















# North Yorkshire Substance Use Strategy Public Consultation Summary Report

September 2024

#### 1. Introduction

North Yorkshire Drug and Alcohol Partnership Board respects everyone and everyone's experiences of alcohol and other drug harms across North Yorkshire and is committed to: "reducing harms associated with substance use across North Yorkshire – putting people, health and communities at the centre". We will champion and advocate for non-stigmatising communities across North Yorkshire and work with people, our communities, our assets and our services.

#### 2. Context

Following the publication of a new national 10 year drug strategy (<u>From harm to hope: A 10-year drugs plan to cut crime and save lives - GOV.UK (www.gov.uk)</u> which formed the Government's response to the Independent Review of Drugs, led by Dame Carol Black (<u>Independent review of drugs by Dame Carol Black: government response - GOV.UK (www.gov.uk)</u>, drug and alcohol partnerships were required to develop local substance use strategies and delivery plans.

In 2023, a North Yorkshire Substance Use Strategy was drafted by the North Yorkshire Partnership Board, made up of the following organisations:

- North Yorkshire Council
- North Yorkshire Police
- National Probation Service
- Office for Policing, Fire, Crime, and Commissioning
- North Yorkshire Horizons
- North Yorkshire Rise
- Humber and North Yorkshire Integrated Care Board
- North Yorkshire Connected Spaces

The strategy sets out three key priorities:

- Drug supply and responsible retailing of alcohol
- Delivery of effective support for all people who experience harmful substance use
- Prevention of use of substances

The priorities are supported by partnership action on:

- Harm reduction
- Homes and jobs (and volunteering and education)
- Targeted local action
- Communications and engagement
- Workforce development
- Research and development

#### 3. Public consultation on the strategy: February – April 2024 (12 weeks)

The Drug and Alcohol Partnership Board led a 12-week public consultation (hosted by North Yorkshire Council) on the draft strategy, which enabled adults and young people to view the

strategy document, a short 4-minute video outlining the key aspects, as well as an easy read version. Residents were invited to complete a short online or paper survey, which was available at local libraries and substance use service hubs. There was also a young people's version of the strategy (one page infographic), as well as a bespoke young people's survey.

#### 3.1. Stakeholders

A range of stakeholders were identified whom we really wanted to hear from, to ensure all people with experience of substance use and associated harms had the opportunity to contribute to the strategy, including:

- General public (adults and young people)
- People who use drugs and alcohol (adults and young people)
- People affected by a loved one's substance use.
- People who live in rural/ coastal communities.
- People who have protected characteristics, such as a disability, identifying as LGBTQ, the travelling community, serving in the armed forces or a veteran.

#### 3.2 Consultation Feedback

The consultation survey was completed by:

- √ 223 adults
- √ 25 young people

The consultation video was viewed 351 times. The consultation heard a range of feedback from a range of people with a range of perspectives.

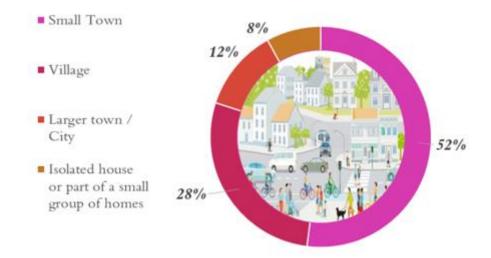
#### 3.3 Survey results

#### 3.3.1 Location

During the consultation, we heard from a range of people across North Yorkshire. The image below identifies the percentage of survey responses from each locality.



Most people completing the survey lived in a small town, but we did hear from people who live in large towns, villages, and hamlets.



#### 3.3.2 Sexual orientation

Of the people who completed the survey, 85% described themselves as straight, 4% described themselves as gay or lesbian, 3% described themselves as bisexual, 7% did not specify their sexual orientation and 1% described as other (including pansexual).

