



Cardiff & Vale APB

Covid-19 Update for Substance Misuse Services

From the APB Support Team

These updates aim to keep you updated on changes to local substance misuse service delivery, provide you with information on practices being adopted in other APB areas and in local services, and to share key messages from Welsh Government. Please keep us updated on the challenges that you are facing, so we can ask for help from other services and organisations, on your behalf, and escalate any issues as required.

Our Information Sharing Conference Calls are moving to fortnightly, and are an opportunity to share information, and to ask for assistance or offer help to other services who may need it.

PPE We are able to support commissioned service providers in accessing PPE stock that is being co-ordinated by NHS Wales. However there is no guarantee that requirements will be fulfilled and no current information as to what the turnaround time is. Please get in touch if you would like to access this. Alternatively, should your organisation have surplus PPE stock that is not currently required, we ask that you also notify us, so that we can explore sharing this within the APB Footprint if required.

TESTING We are now able to refer staff employed by our commissioned providers for testing. For testing to have the most benefit, it is important to consider how long the person has been self-isolating before making the referral. If you would like to access this, please email Charlotte Thomas for a referral form. We will then forward this on to the team, and they will be in touch to arrange an appointment.

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USEFUL LINKS

Feedback from other APB Areas in Wales

Most services are using digital technology, or moving to mobile provision.

Buvidal is being used in all areas where clinically appropriate.

A number of APBs are concerned about the number of people increasing their intake of alcohol at home, and the risk if individuals going into involuntary detoxification, or those who should be shielding leaving their homes to purchase alcohol.

Many areas are struggling to access PPE and testing for third sector providers.

All areas are prioritising prescribing and NSP services.



Intelligence and Local Information

We have been advised from a number of sources that drug dealers are advising their users to 'bulk buy', increasing the risk of overdose. Extra Naloxone has subsequently been supplied to usual providers by Taith.

South Wales Police have noted that the drugs supply chain has been severely disrupted, and there is limited availability across the region. In addition, those who have previously had an income from begging to purchase drugs now find themselves without money to purchase. Police have noticed an increase in acquisitive crime, and there is also a rapidly rising increase in need for rapid OST. It is also identified that drug dealing is more visible because the lack of members of the public being out and about, and there is an issue with aggressive begging in the City Centre.

The Huggard Centre have reported that there were a number of SPICE overdoses on Henson St and Dumballs Rd over the weekend. Once the Huggard can obtain a sample of this substance through its client base, it will be sent to WediNos for testing.

Cardiff Council have arranged for people who are rough sleeping to be housed in hotels. One Hotel in Riverside is housing 51 people, with an 89 bed hotel on East Tyndall St also now fully occupied. The Huggard Centre is providing mobile NSP to this hotel on a trial basis twice a day. People requiring NSP in the Riverside hotel are utilizing the Taith NSP. In the meantime, new homelessness presentations in Cardiff are increasing.

The Rapid Access Prescribing Service is commencing all new referrals for OST on Buvidal rather than methodone. CAU will also be providing rapid access to prescribing imminently for individuals who are homeless.

There is a noted decline in individuals accessing NSP, presume due to equipment being provided to last an extended period of time.

From a Vale perspective, Taith and Footsteps to Recovery report higher anxiety among service users, and that clients are increasing their alcohol consumption and panic buying alcohol. They also report that with restrictions affecting begging, some clients are now struggling financially.

There are reports also of prescription drugs being counterfeited across the country. There is an increasing number of clients asking for OST in the Vale. The UHBs dispensing team have increased their prescribing numbers from 30 to 50 people.

The reported reduction in drug availability presents a risk of acquisitive crime in relation to methadone delivery. Preventative advice is being offered to pharmacies who are also being target hardened in anticipation of an increase in crime targeted at them.

Substance Misuse Operational Updates

Adult Services

Community Addictions Unit

The Pine Ward has been repurposed as a COVID-19 Ward for patients from Hafan Y Coed, and there were 2 admission's over the weekend. There are currently only a few people receiving onsite dispensing. Protocols for home detox are being established. Clients are also given the option to wait and access normal channels when things return to normal. Footsteps to Recovery have offered to support clients with this. Experiencing issues with incorrect and out of date contact details on PARIS, which hinders being able to contact people quickly. All referrers to CAU are asked to check that the persons contact details are accurate.

Homelessness Services/MDT Outreach

Both the YHA and OYO hotels are at capacity and additional venues are being scoped. The Mobile NSP provided by the Huggard Centre is going well and is based outside the YHA twice a day. A number of ASB issues in the area around the OYO Hotel from residents and councilors. The YHA has had no issues reported.

