



# Bite-sized Briefing Drug and Alcohol Treatment in Merton

WDP Merton / Merton Safeguarding Adults  
8 July 2022



Life transformed.

WDP Merton can provide adult (18 years and above) residents of Merton with support for:

- Stopping drinking (including a detox for people with alcohol dependency).
- Cutting down alcohol use (for those who drink hazardously or harmfully).
- Stopping or reducing use of cannabis, cocaine/crack cocaine or amphetamines.
- Safely stopping use of illicit benzodiazepines (benzos) such as diazepam.
- Stopping novel psychoactive substances including like 'spice', and 'G', ChemSex
- Accessing opiate substitution therapy (e.g., methadone) for those who use heroin.
- Supporting GPs and other professionals to address patients' dependence on prescription pain medication such as Tramadol.
- Support for people who are already abstinent from alcohol or drugs to remain abstinent, including people who have recently been discharged from hospital.
- Referral for a community care assessment (CCA) (locality teams 1 and 2) to apply for funding for residential rehab or other care and support needs (e.g., Shared Lives)



# What we offer

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- Confidential, non-judgmental advice and support to help an individual work towards the goals that they set for themselves.
- In-person and online or telephone contact.
- 1-2-1 keyworking sessions.
- Several optional groups and workshops.
- Treatment can be brief (1-6 sessions) or longer-term, depending on the changes that the individual wants to make and the safest way to go about making them.

We are passionate about providing harm minimisation support such as:

- Blood borne virus testing Hepatitis B, Hepatitis C, and HIV – offered to all clients.
- Vaccination for Hepatitis B.
- Treatment for Hepatitis C (in conjunction with St George’s Hospital).
- Needle and syringe exchange – for anyone, including walk-in.
- Naloxone training and naloxone kits (which save lives from opiate overdose)
- Brief information and advice to people who are not currently interested in treatment.
- Alcohol Identification and Brief Advice (IBA)
- Safe Storage Box for medication (e.g., methadone) and home visits to verify safe storage when the service user is living with children or vulnerable adults.
- Welfare checks and home visits when needed.



# Other Activities

## Families and Carers

- Our families and carers' service supports people who have a loved one or significant relationship with someone who has a current or historic drug or alcohol addiction.

## Building Recovery in the Community

- Our BRIC service helps our service users create a meaningful and sustained recovery through supporting them into education, training, and employment opportunities, including peer mentoring and recovery apprenticeships with WDP.

## WDP Capital Card®

- An award-winning scheme which rewards service users with points for attending appointments and interventions – which they can spend on meaningful social activities, or necessities and art supplies at our Capital Card® Shop.

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## Referral

- WDP can support any adult who is a resident of Merton and wants to make changes to their alcohol or drug use, including reducing drinking to less risky levels, or maintaining abstinence from a previously problematic substance
- With consent, professionals can email our referral form to [info.merton@wdp.org.uk](mailto:info.merton@wdp.org.uk) or via online referral <https://www.wdp.org.uk/referral-merton>
- Self-referrals can call, email or walk-in
- (Young people 18-23 may prefer to refer to Catch-22 the Young Person's Service who can offer more specialist support for that age group)
- We aim to offer an assessment appointment with us 15 working days and we do have some 'fast-track' availability for highly vulnerable referrals.
- We contact the individual to confirm they agree to the referral and to book their assessment: If we can't contact them by phone, we write with an appointment.
- Our standard policy is to offer 2 assessment appointments before discharge (*we always review risk and take a more assertive approach where needed*)

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## Assessment

The assessment takes around 60-90-minutes and includes us taking relevant information and background history of the individual, including:

- Current and past alcohol and drug use;
- Previous treatment;
- Family, work, and social issues;
- Physical and mental health and medications;
- Adult/child safeguarding risks (e.g., social services involvement, domestic violence);
- We might take an alcohol breath test or urine drug screen;
- We will offer a dry blood spot test for blood borne viruses (optional);
- We ask about reasons for coming, and goals and expectations about treatment;
- We explain the services we offer and provide more information about them;
- We obtain signed consent to share with other professionals and next of kin, and share our confidentiality and treatment agreements;
- An initial '**recovery care plan**' is completed where the person conducting the assessment and the client seeking help collaborate and agree on actions and activities that will support the client's goals and reduce risks.