#### 3.3.3 Gender

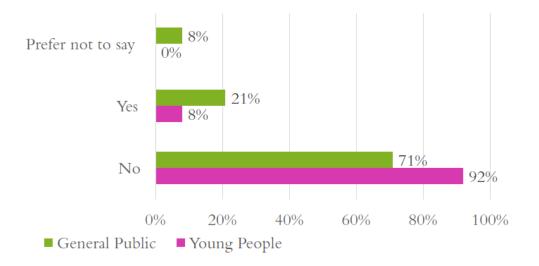
Of the people that completed the survey, 1% said they would describe their gender in another way and 5% did not specify. 96% said they identified with their sex registered at birth, with 1% saying they didn't and 3% didn't specify.

#### 3.3.4 Ethnicity

Of the people that completed the survey, 93% White, 3% from mixed or multiple ethnic groups and 4% preferred not to say.

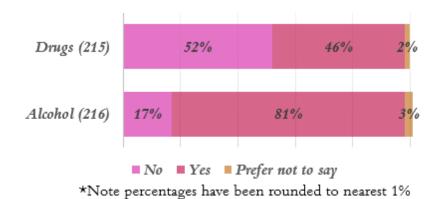
### 3.3.5 Disability or life limiting condition.

21% of adults and 8% of young people that completed the survey identified as having a disability or life limiting condition.



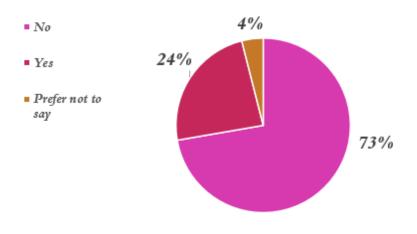
## 3.3.6 Experience of using substances

Most people who completed the survey had drunk alcohol before and 46% of people had used drugs.



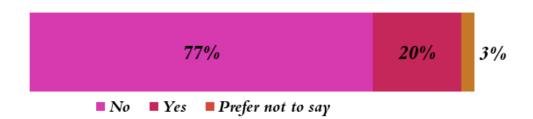
## 3.3.7 Accessing services

24% of people completing the survey had accessed services for support with substance use.



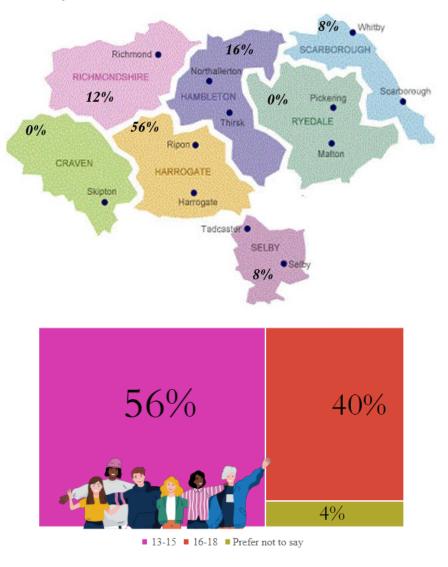
### 3.3.8 Affected by another person's substance use:

20% of people completing the survey had been impacted by a loved one's substance use.



## 3.4 Young people

Young people responded from across North Yorkshire, except for Craven and Ryedale. Most young people were aged 13-15.



# 4. Key themes

The key themes that emerged across all sources of feedback are described in the table below, along with the Drug and Alcohol Partnership Board's response and/or actions taken in redrafting the strategy where applicable:

### **General Feedback**

Feedback theme	Example	Action Taken
Language used to describe people who experience harmful patterns of substance use.	"I think there is a lot of words used, I think it is up to the individual how they are addressed. I am in recovery, and I have no problem being referred to as a person in recovery."  "I like it as it's non-discriminatory, so much of the usual language sounds dirty and wrong, makes you feel like a loser."  "Posh, rich, privileged people become addicts too don't forget."	North Yorkshire recognises that language and tone in relation to substance use are important:  "The words we use (or don't use) carry more power than we realise, and if used carelessly, terminology can silence, exclude, and dismiss certain people and their experiences. But applied carefully, certain terminology has the power to bring under-represented voices to the forefront while making people feel included and valued." (The Kings Fund, 2021)
		"The language used to describe people who use drugs can propagate stigma." (adapted from Journal of Public Health, 2022)  "It is important that we challenge ourselves to use accurate and clear language to identify the underlying causes of inequity."  (Australian and New Zealand Journal of Public Health, 2021)

