

North Yorkshire Alcohol Pathway

Edition 2
April 2017

Based on NICE alcohol pathway & associated guidelines – accurate as at 3rd April 2017

Slide 2: Overarching North Yorkshire Alcohol Pathway

Reference guides:

Slide 3: Reference guide for delivery of alcohol identification and structured brief advice

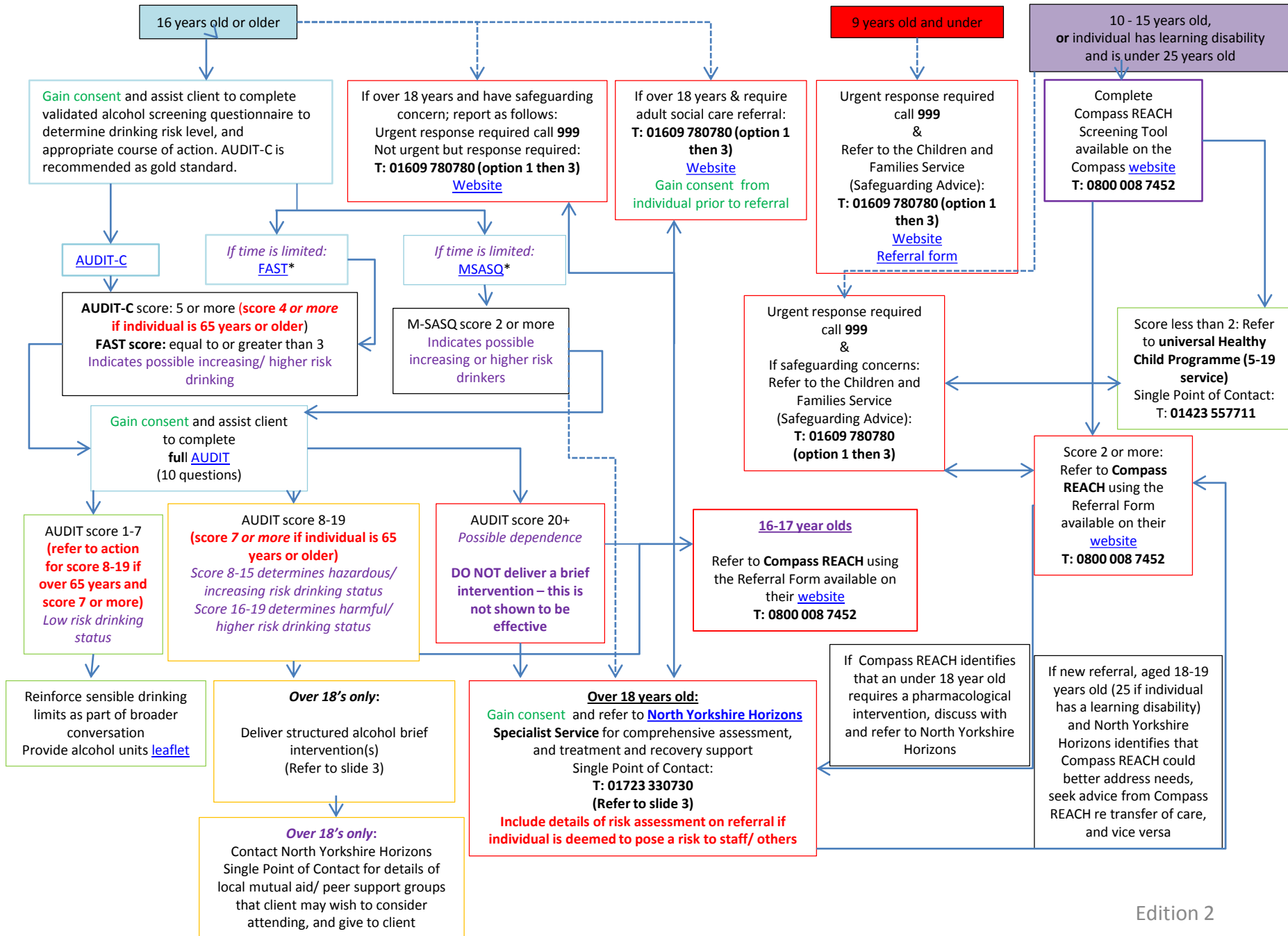
Slide 4: Reference guide detailing North Yorkshire Horizons Service offer

