

SUMMARY OVERVIEW OF DRUGS AND ALCOHOL IN PETERBOROUGH

The following information is divided into three sections and provides the headlines in relation to drug and alcohol misuse and treatment outcomes in Peterborough alongside the most recent data from the Integrated Drug and Alcohol Treatment Service provided in Peterborough.

Section 1: Alcohol (Data from variety of sources in the main referring to 2020/21)

Section 2: Drugs (Data from variety of sources in the main referring to 2020/21)

Section 3: Drugs and Alcohol data from Peterborough's commissioned Integrated Drug and Alcohol Treatment Service. This later data is up until Q1 in 2022/23.

1. ALCOHOL

1.1 Alcohol misuse

Alcohol misuse in this data refers to people who are dependent on alcohol and are in need of specialist alcohol treatment services. In Peterborough estimates suggest that levels of alcohol misuse in Peterborough are slightly higher than nationally, with over 2,200 adults needing treatment for alcohol use. However, around 20% of these are currently accessing services.

1.2 Alcohol treatment

In 2021/22 there were 280 new presentations to alcohol treatment in Peterborough, an increase from 220 in the previous year. The following charts and statements relate to adults new to treatment in 2020/21.

1.3 Referrals

The majority (73%) of those starting treatment for alcohol use were self-referred, with a further 9% referred through the criminal justice system (CJS). This differs to the national pattern where 61% were self-referred and 6% were from CJS. Nationally 8% of referrals were from GP's whereas only 2% of Peterborough referrals came from this source.

1.4 Unmet Need

Unmet need for those needing alcohol treatment, although high, is lower in Peterborough than estimated for England (estimated 76% unmet need in Peterborough compared to 80% in England).

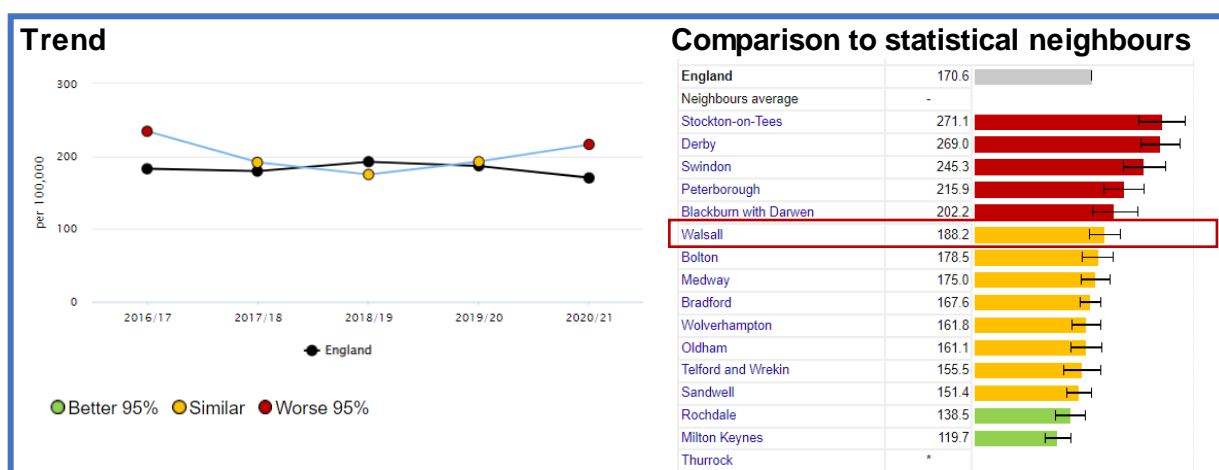
In 2021/22 100% of adults were seen within three weeks for their first intervention. Over this period there were 40 early unplanned exits from treatment, 14% of new presentations (same as national average), with a higher proportion in males than females.

Almost all adults in treatment for high level alcohol interventions were seen within the community, a pattern also seen nationally. On average adults had been in treatment for 171 days when they exited services, lower than the national average of 194 days. Almost six in ten adults were abstinent at their planned exit, higher than the national average of five in ten. Just over a third of adults (35%) who successfully completed their treatment did not re-present within 6 months, which is similar to the national average of 37%.

1.5 Hospital admissions

It is estimated that almost a quarter of adults in Peterborough drink over 14 units of alcohol a week, with 17% of adults binge drinking on their heaviest drinking day. In 2020/21 there were 792 admissions to hospital for alcohol-related conditions from Peterborough residents, with rates similar to England. Whilst the majority of alcohol-related hospital admission rates in Peterborough, for example by gender, are similar to these seen nationally, the rates in under 40 year olds are significantly high.

