

Children & Young People's Scrutiny Committee

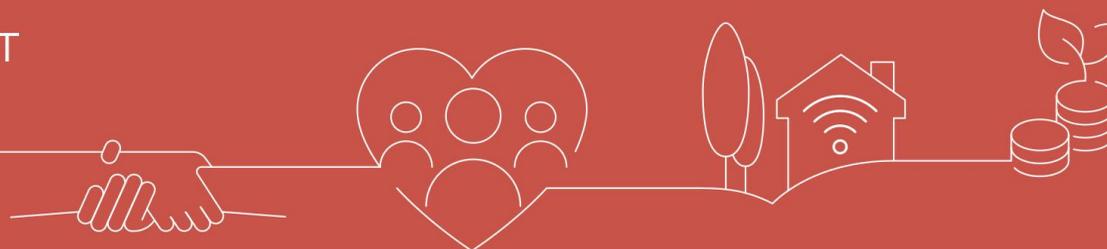
Harm caused by under- age alcohol consumption

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March 2024

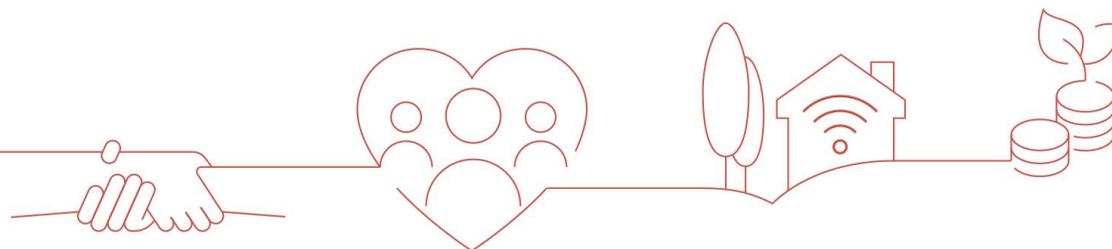
WORKING TOGETHER
FOR A BETTER BOROUGH,
WITH PEOPLE AT THE HEART
OF EVERYTHING WE DO.



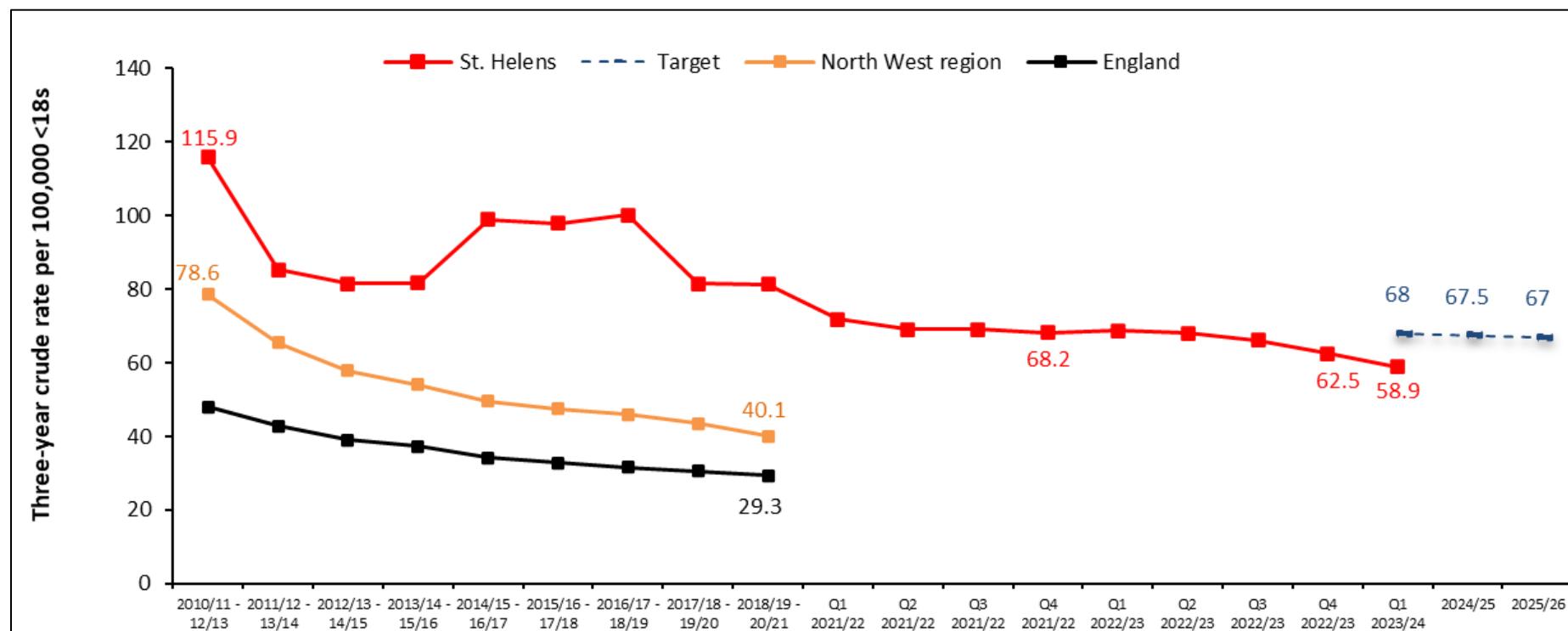
Purpose

To provide an overview of:

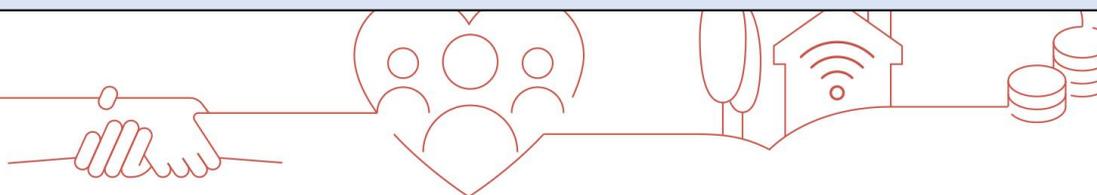
- the extent of underage drinking in St Helens
- the impact on young people
- the work carried out to-date and its effectiveness