Slide 5: Reference guide detailing Compass REACH Service offer

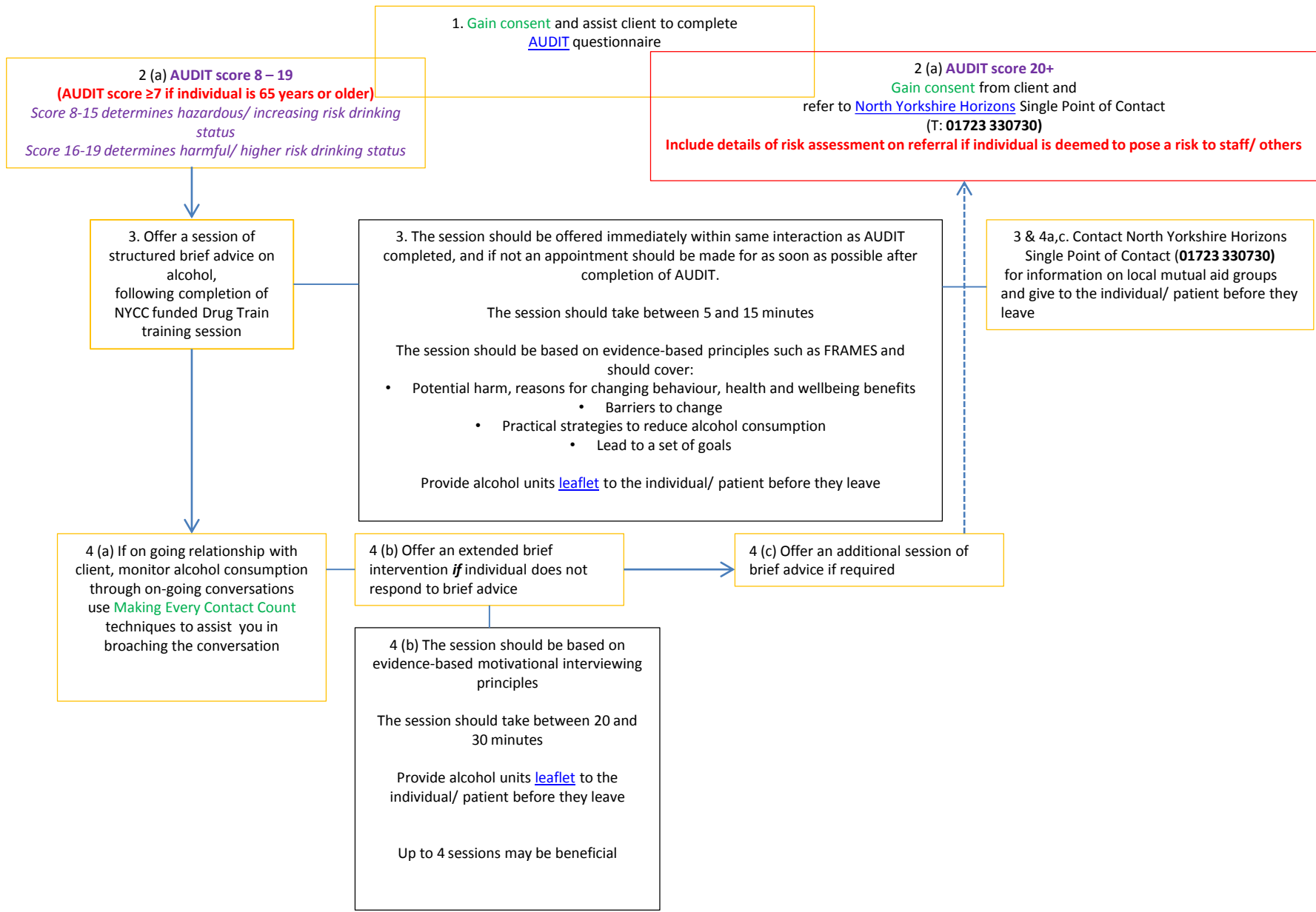
Slide 6: Commissioned services that deliver alcohol interventions across North Yorkshire

Slide 7: References

North Yorkshire Alcohol Pathway
(2 of 8)



Safeguarding concerns referred via
T: 01609 780780 (option 1 then 3)
Emergency: call 999



North Yorkshire Alcohol Pathway

Adults: [North Yorkshire Horizons Service Offer](#) (eligibility criteria: AUDIT score ≥20)
(4 of 8)

If individual cannot be contacted: North Yorkshire Horizons will contact referrer to confirm accuracy of contact details and continue to endeavour to make contact.

Meet and Greet (drop in) sessions are cited in various community venues across North Yorkshire on a weekly basis, aimed at identifying individuals who could benefit from North Yorkshire Horizons Service.

