

Substance Use Pathways for rough sleepers and hostel residents in Westminster (Updated December 2018)

This document aims to provide staff and service users with information on information on the substance use services available in Westminster. This document can be downloaded from http://www.westminsterhhcp.org/substance_use_services.htm. This document aims to improve workers knowledge of the landscape of services to better to help them to navigate the options for clients. Information on the commissioned drug and alcohol services are also listed at: <http://www.peoplefirstinfo.org.uk/health-and-well-being/alcohol-and-substance-use/support-with-alcohol-or-drug-problems.aspx>

Service	Details	Contact/ referral details
<p>Alcoholics anonymous</p>	<p>Alcoholics Anonymous (AA) is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; they are self-supporting through our own contributions.</p> <p>AA meetings are either 'open' or 'closed'. Open meetings can be attended by alcoholics and their families and to anyone interested in solving a personal drinking problem or helping someone else to solve such a problem.</p> <p>Closed meetings are limited to alcoholics and those who think or know they have a problem with drinking. They provide an opportunity for members to relate their experiences with one another on problems related to drinking patterns and attempts to achieve stable sobriety.</p>	<p>No referral is required – clients can simply attend the meeting nearest to them at a suitable time.</p> <p>To find a local meeting visit: http://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting</p>
<p>Alcohol service</p>	<p>From the 1st April 2016, Change Grow Live (previously CRI) will be delivering the alcohol only liaison service in Westminster for clients that aren't linked in with criminal justice. If client is linked in with criminal justice they will need to go to the DAWs service (page 3) instead. The</p>	<p>Address: 2-4 Old Queen Street, Westminster, SW1H 9HP or Elgin Close Resource Centre, 3 Elgin Close, Shepherds Bush, W12 9NH</p>

	<p>service will include the below as well as the Older Persons Alcohol service (for anyone over 60 years of age).</p> <ul style="list-style-type: none"> • Information and advice • Health and wellbeing assessments • BBV screening and vaccination • Brief interventions • Alcohol reduction plans • Alcohol Prescribing services • Clinically assisted reduction plans • Community detoxification • Counselling • Specialist staff; LGBT, Older Person, Women, Night Time Economy • Full clinical team including a Psychologist, Doctors and Nurses • Hospital Alcohol Liaison • Service User Involvement 	<p>The alcohol service can meet with clients are a venue close to services, such as a GP practice. Phone: 0800 014 7440 Website: www.changegrowlive.org Email: thealcoholservice.info@cgl.org.uk</p> <p>To request a referral form or information leaflet email thealcoholservice.westminster@cgl.org.uk</p> <p>Contact details for hospital alcohol liaison nurses: St Mary's Hospital Nurse: Catherine Alison Work Mobile: 07500 836952 Landline: 0203 312 7663 bleep 2134 Chelsea and Westminster Hospital Nurse: Michelle Luesley Mobile: 07713 571 574 Landline: 0203 315 8000 bleep 8802 Charing Cross Hospital Nurse: Haafiz Sule Work Mobile: 07500806970 Landline: 0203 311 1234 bleep 7792</p>
<p>Club Drug Clinic</p>	<p>The club drug is an innovative service for adult clubbers and LGBT (Lesbian, Gay, Bisexual, and Transsexual) people who live in the London boroughs of Hammersmith and Fulham, Kensington and Chelsea or Westminster and have developed problems with a range of 'club drugs'.</p> <p>The team includes: specialist addiction doctors and psychologists, nurses, counsellors and peer mentors with 'lived experience'. The clinic offers a wide range of help including:</p> <ul style="list-style-type: none"> • Assessment of your problems and planning how to improve the situation. 	<p>To refer to the service, or for confidential advice, call 020 3315 6111 or email: clubdrugclinic.cnwl@nhs.net</p> <p>Address: 69 Warwick Road, Earls Court, SW5 9HB Website: http://clubdrugclinic.cnwl.nhs.uk/</p>

