



# Alcohol and drugs prevention, treatment and recovery: **why invest?**



# Alcohol problems are widespread

Estimates show that

**10.4 million**  
adults drink at levels that  
increase their risk of health harm



Of these

**595,000**  
may need treatment for  
alcohol dependence

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**120,000**  
of whom are living with  
children (200,000 children in  
these households)

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The impact of harmful and  
dependent drinking is greatest  
in deprived communities

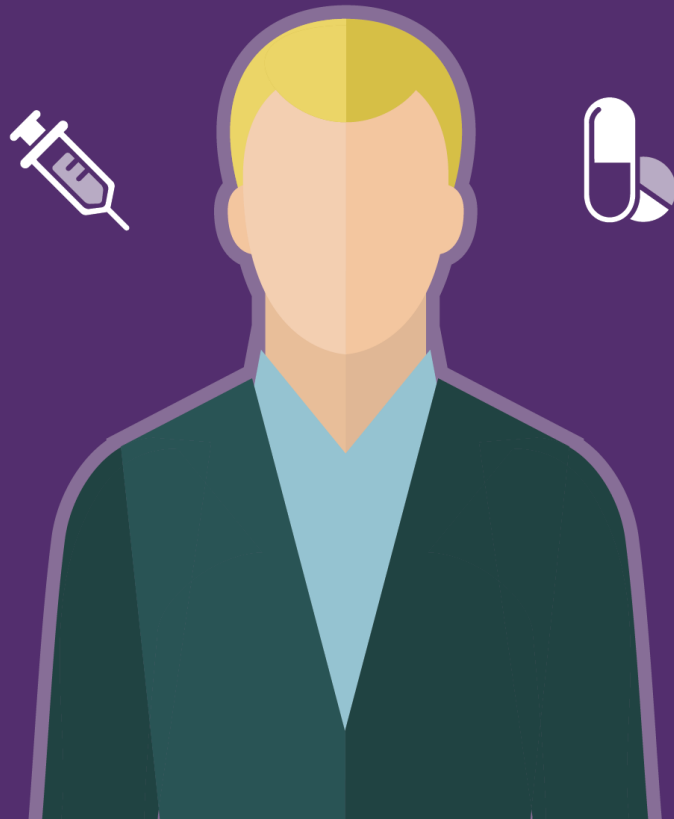


# Drug use is widespread but dependence is concentrated

Estimates show that

**2.7 million**

adults took an illicit drug  
in the last year



Around

**301,000**

people in England are opiate  
and/or crack cocaine users

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The most deprived local authorities  
have the highest prevalence of  
problematic drug users

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**41%**

of women and

**27%**

men reported problematic drug  
use on arrival at prison



# The prevalence of drug and alcohol harm for families



Around **20%** of children 'in need' are affected by drug misuse

Around **18%** are affected by alcohol misuse

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Parental drug or alcohol misuse features in a quarter of cases on the child protection register

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Drug misuse is involved in **38%** of serious case reviews