North Yorkshire Horizons also has a presence in Police Custody Suites on an agreed basis

North Yorkshire Horizons Single Point of Contact completes triage with individual:
- telephone, face to face;
- Triage completed as soon as possible following referral, usually immediately if self referral and individual willing; as soon as possible if professional referral depending on when service makes contact via referral details provided
(AUDIT repeated)
Severity of Alcohol Dependence Questionnaire (SADQ) completed

Given details of local mutual aid groups **(over 18's only)**

Invited to meet volunteer to support/facilitate access to mutual aid groups **(over 18's only)**

AUDIT score: 20 or more confirmed – possible dependence confirmed

AUDIT score: 19 or less

Appointment booked (at triage) with the Treatment Service of North Yorkshire Horizons (referral to 1st appointment offered: max. 3 week)

Appointment booked (at triage) with Health and Wellbeing Team: health assessment; blood borne virus screening and vaccinations

Over 18's only:
Given details of local mutual aid groups

Signpost to service commissioned to deliver structured brief advice **(Refer to Slide 6)**

Provide alcohol units [leaflet](#)

'Next Steps' (pre-treatment) group offered: jointly facilitated by North Yorkshire Horizons Treatment Service and Recovery and Mentoring Service

Comprehensive assessment completed by North Yorkshire Horizons Treatment Service (may be completed over more than one appointment):

- SADQ result reviewed
- Based on FRAMES principles
- NICE compliant diagnostics undertaken
- Drink diary discussed
- Recovery Plan discussed
- Local mutual aid and recovery groups discussed and information provided

Mild dependency identified (SADQ Score: 15 or less)

Moderate dependency identified (SADQ Score: 15 – 30)

Severe dependency identified (SADQ Score: More than 30)

Do not use SSRI's or GHB in treatment of alcohol misuse. Benzodiazepines should only be used in short term detoxification

Alcohol Recovery Pathway: 10-20 week programme based on motivational interviewing and psychological therapy techniques such as cognitive behavioural therapy. Comprises: 10 weeks psychosocial and relapse prevention interventions and optional 10 week 'Back to You' group. Pharmacotherapy interventions facilitated concurrently, where deemed clinically appropriate

Nalmefene (**RED drug**), acamprostate or oral naltrexone and psychosocial programme pathway considered. Nalmefene prescribing reviewed throughout 12 week period and usually prescribed for max. 12 weeks. Acamprostate and oral naltrexone prescribing reviewed throughout 6 month period and usually prescribed for max. 6 months

Community Medically Assisted Detoxification considered
Pharmacological agents: diazepam; [Chlordiazepoxide](#); Carbamazepine and then consider: acamprostate; oral naltrexone; disulfiram to promote abstinence/ relapse prevention – in line with [NICE CG 115](#)

Medically assisted Inpatient detoxification and residential rehabilitation considered – assessed, facilitated through and funded by North Yorkshire Horizons

Treatment of conditions co-morbid with alcohol misuse:
North Yorkshire Horizons and relevant secondary care service provider will jointly implement service compliant with relevant NICE guideline
[Psychosis with co-existing substance misuse](#) (CG120)
[Alcohol related physical complications](#) (CG 100)
[Pregnancy and complex social factors](#) (CG110)

Referral to GP (if contracted) at 12 weeks if prescribed acamprostate; oral naltrexone; disulfiram for on going prescribing and supervision for additional 12 weeks

