



Welcome to issue #4

Many thanks
to the people
who submitted
articles for this
issue.

Please feel free to send
in anything you would like
included in our newsletter
to daatteam@rbkc.gov.uk

Merry Christmas and a Happy
New Year!

Tay

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Issue 4 December 2008

Kensington and Chelsea DAAT Newsletter

seasons greetings



Page 2 Dip Satellite Services

Page 3 What is Khat?

Page 4 Courses and Events

Page 5 Young People

Page 6 Service User Corner

**Page 7 Wellbeing Centre Update
Community Safety Thank You Event**

Page 8 Safer Drinking Tips

NHS
Kensington and Chelsea



THE ROYAL BOROUGH OF
**KENSINGTON
AND CHELSEA**

DIP

Kate Raleigh has been successfully coordinating satellite services at the DIP offices for the past eight months. Kate has taken the time out of her busy schedule to talk about the excellent partnership work that CRI Kensington and Chelsea DIP has been involved in within the borough.

Building on existing partnership working, Kensington and Chelsea Drug Intervention Program (DIP) has expanded its links with treatment providers in the borough through its satellite initiative. Treatment providers are currently involved in running satellite services from the DIP office in order to increase access to and uptake of treatment by people with substance misuse issues that are involved in the criminal justice system.

Initially working with Community Assessment and Primary Services (CAPS), the local clinical and prescribing treatment provider, we now have a clinical nurse specialist based at DIP offices in order to expedite assessments and link people into treatment.

As the success of the CAPS satellite became evident, efforts were made to involve other treatment providers in satellite services. Currently the Portobello Road Project, Space KC, Alcohol Resource Centre and New Roots offer satellite services at DIP offices. Additionally a satellite providing support around education, employment and training (ETE) is due to begin in December and will be provided by a member of staff from Blenheim CDP.

The Portobello Road Project offer structured key-working sessions to support people around their substance misuse, whilst Space KC offer a specialist service tailored to meet the needs of young people with substance misuse issues. The Alcohol Resource Centre provide structured counselling



No, Kate is not talking about the equipment that give you more channels on your TV! A satellite service is when one agency offers their services at the premises of another agency to allow easier access for service users.

and links into group work for people concerned about their alcohol use, whilst New Roots offer a specialist service designed to engage difficult to reach groups of people and ethnic minorities.

The provision of satellite services at DIP offices ensures a smooth route into treatment for people engaging with our service, with initial assessments taking place in a familiar environment. The wide array of services taking part in the satellite initiative allows treatment plans to be tailored to individual needs, and provides people with access to a range of expertise and support options. Evidence so far indicates people are more likely to attend assessments and engage in treatment if the appointment has been given at DIP offices with which they are accustomed. Kensington and Chelsea DIP would like to thank all the services involved in the satellite initiative.

Katherine Raleigh.

New Roots recently conducted a survey in Kensington and Chelsea on khat use in the community. Two Somali organisations and the Migrant and Refugee Communities Forum supported the work. From the findings New Roots is now in the process of developing a programme to support khat users who wish to stop.

What is Khat?



Khat contains stimulant drugs. The main active ingredients are cathinone and cathine and is used mainly by Somali, Ethiopian and Yemini communities. Khat is sold in greengrocers and cafes.

The fresh leaves and stems are chewed to a pulp. Chewing sessions can last for many hours. It is a social activity much like the use

of alcohol in the west.

There is no legislation against the use or possession of khat in the UK. However it is a controlled drug in a number of European countries as well as Canada and America.

Brain	Psychiatric Disorders
<p>Euphoria Increasing levels of alertness. Flow of ideas. Grandiose delusions.</p>	<p>Risk of induced psychosis could lead to suicide, nervousness, nightmares, paranoia, insomnia and depression. Once effects wears off there's a lack of interest.</p>
<p>Breathing difficulties.</p>	<p>May cause ulcers to the mouth.</p>
<p>Loss of appetite leading to eating problems.</p>	<p>May cause cancer of the mouth.</p>
<p>Weight loss</p>	<p>Heart disease</p>
<p>Liver Problems Chemical hepatitis</p>	<p>Increase in blood pressure.</p>
<p>Constipation</p>	<p>Interferes with absorption of iron and other minerals if taken internally.</p>

What does khat do to the body?

Courses and Events

Email daatteam@rbkc.gov.uk to make sure you receive information on all upcoming courses and events.

Abstinence Vs Harm Reduction— the big debate live 27 February 2009 10-2pm Kensington Town Hall CR1

Abstinence Vs harm reduction, a very topical issue that divides many in the field. Come and share your views at this debate organised by Kensington and Chelsea DAAT.

Please contact daatteam@rbkc.gov.uk to register your interest.