Alcohol misuse is involved in **37%**

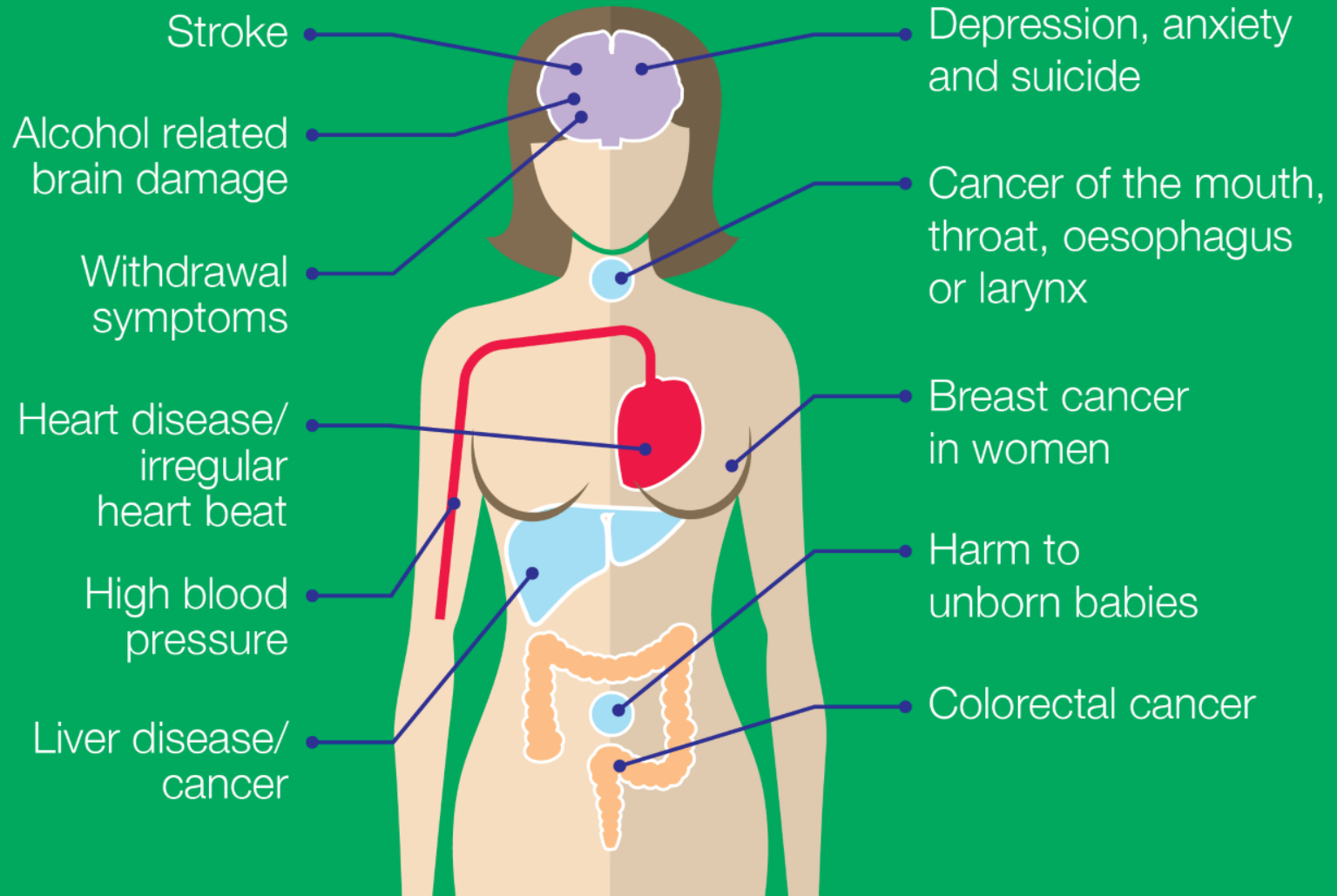


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# The impact on health, mortality, families and communities