		The strategy balances our respect for everyone in North Yorkshire – individuals who use alcohol and other drugs and people who experience harms as a result of alcohol and other drugs, whether or not they use them personally.  Our three key priorities reflect our commitment to tackling all harms through
		Supply (and wide-ranging harms associated with supply)     Prevention of use (including wide ranging factors that increase the chances of harm)     Provision of effective support for people who need it (including harm reduction interventions)
		The strategy recognises and promotes individual identity; all individual identities are celebrated.
		✓ We have changed 'harmful patterns of substance use' to "harmful substance use."
What we mean by 'substances' i.e., alcohol, illegal drugs, and	"You cover drugs and alcohol, but what about glue sniffing?" "I think this should say substance or	The strategy covers alcohol, illegal drugs, and medicines – and refers to them as 'substances.'
medicines.	alcohol use, as lots of people would	

think of substance use as only drugs and would not see alcohol as a substance in the same way."

The reasons for this are:

All of these are psychoactive substances and change how the brain and nervous system work, and the way that people who use them feel, think, behave, and experience things.

All can cause harms.

The introduction to the strategy defines what we mean by substance use and gives examples of each.

The strategy is comprehensive vs the strategy lacks detail.

"I'm worried that this Government does not look at long term solutions to difficult problems like drug and alcohol...A steady and consistent strategy like the one described in your document is the answer."

"The strategy is very thorough."

"The strategy makes a lot of comments about what 'will' be achieved with no substance of how it will be achieved."

"It covers the issue of what efforts are being made but it's unclear on who's doing what and how."

The strategy sets out highlevel priorities that a range of statutory, charitable, community and voluntary organisations and services, alongside people with lived and living experience, will continue to work together to deliver for all people across North Yorkshire.

Each chapter summarises 'what the partnership will focus on' and provides a high-level summary of 'what this looks like in practice' and 'how we will measure success.' Many of these measures of success are measures where the Government will hold the partnership to account for delivering.

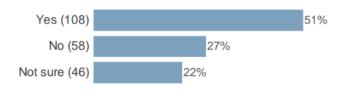
Figure 1 shows how delivery of the strategy is managed across North Yorkshire.

✓ We have added a short section at the

start of the strategy
to explain the
purpose of the
strategy and how
accountability for
delivery is
managed.

# Chapter one: break drug supply chains and facilitate responsible alcohol retailing.

Do you feel that the police target the right areas of the drug market (for example, county lines, occasional use of illicit drugs, opiates such as heroin, alcohol)?



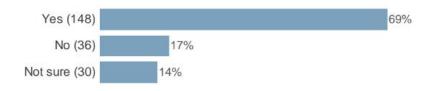
Feedback theme	Example	Action Taken
Understanding the local, place-based threat from drug supply, to help target resources and proactivity.	"More use of local intelligence."  "I really believe that Ripon is becoming a real hotspot for misuse of substances – it may be that it's worse elsewhere but if that is the case then it must be absolutely awful. It gets overlooked on so many occasions as a sleepy place, but issues are escalating under the surface and the small upticks on violent behaviour are just the first signs of a much deeper-seated problem."  "Whitby, Whitby has a heavy problem with drugs."	✓ We will ensure that North Yorkshire Police have an updated Drugs Market Profile to properly identify our drugs supply threat and our highest impacted areas, allowing us to tailor our approach and focus our resources effectively.
Lack of communication on police activity to tackle drug supply.	"I don't feel local media disclose this type of action much, so we don't get to hear of it."  "Very little information easily available on what the police is	This is a focus for North Yorkshire Police as it is important that our communities know what is being done to tackle the