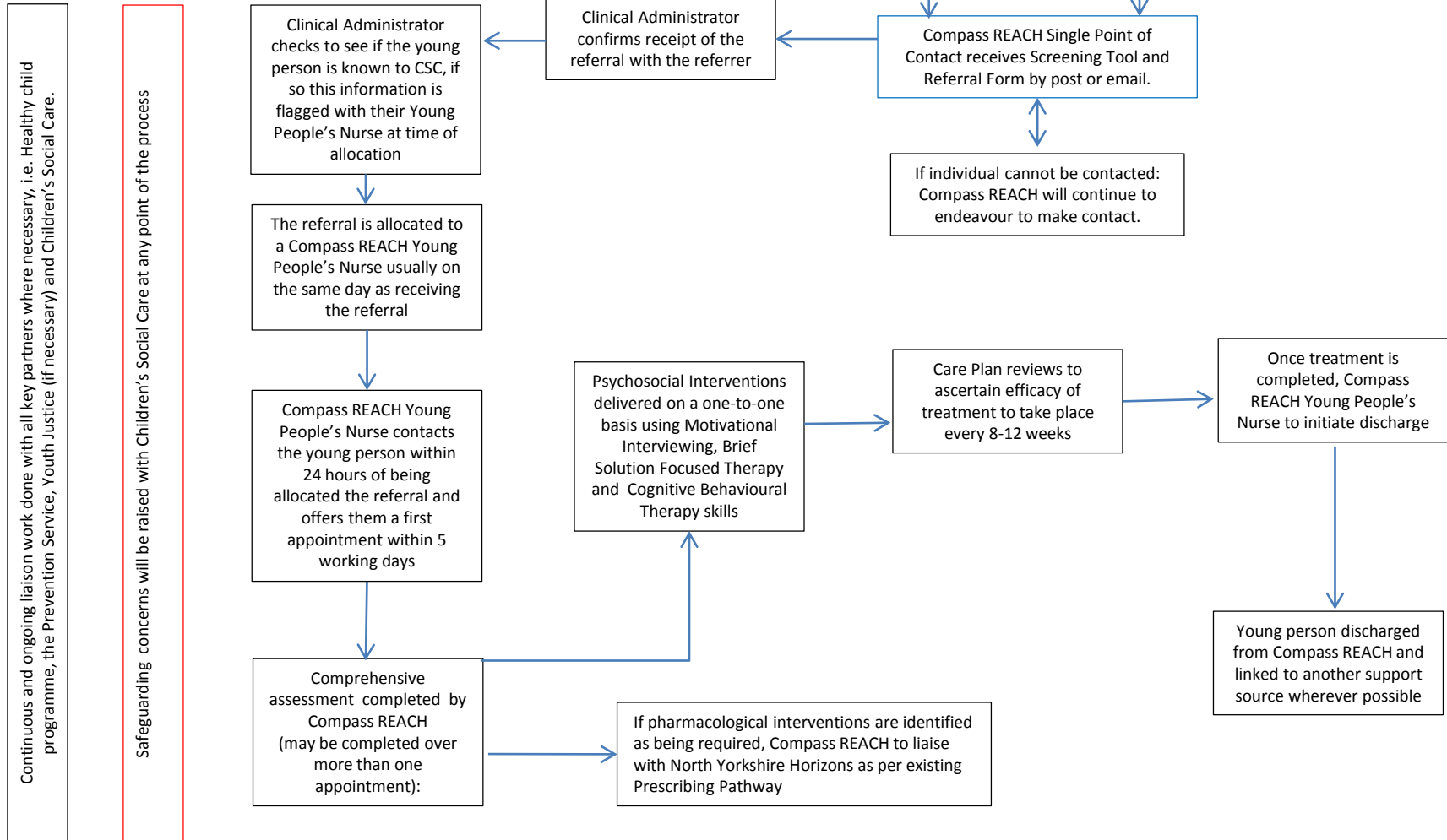
Formal referral to North Yorkshire Horizons Recovery & Mentoring Service at least 8 weeks before completion of treatment, for up to 6 months recovery support (though typically supported throughout)

North Yorkshire Horizons Recovery and Mentoring Service continue to offer support: telephone, 1-1, recovery groups, mutual aid etc

Referral to adult social care and/ or safeguarding, if applicable
See slide 1 for details

04/07/2017

**North Yorkshire Alcohol Pathway
Young People: Compass REACH Service Offer
(5 of 8)**



Continuous and ongoing liaison work done with all key partners where necessary, i.e. Healthy child programme, the Prevention Service, Youth Justice (if necessary) and Children's Social Care.

Safeguarding concerns will be raised with Children's Social Care at any point of the process

North Yorkshire Alcohol Pathway
Existing and planned alcohol service provision across North Yorkshire
(6 of 8)