Chart 1: Alcohol-related hospital admissions, under 40-year-olds, Peterborough, 2020/21

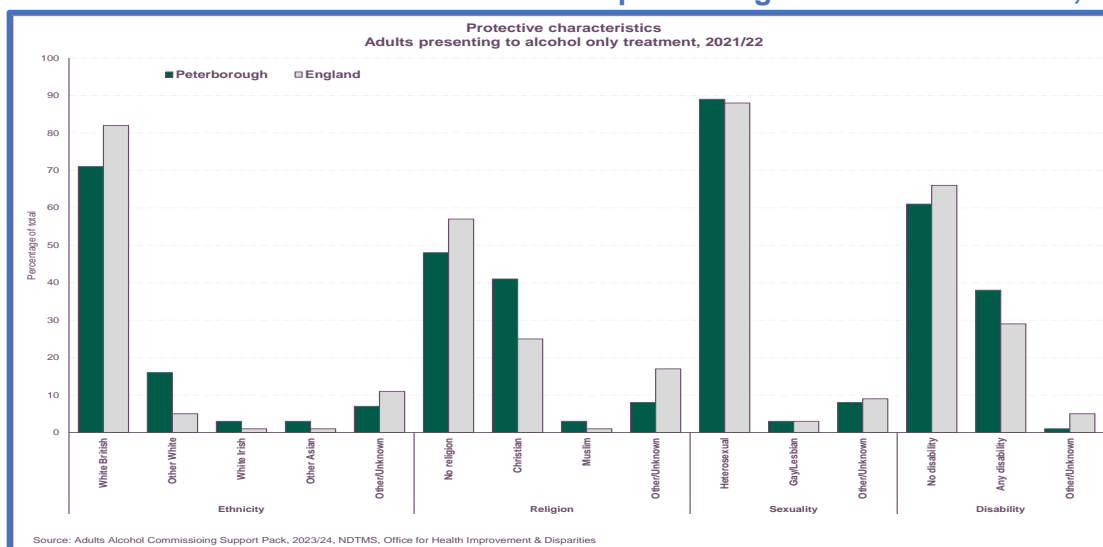


Source: Local Alcohol Profiles for England, Office for Health Improvement & Disparities

1.6 Protective characteristics

Compared to national averages Peterborough had a lower proportion of White British adults new to treatment and a higher proportion of 'Other White,' a higher proportion of Christians and a higher proportion of disabled adults.

Chart 2: Protective characteristics of adults presenting for alcohol treatment, 2021/22



Peterborough also had a higher proportion of adults new to treatment who were parents compared to the national average (44% compared to 38%). Just over 80% of adults in alcohol treatment were identified as receiving treatment for their mental health need, with the majority (77%) receiving treatment from their GP.

1.7 Wider determinants

Six in ten adults who started drug treatment in 2021/22 were unemployed, higher than the national average of five in ten. A further quarter reported being in regular employment.

A quarter of adults reported having housing problems, with 9% reporting an urgent problem. These are both notably higher than the national averages (7% for housing problem and 2% for urgent problems).

1.8 Mortality

In 2020 there were 61 alcohol-related deaths in Peterborough, with a higher proportion seen in females than experienced nationally (38% compared to 29%). The rate is statistically similar to the national rate, but a decrease in rates in Peterborough in 2020 led to a lower rate than national rate.

2. DRUGS

2.1 Drug misuse

The most recent official estimates of opiate and/or crack users in local authority areas are now somewhat out of date and relate to 2016/17. The estimates for Peterborough were 871 crack users, 1,447 opiate users and 1,737 opiate and/or crack users. The associated prevalence estimates were significantly high compared to national rates.