	<ul style="list-style-type: none"> • Medically assisted withdrawal from substances or detoxification. Also prescribe to help the side-effects of coming off stimulants, mephedrone • Talking treatments, led by psychologists, counsellors and peer mentors who have 'been there' and overcome their problems. • On-site sexual health screening and support. • Liaison and referral for physical problems including bladder and kidney problems; HIV and blood borne viruses; mental health problem 	
Detox/rehab Tri-borough Substance use team	<p>This is a team of social workers/care managers that make placements into residential rehab and manage the detox and rehab budgets. The Tri-borough Substance Use team take referrals from DAWs and CGL, complete a needs assessment and then look for the most suitable rehab service.</p> <p>The team are happy to discuss a referral with teams if needed. They are keen to sit down with housing workers using a 'keep door open' approach. Clients' have to be honest with themselves and need to be ready to do intense therapy to successfully go through rehab.</p>	<p>Staff can call to discuss a client referral – either one that has been made or one you are considering via DAWS/CGL.</p> <p>Tri-borough Substance Use Team Top Floor, 69 Warwick Road, Earls Court, SW5 9HB Phone: 020 7341 5335 Email: Pauline.Mcdowell@rbkc.gov.uk</p>
Drinkline	<p>Drinkline runs a free, confidential helpline for people who are concerned about their drinking, or someone else's.</p> <p>Drinkline offers the following services:</p> <ul style="list-style-type: none"> • Information and self-help materials • Help to callers worried about their own drinking • Support to the family and friends of people who are drinking • Advice to callers on where to go for help 	<p>Free helpline: 0300 123 1110 (Mon-Fri 9am - 8pm, weekends 11am - 4 pm)</p>
The Drug and Alcohol Wellbeing Service	<p>From the 1st April 2016, there is a new service providing support to clients with drug and alcohol support needs. Clients with alcohol support needs only should use this service if linked in with criminal justice teams. The service is named the The Drug and Alcohol Wellbeing Service (DAWS). The new service has</p>	<p>Phone number: 020 7437 3523 Email: info@turning-point.com</p> <p>Website: www.turning-point.co.uk</p>

<p>(DAWS)Turning Point</p>	<p>replaced the existing Westminster providers NWDAS and SWDAS. Services will include:</p> <ul style="list-style-type: none"> • 1:1 support • Prescribing • Needle exchange (at various sites) • Education, training and employment support • Criminal justice pathways • Families and Carers support • Peer mentoring, SMART Recovery and Fellowships • Health Checks • Access to community fitness and wellbeing schemes 	<p>They will operate from Hubs and multiple satellites across the three boroughs including:</p> <ul style="list-style-type: none"> • 32a Wardour Street, Soho, London W1D 6QR (groups and needle exchange) • 209 Harrow Road, London W2 5EH (groups and needle exchange) • Acorn Hall, 1 East Row, London W10 5AR (groups and needle exchange) • The New Coach House, 370-376 Uxbridge Rd, London W12 7LL (groups and needle exchange) • The Old Coach House, 103a Devonport Rd, London W10 8PB • 61 Munster Road, London SW6 5RE
<p>Drugs and Alcohol Advice Mental Health Nurse</p>	<p>Liz Abrahams, Clinical Nurse Specialist - offers assessment, brief treatment and referral on to Consultant</p> <p>Psychiatrist/secondary mental health and drug/alcohol services if necessary. Based at Great Chapel Street Medical Centre a specialist primary care service for homeless people in Westminster.</p>	<p>No appointment necessary, although advisable to phone in advance to confirm availability.</p> <p>Available Monday-Friday from 10am-12pm and 2-4.30pm. Great Chapel Street Medical Centre for Homeless People 13 Great Chapel Street, Soho, London, W1F 8FL Tel: 0207 437 9360 Email: elizabeth.abrahams@nhs.net</p>
<p>Dual diagnosis team – Westminster</p>	<p>A new Dual diagnosis team was set up in August 2016 in Westminster. Within this team there are 5 members of staff, one team leader; 3 dual diagnosis workers and 1 peer support worker. The staff are located within the CMHT's at 190 Vauxhall Road and Woodfield Road. When the service user is accepted for support within the Dual Diagnosis team they will first do an assessment. Support from the dual diagnosis will include:</p> <ul style="list-style-type: none"> • Education 	<p>The criteria for the Dual Diagnosis Team is that the service user must be open in secondary mental health services, either in JHT, Out Patients or under Care Plan Assessment (CPA). If the service user is not already accessing secondary mental health services and needs support from mental health services and the dual diagnosis service, they will need to be referred to the Single Point of Access before they will be considered to the dual diagnosis service.</p>

