks officers working on the Hillingdon Healthy Schools Programme to work with Safer Schools Officers to deliver alcohol risk messages to young people across the Borough.</p>	
<p>Since the recommendations were agreed by Cabinet, ARCH, Hillingdon Hospital and partners have sought to work in partnership to gather information to gain a clearer understanding of those young people who attend the hospital as a result of substance misuse (i.e., drug and/or alcohol) so that any gaps in service provision can be identified and resources targeted to those most in need.</p> <p>This update provides a high level profile of the young people coming through local young people Tier 3 substance misuse services provided by ARCH and a snapshot of the preventative work that has been put in place to meet the needs of those at risk of misusing alcohol and other substances.</p> <p>PROFILE</p> <p><u>Referrals:</u> The ARCH Young Persons Worker has received a total of 101 referrals (aged 21 and under) between April 2016 and March 2017. The main substances which clients were referred to the service for were cannabis and alcohol use. In addition, 18% of referrals were for young people presenting with polysubstance misuse. Referrals to the service are from a range of sources (e.g., self referral, GP, A&E, CAMHS, LAC Housing, social services, SORTED and probation). The majority of referrals were from</p>	

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self-referrals and both paediatric and adult A&E services.

Discharge Outcomes: Of those young people discharged from the ARCH young people service between April 2016 and March 2017, 81% were treatment complete, of which 48% were discharged as drug free and 33% had achieved their treatment goal of occasional, controlled use. Young people who attended the ARCH service for support with their alcohol misuse were more likely to be discharged as an 'occasional user' as opposed to being 'alcohol free'. The reason for this was identified as being due to the fact that the treatment goals set for the young people tended to related to occasional social use of alcohol and perceived norms regarding alcohol being an integral part of socialising. As a result, ARCH has tailored interventions to involve scheduling' social activities which do not involve alcohol use, as a way of challenging these norms.

Safeguarding: ARCH's Young Persons Worker attends weekly meetings organised by Hillingdon Hospitals Emergency Department's Child Safeguarding Safety Net meeting. This meeting focuses on young people who have presented with safeguarding issues and/or substance misuse issues. Cases are discussed and referrals made to ARCH Young Persons service as appropriate. Once consent is obtained by the clinician in A&E, a referral is made to ARCH. ARCH will then contact the young person or a family member directly in order to encourage the young person to engage in treatment. The majority of the young people who have presented with substance misuse issues are referred to social services to be assessed by the MASH. If consent is not obtained by the A&E clinician who originally saw the young person, ARCH will contact the MASH in an attempt to obtain consent via the social worker to whom the case has been allocated, or by requesting that the MASH obtain consent for a referral to ARCH from the young person prior to the case being closed.

Looked After Children: ARCH has noted an increased number of clients who are living in hostels or are in Looked After Children placements. In response to this, ARCH has compiled a list of looked after children housing placements within the Borough and contacted the LAC housing team service to inform them about ARCH's services and to encourage referrals, as appropriate. ARCH has also established contact with LBH Early Intervention Team to discuss how they can work in partnership to provide interventions within these placements and raise further awareness among staff.

PREVENTION & PARTNERSHIP WORKING

Alcohol related misuse and harm in young people is a complex issue. Effective partnership working is essential in seeking to tackle the issue and crucial to delivering change, as each partner has an important role to play.

ARCH – Young Person's Worker: In order to engage young people in treatment, ARCH has been working in partnership with other agencies across the health and care economy to encourage engagement in treatment:

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- Hillingdon Hospital: A&E, Paediatric and Genitourinary Medicine departments;
- Local Authority Teams/Services: Youth Offending Service, Early Intervention Service, SORTED; Looked After Children housing placements;
- CNWL Child & Adolescent Mental Health Service (CAMHS): ARCH has developed a closer working relationship with the Early Intervention Service for first episode of psychosis, as there is a high prevalence of substance misuse, particularly cannabis, in clients who are engaging in the service for treatment. ARCH's Young Person's Worker has held sessions at the service in order to introduce the service and provide young people with information about the service. The Young Person's Worker has seen clients who are open to receiving a service at the Pembroke Centre¹ to improve engagement when they have had difficulties attending both services;
- P3 – supported accommodation for young people: ARCH has been increasingly holding clinics in P3 'venues';
- Metropolitan Police Service;
- Probation Services;
- Educational establishments; and
- Other services: ARCH meets with other local services at the Youth Violence and Vulnerability Forum in order to highlight awareness and capture young people who are using or are at risk of substance misuse.