	targeting. I guess the work is being	drug supply and associated
	done but simple concise updates	harm in North Yorkshire.
	are difficult to find."	
		✓ We will review our
		communication
		strategy to ensure
		we are effectively
		reporting on
		progress and action
		taken, and that a
		broad range of
		communication
		platforms are used
		for this purpose.
Ensure North	"The Police should be more	North Yorkshire Police have
Yorkshire Police	proactive and less reactive it is very	established a Serious
have resources to	rare to see a police officer on the	Organised Crime (SOC)
proactively tackle	Street."	Disruption team, Op Sentry,
drug supply.		who will work across North
	"Understand proactive team	Yorkshire, targeting drug
	disbanded, Therefore Is there going	supply and County Lines
	to be a dedicated team of police	Offenders, identify and
	officers who work fulltime on	support those vulnerable to
	addressing county lines and their	harm from drug supply and
	impact on our town and youth,	SOC, and work to develop
	needed to achieve proposed	the intelligence picture
	outcomes?"	around drug supply and
		associated harms.

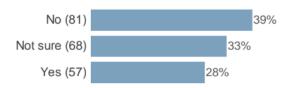
# Chapter two: deliver effective support for all people who experience harmful patterns of substance use.

We have deliberately avoided the use of labelling terms in the strategy that can reinforce stigma and discrimination.

Do you agree with the language that we have used; 'people who experience harmful patterns of substance use'?



Is there anything missing from this chapter that will make a difference to people's chances of recovery in North Yorkshire?



Feedback theme	Example	Action Taken
Lots of groups of people/communities experience harmful substance use and need a flexible and bespoke offer that meets their needs and supports them to achieve their goals – some are not specifically referenced e.g., Chemsex community, farmers, military personnel and veterans, women and women who are mothers, etc.	"I think a lot of females are terrified to come forward and ask for help because of the fear of losing their childrenbecause you are a drug user so automatically assume your child is neglectedif this could be addressed then there would be a lot of Mums free of the mental burden of being an addict."  "As a RAF Veteran, I'm heartened to hear of the sessions being held on Catterick Garrison and the wider Military too."  "I didn't see anything about reaching out to the Chemsex community."	A key focus of the strategy is to "identify and engage more people who could benefit from specialist support services."  ✓ We have added more clarity that we will continue to focus on providing "a flexible and tailored offer for everyone, including people who are under-represented in services."
Different people need and prefer	"Interesting to note there was no mention of community groups such	

different types of	as AA NA and CA these	<b>√</b>	We have added
different types of	as AA, NA, and CA – those	•	
support, including	program outlines a way to achieve		more clarity that we
digital, face to face,	total abstinence and long-term		will continue to focus
support delivered by	recovery for problem users. There		on provision of "a
people with lived	are hundreds in my local community		range of tailored
and living	and nationwide who enjoy		interventions that
experience, and	successful lives free of harmful		support people to
support that is	addiction thanks to these free		identify and achieve
independent of	community groups that are		their goals, such as
services such as	available every day - face to face		digital, individual and
North Yorkshire	and online."		group-based
Horizons.	and orinine.		interventions."
FIUIIZUIIS.			
		✓	vvo navo adaod
			more clarity that we
			will continue to focus
			on volunteer/peer led
			support (sometimes
			referred to as mutual
			aid and lived
			experience and
			recovery
			organisations).
Mental health	"There needs to be Dual Diagnosis		,
support needs to be	support within addiction and mental	<b>✓</b>	We have added
available to people	health services, at the moment if		more clarity that we
who use substances	you have one you can't have the		will continue to focus
- this should be	other and a lot of people with M.H.		on action to improve
more explicit in the	issues self-medicate with		access to mental
strategy.	substances including prescription		and physical health
Strategy.			• •
	drugs."		services for people
	"D I I		who use substances,
	"Dual diagnosis is missing."		including advocating
			for a "no wrong door
	"Supporting people with dual		approach" to
	diagnosis - a multi-agency		access.
	approach."		
	"Mental health support is key to		
	stopping drug use."		
	"And a clear overlap with CMHTs		
	(Community Mental Health Teams)		
	and mental health sector more		
	broadly."		
Appropriate support	"The family, friends, and carers of		
for significant others	people with substance problems.	<b>✓</b>	We will continue to
(including carers) in	They are frequently inadequately		advocate for the
	I They are inequently inauequately	1	auvocate for the

their own right, is really important.

supported and therefore do not have an equity of access to recovery. This can lead to intergenerational mal-adapted coping strategies, intergenerational substance misuse, greater demand on all local authority and health care services. Early intervention to families saves fortunes down the line; not to mention improves physical and mental health, strengthens communities, protects the vulnerable and allows all families to thrive."