Existing:				
Service	Locality and setting	Description	Alcohol Screening Tool Used	Commissioner
All GPs as part of General Medical Service Contract (GMS)	North Yorkshire GPs (all)	Alcohol Identification and Brief Intervention for newly registered over 16 year old patients only	AUDIT or FAST	NHS England
GPs delivering NHS Health Checks	North Yorkshire GPs (74/78 participating excluding: Central Dales, Escrick, Doctors Lanes Surgery, (Richmond) Beech Tree Surgery (Selby))	40-74 year olds who are <ul style="list-style-type: none"> Not currently on disease register for range of conditions including: coronary heart disease, diabetes and Those who are not currently prescribed statins and Those who have not already received an NHS Health Check within their GP practice in the last 5 years. 	AUDIT or FAST	North Yorkshire Public Health
Project 6 in all Craven GP Practices	Craven GP practices covered by Airedale Wharfedale and Craven CCG, excluding Settle Health Centre	Alcohol Identification and Brief and Extended Brief Interventions (usually deliver Extended Brief Interventions in this setting – usually 6 weeks + 6 weeks if will patient deemed to require, or referral to specialist Project 6 specialist alcohol team for comprehensive assessment and onward referral as required – including to North Yorkshire Horizons)	AUDIT-C and AUDIT	Airedale, Wharfedale and Craven Clinical Commissioning Group and Bradford Public Health Team <i>Until up to 31st March 2016, whole substance misuse system review underway</i>
Tier 2 Lifestyle Weight Management Programme	North Yorkshire	18 year olds and over with a body mass index of 25 or more Alcohol Identification and Brief Intervention included	AUDIT or FAST	North Yorkshire Public Health
TEWV Secondary Mental Health Services, including Community Mental Health Teams	North Yorkshire including Harrogate Hospital, Friarage Hospital, and Scarborough Hospital inpatient mental health wards	18 year olds and over with diagnosed mental health condition – planned and unplanned admissions Alcohol Identification and Brief Intervention included	AUDIT and SADO	North Yorkshire Clinical Commissioning Groups via Partnerships Commissioning Unit
DISC Alcohol A&E Service – based at Scarborough Hospital	Scarborough Hospital A&E dept	Alcohol Identification/ Screening in 18 year olds and over attending A&E – Hospital staff and DISC Alcohol Identification and Extended Brief Intervention – DISC	MSASQ – from Nov 2015 AUDIT after referral to Hospital Alcohol Worker employed by DISC	Scarborough and Ryedale Clinical Commissioning Group
Airedale Hospital/ Project 6	Airedale Hospital	Alcohol Identification and Brief Intervention in A&E and on Medical Assessment Unit. If identified as possibly dependent, referred for assessment at Project 6 and then referred to relevant specialist service according to need and area of residency (including to North Yorkshire Horizons)	Paddington Alcohol Test (PAT) – A&E AUDIT-C and AUDIT – if referred to Project 6	Airedale, Wharfedale and Craven Clinical Commissioning Group <i>Until up to 31st March 2016, whole substance misuse system review underway</i>
North Yorkshire Horizons (specialist adult drug and alcohol service)	North Yorkshire	18 year olds and over (under 18 year olds who require pharmacological intervention) – harmful and dependent drinkers, currently prioritising dependent drinkers who typically have an AUDIT score 20+	AUDIT and SADO	North Yorkshire Public Health
Yorkshire Ambulance Service	North Yorkshire	18 year olds and over – identification and onward referral to North Yorkshire Horizons if have an MSASQ score of ≥2	MSASQ - from June 2015	Not formally commissioned to deliver alcohol screening. Developed in-house
DISC Changing Lives Project, Scarborough	Scarborough	24 complex individuals (must have identified housing need), aged 18 years and over	AUDIT	Scarborough Borough Council <i>Until October 2016</i>
Compass REACH	North Yorkshire	9-19 year olds, and up to 25 years old if individual has a learning disability, who require support with substance misuse (including alcohol), poor sexual health and emotional wellbeing and mental health. If ≥18 years old and have an AUDIT score of ≥20, refer to North Yorkshire Horizons	Compass REACH screening tool	North Yorkshire County Council (inc Public Health)
North Yorkshire GPs (42 from 1/4/17)	North Yorkshire	16 years and older Alcohol Identification and Structured Brief Intervention Alcohol Identification and Extended Brief Intervention	AUDIT	North Yorkshire Public Health
Community Pharmacies (45 from 1/4/17)	North Yorkshire	16 years and older Alcohol Identification and Structured Brief Intervention Alcohol Identification and Extended Brief Intervention	AUDIT	North Yorkshire Public Health
DISC Scarborough Community Substance Misuse Worker	Scarborough	Alcohol Identification and Extended Brief Interventions to Yorkshire Coast Homes tenants and related community awareness sessions	AUDIT	Yorkshire Coast Homes
Planned:				
Living Well Service October 2015 onwards	North Yorkshire	Over 18's not currently in receipt of a statutory social care service but with additional needs. Up to 12 weeks of support. Oct 15 to May 16: referrals via social care service following assessment and ineligibility, or NYCC customer contact centre. Alcohol Identification and Structured Brief Intervention	AUDIT	Provided by North Yorkshire County Council Funded by North Yorkshire Public Health
Police custody suites (Phase 1 only in Aug Sep 2015)	North Yorkshire	Alcohol Identification/ Screening - Police Custody Staff Alcohol Identification and Extended Brief Intervention – Custody healthcare	AUDIT	In-house, feasibility pilot
DISC Community Rehabilitation Requirement	Scarborough	<i>Under development currently</i> Individuals on a statutory order from Probation AUDIT score 16-19 Alcohol Identification and Extended Brief Intervention – DISC co-facilitate with Community Rehabilitation Company	AUDIT	3FC – Community Rehabilitation Company <i>Until December 2015</i>