SORTED & ARCH:

Educational Establishments: Since September 2016, SORTED has had in place a Tier 1 programme which has been extended to provide a comprehensive range of open-access services:

- a) Uxbridge College: Weekly drop-in sessions for students at Uxbridge College's Uxbridge and Hayes campuses have been established. The drop-in services offer young people opportunities to develop resilience through developing knowledge and understanding about the legal and psycho-social implications of their substance usage and are able to implement a range of harm-reduction techniques.
- b) Brunel University - Joint Working: In October 2016, SORTED established a drop-in service at Brunel University. This programme has demonstrated positive preventative impact on students, through enabling the acquisition of knowledge and understanding in relation to the consumption of legal and illegal substances. ARCH delivered a number of workshops at Brunel University in order to provide drug and alcohol awareness and to promote engagement in treatment for support. Following these workshops a range of treatment needs were identified which has led to ARCH's Young Person's Worker and the ARCH Outreach Team developing open drop-in support sessions on campus. This has involved working in partnership

¹ Pembroke Centre (CNWL) – An **early intervention service** for people aged 14-35 experiencing their first episode of psychosis. Once referred, service users can remain with the team for three to five years.

with SORTED to run a weekly stall in the university library to capture students' interests and provide general awareness of drug and alcohol use and to also provide a separate drop-in room to allow students a space to discuss their concerns further and to attain more information about engaging in treatment. As part of this initiative ARCH and SORTED have been working closely with the university's counselling and wellbeing service and have attended event days, which have focused on recreational alcohol and drug use within sporting societies. Information packs have been disseminated to students via the student union representative and student officers within the halls of residence

Educational workshops and support in other settings:

- a) Between September 2016 and April 2017, SORTED has delivered 57 educational workshops in a range of locations, including secondary schools, young people's centres, and children's residential homes, engaging with 1,926 young people. Amongst the vulnerable groups engaged were young unaccompanied asylum-seekers, refugees, excluded secondary school pupils, young people in local authority care and care leavers. The workshops offered resilience-building inputs in relation to use and misuse of cannabis, alcohol and 'legal highs' in response to JSNA-related indicators of need in Hillingdon.
- b) The SORTED team has continued to deliver a range of targeted therapeutic support services to referred young people who present early support needs in relation to their own, or other family members', substance misuse.
- c) Vulnerable Young People: In response to the needs of vulnerable young people, SORTED has established a series of informal 'breakfast club' services at Ventura House and Jupiter House young adult hostels in Hayes. In the second half of 2016/17, these services have engaged 630 young people in Tier 1 substance misuse-related learning activities with preventative impact.
- d) Parental Support: SORTED is in the process of developing an expanded range of parental support services. In addition to the existing telephone and online information and guidance service, the aim will be to deliver individual support sessions, and parental information workshops at local schools.
- e) Training for Professionals: ARCH has delivered training to school nurses and sexual health service providers. SORTED has delivered a series of training sessions for professionals including the Metropolitan Police Service's safer schools officers, and Council's universal youth service.

CHALLENGES

Referrals into ARCH Young People Worker: The main area of concern for ARCH remains the issue of referrals from the A&E clinicians at THH not obtaining consent from the young person to be referred to ARCH. In seeking to address this issue, the service has devised an alternative approach which enables A&E clinicians to obtain verbal consent only and no longer requires the completion of a referral form.

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Young people who decline treatment: ARCH has found that (a) a number of young people who attend A&E and who are admitted and (b) some parents/families whose child is receiving CAMHS services decline treatment. The reasons for this relate to the fact that the young person's substance use is perceived to be as an isolated incident and, as such, does not require specialist treatment. When this occurs, the young person is provided with brief psychosocial education regarding substances and information about how they can receive support from ARCH in the future if needed. In seeking to address these concerns regarding referrals into the young person's service, ARCH is exploring a number of approaches with partners which include:

- a) Implementing a screening tool for use by the hospital and other agencies, such as social services, to identify possible referrals to ARCH;
- b) Providing training to these organisations on substance misuse and using the screening tool; and
- c) Devising resources, which are more accessible for young people and their families.

RECOMMENDATION 2d – That Cabinet asks the Hillingdon Local Safeguarding Children's Board to monitor the number of under 18s being admitted to hospital as part of its monthly performance regime and include the results in its Annual Report.

The Hillingdon Local Safeguarding Board has included the matrix, ' Number of children attending THH due to drug and alcohol misuse'. This is reported Quarterly to the Boards Operational and Executive meeting.

Q3 performance showed a reduction on the previous quarter although projected across the year suggests an outturn of 98 thereby exceeding the number for 2015/16. A deep dive in this area is to be performed by THH.