

SERVICE SPECIFICATIONS

Service Specification No.	
Service	Alcohol Brief Advice Scheme
Commissioner Lead	Alan Knobel
Period	1st July 2016 - 31st March 2021
Date of Review	

Section 1: Service overview

Top level overview of the service

Providing Alcohol Brief Advice is straightforward, it can be delivered by anyone with suitable training and the correct approach. Screening and brief advice can be delivered in 5-10 minutes. This scheme can be delivered by any Provider who regularly comes in to contact with people who drink more alcohol than is recommended.

Definitions

Alcohol Brief advice consists of the use of a simple evidence based screening tool and the delivery of appropriate brief advice. Where the person is a high risk drinker a formal referral should be made to an appropriate specialist alcohol service.

For the purposes of this scheme, there are four types of drinker:

1. *Low Risk* - either abstinent or drinking at or below recommended levels, not to regularly exceed 14 units per week (men and women).
2. *Increasing Risk* - drinking above the recommended levels, putting them at risk of negative consequences of drinking
3. *High Risk* - drinking at levels which put them at a high risk of negative consequences, 35+ units per week for a woman and 50+ units per week for a man.
4. *Dependent* - drinking at levels which mean they have a physical dependence on alcohol. They may have some withdrawal symptoms and drink to provide relief. Unlikely to be able to go more than 1 or 2 days without alcohol.

Rationale for service (e.g. national standards, PHOF indicators, local indicators)

Drinking above low risk levels creates a huge burden on the health and wider public sector both in terms of the cost of treating alcohol related diseases and the impact on hospital and primary care demand. Often individuals continue to be treated for problems such as high blood pressure, depression or anxiety without ever having the contributing factor of alcohol addressed. If increasing and high risk drinking is

identified and brief advice is offered, it could lead to a reduction in future alcohol-related health problems, which could save on treatment costs.

Drinking above low risk levels is associated with a wide range of problems, including physical health problems such as cancer and heart disease. In addition, alcohol is involved in a wide range of other social and health issues such as offending behaviours, not least domestic violence; suicide and deliberate self-harm; child abuse and child neglect; mental health problems; and homelessness.

Those with co-existing problems, including people with mental health problems, people with learning disabilities, some older people, and some with social and housing problems, may be particularly vulnerable.

Around 40,000 people in Portsmouth drink above low-risk levels, 7,000 of which are alcohol dependent. Annually there are around 4,000 Portsmouth residents admitted to hospital with an alcohol related condition.

Alcohol is implicated in around 50% of all violent crime, including domestic abuse. It is also linked to anti-social behaviour, noise nuisance and criminal damage.

The evidence base indicates that much of this harm is preventable. The introduction and development of comprehensive integrated local alcohol intervention systems considerably benefits Increasing, High risk and Dependent drinkers, their families and social networks, and the wider community.

Identification and Brief advice is effective. On average recipients of brief advice will reduce their drinking by 15%. 1 in 8 increasing or high risk drinkers who receive brief advice will reduce their drinking to low risk levels¹.

Aims and objectives

The aim of this service is to increase the delivery of identification and brief advice (IBA) in community settings. IBA in turn should help to reduce the amount of people consuming alcohol at increasing or high risk levels. Other objectives include:

- To improve access to and choice of alcohol screening and intervention support services particularly in the parts of our communities exposed to increased deprivation
- To provide information about alcohol units and the nationally recommended safe levels of drinking
- To provide quicker access to early assessment of potential alcohol related harm

¹ <https://alcoholibablog.files.wordpress.com/2015/03/evidence-of-effectiveness-iba-communityhealth.pdf>

- To provide an early intervention to reduce the number of people who may become alcohol dependent
- To reduce alcohol related illnesses and deaths by helping people to reduce or give up drinking
- To help service users access additional treatment by offering timely referral to specialist services where appropriate.
- To minimise the impact on the wider community by reducing the levels of alcohol related crime and anti-social behaviour, thereby improving community safety.