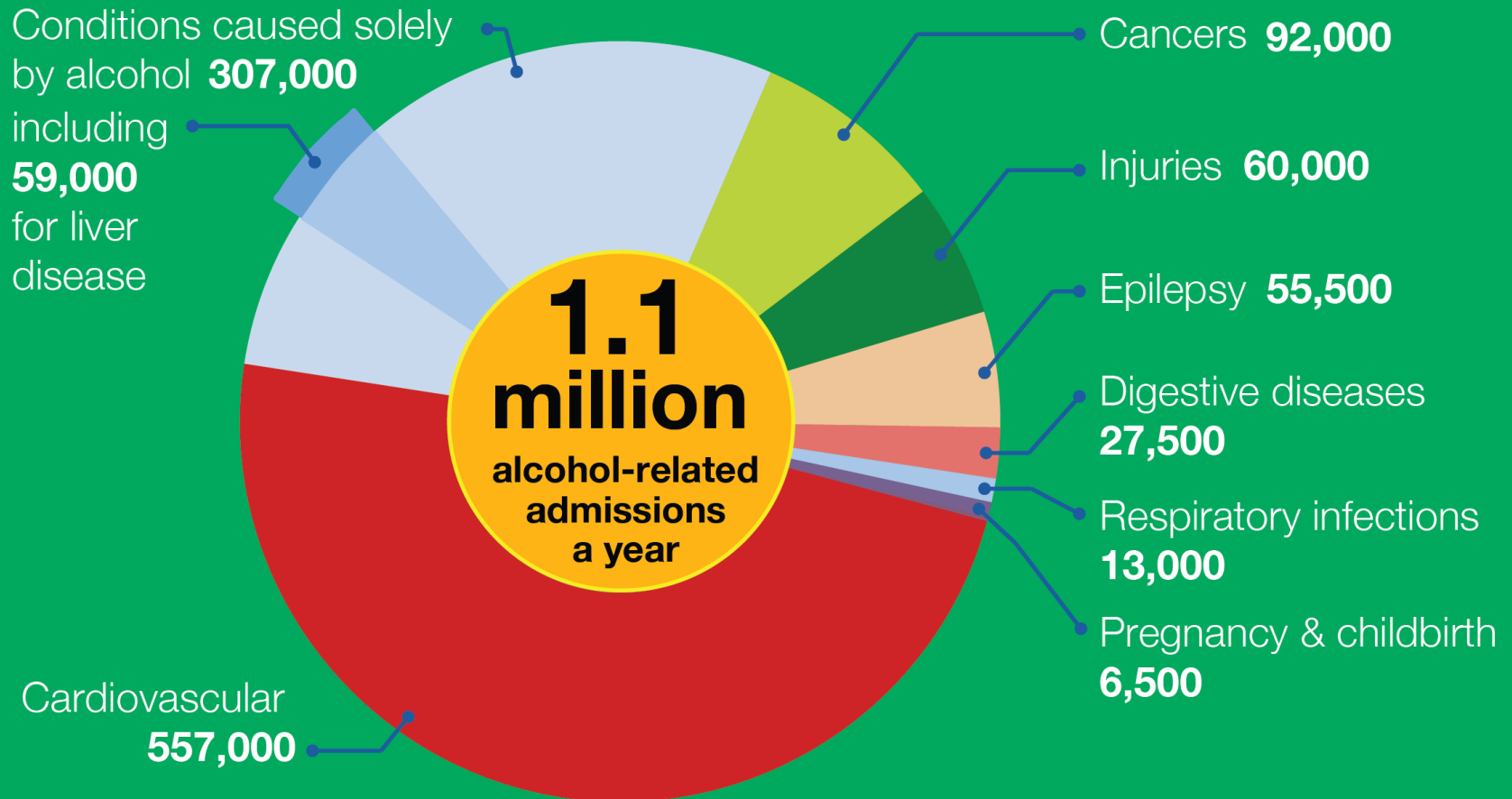
# Alcohol use damages health





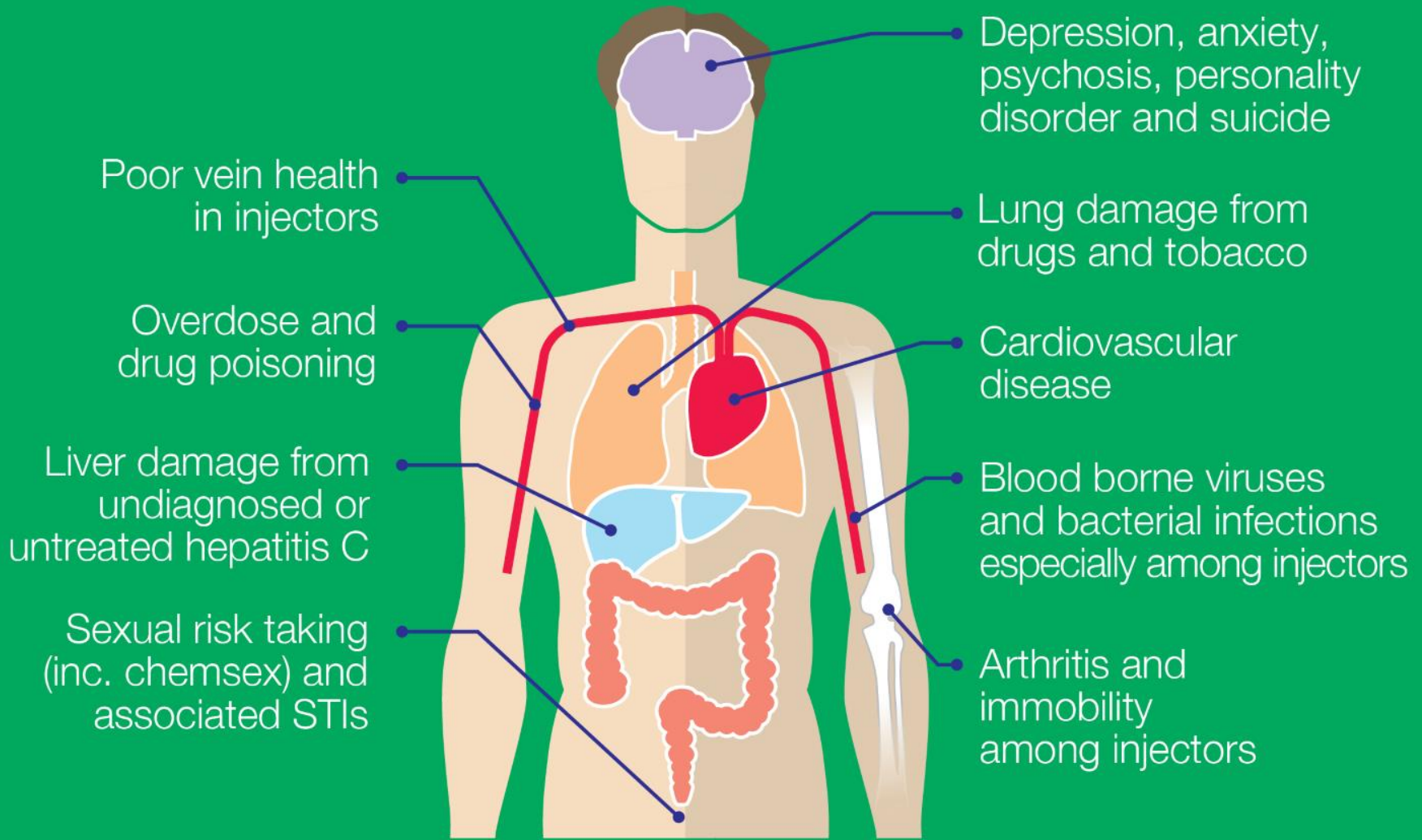
# Alcohol impacts on a wide range of conditions