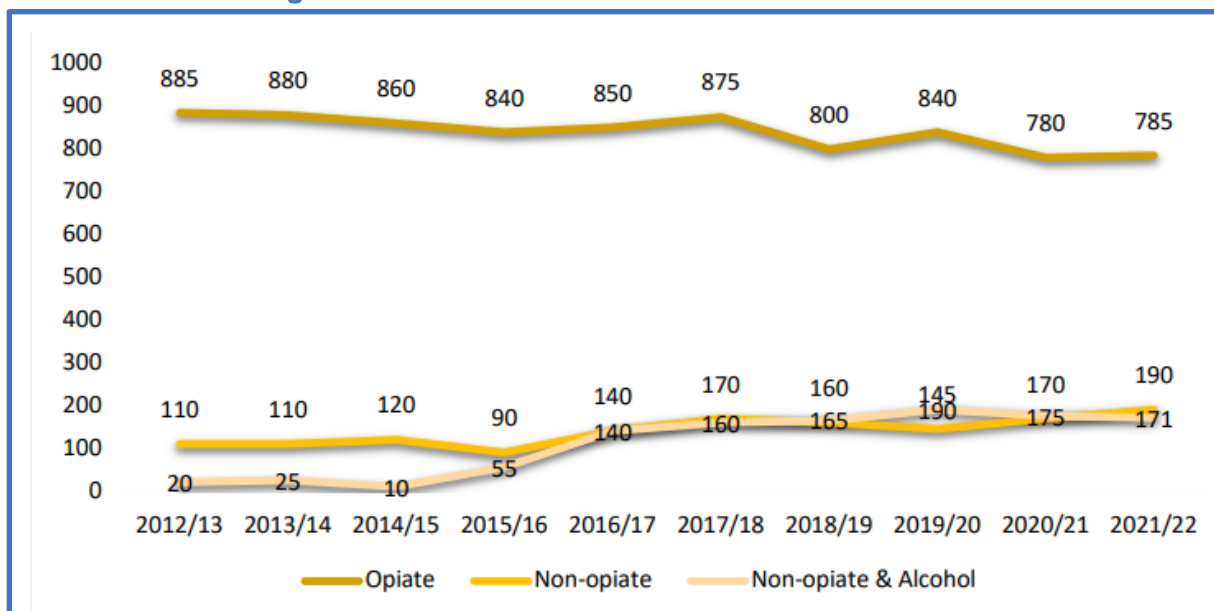
2.2 Drug treatment

In 2021/22 there were 493 new presentations to drug treatment in Peterborough, with a total of 1,147 in treatment during this time period. There were increases in the number of adults in drug treatments across all drug groups (opiate, non-opiate and alcohol and non-opiate) between 2020/21 and 2021/22. However, those new to treatment decreased, except for alcohol and non-opiate (combined) where there was a 3% increase.

Of the 493 new presentations to drugs treatment in 2021/22 half accessed treatment for opiate use, a quarter for non-opiates and a quarter for alcohol and non-opiate. The most cited problem substances were opiates, crack cocaine, cannabis, alcohol, and cocaine.

The number of opiate users in treatment has reduced steadily over the last decade (by a total of 11%). The number of non-opiate users has grown steadily (from 110 to 190 – an overall increase of 42%). The number of alcohol and non-opiate users increased rapidly between 2014/15 and 2017/18 (from 10 to 160) and has remained constant over the last 4 years – with 171 people in this category in treatment in 2021/22.

Chart 3: Peterborough Adults in treatment trend data



Source: Cambridgeshire & Peterborough Drug & Alcohol Needs Assessment, Nov 22, TONIC

2.3 Unmet need

It is estimated that 52% of opiate and/or crack dependent adults, 46% of crack dependent users and 46% of opiate users are not in treatment in Peterborough (unmet need), lower than the national averages of 57%, 54% and 47% respectively.

Almost all (99%) client's waiting for their first drug intervention were seen within 3 weeks in 2021/22 in Peterborough. Over a quarter of new presentations ended in an early unplanned exit from drug treatment, higher than the national average of 18%. A quarter of adults with opiate problems in treatment had been in treatment for over 6 years. Almost all adults in high level interventions were seen within the community, with very few seen in inpatient settings.

In 2021/22 158 adults were released from prison and transferred to a community treatment provider for structured treatment with 56% successfully engaging.

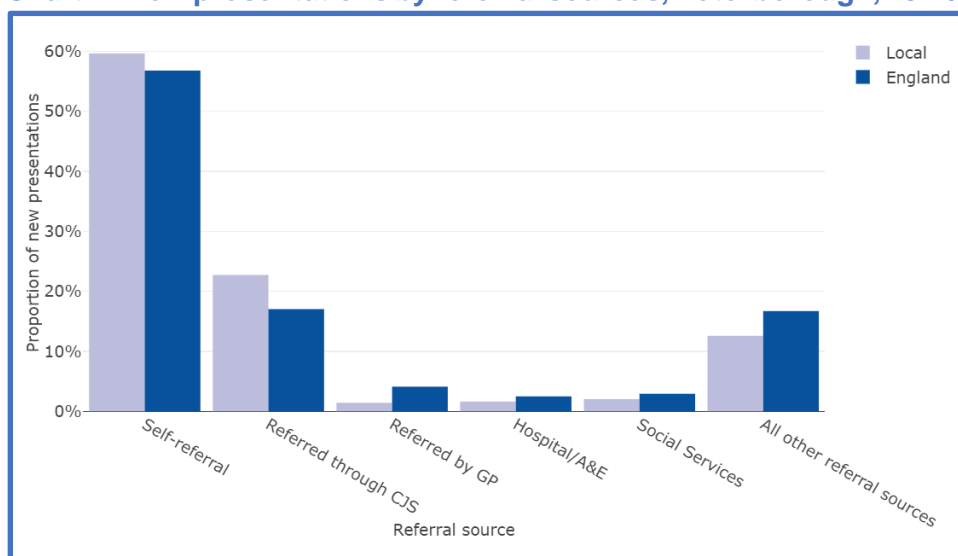
In terms of six-month review abstinence rates cocaine use had the highest rate at 82% with opiates, amphetamines, cannabis, and crack abstinence being between 38% and 44%.

