

DERBYSHIRE COUNTY COUNCIL

MEETING WITH CABINET MEMBER, HEALTH AND COMMUNITIES

24 May 2016

Report of the Director of Public Health

**SUBSTANCE MISUSE S256 BUDGET EXPENDITURE
RELATE-DAAS FAMILY COUNSELLING SERVICE IN DERBYSHIRE**

1. Purpose of the report:

To provide information to the Cabinet Member on the family counselling project delivered by Relate (Derby) in conjunction with the Derbyshire Alcohol Advice Service (DAAS) and to seek approval to award a grant of £39,000 for a further 12 months to fund this project, which is for adults and children affected by a family member's alcohol misuse.

2. Information and analysis:

On 14 April 2015, approval was given to fund the establishment of Relate and DAAS family counselling project for 12 months, to be provided in a number of locations across Derbyshire. The s256 substance misuse budget was used to promote and establish increased opportunities for recovery within families.

It has been recognised that change in a person's alcohol use, even in a positive way, affects relationships within the family. Family life can become fractured and the impact of this change, if not supported, may result in heightened conflict, relationship breakdown and ultimately a return to the negative behaviours related to alcohol that originally led to the intervention with DAAS.

DAAS and Relate (Derby) have together, over the past 12 months, established a service in locations across Derbyshire where skilled Relate counsellors offer 'SafeSpeak' for young people and Family Counselling, to support families in contact with DAAS, which have been impacted by alcohol use. Clinical evaluations of anxiety and depression are conducted using national measurement tools. Outcomes are identified in an overall improvement in the clients' mental and emotional wellbeing.

Since July 2015, this project has been offering counselling sessions each week with Relate counsellors delivering Derbyshire young

people's counselling (SafeSpeak) in Derby and Chesterfield and Family Counselling in Swadlincote and Amber Valley.

The project has succeeded in attracting expected numbers of clients in the first 9 months and is on target to achieve the predicted number of participants (39 clients) at 12 months. Good attendance rates have been established (96% on advised absence) and the expected outcomes are being achieved. Clients' mental and emotional wellbeing has improved, with improvements seen in the average scores for depression and anxiety after receiving the service. 75% of clients report a greater understanding of the impact of alcohol use on relationships and improved positive coping strategies and 43% believe their health has "significantly improved" since counselling.

The project dovetails with CRAFT, an accredited model used by DAAS, of delivering support to families, whilst at the same time encouraging the individual affected by alcohol misuse into treatment. Despite the project only partially covering the County of Derbyshire, families have welcomed the opportunity for counselling and in some cases, have travelled across Derbyshire to access it. All clients in receipt of the family counselling service have reported that they would recommend it, which demonstrates acceptability, which is a key dimension of service quality.

Given this success, DAAS and Relate have considered ways to extend the service into selected geographical locations and improve accessibility. The aim is to develop the project into other locations in Derbyshire so that more residents across the County are better able to access this service. The project will be extended northwards to include Chesterfield. The South Derbyshire-based service will be centralised to facilitate more flexible appointment times. Relate will provide four further counselling sessions per week in addition to the current 15 sessions, and offer more sessions in Derby for both SafeSpeak and Family Counselling. More flexible appointment times in the South of the County will open the service to more families and young people, and Relate will provide new Family Counselling sessions in Chesterfield and offer SafeSpeak in Heanor for the first time.

3. Financial considerations:

Originally, this project was for 12 months duration with an allocated grant of £39,000. It is now proposed that a further £39,000 is allocated from the S256 budget for an additional 12 months in order to provide and extend the geographical reach of the project in 2016-17. There are sufficient funds within the S256 budget to cover this expenditure. DAAS

have now established publicity and networks and will therefore receive a smaller proportion of the grant which will allow Relate to extend the service into the locations detailed above.

4. The proposal is that the Council makes a grant payment to DAAS for the specific purposes as set out in this report. The proposed use of a grant agreement rather than a contract following procurement means that the Council will have less ability to performance manage and to enforce conditions of performance or outcomes. The recipient of a grant is not contractually obliged to deliver services, although the Council would seek to claw back grant funding, in appropriate circumstances, including a failure to deliver the project.

5. 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.

6. Background papers:

Report to the Cabinet Member 15 July 2014 Substance Misuse S256 Budget Expenditure
Report to the Cabinet Member 14 April 2015 Substance Misuse S256 Budget Expenditure

7. Key Decision:

No

8. Call-in:

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

9. Officer's recommendation:

That the Cabinet Member notes the contents of this report and approves the award of a grant of £39,000 as detailed in the report to fund Relate and DAAS family counselling service, for alcohol users in recovery and their families in Derbyshire, for the period 2016-2017.

Maureen Whittaker
Interim Director of Public Health