Under 18s Alcohol Specific Hospital Admissions



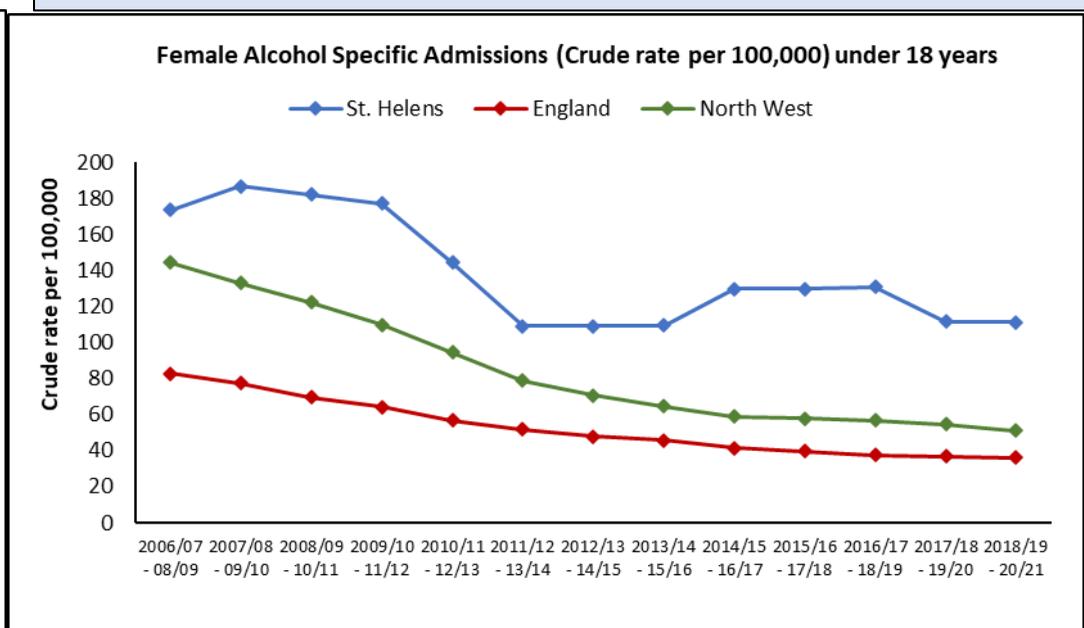
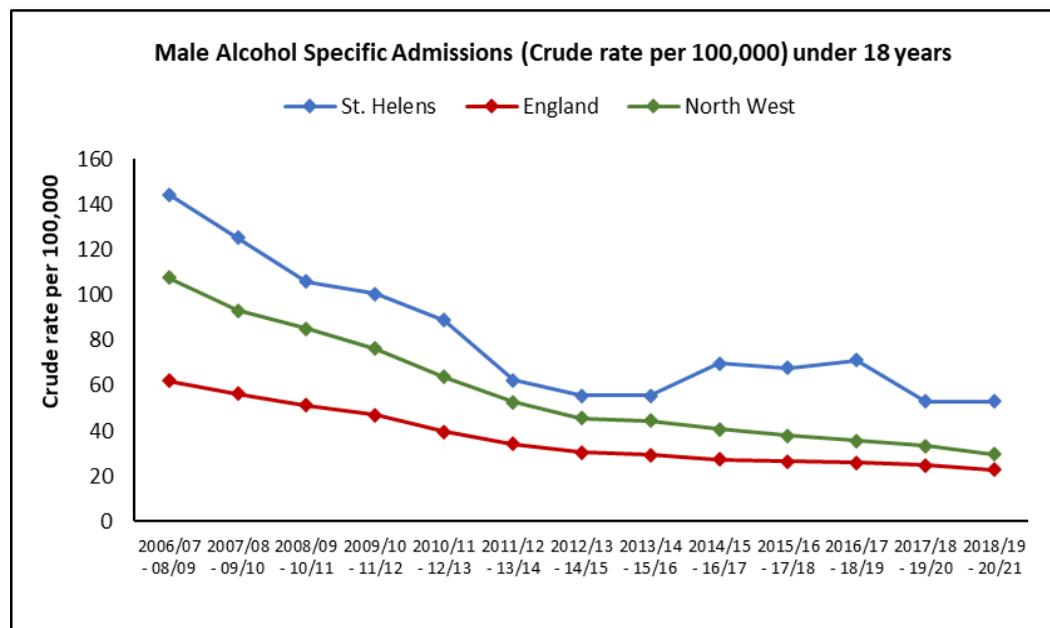
Alcohol Specific Hospital Admissions in under 18s is a Public Health Key Performance Indicator. The most recent published data is for 2018/19 - 2020/21 show the rate of alcohol specific admission in St. Helens was **81.4 per 100,000** – statistically significantly higher than England (29.3 per 100,000). St. Helens is ranked as **2nd highest in England** and the **highest in the North West**. Provisional (still unpublished) **quarterly rates** show St Helens to have a **declining trend**.



Male and Female Alcohol Specific Admissions (Under 18)

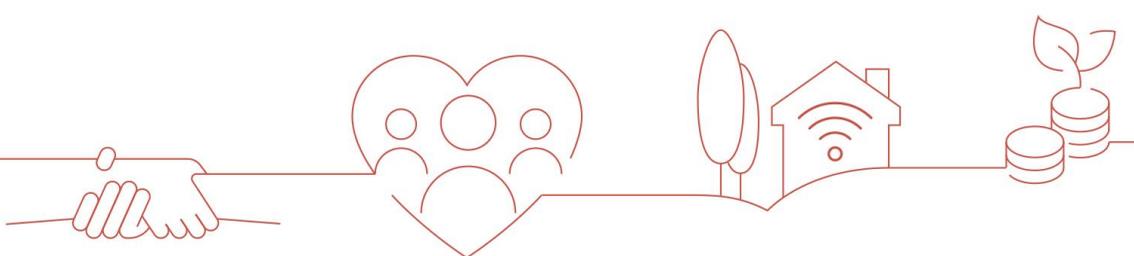
The St. Helens Male U18 Rate is **6th highest** in England at **53 admissions per 100,000**.

Female admission rates are higher than male.
The St. Helens Female U18 Rate is the **highest** in England at **111.3 admissions per 100,000**.



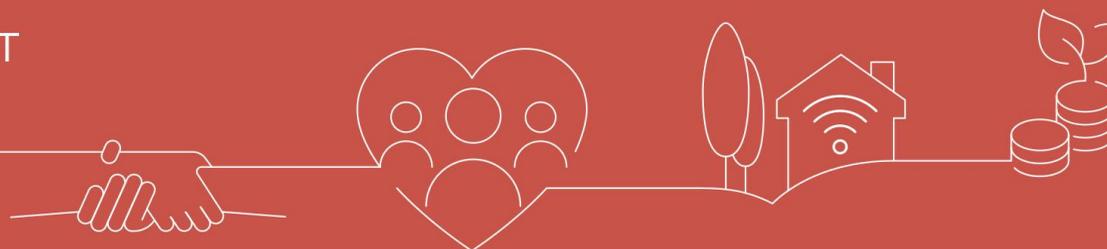
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Source: Fingertips



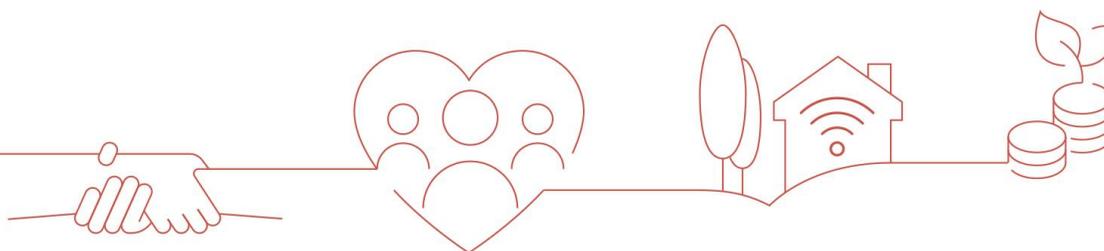
Trading Standards Young People Survey 2023

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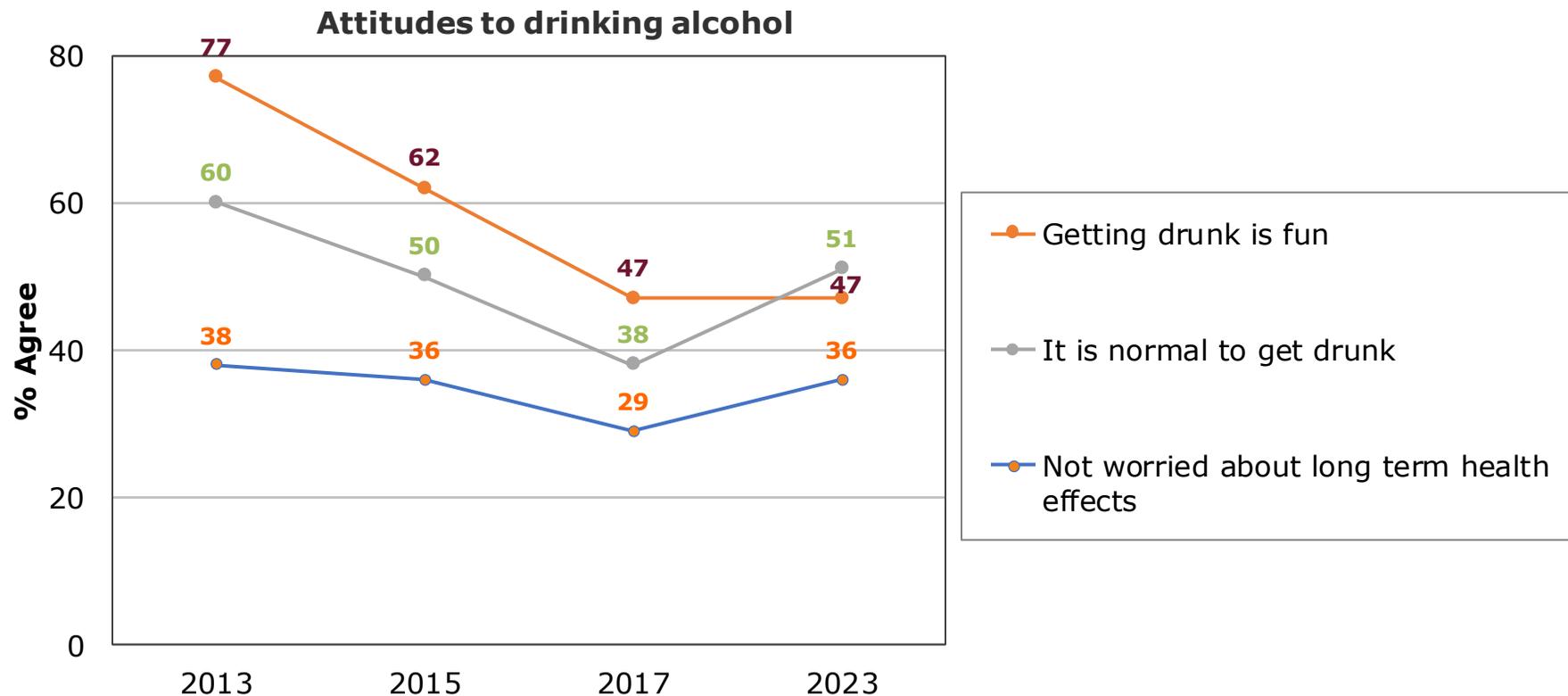
Attitudes and Behaviour Towards Drinking among 15–17-year-olds in St. Helens - Trading Standards Survey (2023)

