

Aims

To provide treatment and support to drug users and their families in Grangetown and Great Eston area of Redcar and Cleveland.

Location

The specialist clinic is in Grangetown, a township in Redcar and Cleveland.

Redcar is the main urban centre of the Redcar and Cleveland district in Teesside. It is characterised by contraction of traditional industries resulting in 82,000 redundancies in chemical, iron and steel, heavy engineering and shipbuilding sectors.

Resident population in 2001 census was 139,132.

Health figures from the census show figures below the national average, with 12.1% rating their health as "not good" and 23.3% having a limiting long-term illness, health problem or disability.

The Intervention strategy

Staffing

The practice uses NRF to fund a specialist GP post (0.6 full time equivalent post) with a knowledge of drug treatment and the local drugs scene to provide primary care and drug reduction and replacement strategies for referrals. Local GP practices and clinic refer drug users- nearly all of which are for class A drugs addiction.

An addictions nurse and specialist psychotherapist support clients and are available by appointment and through surgery times. The team is supported by a practice manager.

Funding

The NRF has funded the first two years of the intervention – with £212 000 in total.

Operating Method

The clinic accepts self referrals and referrals from local GPs, YOT, Probation, and any relevant agency such as Addictive Behaviour Service and Prisons Service.

The initiative offers a range of therapeutic interventions in the same clinic. The walk in clinic can provide an entire drug treatment service, and so there are no waiting lists or

frustrating appointments systems. The team do make referrals to other agencies to support patients. The accessibility of the clinic and network with other services are important for drug users who are committed to reducing drug use but anxious about the difficulties they face.

Achievements of the intervention

Main Achievements

- ◆ Approx 200 class A drug users in treatment
- ◆ Demonstrating the usefulness of psychotherapy in community based drug treatment services
- ◆ Reduction in local drug dealing as demand declines

Nearly 200 people with addictions have been helped with treatment and support for themselves and their families. The clinic serves a small area and is easily accessible to clients.

The provision of psychotherapy has been especially effective for many clients who have pre-existing trauma that drug addiction is masking. The psychotherapy service helps clients to address these issues at the same time as they receive other drug reduction treatment. For many clients this is essential to maintain the benefits of the treatment.

Over the last two years the success of the community based treatment has reduced demand for class A drugs in the immediate area. Police and community groups report that drug dealers are moving away to other localities. This is producing a double added benefit –

- ◆ reducing anti-social activities related to dealing and addiction, and
- ◆ reducing risk to other vulnerable people through diminished supply and reduced efforts to recruit new addicts



Mainstreaming Strategy

Middlesbrough Primary Care Trust is committed to adopting the work as part of mainstream services after NRF funding expires.

The Learning Curve

The effectiveness of community based drug treatment services has not been adequately recognised before. The Fulcrum model is demonstrating that targeted treatment can reduce addiction and associated health problems, and also reduce the local drug market.

The project is a success because it offers a one stop shop for addicts and helps them utilise services when they might fail to follow up appointments or visit multiple agencies in conventional services.

The skill mix in the Fulcrum is vital to the success of the project, but recruitment of specialist staff is very difficult. More specialist staff and support for a range of skilled staff will be required if the success of the intervention is to be replicated.

Key Lessons

A community based clinic with specialist practitioners and specialist local knowledge can fundamentally alter the local drugs scene.

The one stop shop meets the needs of an anxious and often disorganised client group and encourages the most effective utilisation of services.

Many clients need psychotherapy services as well as other drug reduction therapies. Previous trauma is often masked by drug addiction, and without treatment this trauma will provide a motive for relapse.

Contact details

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FULCRUM MEDICAL PRACTICE



Providing GP & specialist services for those with addiction problems

Fulcrum Medical Practice

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NRF Priority:

Health

NRF Authority:

Redcar and Cleveland

NRF Funding Level:

Medium

PTO for additional information

Lead Agent:

Fulcrum Medical Practice

Main Partners:

Redcar and Cleveland Drug Action Team

Location:

Grangetown, Teesside

Main Achievements:

Approx 200 class A drug users in Treatment

Demonstrating the usefulness of psychotherapy
in community based drug treatment services

Reduction in local drug
dealing as demand declines