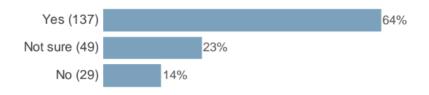
"Plus supporting families and carers of the people who live with harmful substance use."

bespoke and unique needs of carers and families and friends of people who use substances within the North Yorkshire Carer Strategy and associated commissioning arrangements. This Substance Use Strategy now acknowledges the needs of carers and significant others within Priority 2: Deliver effective support for all people who experience harmful substance use.

✓ We have ensured that the support service for people affected by a sudden unexpected death that is provided in North Yorkshire is available and promoted to people affected by death associated with substance use: Major Incident Response Team | North Yorkshire Council

# **Chapter three: prevent demand for substances**

Are school lessons the best place for young people to learn about drugs and alcohol?



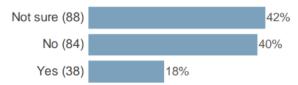
Feedback theme	Example	Action Taken
Ensure education and awareness in school settings, instead of criminalising.	"Criminalising them is not the answer."  "Going into schools to give talks and regular updates on drugs and alcohol. Starting from year 6 primary then year 7."  (There were a high number of comments reinforcing the importance of schools and education).	The strategy describes a strong focus on a harm-reduction approach as well as trauma-informed principles when working with young people.
Education is not just in schools but in youth clubs, community venues, shops, leisure, TV, and social media.	"Reinforce in shops, cinema, clubs."  "TikTok, YouTube, Facebook, Instagram."  "School, scouts, guides etc. Youth clubs."  "At every touch point where it is possible to engage with children."	The strategy acknowledges that alcohol and substances advice and education messaging should be available in a variety of settings, including leisure facilities, community venues, youth clubs, shops and on social media.  We aspire as a partnership to develop age-appropriate, positive messaging campaigns aimed at children, young people, and families, in a variety of settings, including social media, that tie-in with the education received in schools and colleges.

Education does not just need to be delivered by teachers, but involve other experts, including doctors, police, alcohol workers etc – NB peers.  Parents are key to both education and supporting of young people.	"Engaging more with Schools with pupils from a young age."  "people with lived experience going into schools."  "Specialists going into school."  "someone with lived experience needs to share their story."  "Youth centres, events, professionals going into schools."  "Parents are also key."  "More support for parents."	The strategy confirms that children and young people will be able to access evidence-based, ageappropriate education, starting at the age when young people tell us they are first exposed to substances. Education should not just be delivered by teachers, but by relevant experts in their fields, including peers.  The strategy acknowledges that the pathway of support for children and young people needs to include
	"an integrated approach, parents should be part of it."  "Must include parenting."	their families.  The strategy aims to empower parents and carers to support children and young people in both education around drugs and alcohol, and in making
It is important to think why young people take drugs and alcohol and build self-confidence and resilience to reduce isolation, bullying and susceptibility to gangs; we need more to do in and out of schools.	"bullies and the bullied are more likely to take up alcohol and drug use due to peer pressure (being part of the gang) and self-confidence issues from being bullied."  "ones more likely to fall into misuse are the ones roaming the streets Pop up activities."	positive choices.  ✓ We have added more clarity that we will advocate to bolster leisure facilities for young people to improve self-confidence and personal resilience and reduce bullying and the influence of gangs. The North Yorkshire Strategic Leisure Review provides an opportunity to influence this.
Support for young people where harmful substance use is in the family.	"family, friends and carers of people with substance problems intergenerational substance misuse."	The strategy recognises how important it is to support children and young people where substance