A third of those who successfully completed treatment for non-opiates (including alcohol and non-opiates) did not re-present within 6 months, which was the same as national average. However, as also seen nationally, 4% of those who successfully completed opiate treatment did not re-present within 6 months. There has been a reduction in the proportion of successful completions in Peterborough over the last few years.

2.4 Referrals

Self-referral (60%) was the most common referral source to drug treatment, with a further 23% referred through the Criminal Justice System (CJS). These two referral routes were also the highest nationally, but at lower percentages (57% self-referral, 17% Criminal Justice System).

Chart 4: New presentations by referral sources, Peterborough, 2021/22



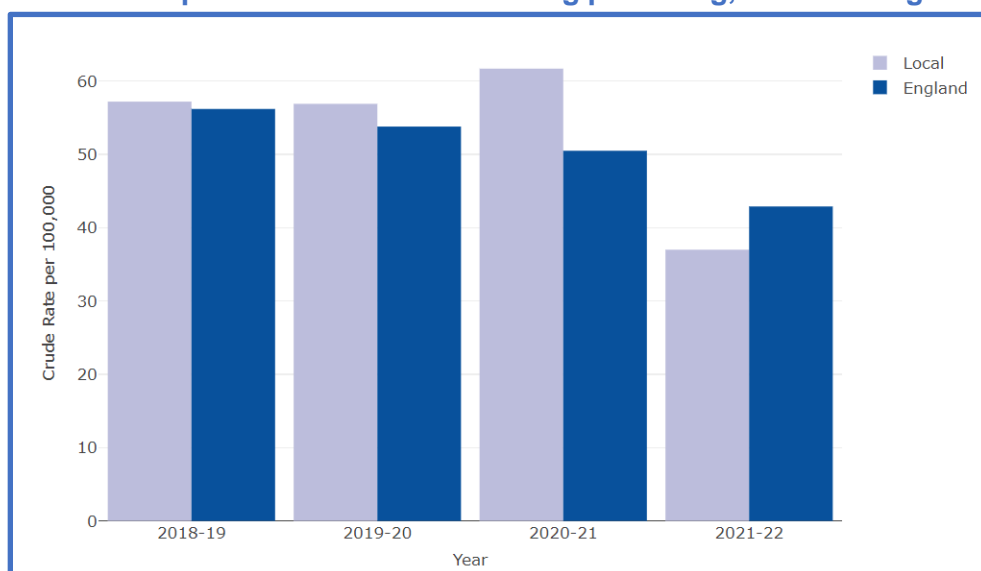
Source : Adult Drug Commissioning Support Pack: 2023-24: Key Data, Office for Health Improvement & Disparities

Of those referred through CJS almost two-thirds were through the prison service and a fifth through arrest referrals.

2.5 Hospital admissions

In 2021/22 there were 80 admissions drug specific admissions to hospital in Peterborough, with rates statistically similar to England. There was a notable decrease in rates nationally and, more so, locally between 2020/21 and 2021/22.