Alcohol Screening Tools – 16 years+:

The National Institute for Health and Care Excellence (NICE, 2010) recognises a number of validated alcohol screening tools for identifying risky drinking patterns in individuals, and for determining the most effective course of action.

The World Health Organisation, NICE, and the North Yorkshire Alcohol Pathway Task and Finish Group **recommends** the use of the validated **Alcohol Use Disorders Questionnaire (AUDIT)** as the **'gold standard'** for detecting hazardous and harmful drinking, and possible alcohol dependence.

NICE, and the North Yorkshire Alcohol Pathways Task and Finish Group recognises that validated abbreviated screening tools may be the only appropriate options in busy settings. The North Yorkshire Alcohol Pathway Task and Finish Group recommend AUDIT-C, M-SASQ and FAST in these circumstances. However, completion of these may result in the need to complete the full AUDIT questionnaire to determine the most effective course of action.

The Severity of Alcohol Dependence Questionnaire (SADQ) is performed to determine the severity of alcohol dependence, usually in a specialist or secondary care service setting

Note: recommendation to revise down AUDIT scores for over 65 year olds were taken from following sources:

AUDIT – C score ≥ 4 :

- Aalto, M et al. (2011) The Alcohol Use Disorders Identification Test (AUDIT) and its derivatives in screening for heavy drinking among the elderly. Int J Geriatr Psychiatry. Pg 881-5.
- Recent guidance from RCPsych re Substance Misuse in older people. Cross Faculty Report April 2015. Alcohol Screening

AUDIT score ≥ 7

- [World Health Organisation: The Alcohol Use Disorders Questionnaire, Guidelines for Use in Primary Care](#)

Drinking level definitions:

Hazardous drinking is a widely used definition. It is a pattern of alcohol consumption that increases the risk of harmful consequences for the user or others. Hazardous drinking patterns are of public health significance despite the absence of any current disorder in the individual user (World Health Organisation, 2001). Hazardous drinking is synonymous with "increasing risk drinking (NICE, 2010)" and can be defined as the regular consumption of:

- over 40 g of pure ethanol (5 units) per day for men
- over 24 g of pure ethanol (3 units) per day for women (SIGN, 2015).

Harmful drinking is defined as a pattern of alcohol consumption causing health problems directly related to alcohol. It is synonymous with "higher risk drinking" (World Health Organisation, 2001; NICE, 2011; 2010)

Alcohol dependence is characterised by craving, tolerance and a preoccupation with alcohol and continued drinking, in spite of harmful consequences (for example liver disease, depression). Alcohol dependence is also associated with increased criminal activity, domestic violence and an increased rate of significant mental and physical disorders (NICE, 2011).

Alcohol Screening Tool – young people:

Compass REACH screening tool:

Based on validated, NICE recommended CRAFFT questionnaire. Available from: the Compass REACH [website](#) or by calling 0800 008 7452

Key resources:

- [NICE alcohol pathway](#)
- [NICE public health guideline 24: Alcohol-use disorders: preventing harmful drinking](#)
- [NICE clinical guideline 115: Alcohol-use disorders: diagnosis, assessment and management of harmful drinking and alcohol dependence](#)
- [NICE clinical guideline 100: Alcohol-use disorders: diagnosis and clinical management of alcohol related physical complications](#)
- [NICE alcohol dependence and harmful use quality standard QS11](#)
- [World Health Organisation: The Alcohol Use Disorders Questionnaire, Guidelines for Use in Primary Care](#)
- [Alcohol Learning Centre](#)
- [Substance misuse in older people: Royal College of Psychiatry \(2015\)](#)

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Representatives from Scarborough and Ryedale CCG, Hambleton, Richmondshire and Whitby CCG, Harrogate CCG and Airedale, Wharfedale and Craven CCG have been corresponding members of the Alcohol Pathway Task and Finish Group throughout development.

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