	<ul style="list-style-type: none"> • Harm minimisation • Relapse prevention • 1:1 discussions (flexible on the amount of sessions – depends on the needs of service user) • Refer to CGL/ Turning Point. 	<p>Staff should speak to the service user's care co-ordinator and ask them to refer them to the service. The service user must agree to the referral being made.</p> <p>If you would like some advice about a client who you are concerned about, please contact their care co-ordinator in the first instance. However, if they are not open to secondary mental health services and you would like advice, contact Katherine Andrews on 020 7854 4204. Email:</p> <p>cnw-tr.dualdiagnosiswestminster.cnwl@nhs.net</p>
<p>Dual diagnosis Anonymous meetings</p>	<p>This is a new peer support group that has been set up for people who experience the effects of Drug/Alcohol Problems as well as mental health issues. Groups follow a 12 step & 5 step programme which addresses substance use and mental health at the same time. Professionals and family members are also welcome to attend to support attendee.</p>	<p>Only available in Hammersmith and Fulham and K&C.</p> <p>Mondays: 7pm, Oasis Centre, The Old Coach House, 103A Devonport Road, W12 8PB</p> <p>Tuesdays: 7pm, South Kensington & Chelsea Mental Health Centre, 1 Nightingale Place, SW10 9NG</p> <p>Wednesday: 7.30pm, EACH, Vine House, 1&2 Factory Yard, Hanwell, W7 3UG.</p> <p>Fridays: 7.30pm, Oasis Centre, The Old Coach House, 103A Devonport Road, W12 8PB</p> <p>Saturday: 1pm, Ealing Hospital, Mott House, St Bernard's Hospital, Uxbridge Road, Southall, UB1 3EU.</p> <p>Contact 07702 510110 for further information. Website: http://www.ddauk.org/</p>

Narcotics anonymous	Narcotics anonymous runs groups throughout the UK that anyone can attend if they have the desire to stop using recreational drugs. Meetings are listed as 'open to all' 'open to all on request' (turn up early and ask permission to attend) or 'open to addicts only'. Meetings listed as 'chit' will provide evidence that attendee has attended all of the meeting.	No referral needed. Find a local meeting at: http://ukna.org/meetings-search

Useful fact sheets:

- Guidance of the clinical management of acute and chronic harms of club drugs and novel psychoactive substance: <http://neptune-clinical-guidance.co.uk/wp-content/uploads/2015/03/NEPTUNE-Guidance-March-2015.pdf>
- Groundswell Update on Illegal Highs: <http://groundswell.org.uk/wp-content/uploads/2016/09/Action-Update-Illegal-Highs.pdf>
- Rethink's Drug, Alcohol and Mental health factsheet (at bottom of the page) <https://www.rethink.org/resources/d>
- Turning Point's guide to Psychoactive Substances, Steroids, Cannabis and Alcohol: http://www.turning-point.co.uk/media/1077517/legal_highs_guide_a5_20p_9750_v2_lr_for_website.pdf
- Useful info graphic of new psychoactive highs: http://sandpit.bmj.com/site_images/2017/legal-highs-v38.png
- Blue Light Project's guidance on how to work with resistant drinkers: <https://www.alcohollearningcentre.org.uk/assets/Blue%20Light%20Project%20manual.pdf>