	"diversionary youth work for those who have addicted parents."  "supporting families and carers of the people who live with harmful substance."  "support school leaders with families who do not meet children's basic needs, through the adults' drug and alcohol use."	use is in the family, and this is a focus in the strategy.
Evidence of trading standards and other agencies working together.	"I see no effort with trading standards working with teams to disrupt."  "County lines has been happening for 40+ years."  "It needs a multi-agency approach."	The strategy describes how we take a multi-agency approach when managing underage sales. We have a substance use partnership board with partners including North Yorkshire Police, trading standards etc.
Workforce – encourage young people to be aware of drugs and alcohol support work.	"Drug and Alcohol workers are under appreciated in society and I think children need to be aware of the work they do and career options available if they want to go into this line of work."	There is work ongoing to engage with schools and colleges in considering drug and alcohol support work careers.

# **Chapter four: harm reduction**

Is there anything missing from this chapter that would be significant in reducing substance related harm to individuals, families and communities?



Feedback theme	Example	Action Taken
Need to test drugs.	"Provide a service of drug testing so that people can send samples in and have them tested and receive these results - people will do drugs regardless of the law so the safest thing is for them to know what they are taking. Don't send back tested samples but if they send a sample the result will be valid for the drugs they have from the same sample."	Wedinos already provides a facility across the country for people who use drugs to send samples for testing with results being published on their website. Wedinos is promoted within North Yorkshire Horizons and North Yorkshire Rise.  The strategy also commits to continuation of the North Yorkshire Drug Analysis Project (NYDAP), which means that samples that can be tested from the police related to harm and night-time economy venues.

		<del></del> 1
Harm reduction	"Help those engaged in substance	The strategy commits to
information.	misuse to understand the risks	continued development and
	present local drugs market. Drink	promotion of the Drink Drug
	Drug Hub training to be made	Hub. It is regularly updated
	available on demand as it is not a	with new harm reduction
	session which includes	advice. There are also plans
	participation."	to establish a social media
		presence.

# Chapter five: homes and jobs (and volunteering and education)

Feedback theme	Example	Action Taken
Having a home is important – and people need choice and flexibility.	"Housing, people need a choice".  "What is suitable and safe housing? Are you talking about supported housing? What does it mean supported housing? Are there time constraints on living in such housing?"	This strategy recognises and acknowledges how important homes and jobs (or volunteering or education opportunities) are. We have ensured that it is a specific focus within the strategy.
	"Whilst suitable safe housing is essential for ensuring that someone is in a stable place to access support. It is clear that the physical resources such as flats/apartments are massively limited."	The North Yorkshire Housing Strategy 2024- 2029 gives us the opportunity to continue to advocate for the bespoke and unique housing and related support needs of people who experience harmful substance use. The 'Our People' priority within the strategy is about meeting the housing needs of our population and particularly our older households, homeless

	households, those threatened with homelessness, and households with support needs.
	We will continue to advocate for people who experience harmful substance use within the North Yorkshire Housing Strategy and associated commissioning arrangements.

# Chapter six: targeted local action

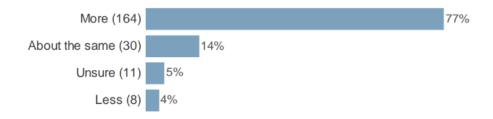
Would other parts of North Yorkshire benefit from some place-based action to address specific health or social issues connected to drugs and alcohol and why?

Feedback theme	Example	Action Taken
Rural locations also need support.	"This is a national problem; people seem to think it's only Town/ Cities but it's a massive problem in rural areas too. Especially areas where there are transport companies or areas with a huge migration often giving a green light for drugs to come into rural areas undetected yes, it's happening under people noses!"	The strategy acknowledges that substance use, and associated harms occur across North Yorkshire, and commits to delivering "reduced harms across North Yorkshire."  Section 5 summarises what we know about substance
	"Substance abuse happens in all communities."	use in various parts of the county – based on data and insight.  The strategy outlines examples of targeted local multi-agency action; there are many others. We will continue to take local action
		based on intelligence. Please continue to report intelligence via 101 or 999,

or the Comm	<u>nunity</u>
<u>Partnership</u>	<u>Intelligence</u>
Form.	