## Proportions of alcohol-related hospital admissions by disease group





# Drug misuse damages health







# Drug deaths

Drug deaths in England are the highest on record (2,383 in 2016)

Over half of drug deaths involve opiates

Both heroin and cocaine deaths have more than doubled since 2012

Relatively small but increasing number of new psychoactive substances deaths (123 in 2016)

The highest rate of drug deaths occur among 40-49 year olds, while drug misuse accounts for 1 in every 8 deaths of 20-39 year olds

Most drug deaths are in men (7 in 10 in 2016) but the number of women dying is increasing



# Alcohol deaths

Around **24,000** people died from alcohol related causes in 2016, average age 54



Between 2004 and 2014, **45%** of all mental health patient suicides in England had a history of alcohol misuse; this proportion is increasing

Deaths from liver disease have increased **400%** since 1970

- Death rates from chronic liver disease in men is almost double that of women



More than a fifth of all deaths in young men aged between 16 and 24 years are alcohol related





# The impact of drug and alcohol misuse on families

Parental alcohol and drug dependence significantly harms the wellbeing of children

Drug and alcohol misuse can be part of a complex set of co-existing health and social problems



Misuse can impact on health & wellbeing, education, risky behaviours, and result in inappropriate caring roles



# Drug and alcohol misuse harms communities

## Crime



Drug & alcohol treatment in England in 2016/17 resulted in 4.4m fewer crimes

- **44%** reduction in the number of dependent individuals re-offending
- **33%** decrease in the number of offences committed

**40%** of victims of violence believed perpetrators to be under the influence of alcohol

Around **45%** of acquisitive offences are committed by regular heroin/crack users

**48%** of convicted domestic abuse perpetrators had a history of alcohol dependence; **73%** had consumed alcohol prior to the event



# Drug and alcohol misuse and employment




Up to **£7bn** in work productivity is lost due to alcohol misuse in the UK

**72%** seeking alcohol treatment and around **80%** seeking drug treatment are not in paid employment

There is a mutually-reinforcing relationship between employment and recovery



# Drug and alcohol misuse and homelessness



In services for homeless people

- **39%** said they take drugs or are recovering from a drug problem
- **27%** have or are recovering from an alcohol problem

Alcohol and drug problems are both a cause and a symptom of homelessness. Rough sleeping, has increased by **134%** since 2010

Assistance may be needed to access and sustain appropriate housing

Access to housing can have a positive impact on motivation to change



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# The costs



# Annual costs of drug misuse and alcohol related harm



Annual cost of illicit  
drug misuse in the UK  
is around ...

**£10.7bn**



Annual cost of alcohol  
related harm to society  
in England is around ...

