

**DERBYSHIRE COUNTY COUNCIL**

**MEETING WITH CABINET MEMBER, HEALTH AND COMMUNITIES**

**05 April 2016**

**Report of the Director of Public Health**

**SUBSTANCE MISUSE S256 BUDGET EXPENDITURE**

**1 Purpose of the report:**

To update the Cabinet Member on the outcomes from expenditure on Intuitive Thinking Skills which was previously allocated under the S256 budget.

To request authorisation for further funding to build on the existing momentum and outcomes for people wishing to achieve recovery from substance misuse.

**2 Information and analysis:**

**2.1** In 2013, a section 256 agreement was brokered between statutory partners Derbyshire Primary Care Trust and Derbyshire County Council in order to successfully carry forward a forecast underspend accumulated since 2010-11.

**2.2** On 15 July 2014, the Cabinet Member approved a number of grants from this budget which included delivery of the following three courses:

**2.3** Intuitive Recovery: a short course targeted at long-term opiate users

Between January 2015 and February 2016, 119 clients in treatment services completed the Intuitive Recovery programme. This represents 85% of all those commencing the course, an outstanding completion rate given the targeted client group. Of those completions, 103 clients have been data matched to determine 32 (31%) are no longer in service with all but two being planned discharges. Furthermore, 23 (34%) of the 67 parents with a total of 137 children between them that completed the course have now been discharged from treatment services, offering a positive future for those families.

**2.4** Exodus: a 6 month follow-on programme to enable long-term users to reduce their prescription medication and exit treatment services

One Exodus programme has been delivered: seven long-term (between 5 and 20 years in treatment) opiate clients have been engaging with their prescriber to reduce their prescribed medication, use the support of the shared objectives of the group, look for alternative means of occupation, engage in local recovery opportunities and seek volunteering and employment. Due to its length, this programme is still ongoing, with 6 clients due to cease prescribing and exit treatment services in Spring 2016.

**2.5** Skills To Employment: a short course targeted at unemployed people in treatment services to increase their employability

Skills To Employment focuses on improving employment outcomes for a group of individuals who often have little work experience or history, and who have low levels of self-confidence in their abilities to obtain and sustain employment. Out of the two courses delivered, fourteen individuals have completed Skills To Employment with 50% achieving an improved ETE status: 5 individuals have enrolled on volunteering programmes and two individuals have obtained employment. All the learners are within the 25-34 age bracket, and therefore have many years of productive economic activity ahead of them.

**2.6** Feedback from the Intuitive Thinking Skills suite of programmes has been very positive:

Clients from the treatment service:

*“An absolutely amazing course. I have taken something from every lesson this week that I can now put into practice and I have made a commitment to myself to never use heroin ever again. I would recommend this course to anyone. I feel 100% positive about the commitment I have made.”*

*“After a lifetime (40 years) of addiction this course has been the most inspirational thing ever. For the first time in my life I can say “I have stopped and I will never use again” After being through lots of therapy and various detoxes it is a massive relief to see I could have done this with common sense. Fantastic and life changing.”*

*“Every day this week I have gained knowledge and further willpower. I can no longer be fooled by something I truly understand. Each day I have been excited to get here to learn and I have gained more confidence each day. I am in control and I am not sick or ill. The pathetic excuses I used to commit crime and use are ridiculous. I am so much more educated and practising the skills each day. I have not used all week now and I will reduce off my script and not commit any more offences”.*

Staff from the treatment service who undertook the course:

*“The whole week has been totally refreshing and empowering. The course is easy and simple to follow, and is not also just challenging but supportive too. It was exciting and great to see the learners have a ‘lightbulb’ moment and also to hear them speak with passion, sincerity and determination.”*

*“The course was delivered at exactly the right pace and in the right manner, and it is just long enough to hold the attention of everyone in the room. The course content can be applied to all aspects of life and will be a tool I will be using myself. If other keyworkers don’t attend this course they really will be missing a massive opportunity to engage with their clients. It has been the best delivered course I have attended. It will also change the way I work with my clients going forward and I would recommend the course to anyone.”*

- 2.7** On 24 November 2015 the Cabinet Member approved funding for a team from Sheffield Hallam University under the oversight of Professor David Best to undertake an evaluation project looking at longer-term outcomes associated with the Intuitive Recovery programme in Derbyshire. This will be a six-month cohort study looking at the outcomes that participants have achieved including treatment goals, improved family relationships, employment and training, use of leisure time and changes to associates, smoking cessation and re-offending rates. An economic evaluation will additionally assess the cost of providing the interventions versus the costs saved through delivering improved outcomes. In the meantime, the courses have recently been opened up to include individuals with alcohol problems, and to individuals subject to Integrated Offender Management, and have started to build momentum. Therefore, the allocation of funding for a further year (to March 2017) would allow the success of this approach to be extended to others who may similarly benefit from these interventions.

**3. Financial considerations:**

The budget under S256 currently stands at just over £263,000 so there are sufficient monies available to support a further year of Intuitive Thinking Skills courses. The funding breakdown would be as follows:

**Intuitive Recovery Course**

Number of Courses	Graduates	Cost
24	120	£41,526

**Skills to Employment**

Number of courses	Graduates	Cost
4	32	£13,500

**Exodus – Long-term, entrenched opiate users**

Number of Courses	Graduates	Cost
1	7	£6,500

**4. Other considerations:**

In preparing this report the relevance of the following factors has been considered: legal, prevention of crime and disorder, equality of opportunity, human resources, environmental, health, property and transport considerations.

**5. Background papers:**

Report to the Cabinet Member 15 July 2014 Substance Misuse S256 Budget Expenditure  
Report to the Cabinet Member 24 November 2015 Grant funding for Evaluation of Intuitive Recovery

**6. Key Decision:**

No

**7. Call-in:**

Is it required that call-in be waived for any decision on this report? No

**8. Officer's recommendation:**

That the Cabinet Member approves the proposed expenditure as three grants from the S256 Substance Misuse Budget.

**Maureen Whittaker**  
**Interim Director of Public Health**