



## Stockton Recovery Service - Alcohol



Change  
Grow  
Live



## Stockton Recovery Services

- Delivered addiction services in Stockton for 15+ years
- Delivered Alcohol treatment since 2017
- Alcohol Team based on Brunswick Street
- 1 Team Leader, 4 Recovery Coordinators
- Nurses and Non Medical Prescriber
- Every year we work with approx. 400 Alcohol and 150 Alcohol and Non Opiate users.

# Alcohol AUDIT

Completed by engagement team

AUDIT is a comprehensive 10 question alcohol harm screening tool.

It was developed by the World Health Organisation (WHO) and modified for use in the UK and has been used in a variety of health and social care settings.

Scoring:

- 0 to 7 indicates low risk
- 8 to 15 indicates increasing risk
- 16 to 19 indicates higher risk,
- 20 or more indicates possible dependence

Questions	Scoring system					Your score
	0	1	2	3	4	
How often do you have a drink containing alcohol?	Never	Monthly or less	2 to 4 times per month	2 to 3 times per week	4 times or more per week	
How many units of alcohol do you drink on a typical day when you are drinking?	0 to 2	3 to 4	5 to 6	7 to 9	10 or more	
How often have you had 6 or more units if female, or 8 or more if male, on a single occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you failed to do what was normally expected from you because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you needed an alcoholic drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you been unable to remember what happened the night before because you had been drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
Have you or somebody else been injured as a result of your drinking?	No		Yes, but not in the last year		Yes, during the last year	
Has a relative or friend, doctor or other health worker been concerned about your drinking or suggested that you cut down?	No		Yes, but not in the last year		Yes, during the last year	

**Total AUDIT score**

# Alcohol Model





## Hazardous Drinking (8-15)

### Brief Advice

- One off brief advice session
- Guided Self Help Booklet
- Advice and guidance on website
- Webchat function on website
- Mutual aid meetings
- Apps

# Believe in people

If you want to change your life,  
we're here for you.

## I want:

Please select



### I NEED HELP NOW

Crisis information,  
helplines and  
useful websites.



### CHAT ONLINE

Speak to one of  
our experienced  
practitioners using  
the webchat  
service.



### ALCOHOL AND DRUGS

Get support if you  
want to cut down  
or stop.



### FAMILY AND FRIENDS

Support for you  
and someone  
close to you.



### UNDER 21

Advice for anyone  
under 21 or anyone  
supporting a  
young person.



# Apps



## Drinkaware

Information, advice and tools to help people understand alcohol and make better choices.



## Breaking Free Online

Free, online treatment and recovery program for anyone addicted to alcohol or drugs. Speak to any member of staff or volunteer at your local service to get access.



## Alcoholics Anonymous

Regular support groups all over the country for people with an addiction to alcohol.



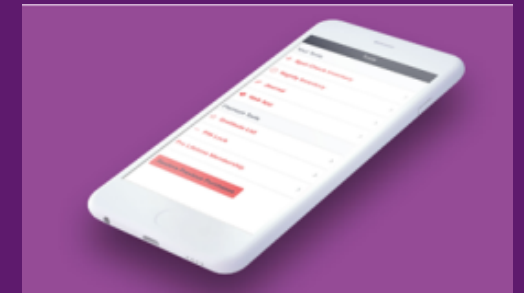
## AI-Anon

Support groups for families and friends of people with an alcohol addiction.



## SMART Recovery

Self-help recovery programmes that include help with alcohol and drug addiction.



## AA 12 Steps app

Companion app for AA's 12 step programme.

## Harmful Drinking (15-19)

### Extended Brief Interventions

- Full comprehensive assessment
- 12 Questions
- Recovery Coordinator for 1-1 support
- 6 sessions of extended brief interventions titled Rethink your Drink
- Access to our full timetable of activities and groups





# Dependent Drinking (20+)

## Specialist Alcohol Treatment

- SADQ (Severity of Alcohol Dependence Questionnaire)
- Nurse alcohol assessments
- Liver and kidney functions tests
- Liaison with GP and mental health services
- Drink down plans
- Community detoxification
- Inpatient detoxification
- Relapse Prevention Medication



1. Alcohol referrals have increased from an average of 25 pcm in 2020 to 44 pcm in 2023
2. 61% of these referrals engaged in structured treatment
3. We work with 400 adult alcohol dependent users each year
4. We work with approx. 130 people who are accessing for support with alcohol and non opiate use
5. 49% of people who engage in treatment, are showing substantial progress
6. It is estimated that 79% of alcohol dependent people in Stockton are not engaged in treatment, which is slightly better than national average.

# Challenges

1. Alcohol is an ingrained part of our culture and is widely used
2. Alcohol dependency is misunderstood and stigmatised
3. Referrals are often received when the person has reached a point of dependency rather than at lower levels.
4. Alcohol users are the most difficult group to engage in effective treatment
5. There are often challenges that make it unsafe to complete an alcohol detox in the community
6. There is limited funding for inpatient detox
7. Hospitals are only able to complete a detox, for the duration of someone's stay for other health conditions