Chart 5: Hospital admissions due to drug poisoning, Peterborough

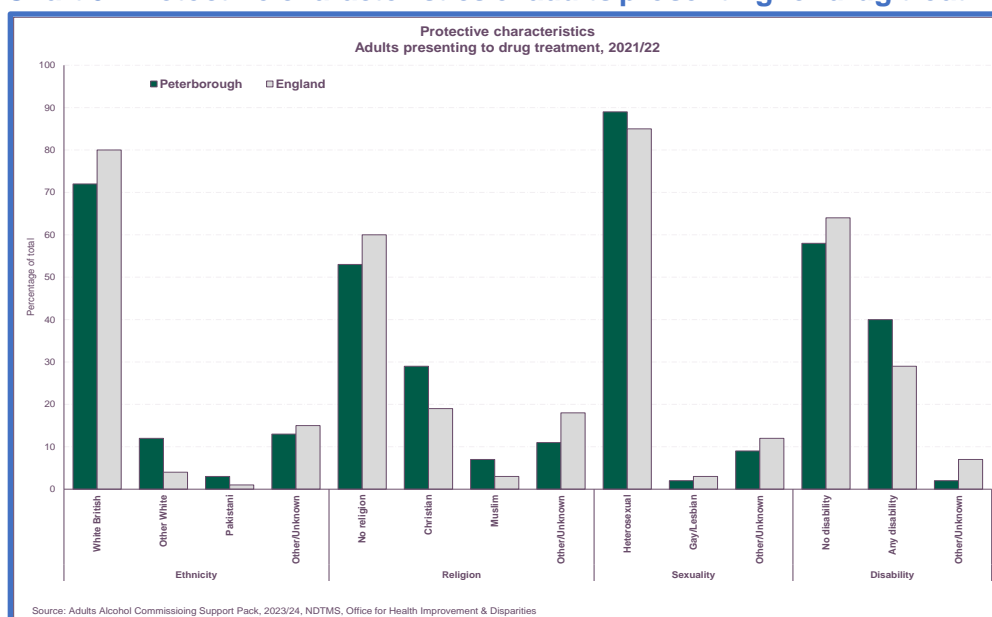


Source: Adult Drug Commissioning Support Pack, 2023-24: Key Data, Office for Health Improvement & Disparities

2.6 Protective characteristics

Around three-quarters of adults presenting to drug treatment are male. Peterborough had a higher proportion of adults presenting to treatment from 'Other White' and Pakistani ethnic groups compared to England, as well as a higher proportion of Christians and Muslims and a higher proportion of adults reporting they had a disability.

Chart 6: Protective characteristics of adults presenting for drug treatment, 2021/22



Source: Adults Alcohol Commissioning Support Pack, 2023/24, NDMS, Office for Health Improvement & Disparities

Two-thirds of adults presenting to drug treatment were not parents and had no contact with children. In total 144 children were living with drug users at the start of their treatment during 2021/22, with just under 30% receiving early help or in contact with children’s social care, such as child protection plan in place, child in need, looked after child or early help.

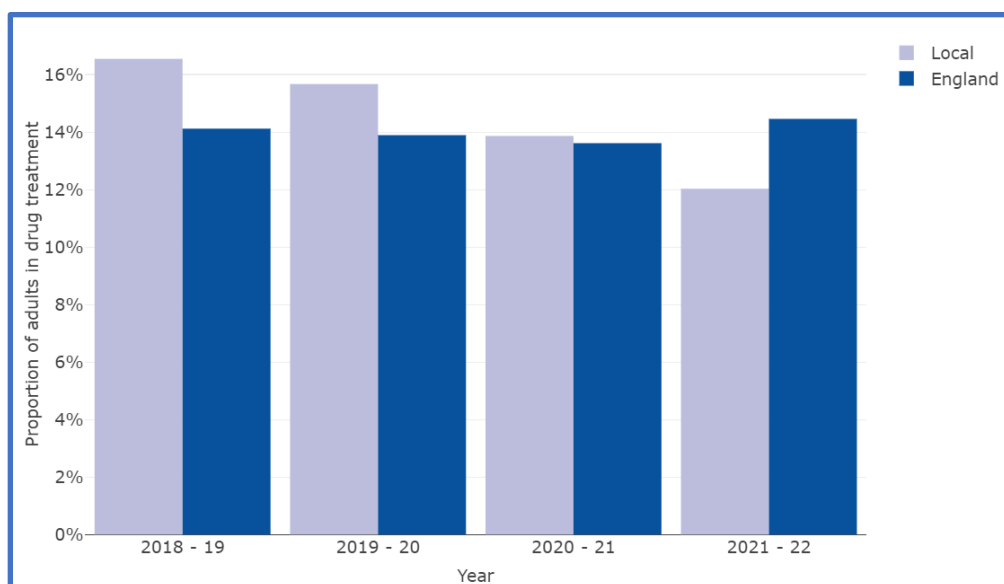
In total 335 adults who entered drug treatment in 2021/22 were identified as having a mental health treatment need, 68% of new presentations, with three-quarters receiving treatment, mainly through GP services.

2.7 Wider determinants

Six in ten adults who started drug treatment in 2021/22 were unemployed, higher than the national average of five in ten. A further quarter reported being in regular employment.

Peterborough had a higher proportion of adults reporting housing problems (17%) and urgent housing problems (15%), compared to England (13% housing problems, 7% urgent housing problems). Almost 80% of adults who successfully completed treatment reported no longer having a housing need on exit, compared to 83% England.

Chart 7: Successful completions as a proportion of total number in treatment, 2021.22



Source: Adult Drug Commissioning Support Pack: 2023-24: Key Data, Office for Health Improvement & Disparities