- Trading Standards Services enforce the law on age-restricted products such as alcohol, tobacco and vapes
- This Trading Standards survey is conducted every 2 years across the North West
- **661 young people completed the survey in St. Helens in 2023**

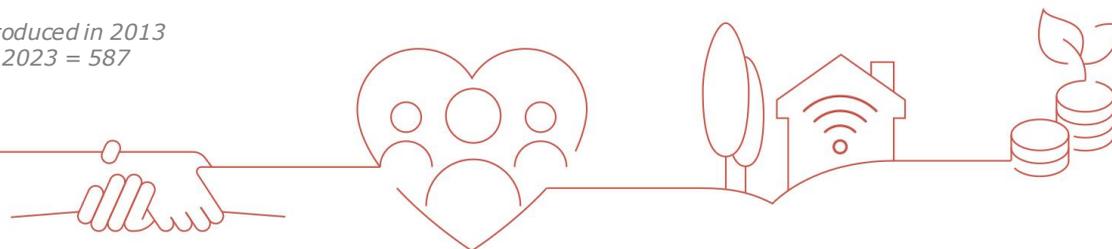


In St Helens, attitudes to alcohol have changed since 2013

- Fewer now think getting drunk is fun.
- Around half think it is normal.
- 1 in 3 say they are not worried about health effects



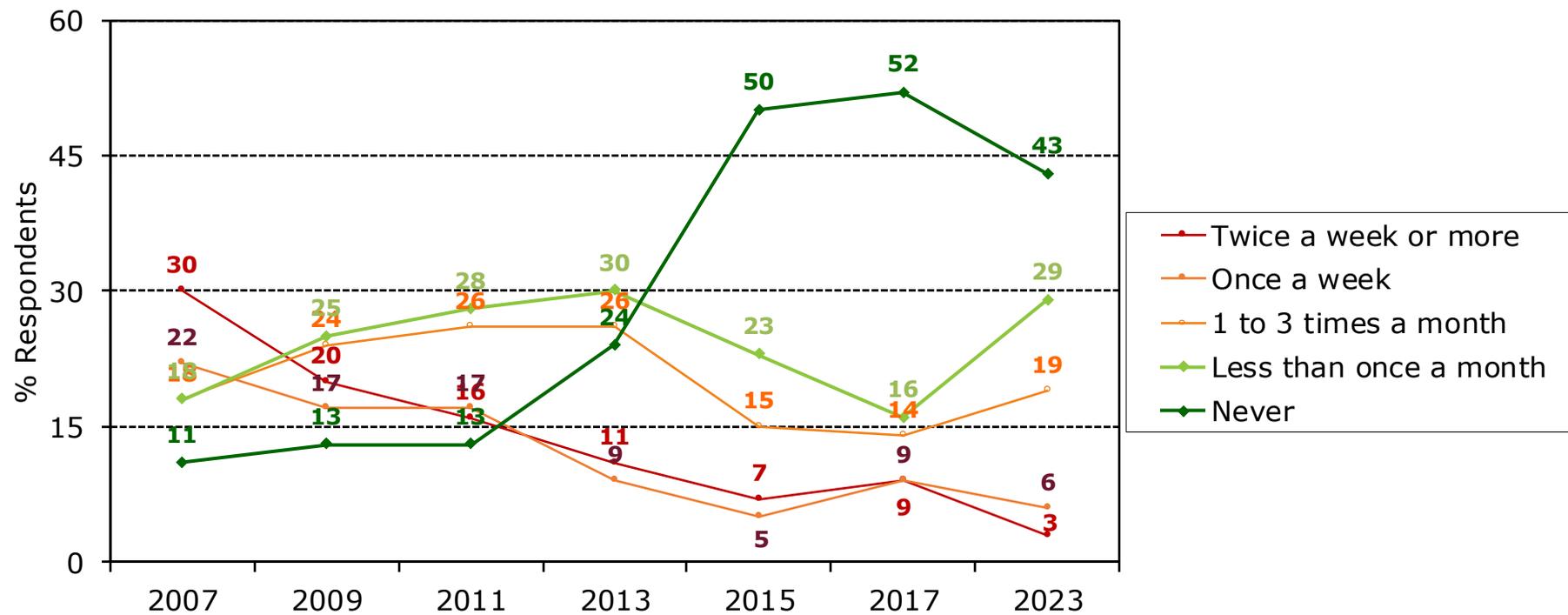
Base: 14-17 year olds in St Helens; New questions introduced in 2013
Average base: 2013 = 752; 2015 = 292, 2017 = 195; 2023 = 587



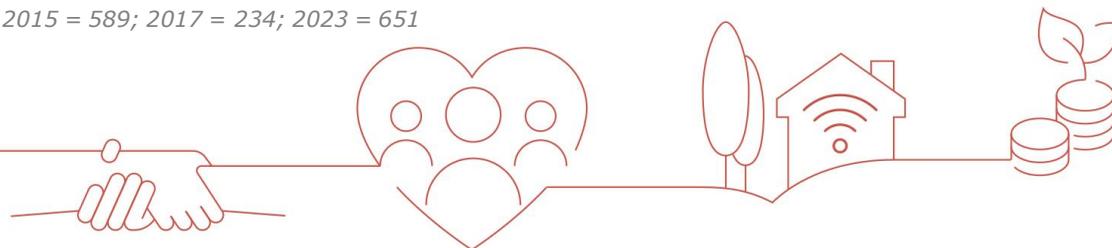


More young people say they never drink, or drink less than once a month

How often would you say you drink alcohol? (Prompted)