Section 2: Service detail

Service description and pathways

The service comprises of 3 levels of activity:

- Alcohol screening for anyone using AUDIT-C tool
- Extended AUDIT screening and structured brief advice for increasing and high risk drinkers
- Referral to specialist service for high risk drinkers

Alcohol Screening

Providers will offer screening to residents using the Audit C tool (a shortened version of the AUDIT questionnaire, a form or scratch card) to estimate alcohol risk. Access routes to this service include both planned and opportunistic situations:

- General and targeted health promotion within the premises
- General health promotion events in the community
- Advice given with self-care of minor ailments
- Identification when carrying out medicine use review, new medicine service, keyworker appointments, routine appointments etc.
- Identification within another local service

The service will identify increasing-risk and higher-risk drinking (5+ on AUDIT-C). Individuals in these groups should be asked to complete the remaining AUDIT questions and brief advice provided. Brief advice aims to motivate individuals to take positive action and help them modify their drinking patterns.

The full AUDIT questionnaire, developed by the World Health Organisation, provides a more accurate risk assessment for alcohol consumption.

The following should take place, depending on the full AUDIT score:

- 0-7 (Low risk) no further action, re-inforce the benefits of continuing to drink at low risk levels
- 8-15 (Increasing risk) deliver structured brief advice
- 16-19 (High risk) deliver structured brief advice and offer referral to the Wellbeing service
- 20+ (Possible dependence) - deliver structured brief advice and offer referral to the Recovery Hub.

Brief Advice

The brief advice activity will include:

- The provision of an Alcohol Brief Advice Leaflet and an explanation of the content
- An explanation of daily and weekly benchmarks and what a unit of alcohol is
- An explanation of the benefits of stopping or reducing drinking alcohol
- An explanation of the categories of drinker and where the person fits within the categories
- Exploring ideas/actions around cutting down alcohol consumption
- Encouraging the customer to set a realistic and achievable goal

Referral to specialist service

This will include:

- Explanation of what is the Wellbeing Service / Recovery Hub
- Reassurance about the confidentiality and non-judgemental support that will be given
- Explanation of how the Wellbeing service or Recovery Hub may make contact
- Reassurance that there is no obligation to engage with the service
- Capture of clients contact details and signed consent
- Referral to be made by either secure email or telephone.

Signposting by providing a number or leaflet to the customer is not acceptable as a 'referral'.

People not wishing to engage or those who choose not to complete the programme may be offered appropriate health literature or referral to an alternative service.

The Provider will maintain appropriate records to ensure effective ongoing service delivery and audit. The Commissioner will be responsible for the promotion of the

service locally, including the development of publicity materials, which Providers can use to promote the service to the public.

Commissioner will provide details of referral points into the Wellbeing service / Recovery Hub which the service provider can use to refer service users who require further assistance.

Contact details for specialist services:

AUDIT score 16-19: Wellbeing Service : Floor 2, Core 4, Civic Offices
Portsmouth PO1 2AL, T: 023 9229 4001
Wellbeing@portsmouthcc.gcsx.gov.uk

AUDIT Score 20+ Recovery Hub, Campion Place 44-46, Elm Grove, Southsea, Hampshire, PO5 1JX. Tel: 023 9275 1617. Secure email: Rhub@portsmouthcc.gcsx.gov.uk

Delivery requirements

- The area used for provision of the service provides a sufficient level of privacy and safety
- When broaching the subject of alcohol and screening, the discussion must be sensitive to people's culture and faith and tailored to their needs
- The Provider has a duty to ensure staff involved in the provision of the service have relevant knowledge and are appropriately trained in the operation of the service
- The Provider has appropriate health promotion material available for the user group and promotes its uptake. This includes stocks of:
 - Audit C scratch cards
 - brief advice leaflet
 - beer, wine and shot glasses as props
 - unit calculator
 - posters and other publicity materials provided by the Commissioner
 - Access to computer facilities to make data entry
- Providers will support Alcohol Awareness week and other alcohol awareness campaigns (at least 2 per year).

Scope, eligibility and referral

The service is to provide alcohol identification and brief advice. It is available to any willing Provider that can demonstrate a proportion of their clients use alcohol above low risk levels.