2.8 Blood-borne virus and overdose death prevention

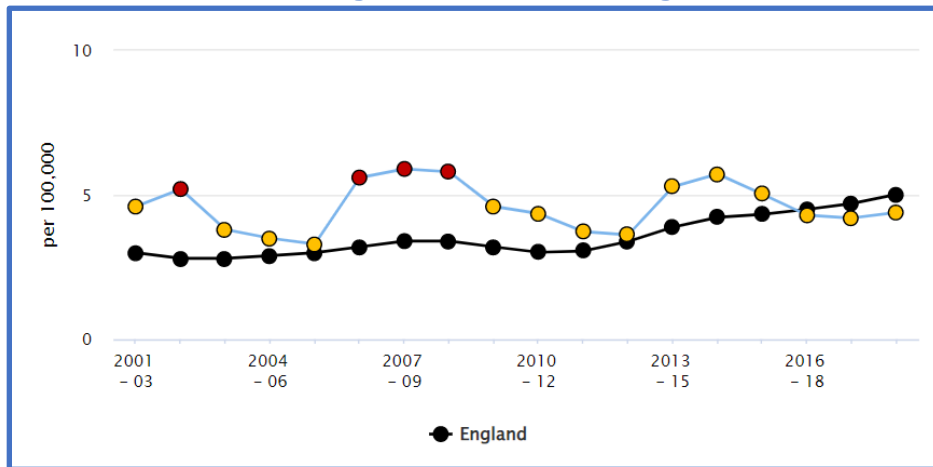
A quarter of adults in drug treatment and who were eligible for a hepatitis B (HBV) vaccination accepted one, similar to the national average. Almost half of those eligible for hepatitis C vaccinations accepted one, again similar to national average. In total a third of adults were issued naloxone in Peterborough in 2021/22, lower than the national average of 40%. Although the actual number is thought to be higher, and the data is being reviewed.

2.9 Mortality

Between 2018 and 2020 there were 25 deaths from drug misuse in Peterborough, with almost a third in females, which is higher than the national average of a quarter. Declines in

mortality rates seen in 2016/18 have stabilised against a rising national trend, with the latest rate in Peterborough being lower than the England rate.

Chart 8: Deaths from drug misuse, Peterborough, 2018/20

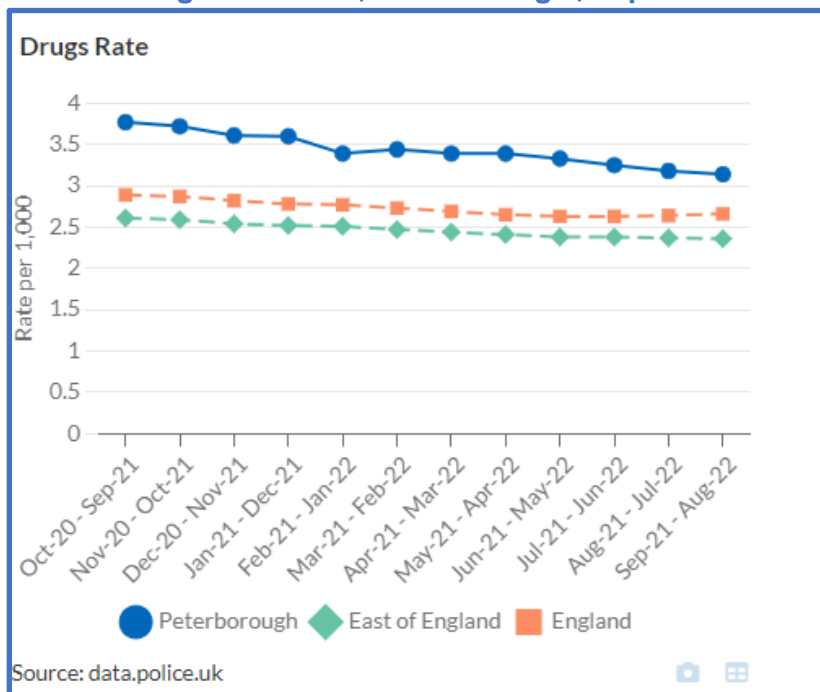


Source: Fingertips, Office for Health Improvement & Disparities

2.10 Crime

Between September 2021 and August 2022 there were 635 crimes classed as drug related in Peterborough. This includes offences relating to possession, supply, and production. Overall drug related crime rates have decreased in Peterborough, as is also the case for the East of England and England, however Peterborough remains higher.

Chart 9: Drug crime rates, Peterborough, September 2021 to August 22



Source: data.police.uk

Source: Cambridgeshire Insight

2.11 Homelessness

In 2021/22 there were 1,363 households assessed as owed a homelessness duty in Peterborough, with 5.1% reporting a drug dependency support need and 3.7% an alcohol dependency need.