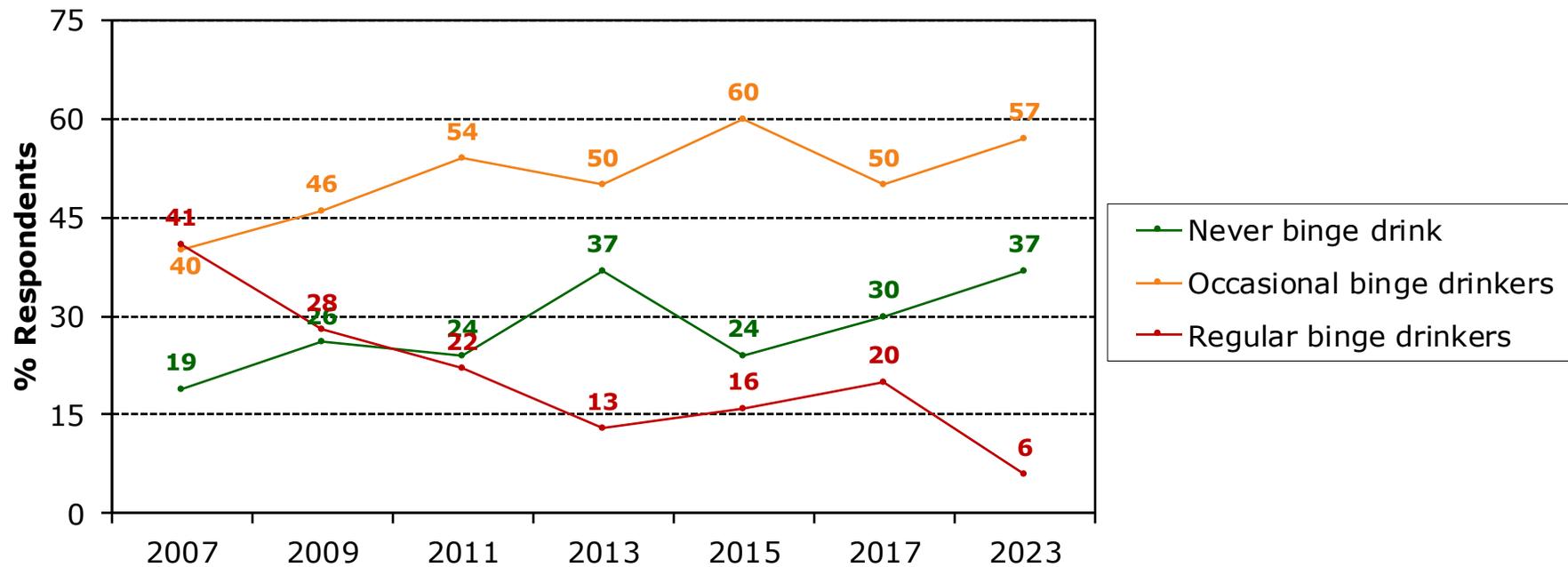
Base: 14-17 year olds in St Helens
2007 = 282; 2009 = 486; 2011 = 522; 2013 = 1014; 2015 = 589; 2017 = 234; 2023 = 651



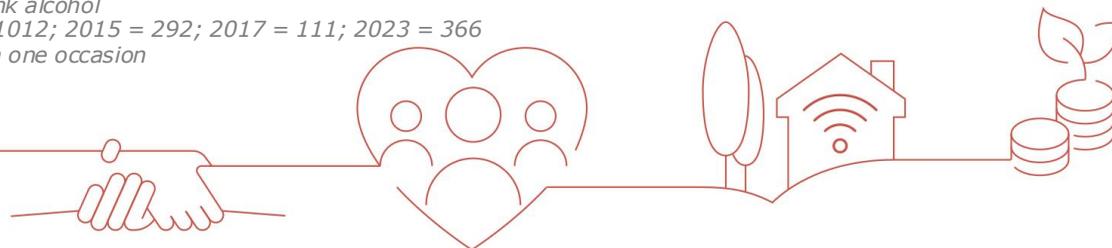


Fewer young people binge drink regularly. More drink only occasionally.

How often do you drink 5 or more alcoholic drinks on one occasion?



Base: All 14-17 year olds in St Helens who claim to drink alcohol
 Base: 2007 = 276; 2009 = 481; 2011 = 518, 2013 = 1012; 2015 = 292; 2017 = 111; 2023 = 366
 Binge drinking defined as having five drinks or more on one occasion

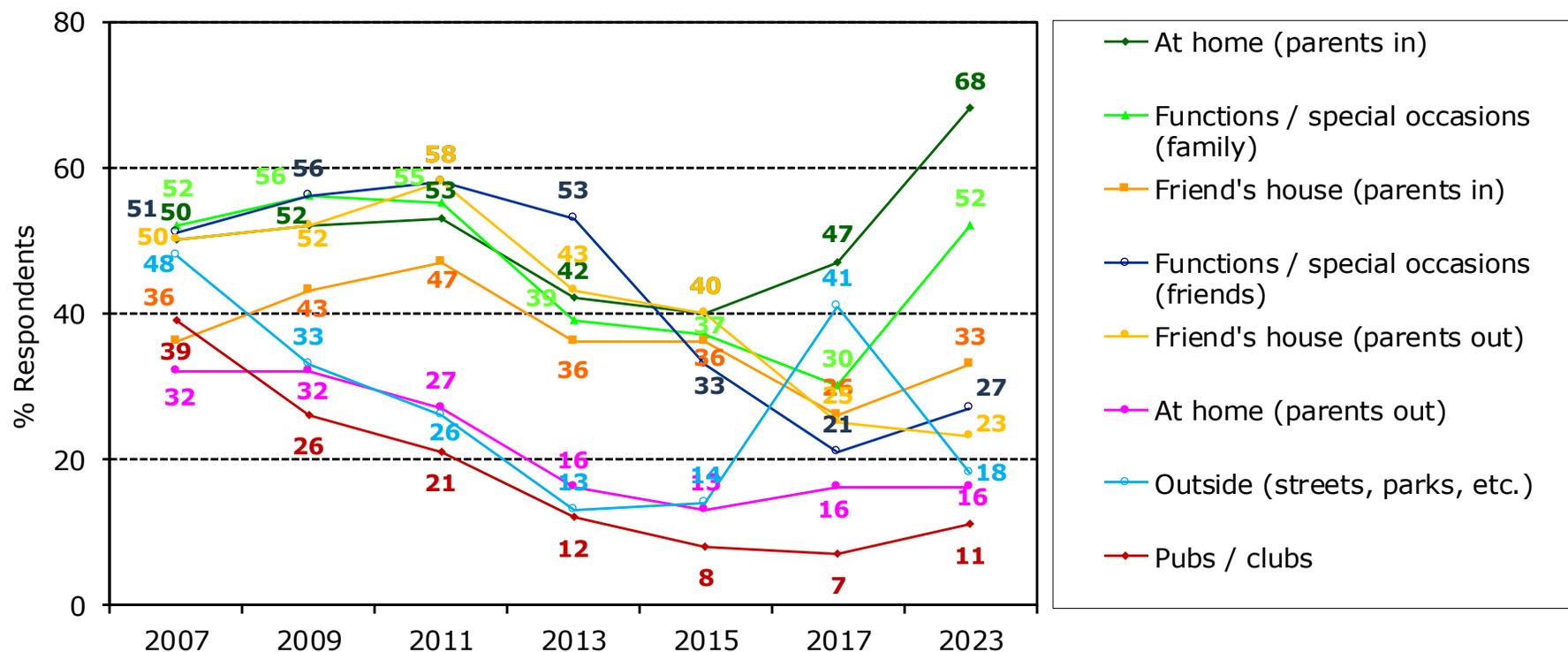


Local young people drink alcohol mostly at home or at functions with family.

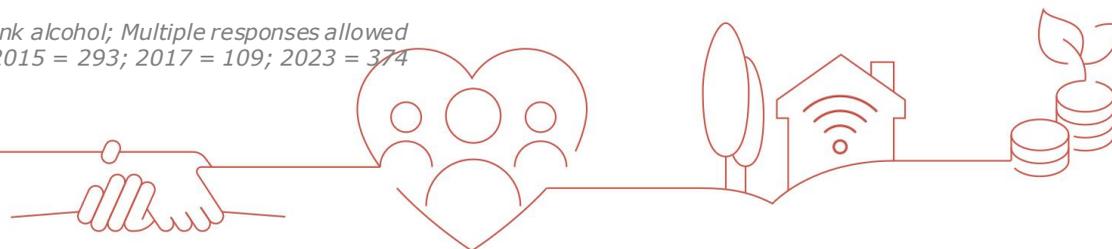


There has been a fall in the % drinking outside or in bars.