The Bridge Programme

The service remains operational with changes in place to adhere to social distancing. The clients are struggling with the change to structure but are being supported by staff. One resident has been identified as requiring detox..

The Huggard / Needle and Syringe Programme

The Huggard is providing a mobile outreach to YHA on t East Tindle St. Its static NSP service at the Huggard remains operational 24 hrs a day but has seen a reduction in use from an average of 56 transactions a day to 36 transactions.

Taith / EDAS / NSP

NSP remains quiet, particularly in the Vale. NSPs are ensuring that extra supplies are distributed when clients do attend, in order to limit the amount they leave their homes. Remaining elements of the service continue functioning remotely.

Substance Misuse Operational Updates

Adult Services

Adferiad Recovery

Continue to be operational. Working with Cardiff Council to supporting individuals who are homeless.

Cardiff Alcohol and Drug Team

CADT have full staff complement, however Cardiff Council have repurposed members of the team to other areas.

Footsteps to Recovery

- Pobl

All Pobl staff are working from home utilising telephone support. The service is working to get online sessions produced by their practitioners available to clients. The service is also hoping to deliver video conferencing for those clients who have the equipment. The re-engagement service is busy, doing some work in the community but predominantly over the phone. The Pobl element of the MDT is busier than normal and delivering counselling and care via telephone where possible.

Dyfrig House is experiencing high levels of drug use since it relaxed its stance on using substances in the building.

There is the potential for Footsteps to Recovery staff to be redeployed into Pobl care homes. However as the staff are recognised as specialist staff, this is unlikely.

- Recovery Cymru

Recovery Cymru are offering a lot of support to people over the phone and are currently supporting people who have experienced a lot of trauma. Recovery Cymru are keen to provide peer support wherever its needed in the system.

- New Link Wales

New Link is developing online training for staff and volunteers, its 5 members of staff are all working from home.

Substance Misuse Operational Updates

Children and Young People Services

Young Persons Drug and Alcohol Service

YPDAS is continuing as normal and offering sessions over the phone as they did last week. In addition, YPDAS are now also offering video calls as it was agreed the risk of not carrying out sessions outweighs the benefits so restrictions have been uplifted.

Emotional Wellbeing Service

EWS has seen a couple of new referrals but not at the usual level. Contact is being maintained by telephone. There have been reports that people are still going out to sell drugs, However, 3 cases were closed last week because the young people have stopped using. EWS are keeping an eye on domestic abuse , particularly with the lockdown being extended. Nothing new or unexpected to report.

Youth Offending Service (substance misuse workers)

No major change to report from last week. YOS are continuing to speak to clients, and case managers via telephone. It has been noted that John the young people are staying indoors and are now abstinent. Still doing doorstep visits for high risk individuals.

Integrated Family Support Service

IFST are unable to accept new referrals but are offering telephone support. There has been good uptake on telephone calls and IFST will be looking to continue this long term, for those who don't want to participate in groups.

Switched On

Not currently able to operate. Staff have been redeployed.

Service Pressures and Offers of Support

No requests have been made for support this week.

Recovery Cymru

Are offering to provide peer support wherever it is needed. Contact Sarah Vaile if this would benefit people using your service.

Adferaid

Are offering digital support for parents of children and young people who use drugs and alcohol if required.



Welsh Government Update

Welsh Government are assessing the impact of early prison release across Wales. Early release of prisoners has commenced. The numbers are currently low, and there is agreement that those individuals will be released with an agreed plan in place.

KPIs will not be published for at least 6 months-minimal data sets will be required from APBs. APB finance and governance arrangements will be relaxed to allow APBs flexibility to respond to current circumstances. Guidance will shortly be issued as regards the support which should be provided to socially vulnerable groups (for example, those with mental health problems, substance misuse issues, refugees and asylum seekers).

Welsh Government continues to work on safeguarding children and families, and will be asking for information from each APB area shortly.

Additional advisory guidance has been issued by Public Health Wales in relation to Covid-19 testing for key workers (see below in the “useful links” section).

Useful Links

The latest guidance issued by PHE today and also developed with PHW in relation to PPE:

<https://www.gov.uk/government/publications/wuhan-novel-coronavirus-infection-prevention-and-control/covid-19-personal-protective-equipment-ppe#contents>

Mental Wellbeing Coping Calendar



Coping calendar.jpg

Mental Wellbeing Coping Guide



Mental Wellbeing
Guide.pdf