Table 1: Initial assessment of statutory homelessness duties owed, Peterborough, 2021/22

Support needs of households owed a prevention or relief duty ⁷ :		
History of mental health problems	200	14.7%
Physical ill health and disability	139	10.2%
At risk of / has experienced domestic abuse	84	6.2%
Offending history	68	5.0%
History of repeat homelessness	71	5.2%
Drug dependency needs	70	5.1%
History of rough sleeping	89	6.5%
Alcohol dependency needs	51	3.7%
Learning disability	30	2.2%
Young person aged 18-25 years requiring support to manage independently	36	2.6%
Access to education, employment or training	10	0.7%
At risk of / has experienced abuse (non-domestic abuse)	20	1.5%
At risk of / has experienced sexual abuse / exploitation	18	1.3%
Old age	11	0.8%
Care leaver aged 21+ years	27	2.0%
Care leaver aged 18-20 years	40	2.9%
Young person aged 16-17 years	15	1.1%
Young parent requiring support to manage independently	23	1.7%
Former asylum seeker	11	0.8%
Served in HM Forces	6	0.4%

Source: Statutory homelessness, April 2021 to March 2022, Department for Levelling Up, Housing & Communities

2.12 Key area of concern

Nationally the focus is upon numbers in treatment, and this will be a key determinant of funding going forwards.

During 2021/22 the numbers not in treatment across all substances excepting alcohol increased above the national figure. However this number improved over the course of 2021/22 and into 2022/23.

Table 2: Estimated proportion of opiates/crack, opiates, crack, and alcohol dependents that are not in the treatment system.

Peterborough	Q1 1920	Q2 1920	Q3 1920	Q4 1920	Q1 2021	Q2 2021	Q3 2021	Q4 2021	Q1 2122	Q2 2122	Q3 2122	Q4 2122	Q1 2223	Q2 2223	Q3 2223	Q4 2223	National AVG
Opiates/Crack	52.5%	52.1%	50.9%	49.3%	50.4%	50.7%	50.9%	52.4%	52.5%	52.8%	56.5%	52.0%	52.2%				54.0%
Opiates	45.9%	45.3%	44.0%	42.2%	43.9%	44.0%	44.2%	45.9%	46.2%	46.2%	49.6%	45.8%	46.4%				47.5%
Crack	48.7%	47.9%	45.5%	43.1%	44.5%	45.4%	45.8%	46.7%	45.7%	46.4%	58.4%	46.4%	46.5%				57.7%
Alcohol	77.4%	76.7%	76.6%	76.6%	77.1%	77.7%	78.8%	79.5%	78.4%	78.8%	78.7%	76.1%	77.0%				80.5%

National Drug Treatment Monitoring System (NDTMS)

3. SERVICE DATA

The above data comes from a variety of sources, the following is specifically from the Integrated Drug and Alcohol Treatment Service commissioned for Peterborough. It is more recent than the data above and provides additional insights. (The regional data is from the different services)

3.1 Numbers in treatment

Peterborough is bucking the national trend in respect of numbers in treatment. The baseline year was 21/22. Overall nationally the numbers in treatment have fallen by 1% since that year. Out of the 12 local authorities in the East of England, Peterborough is only one of 3 authorities who has increased the numbers in treatment in line with their targets set.

Completions

Completions refer to those service user who complete a course of treatment.

Young people

Planned exits is the key measure of success in terms of performance in respect of young person services. The CGL Peterborough service has performed well on this measure. Nationally performance is typically 81% - 83% each quarter. The latest performance in Peterborough is 95% and has consistently exceeded national averages over the last 15 months of performance as shown above.

Table 4: Young Person planned exits in the KPI report compared with nationally.

Peterborough		Quarter 1 (21/22)		Quarter 2 (21/22)		Quarter 3 (21/22)		Quarter 4 (21/22)		Quarter 1 (22/23)	
KPI		Actual	National average	Actual	National average	Actual	National average	Actual	National average	Actual	National average
	Planned exits	100%	82%	96%	81%	92%	82%	94%	81%	95%	83%

Adults

Completion rates amongst adults varies according to substance. All are stable or comparable to the national figure except completion for alcohol treatment. However there is a need to improve the number of successful completions amongst adults and the Service is focused upon increasing them in the near future.

3.3 Care for people leaving prison.

Another key measure is the percentage of people of adults receiving substance misuse treatment who successfully engage in community structured treatment following release from prison. As above Peterborough performance is well above national average most recent data showing 55.70% performance well above the national level of 37.40%

Table 5: Care for people leaving prison.

Substance	Q1 21/22	Q2 21/22	Q3 21/22	Q4 21/22	Q1 22/23
% of Adults with substance misuse treatment need who successfully engage in community-based structured treatment following release from prison.	62.20%	58.30%	60.00%	56.20%	55.70%
National average	38.10%	37.50%	37.40%	37.30%	37.40%

3.2 Physical and psychological health outcomes

The Service exceeds the national average for supporting those with physical and psychological health needs, with service users reporting a higher outcome score than national average on completion of treatment.