Where do you mostly drink? (Prompted)



Base: All 14-17 year olds in St Helens who claim to drink alcohol; Multiple responses allowed
 2007 = 244; 2009 = 421; 2011 = 449; 2013 = 775; 2015 = 293; 2017 = 109; 2023 = 374

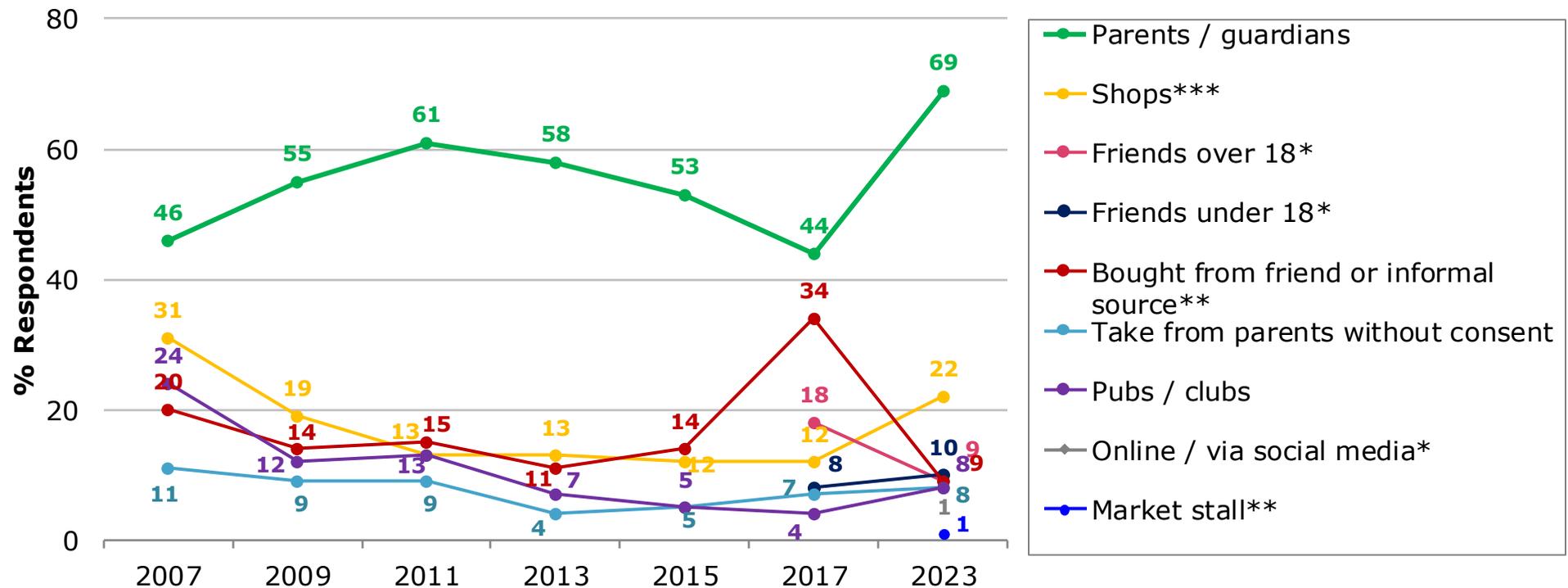


Most young people in St Helens who drank, said that they got their alcohol from parents.

Some bought from shops.



Where do you get your alcohol from? (Prompted)



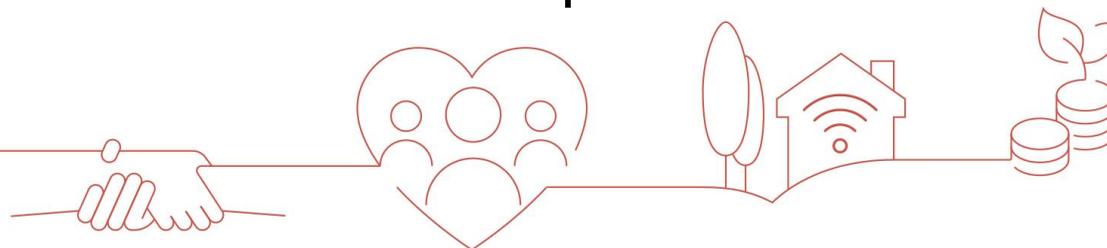
Base: All 14-17 year olds in St Helens who claim to drink alcohol; Multiple responses allowed
2007 = 245; 2009 = 411; 2011 = 443; 2013 = 753; 2015 = 292; 2017 = 102; 2023 = 374

* new codes added in 2017; ** new codes added in 2023; *** amended in 2023, previously two codes: 'offlicenses / shops' and 'supermarkets'



Trading Standards- Tackling Underage Sales

- Trading Standards **rely on complaints and intelligence** to inform their work
- In relation to underage sales, they report **vapes to now be our biggest problem.**
- In relation to alcohol there has been very little intelligence and therefore no test purchase operations were undertaken in 2023.
- The survey suggests a slight increase in children buying alcohol from shops, however this **hasn't been reflected in complaints received.** This is similar across the NW Region.
- **The legislation governing test purchasing prohibits "fishing" exercises.** Trading Standards work with the Licensing Team to share any intelligence, but most of the issues reported to licensing relate to "on license" bars where the police can assist.



The Law & Alcohol

Young people completing the Trading Standards survey suggested they were unclear about the law.

The police can stop, fine or arrest a person under 18 who is drinking alcohol in public.

For under 18s, it's against the law:

- for someone to sell them alcohol
- for a young people to buy, or try to buy, alcohol
- for an adult to buy, or try to buy, alcohol for them
- to drink alcohol in licensed premises, such as a pub or restaurant, unless the young person is 16 or 17yrs and accompanied by an adult; then they can have a small drink of beer, wine or cider with a meal.

It's illegal to give alcohol to children under 5yrs.

“It’ll Cost Us” is a local campaign, which aims to educate people about the law around 'proxy sales' - (when someone over the age of 18 buys alcohol for a child)



The Chief Medical Officer Recommends an Alcohol-Free Childhood:

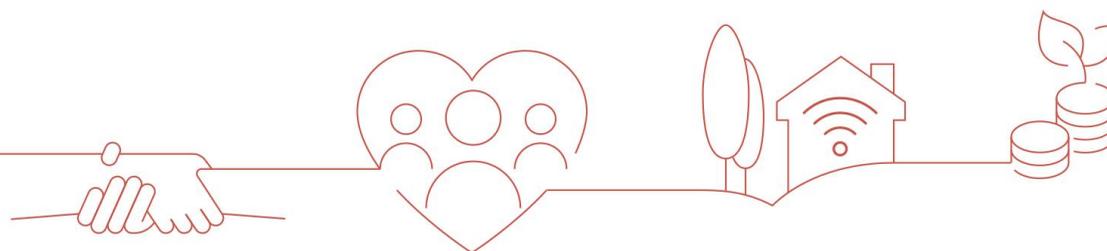
The Impacts of drinking alcohol:

Why Young People Might Drink

- Experimenting
- Normalisation – peers, family, culture
- Coping mechanism – stress , trauma, mental health

Potential Impacts

- Acute poisoning
- Vulnerable to accidents
- Risky behaviours – unsafe sex, aggression
- Hospital admission risk
- Brain development
- Concentration and performance at school
- Mental health



Local Action: St Helens Combating Drugs (& Alcohol) Partnership

Prevention

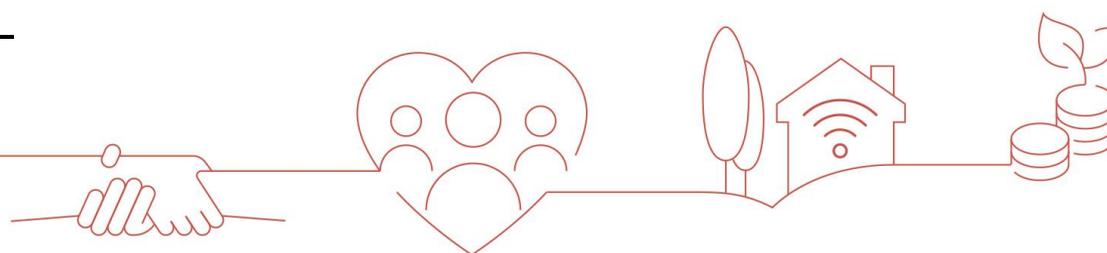
- School work/Saints Community
- Children of Alcohol Dependent Parents (Building Bridges)
- IBA – Lower my Drinking app
- Co-design work with C&YP e.g. Ketamine campaign
- LJMU behavioural 'Nudge' pilot
- Trauma informed training
- Healthy Pregnancy – Spotlight Study