Impact of Alcohol in the Community

With the help of DAAT funding, two courses entitled "The Impact of Alcohol in the Community" are to be run by staff at the Alcohol Resource Centre in Ladbroke Grove. 40 colleagues from NHS Kensington and Chelsea and the local authority have now filled the two courses due to run in January and February. If these are a success it is hoped that not only will further funding be available for similar courses, but perhaps also for courses about the Impact of Drugs on Workplaces. For detail's about the Royal Borough's Public Health Training Service please visit

www.rbkc.gov.uk/environmentalservices/training or contact Euan MacAuslan (Senior Training Advisor) on 020 7341 5606 for a *Keep Safe Training* brochure.

ITEP Effective Psychosocial Interventions

Blenheim CDP was part of the original ITEP pilot in the UK, and has since successfully implemented this model across all 14 services, including day programmes, stimulant services and GP shared care.

ITEP (International Treatment Effectiveness Project) came out of a collaboration between the NTA and The Institute of Behavioral Research in Texas.

ITEP builds on an internationally evaluated model of service improvement. This model of psychosocial interventions provides evidence based and easily evaluated tools for use by practitioners throughout the substance misuse and social care fields .

Blenheim CDP are now offering (ITEP) 2 day training focusing on the two approaches which are designed to be delivered by key workers as part of their sessions with clients and are:

- node-link mapping (referred to as mapping)
- brief interventions aimed at changing thinking patterns

Training Dates 2008/09

6/7 November
19/20 February
4/5 December
26/27 March
29/30 January

Claudia Nicolau
ITEP Administrator
Blenheim CDP
66 Bolton Crescent
London
SE5 OSE
Tel: 020 7582 2200

Young People



The RBKC three year young people and substance misuse strategy expands on the 'preventing harm to children, young people and families affected by drug misuse' strand of the new Government ten year strategy. It is underpinned locally by the Children and Young People's Plan and is supported by a number of strategic documents that set the aims, objectives and outcomes of the DAAT for the coming three years in relation to the young people and substance misuse agenda. Six broad approaches outline the over-arching local themes to tackle drug, alcohol and tobacco misuse by children, young people and families in RBKC. These include:

- Monitoring and effectiveness
- Education and prevention
- Identification and treatment
- Drug and alcohol related crime and disorder
- Delivery and implementation
- Supply and industry responsibility

The strategy incorporates the response to the need for a local alcohol strategy for young people and additionally explicitly identifies tobacco as a focus for the first time. The strategy is complemented by an action plan that identifies key priorities under each of the six broad approaches and is refreshed annually.

For further information about the development of a local strategy, please contact: Jamie Holyland (Service Manager Health)
jamie.holyland@rbkc.gov.uk Tel: 020 7938 8034.

All Agencies should screen young people for alcohol and drug use to identify those who may need more comprehensive assessment or on-going support. The screening process should be short and the screening tool should be simple

Should I screen for Drug use?

- If you work with vulnerable young people
- If a young person identifies substance use or misuse to you
- If you have concerns about a young persons' use of substances

Who is DUST for?

- Young people under 19
- Currently use or misuse substances,
- Have a history of misusing substances,
- Are vulnerable to substance misuse,
- Have family members who misuse substances

How do I complete DUST?

- Face to face exercise with a young person
- Using a combination of notes and knowledge, and by asking relevant questions from DUST
- It doesn't have to be completed in one session

To find out about the next training date email or telephone Taytula on 020 7361 3768.

DUST

This morning I signed up for an access course to Humanities, this is the modern equivalent of 5 A levels, which if successfully completed should enable me to attend University next year to do a degree leading to a teaching qualification. Unremarkable in itself, what may make it of interest is that just under a year ago I was entering into a detoxification unit for serious drug and alcohol problems.

Two weeks later, I tottered out of the unit into the real world, fragile as glass and feeling like my cranium had been surgically removed (anybody seen the Hannibal Lector movie?). I was in my mid-forties and was left with the gut wrenching realisation that a large chunk of my life had been spent in the pursuit of instant gratification - a monstrous waste of time, effort and money.

I had been in this position before. To be precise this was my fifth attempt in as many years at finding stability and sanity in my life, and although grateful for the help received, I realised I had gone past the last chance saloon, been barred out and I knew this time it had to be long-term.

On my way to a three month residential rehab in London and I spent a week back in my own area where I had somehow maintained my flat. I immediately re-established contact with the SUDRG and Blenheim CDP groups and was relieved to hear the weekend sport activities and drop-in service were still up and running. They also referred me to the herbal practitioner and nurse dealing with Hep C.