Chart 10: Physical health outcomes

Physical Health

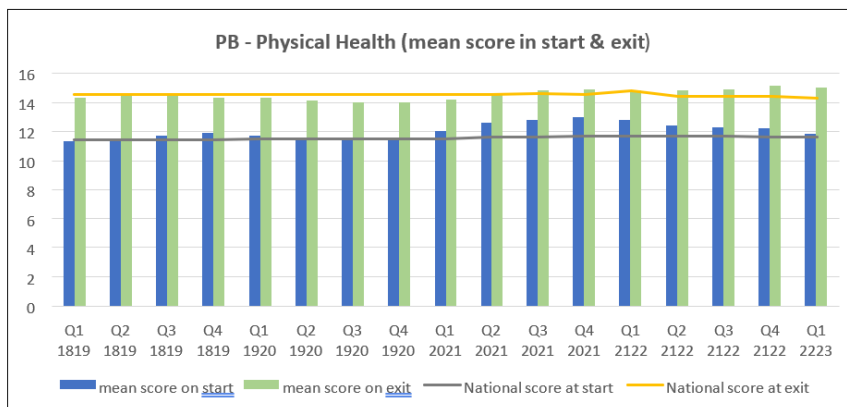
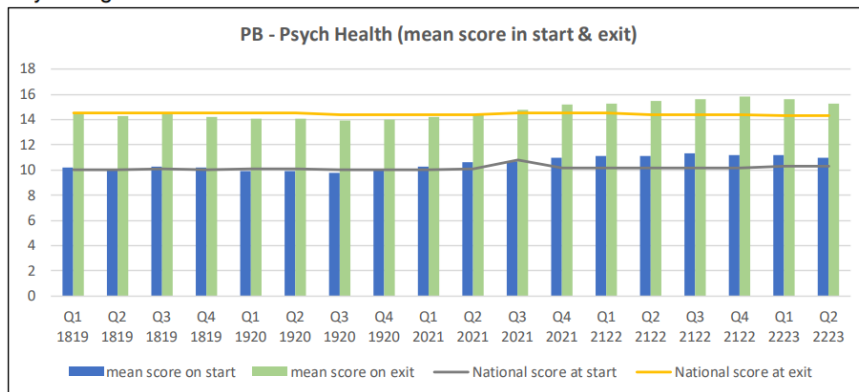


Chart 11: Psychological health outcomes

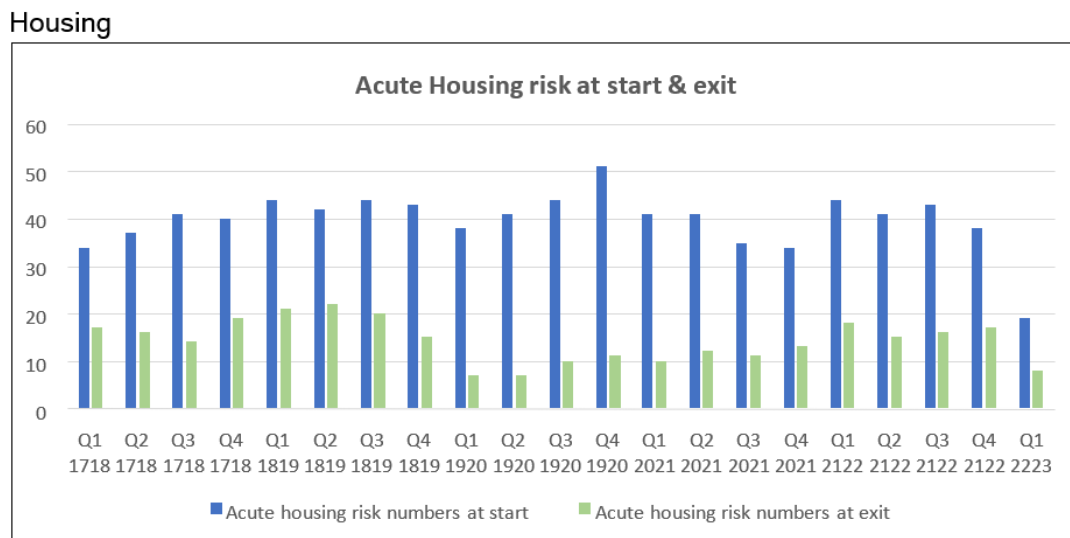
Psychological Health



3.4 Housing outcomes

The Service assists those with acute housing problems while in treatment alongside providing structured support in relation to substance misuse. The chart shows how service users report an improvement in this measure at treatment exit compared with treatment start.

Chart 12: Housing outcomes



3.5 Hepatitis C Testing

The Service is working on a plan to improve Hepatitis C (HEP C) treatment in Peterborough. This has involved increasing testing and access to the HEP C treatment pathway. Over this 12–15-month period performance has gone from behind so exceeding national levels of performance in terms of those offered and accepting HEP C testing. Aspire is now well on the way to micro elimination of HEP C and expects to reach this target by the summer of 2023.