Reducing Crime

- Police Referrals to treatment
- Harm Reduction
- Drugs Related Deaths

Treatment

- Increase capacity and quality
- Referrals from CJS/ Police/ Health/ Primary Care/ Education
- Better Mental Health Support
- Reduce Stigma
- Holistic approach



Young Peoples Drug and Alcohol Team (YFDAAT)

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LOCAL PARTNERSHIP ACTION 2022-24

- Local Combatting Drugs and Alcohol Partnership
- Multi agency pathways between hospital, 0-19 teams, mental health and substance misuse services
- Close work with CSC/Early help where young people with alcohol issues are identified.
- Work in schools/colleges/target areas – supporting PSHE delivery and identifying young people at risk of alcohol related harm
- Alcohol Awareness Week and other campaigns
- Training to professionals (e.g. Hot Topic sessions on “Boozed and Confused”)
- Work with the police re direct referrals to YPDAAT
- Work with Community Safety teams re outreach, identifying “hot spot” areas
- Previous campaigns focusing on alcohol

<https://www.youtube.com/watch?v=TzfWSnyyYI>

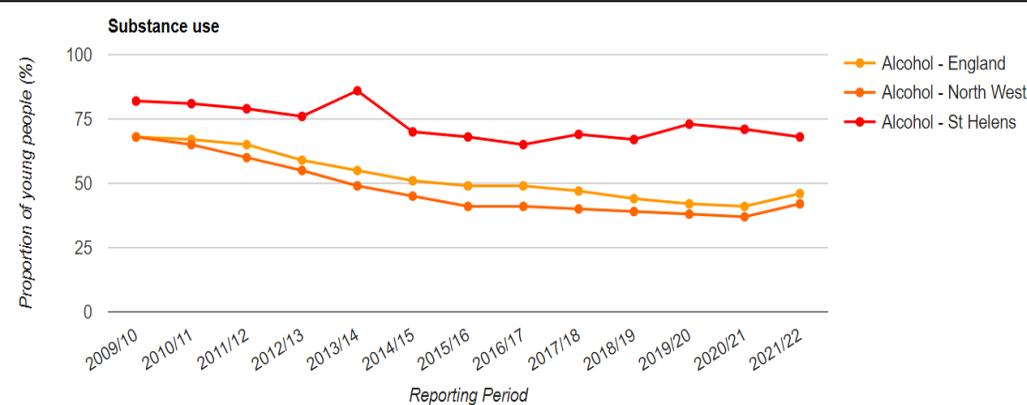
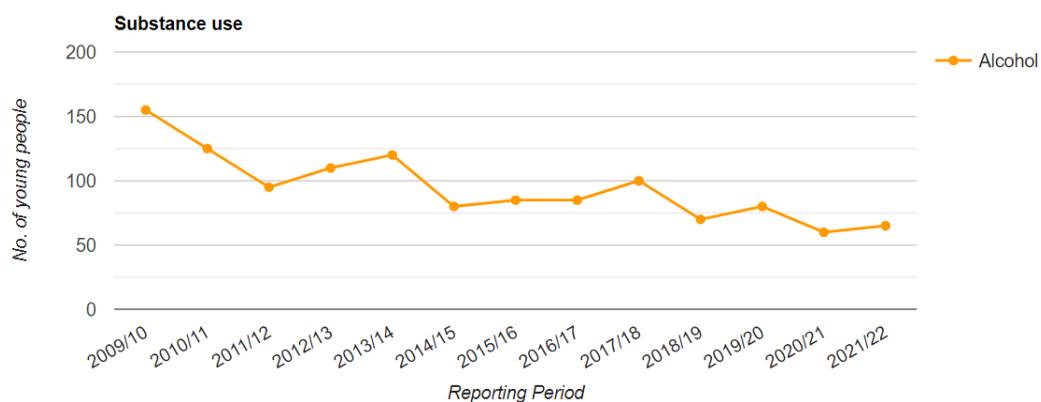
<https://www.youtube.com/watch?v=ekSjSTXdZsl>



Young People in Treatment: Alcohol

The total number of U18's in treatment for alcohol in St. Helens has been gradually decreasing. In 2021/22 there were 65 in treatment.

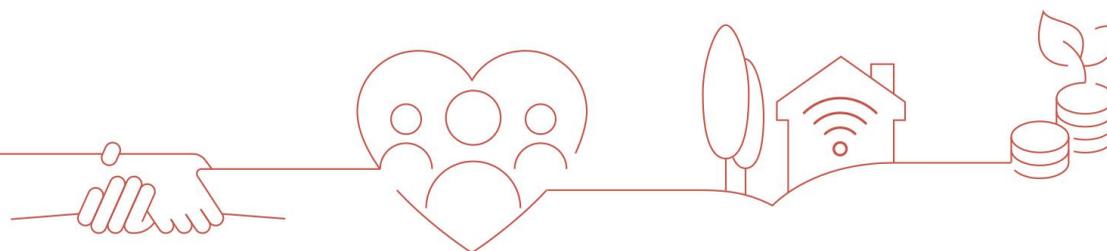
But, the proportion of U18's in treatment for alcohol in St. Helens has been consistently higher compared to England and the North West.



Substance Use	2009/10	2010/11	2011/12	2012/13	2013/14	2014/15	2015/16	2016/17	2017/18	2018/19	2019/20	2020/21	2021/22
Alcohol	155	125	95	110	120	80	85	85	100	70	80	60	65

Area	2009/10 (%)	2010/11 (%)	2011/12 (%)	2012/13 (%)	2013/14 (%)	2014/15 (%)	2015/16 (%)	2016/17 (%)	2017/18 (%)	2018/19 (%)	2019/20 (%)	2020/21 (%)	2021/22 (%)
England	68	67	65	59	55	51	49	49	47	44	42	41	46
St Helens	82	81	79	76	86	70	68	65	69	67	73	71	68

Source: NDIMS



Young People in Treatment – All Substances

mework Walkthrough Guide

RESTRICTED STATISTICS
(More information here)

Select time period
November 2023

Select local authority
St Helens

Select comparator
England

Sex
 Male
 Female

Age group
 Under 15
 15
 16
 17
 18 - 24

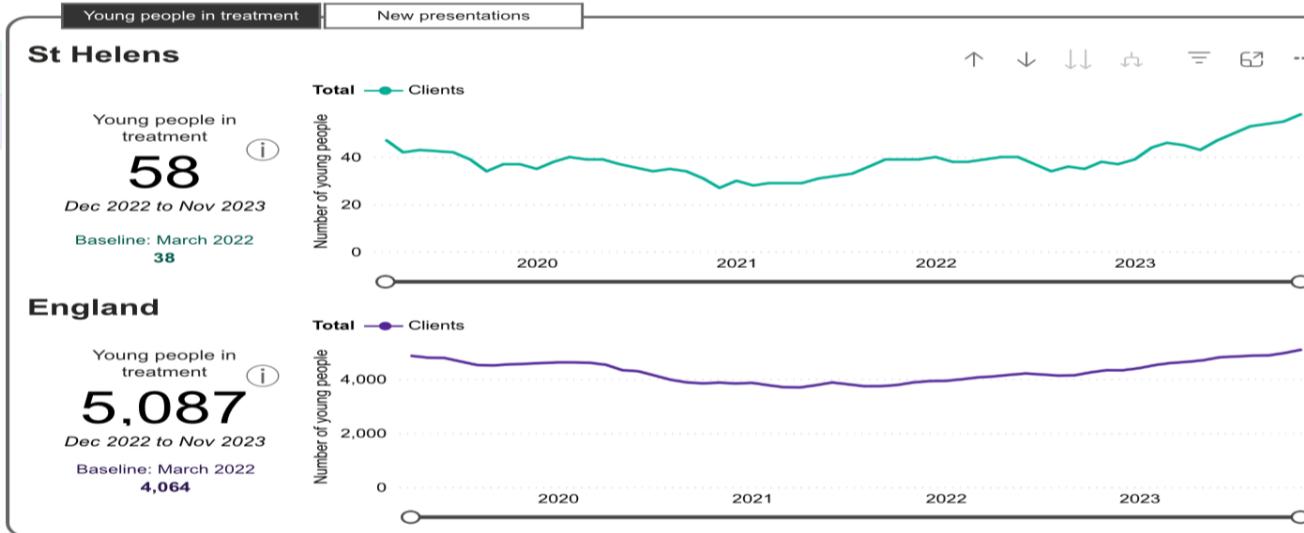
Data to display
 Young people (under 18)
 Young adults (18-24)