On completing rehab, where I had patched my brain back together, I attended a gym, swimming and badminton sessions and rebuilt my physical health. I felt I had a fighting chance, but knew by previous experience I could not follow another crisis with a vacuum. So I enrolled on two evening classes and then a pre-access course, which I successfully completed.

Now, I am using the services at the Bridge Centre to brush up my computer skills, referred there by Blenheim ETA. I have also been a regular attendee of the CBT group based at the Blenheim project.

My life is not brilliant. I would certainly not be the envy of your average citizen (if they exist) but with the help I receive both from the SUT and CAPS before and during rehab and other agencies in K and C since and some effort on my part I do feel for the first time in many years that I have a worthwhile future.

Wellbeing Centre Update

The Wellbeing Centre is a welcoming place for people to access health, housing, social care and life skills services. The Centre has now been open for several months and has received 115 referrals! It offers a range of high quality, client-focused services from both statutory and voluntary sectors. Services on offer include: complementary therapies, yoga, employment, training and education, alcohol support clinic (ARC), Men's creative writing group, Women's group, cook and taste sessions and a recently established IT group. Please contact the centre for a time table



The Wellbeing Centre is open to anyone living in the Royal Borough of Kensington & Chelsea who may be isolated, vulnerable or finds it difficult to access wellbeing related services, and who is in receipt of benefits or has a Care Manager.

The centre operates on an appointment only basis. Clients can make an appointment by:

- * Contacting the centre directly
- * By a keyworker or support worker making a referral
- * Calling into the centre to obtain information and/or assistance to book an appointment

*
Contact: Wellbeing Centre
94 Redcliffe Gardens
SW10 9HH
020 7835 2979

Philippa Loudon, Centre Coordinator:
ploudon@mungos.org

Well done

The Volunteers at Portobello Project, Blenheim CDP, on Monday 12th October, were invited to attend the Mayors Parlour for the 'Community Safety - Thank You Event', to receive a formal thank you from HRH Princess Anne for their voluntary work in the community.

The event went well, canapés and champagne were served as we waited whilst Princess Anne met each group. They were asked many questions by Anne and gave some good answers! They even made her laugh heartily out loud!!!!

So a big thank you and well done to the following volunteers for all their time and hard work:

Sharon Thompson, Raymond Allan, Junior Berry, Deborah Handley, Peter Briant, Hillary Smith, Amal Dougadir, Lawrence Kay, Stephanie Anderson, Gemma Rayner, Janet Robson and Rita Martins.

Laraine Start
Learning and Development Manager
Blenheim CDP



T'is the season to be jolly....

Having a party?

Make sure there are alcohol free alternatives available for people to drink eg. juice or water. Serving food helps line the stomach and soaks up some of the alcohol.



Make sure your guests are able to get home safely. Provide numbers of taxi firms and details of public transport. Please insist some one takes a taxi or stays the night if you notice they are too drunk to drive home.

Hungover?

- Taking a painkiller will help with the headache
- Taking an antacid will settle your stomach
- The caffeine in tea or coffee may help you feel better, but remember to keep drinking water to remain hydrated
- Your sugar levels will be low, so try having something like cereal or toast the morning after to help



Try to avoid drinking again for 48 hours if it was a particularly heavy session

Going out?

- Make sure you know how you are getting home. Take the number of a local taxi with you and make sure you set aside enough money to use for your journey home
- Pace yourself with soft drinks through out the night – no one will know your cola doesn't have rum in it unless you tell them!
- If you accept drinks from strangers or leave your drink unattended, you run the risk of having your drink spiked
- Keep an eye out on your friends. They make take risks that they wouldn't usually take, or may be taken advantage of because of the state they are in



You probably do not need to be told that mixing alcohol and drugs is a bad idea. This goes for any type of drug from cocaine to over the counter medication. This could have serious and even fatal consequences.

Signs of alcohol poisoning are:

- The person is breathing less than twelve times a minute or stops breathing for periods of ten seconds or more
- The person is asleep and you can't wake them up
- their skin is cold, clammy, pale and bluish in colour

If you suspect someone has alcohol poisoning, treat it as a medical emergency. Call 999 for an ambulance. Stay with the person until help arrives



arp

You may think that using cocaine and alcohol makes you look **Dasher**, makes you a better **Dancer** (more like **Prancer**) A bit of a **Vixen** or a **Cupid**, or even a **Donner** (the reindeer not a kebab)

But did you know that combining **cocaine** and **alcohol** increases your chances of having a **heart attack** by **24** times, even if you are in your 20's

Think before you drink, before you snort!

rugbyhouse

To find out more about cocaine just pick up a leaflet.

Merry Christmas

Look out for the new Christmas campaign from the DAAT and Rugby House ARP that will be appearing in bars, pubs and treatment services in Kensington and Chelsea.