**£21.5bn**

these costs include lost productivity, crime, policing, and NHS





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# The challenge

# Delivering a multi-component approach

**1** Strong leadership

**2** Sharing data and analysis to inform partnership responses to local problems

**5** A competent workforce delivering evidence based treatment & recovery services

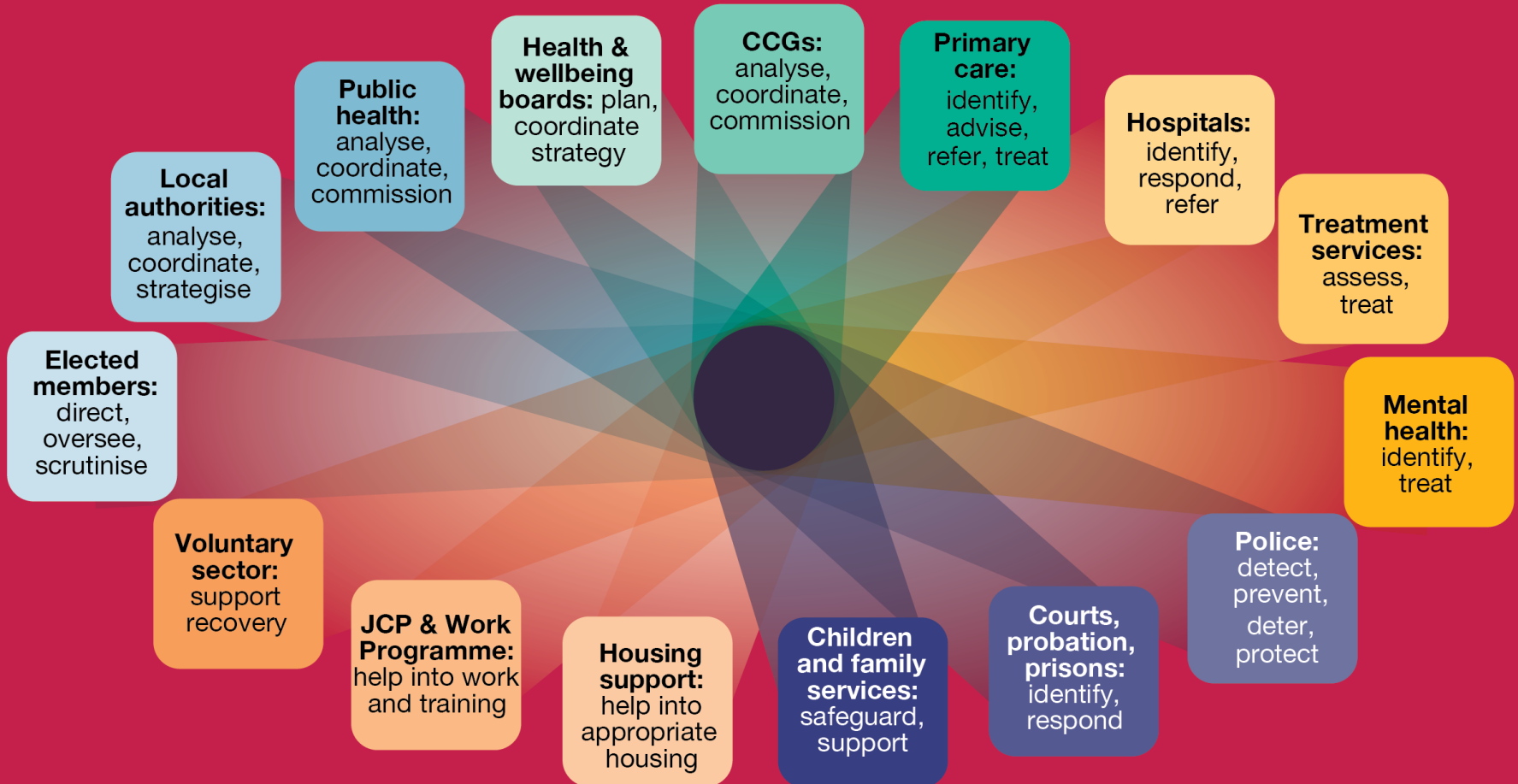
**4** Targeted prevention interventions for those at higher risk

**3** Population level prevention – best start in life, a broad approach to prevention and to building resilience





# Partnership: the key to success





# **What works? Elements of a multi-component approach**



# Local population-wide prevention

## Alcohol

Full use of  
licensing  
powers

Manage the  
accessibility  
and availability  
of alcohol



## Drugs & alcohol

Data sharing  
to inform local  
partnership  
enforcement  
activity

Build resilience  
and confidence in  
young people,  
complemented by  
drug & alcohol  
specific  
resources





# Targeted prevention – alcohol

**Identification and brief advice** in primary and secondary care reduces weekly drinking by **12%**



which reduces risk of alcohol related illness (by **14%**)




and absolute risk of lifetime alcohol-related death (by **20%**)



**Hospital alcohol care teams** can reduce overnight stays in hospital and readmissions (by **3%**) and A&E attendances (by **43%**) related to alcohol.