Display chart by
Total



Young people in treatment

Office for Health Improvement & Disparities



RESTRICTED STATISTICS
(More information here)

Select time period
November 2023

Select local authority
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Sex
 Male
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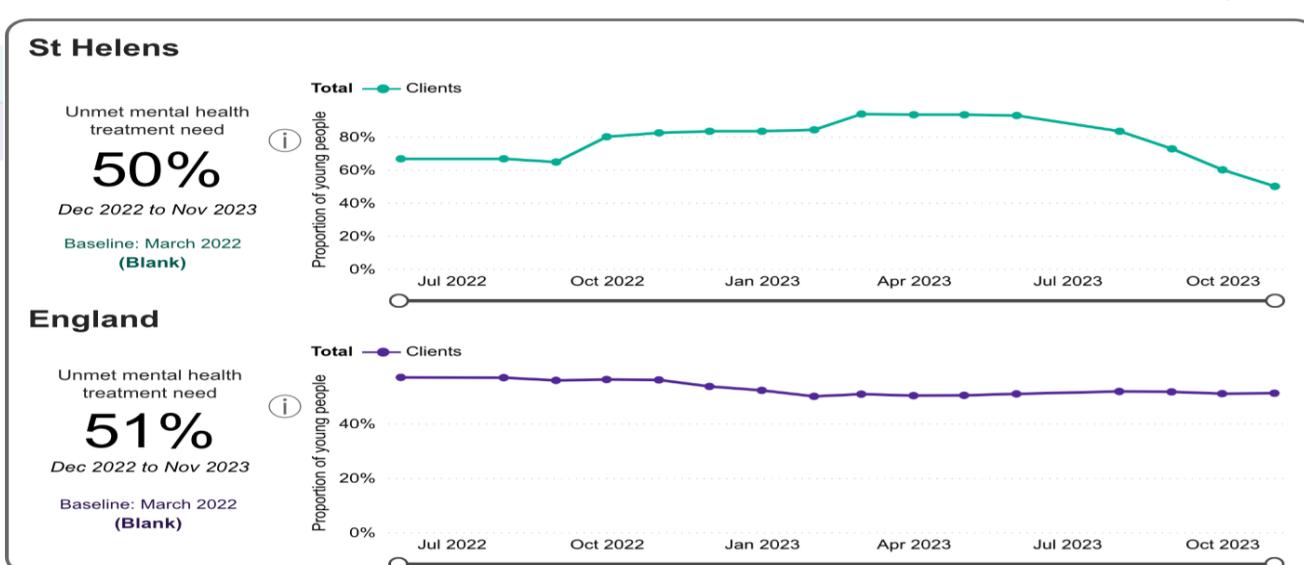
Data to display
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 Young adults (18-24)

Display chart by
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Young people's unmet mental health treatment need

Office for Health Improvement & Disparities

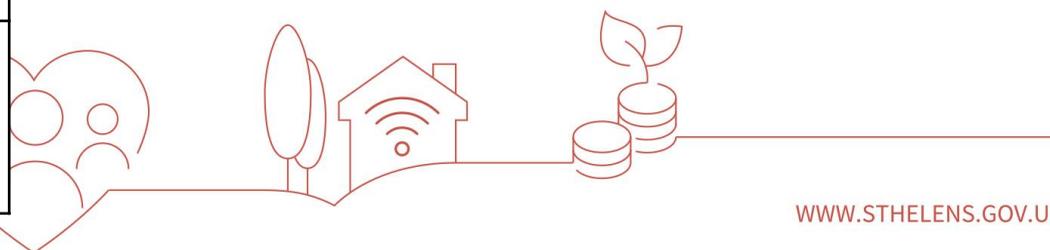


Characteristics of Young People in Treatment (2022/23)

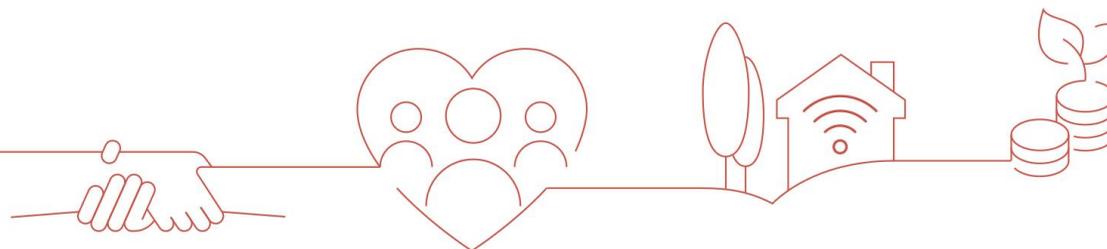
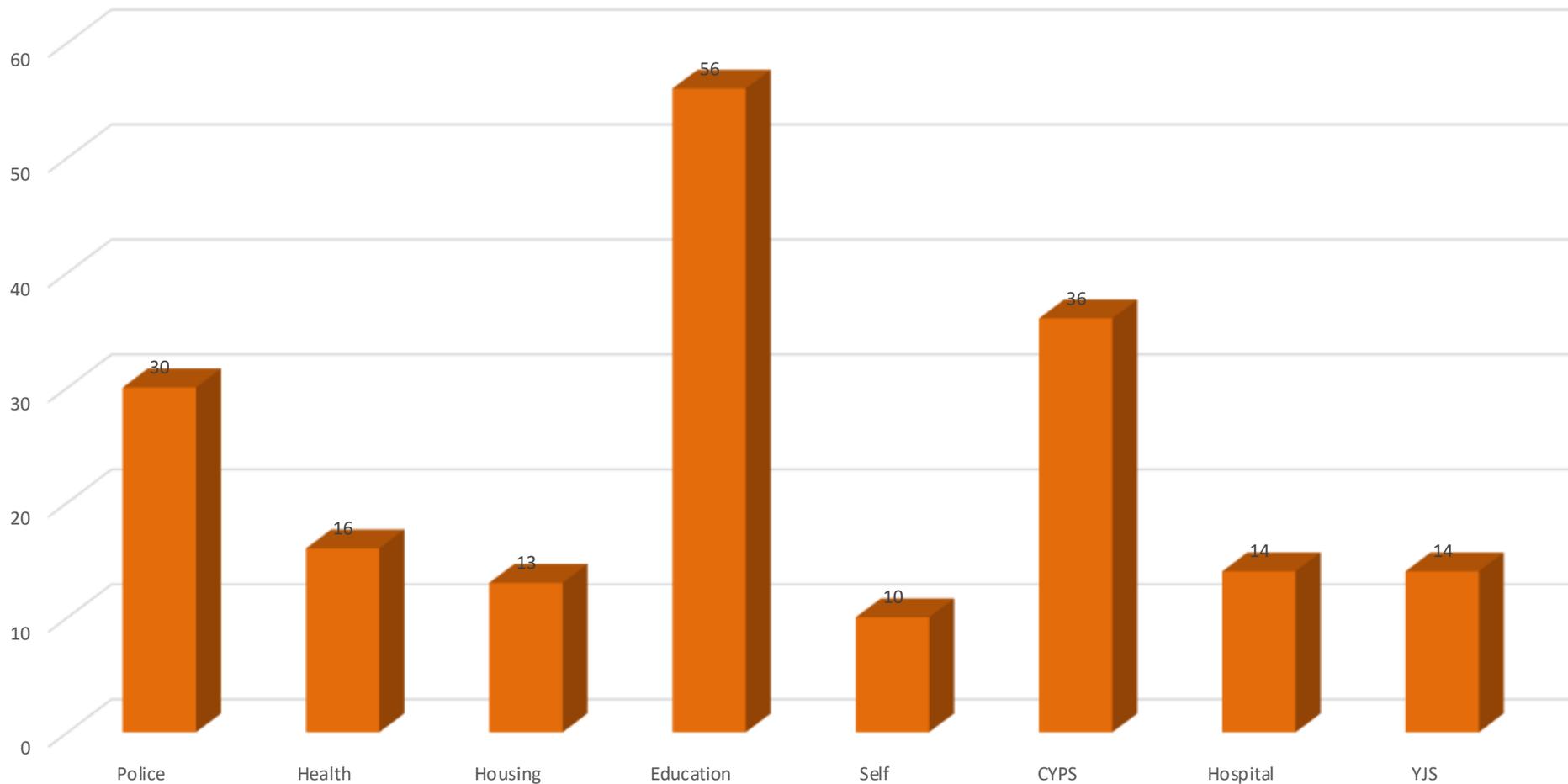
Characteristic (2022/23)		St. Helens	England
	Living with Other Children	59%	36%
	Receiving Early Help	12%	10%
	Child in Need	19%	12%
	Mental Health Need	60%	50%
	Self-Harm	41%	30%