Assuming the individual wants to proceed with treatment, the first appointment after assessment is usually booked for the following week.

# Client Journey & Options

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- The individual will have a keyworker who is often the person who assessed them. Their keyworker is responsible for supporting their overall recovery care plan, but they may also work with other practitioners such as group facilitators, BRIC coordinator and clinical team, as well as other visiting satellites (e.g., Job Centre, IDVA)
- They will usually see their keyworker every two weeks alongside the option to join weekly groups and other workshops. We aim to see everyone individually and in-person at least once every 28 days.
- Keyworkers complete a full treatment review every 12 weeks, which will include a review of risks and the recovery care plan.
- Keyworkers liaise with other consented professionals and support service users to access other relevant treatment through referrals to other services, such as the mental health team.





# Client Journey & Options

Alongside individual 'keyworking' sessions, a client might also be accessing one of our groups or other support services, depending on their substance use and goals.

- Starting My Recovery group
- Preparation for Detox groups
- Inpatient or community detox
- Alcohol Harm Reduction course
- Post-Detox group
- Moving Forward abstinent group
- Carers' Group
- Tamil group
- Introduction to SMART Recovery
- Introduction to 12-Step Fellowships
- Education, training & employment
- Job Centre Clinic
- Refuge Complex Needs IDVA satellite
- RASASC satellite
- Counselling
- Hepatitis C treatment Clinic
- Medical reviews
- Uplift/WDP wellbeing workshops
- Capital Card Shop & Activities
- Monthly 'Check in & Chat'
- Relapse prevention prescribing
- Criminal Justice Groups (ATR/DRR)
- Rods for Recovery (Fishing)
- Capital Cuts (hairdresser)

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- Even when a client has completed their main structured treatment with WDP, we support their recovery (usually up to a further 6 months), through phone or in-person recovery check-ups during which time they may also be accessing some of our other activities.
  - We encourage our service users to develop a sustained recovery beyond WDP and to access mutual aid and self-help within the community.
  - We also signpost and support referrals or self-referrals to other appropriate services such as the Crisis Cafes, Age UK, social prescribing service, volunteering, and Merton Uplift.



# Working with Safeguarding Teams

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- MASH checks for all clients assessed as living with under 18s
- Referrals to/from Child and Adult Safeguarding teams
- MARAC
- C-MARAC
- We are unable to accept Merlin reports as referrals (no consent)
- Referrals to ASC First Response for Community Care Assessments for care and support needs (usually - but not exclusively – for residential rehab following a detox)
- Joint home visits
- Professionals meetings
- Assertive/proactive approach for the most complex and vulnerable
- Training/workshops offered any time on themes relating to substance misuse – just let us know!

# Mental Capacity in Substance Use

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- See more issues arising from fluctuating capacity with substance misuse
- The treatment we offer including detoxification and rehab, is 'opt-in' so the individual has to have capacity to consent to and engage in the treatment.
- Long-term organic brain disorder (alcohol related)
  - Wernicke–Korsakoff syndrome is a condition that is similar to dementia and is caused by drinking too much alcohol <https://www.alzheimers.org.uk/about-dementia/types-dementia/wernicke-korsakoff-syndrome>
  - Unlike other types of dementia, function can improve for some, if identified and treated.
  - Specialist care homes for ARBD e.g., <https://www.arbdcare.co.uk/>
- DOLS
- Best Interests
- Dr Mark Haden of St George's has launched a working group on developing ARBD pathways within the Trust. WDP are a member.