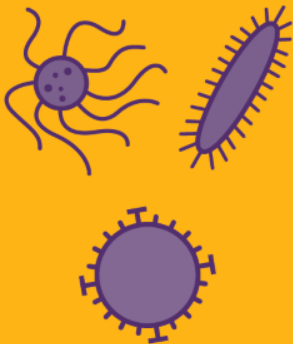



# Targeted prevention and harm reduction – drugs




Needle and syringe programmes to prevent infection and spread of blood-borne viruses

Target at risk groups. eg homeless, sex workers, men who have sex with men



Advice, testing, vaccination and treatment for blood borne viruses

Prevent overdose deaths; provide take-home naloxone to reverse the effects of opioid overdose





# Specialist treatment and recovery (alcohol & drugs)

Recovery focussed services that address housing, employment, offending and health & wellbeing

Services address dependence at different severity levels, and address changing patterns of use

Services address parenting and children's needs. Parental treatment has major benefits for the child

Support sustained recovery: develop peer support, build relationships, make use of community resources

NICE compliant, community based, inpatient and residential treatment based on assessed need



Ensure recovery plans integrate psychological with pharmacological interventions where needed





# Interventions and outcomes for families

For the children of alcohol or drug misusing parents, treatment and joint work with children's services is protective

Treatment has major benefits for parents and their children. Parents lives become more stable, they can address their wider problems and get help to look after their family better



Safeguarding is a core component of what drug and alcohol treatment services do

Drug and alcohol treatment, children and families services, health visitors and other support services all work together

With the right support, most parents can recover from their alcohol and drug problems and become better parents



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# The benefits of investing in interventions



# Specialist interventions for young people work and save money

Specialist interventions contribute to improvements in health and wellbeing, educational attainment, absence from school or training, and risky behaviours

£'s

Young people's drug and alcohol interventions result in **£4.3m health savings** and **£100m crime benefits** per year

£'s

If just a 7-10% reduction in the number of young people continuing their dependency into adult is achieved, the lifetime societal benefit of treatment could be as high as **£49-£159m**

£'s

This equates to a potential **£5 - £8** benefit for every **£1** invested



# Investing in alcohol interventions saves money

£'s

Identification and brief advice in primary care can save the NHS **£27** per patient, per year

£'s

Hospital alcohol care teams reduce the demand for hospital services. The return on investment can be **£3.85** for every **£1** invested

£'s

High need, high cost drinkers are small in number, but place a very large burden on emergency services. Small-scale evaluations show that assertive approaches working with High Impact Users can deliver reductions in service use and considerable savings



# Investing in drug harm reduction saves money

A large, stylized syringe graphic is positioned horizontally across the middle of the slide. The syringe is dark teal with a yellow rectangular box inside the barrel. The text inside the box is in a dark purple font. The syringe has a plunger on the left and a needle pointing to the right.

Needle and syringe programmes cost around £200 a year per injector and can provide the following savings:

- **£22,000-£41,000** a year for every prevented case of hepatitis C treatment
- **£10,000-£42,000** a year for every prevented case of HIV treatment
- Reduced spending on A&E attendance and hospital stays for injecting site injuries and infections



# Investing in drug & alcohol treatment saves money

**£2.4 billion**

Combined benefits of drug  
and alcohol treatment

**£4**

Social return on every **£1**  
invested in drug treatment  
a total of **£21** over 10 years

**£3**

Social return on every **£1**  
invested in alcohol treatment  
a total of **£26** over 10 years





# Alcohol and drug misuse impacts on a wide range of local priorities

## Health, wellbeing & social care



## Prosperity & attainment

## Criminal justice



# Find out more...

Local alcohol profiles for England  
<https://fingertips.phe.org.uk/profile/local-alcohol-profiles>

[www.gov.uk](http://www.gov.uk)  
Alcohol and drug misuse prevention and  
treatment guidance  
<https://www.gov.uk/government/collections/alcohol-and-drug-misuse-prevention-and-treatment-guidance>

Drug and alcohol treatment data  
National Drug Treatment Monitoring System  
<https://www.ndtms.net/default.aspx>

Health and wellbeing indicators PHE  
fingertips  
<https://fingertips.phe.org.uk/>

Local PHE centres  
<https://www.gov.uk/guidance/contacts-phe-regions-and-local-centres>