## Chapter seven: communications and engagement

Volume: Do you think the council and partners should be communicating to the public more, less or about the same on substance use and related harms?



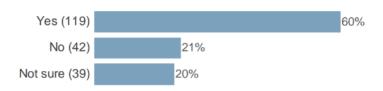
How best can we continue to involve people with lived experience of the harms associated with substance use in the design, development and delivery of services, strategy and practice?

Feedback theme	Example	Action Taken
Promote AA/NA and	"Involve AA. Professionals seem	✓ We have added more
other mutual aid	reluctant to steer people in the	clarity that we will
groups as part of the	direction of AA as there is a	continue to promote
comms and	common belief that it is religious."	the range of support
engagement		offers available to
strategy.	"Professionals seem reluctant to	people in North
	steer people in the direction of	Yorkshire, not just the
	AA."	specialist

		commissioned
		treatment services.
Suggestions of ways to ensure people can have their say from start to finish using a variety of ways, such as surveys.	"A variety of methods so people can choose which and be anonymous."  "Be involved at every stage."	✓ We have added more clarity that we will ensure there are a range of ways people with lived and living experience can contribute to design and delivery of services such as surveys, forums and conversations with people accessing services.
Share positive success stories of	"Provide life stories to inspire."	✓ We have added more clarity that we will
hope and recovery.	"Past stories of people who have been able to turn it around."	support people to share their story with other people in a
	"It would be good to get lived experience people in the sharing their life stories."	range of ways.
More support, advice, and	"Training regarding county lines, what to look out for etc."	The strategy acknowledges that parents benefit from
guidance for		information and guidance on
parents.	"Information and support for	substance use. Drink Drug
	parents, listen to parents who are	Hub includes a range of
	desperate for help."	resources and awareness sessions directed towards
		parents and will be regularly updated.
Hard hitting comms and media	"No punches pulled messages."	The strategy aims to communicate with the public
campaigns.	"Hard hitting consequences required."	about harms associated with substance use, using
	"name and shame."	evidence-based approaches and resources. Evidence shows that media messages
	"Don't nanny people, it won't get them to stop."	that use 'scare tactics' are not effective.

## **Chapter eight: workforce development**

Are there any specific groups of professionals, for example, doctors, teachers or health visitors, who you feel we should target specifically above others – and why?



Feedback theme	Example	Action Taken
Prioritise doctors, teachers, and social workers for training.	"Certainly, GP's mine just Googled alcohol support and said the issue experienced wasn't her problem."  "Teachers, as we only got one lesson on it during school and that's not enough to understand the dangers that something so little could do to you."  "Social workers!!!! I currently work in children's social care, alongside this job and many have no experience working with parents	✓ We have added more clarity that we will prioritise these professional groups.

	with substance use in a supportive, proactive, and realistic way. Yet these professionals are ones that are making decisions about families and parenting capacity."	
Wider workforce.	"Anyone who comes into contact with someone displaying troubling patterns of drink and/or drug use should be equipped to make a positive difference to that person as much as they can if the person is willing to engage."	The strategy confirms a commitment to develop and promote Drink Drug Hub and other training available. There are a range of free and engaging awareness sessions and other training available to all professionals and members of the public. Additional awareness sessions will be developed in response to local needs.

## Summary

Thanks to the Drug and Alcohol Partnership Board members for supporting the design, development, and promotion of the strategy and its consultation. Thanks to all those that provided feedback. All feedback has been reviewed and used to adapt and strengthen the content of the North Yorkshire Substance Use Strategy, as well as support on-going policy and service transformation programmes.

The strategy respects everyone and everyone's experiences of alcohol and other drug harms across North Yorkshire: "We will reduce harms associated with substance use across North Yorkshire – putting people, health and communities at the centre."

For further information contact: North Yorkshire Public Health Team.