Characteristic (2022/23)		St. Helens	England
	Domestic Abuse	17%	17%
	Looked After Child	17%	11%

(Source: NDTMS, Commissioning Support Pack)

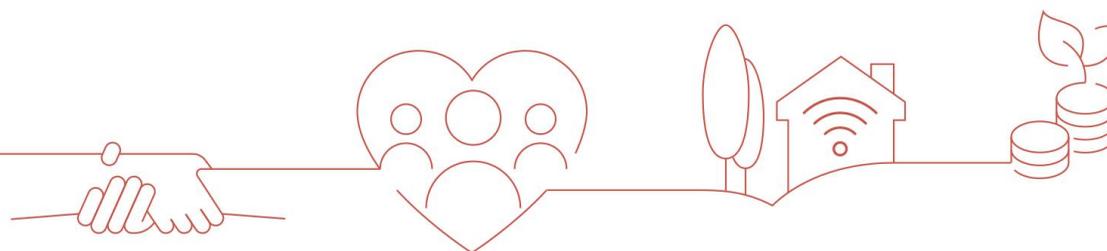


YPDAAT referrals by source (2022-23)



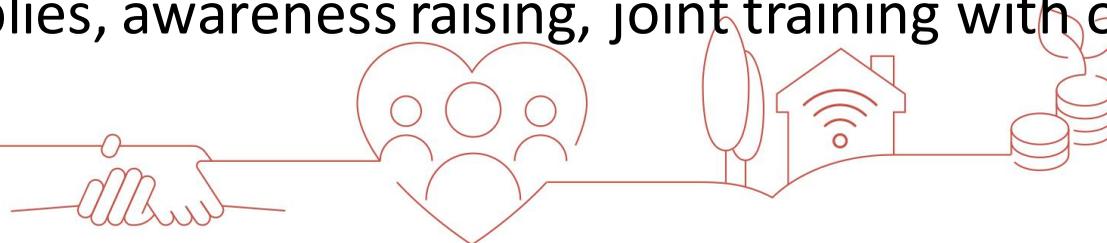
YPDAAT Offer to Individuals

- Flexible, YP friendly approach
- Comprehensive Assessment
- Individual care plan considering the YP's needs, views and wishes
- Awareness raising and education
- Harm Reduction/ overdose Prevention
- Support to reduce/become abstinent
- Awareness and prevention of exploitation
- Health assessment (0-19 team/CGL for more complex issues)
- Sexual Health interventions



YPDAAT Wider Offer

- School Drug Incident Policies and procedures
- Hospital Referral Pathways
- Self/Parent/Carer Referral
- LAC health assessment screening tool
- Links with multi agency processes i.e. MARAC, MACE, CiN, CE etc
- Training to professionals
- Consultancy and resources
- Multi agency referral pathways to/from other services
- Early help support to families
- Group Work to YP at risk of substance misuse
- Advice and support to parents – 1 to 1 or in groups, via social media
- Campaigns, assemblies, awareness raising, joint training with other services such as CGL



Young Person's Story: 'Laura' (17)

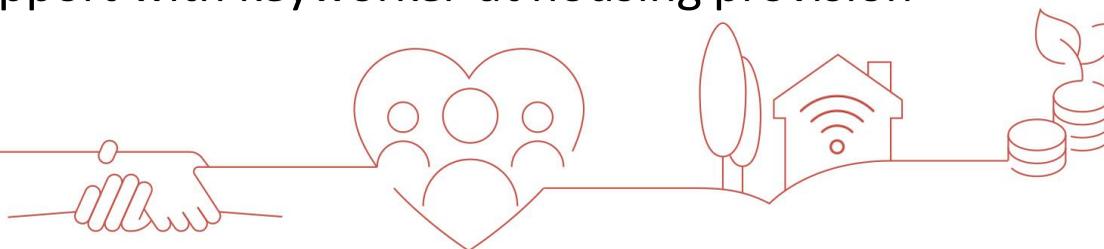


What were we worried about?

- Referral from Whiston hospital after Laura was admitted after being found unconscious by paramedics; Laura disclosed alcohol use at weekends along with previous use of Ketamine, cannabis, cocaine
- Lived semi-independently, estranged from parents and family.
- Had support from keywork staff at housing. Has ASD. Previous social care support due to family circumstances (neglect, ACEs, childhood trauma, mental health concerns)

What did YPDAAT do?

- Full assessment including health assessment with CGL nurse with Laura at the centre of her assessment including her views, wishes and feelings.
- Referral to Barnardo's worker for therapeutic support and coping strategies
- Intervention to address underlying trauma, increase self esteem, overdose prevention advice, explored future ambitions and aspirations
- Identified support network of positive people including other family members
- Built trust, coordinated support with keyworker at housing provision



Outcomes for Laura:

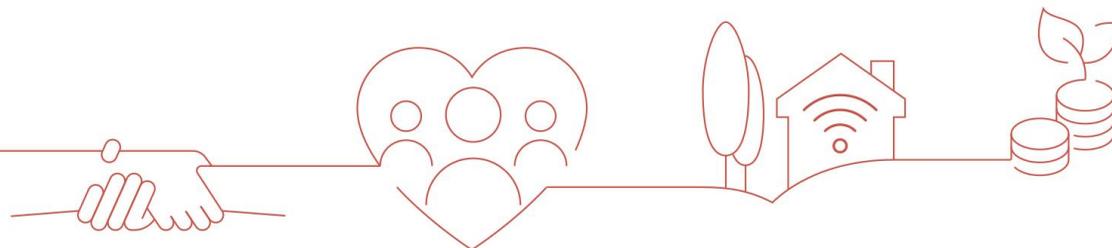


What is going well now?

- No recent substance use
- No further hospital admissions
- Physical and mental health needs are being met
- Is attending college and doing well with aspirations to get a good job
- Has a part time job and is enjoying this
- Has built a good trusted relationship with her worker and keeps in regular contact

‘Voice of the child’: What does Laura say?

“I have a good relationship with my worker, she always does what she says she will. I feel like people listen to me and I’m feeling a lot better about myself”



If you are worried about a young person's drug or alcohol use:

ypdaat@sthelens.gov.uk

Or telephone: 01744 675 605

<https://yaz.sthelens.gov.uk/main-sections/drugs-alcohol/>

