

AGENDA ITEM No. **6**

To: SOCIAL WORK (OPERATIONS AND SERVICES) SUB COMMITTEE		Subject: COMMUNITY DAY PROGRAMME - ADDICTION SERVICES
From: DIRECTOR OF SOCIAL WORK		
Date: 4 MAY 2004	Ref: JD/GMcI/LMcA	

**1. PURPOSE OF REPORT / INTRODUCTION**

- 1.1. To advise Committee of a successful Community Day Programme which was run for people with an alcohol misuse problem.

**2. BACKGROUND**

- 2.1. Within Lanarkshire there are an estimated 48,000 people who are currently at risk of alcohol related harm due to excessive consumption and alcohol misuse.
- 2.2. The various service agencies in Lanarkshire spend considerable resources on treatment and rehabilitation programmes, often with limited outcomes.
- 2.3. Recently the Alcohol Action Team, a sub group of the Lanarkshire Alcohol and Drug Action Team, developed a Community Day Programme for people with an alcohol misuse problem. The Programme was designed to facilitate the delivery of a range of medical and social services over a period of eight weeks with a view to achieving more positive outcomes for the individuals who participated.
- 2.4. In constructing the Community Day Programme it was considered essential to develop a corporate and inter agency model which would bring together all the relevant services, working in a manner designed to achieve positive results for those participating in the Programme.
- 2.5 The Programme has therefore involved Social Work, Community Services, Planning and Environment, NHS Lanarkshire, Community Addictions Team, North Lanarkshire Social Inclusion Partnership and Motherwell College.

**3. PROGRAMME MODEL**

- 3.1 In order to participate, service users were required to undergo a detoxification process and agree to abstain from alcohol for the duration of the Programme.
- 3.2 The Programme was based in a local community centre and was initially designed for a total of twelve participants. In addition the Programme also sought to engage with the participants partners and families to aid their understanding and appreciation of the process.
- 3.3 The Programme contained a mixture of educational and social topics which were designed to assist the service users achieve a successful resolution to their alcohol misuse problem.

3.4 On the educational side of the Programme there were sessions on:-

- What is an alcohol problem?
- The affects of alcohol on the brain and body.
- Tactics/strategies for continuing abstinence.
- Relapse prevention.
- The effects of alcohol on the family.
- Exercise, diet and lifestyle.
- Introduction to relaxation and visualisation.
- Why do we drink?
- What is treatment and how do I engage?

3.5 Coupled with the educational sessions, there was a strong emphasis on social sessions which were designed to provide practical inputs on matters such as:-

- Social Security: Benefits Advice.
- Debt Counselling.
- Housing Issues.
- Introduction to Community Resources i.e. Leisure Services.
- Life Long Learning.
- Employment issues and New Deal Advisors.

3.6 The delivery of the various sessions brought together staff from all of the participating bodies, all working in harmony to tackle a serious social problem. This has proved a positive example of community planning.

#### **4. PROGRAMME PARTICIPANTS**

4.1. In order to run an effective Programme it was considered that the maximum number of people who could participate would be twelve. The individuals were identified through the range of service providers in the locality and interviewed to establish their suitability to join the course.

4.2. The Programme commenced on 16 February. On the first day eleven people attended. During the course of the first week two people dropped out, the remaining nine participants completed the Programme which finished on the 8 April.

4.3. Of the nine people who completed the course, their ages ranged from 24 to 48 years. Seven were male and two females. Everyone concerned had previously been in services with the range of local agencies. Some had previously been in residential rehabilitation. All of the individuals have had long terms problems with alcohol misuse ranging in duration from five years to eighteen years.

4.4 The initial evaluation comprising feedback from the project participants shows considerable satisfaction with the Programme, with significant progress being made by the individuals. Indeed, seven of those concerned have signed up for education courses at Coatbridge College.

4.5 A full evaluation of the Programme will be undertaken. If this is successful, it will enable consideration of further Programmes to be developed, not only catering for alcohol misuse, but possibly for people with a drug misuse problem.

#### **5. POLICY CONSIDERATION**

5.1 The Community Day Programme has provided a unique opportunity to bring together a range of services to work in a collaborative manner to assist people with their alcohol misuse problem. The Programme appears to have achieved its objectives and should, subject to a successful evaluation, be developed as a regular tool for helping people overcome problems with alcohol or drug misuse.

5.2 In the event of future Programmes being developed there will be resource implications. In the first instance these will be matters for consideration by the ADAT, thereafter any matters relating to North Lanarkshire Council will be referred to the relevant Committee for consideration.

## 6. RECOMMENDATIONS

6.1 Committee is requested to:-

- (i) Note the report.
- (ii) Refer to Community Services Committee for information.

  
**Jim Dickie**  
**Director of Social Work**  
**5 April 2004**

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