Any Portsmouth Resident is eligible to receive alcohol screening. Any Portsmouth Resident identified as drinking above low risk levels can receive brief advice. Any

Portsmouth Resident drinking at high risk or possible dependence levels should be offered an onward referral to a more specialist service.

Details will be provided for Hampshire residents on where to access specialist support, allowing the service provider to signpost.

Section 3: Provider eligibility

Staff and training

Staff delivering the service must either:

- 1 Attend the 1 day 'Bingeing, boozing and breaking the habit' training course, delivered through Public Health, Portsmouth City Council.
- 2 Attend a bespoke training course provided by the Wellbeing service for that particular service provider (must be sufficient staff to make it worthwhile).

These sessions incorporate:

- awareness of national guidance on recommended alcohol limits
 - background information as to why alcohol consumption is an issue for NHS and society
 - delivering effective health promotion activity to raise awareness of the scheme
 - use of the Audit C scratch card/ form and the full AUDIT questionnaire
 - use of the alcohol information leaflet
 - use of the unit calculator chart
 - understand how to conduct effective brief advice to reduce alcohol consumption using behaviour change techniques
 - appropriate referral to the Wellbeing service or Recovery Hub using the recommended referral mechanism
 - understand the specialist services provision, especially about confidentiality, to reassure potential clients who you are referring to this service
 - use of Outcomes4Health or PharmOutcomes to record data
- 3 Compete the recognised e-learning for Primary Care, Pharmacies or hospital settings, available at:

<http://www.alcohollearningcentre.org.uk/eLearning/IBA/platforms/ALC/>

In addition to this formal training the Wellbeing service will be able to provide more ad hoc support on delivery to Providers.

Facilities and Locations

The area used for provision of the service provides a sufficient level of privacy and safety. No specific equipment is required.

Service Providers are welcome from across the city, however applications are particularly welcomed from providers working within our more deprived communities, or working with more vulnerable groups.

Section 4: Performance management

Key performance indicators

- Number of people screened using AUDIT-C
- Number scoring 5+
- Number scoring 5+ that complete the full AUDIT and receive brief advice
- Number of formal referrals to specialist services

Data collection systems

- For all levels of the service the required data must be entered in a timely manner onto Outcomes4Health.

Section 5: Remuneration

Tariff

- Alcohol screening for anyone is 75p per screen up to a maximum of £75 per month. This is equivalent to 100 screens
- Brief advice for increasing and high risk alcohol drinkers - £4
- Extended AUDIT screening and structured advice for increasing and high risk drinkers - £6
- Referral to specialist service for high risk drinkers - £2.

Portsmouth City Council makes no commitment on the volume of activity made available to a Provider under these services and reserves the right to withdraw services dependent on budget availability.

Section 6: Appendices

Appendix A: AUDIT-C and FULL AUDIT

Appendix B: Copy of brief intervention leaflet (available from Public Health England or the Commissioner)



The following questions are validated as screening tools for alcohol use

AUDIT- C Questions	Scoring system					Your score
	0	1	2	3	4	
How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times per month	2-3 times per week	4+ times per week	
How many units of alcohol do you drink on a typical day when you are drinking?	1-2	3-4	5-6	7-9	10+	
How often have you had 6 or more units if female, or 8 or more if male, on a single occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
TOTAL :						<input type="text"/>

A score of **less than 5** indicates *lower risk drinking* (see overleaf)

Scores of 5+ requires the following 7 questions to be completed:

AUDIT Questions (after completing 3 AUDIT-C questions above)	Scoring system					Your score
	0	1	2	3	4	
How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you failed to do what was normally expected from you because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you needed an alcoholic drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you been unable to remember what happened the night before because you had been drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
Have you or somebody else been injured as a result of your drinking?	No		Yes, but not in the last year		Yes, during the last year	
Has a relative or friend, doctor or other health worker been concerned about your drinking or suggested that you cut down?	No		Yes, but not in the last year		Yes, during the last year	

TOTAL

PLEASE TURN OVER for scoring & next steps >>>>>

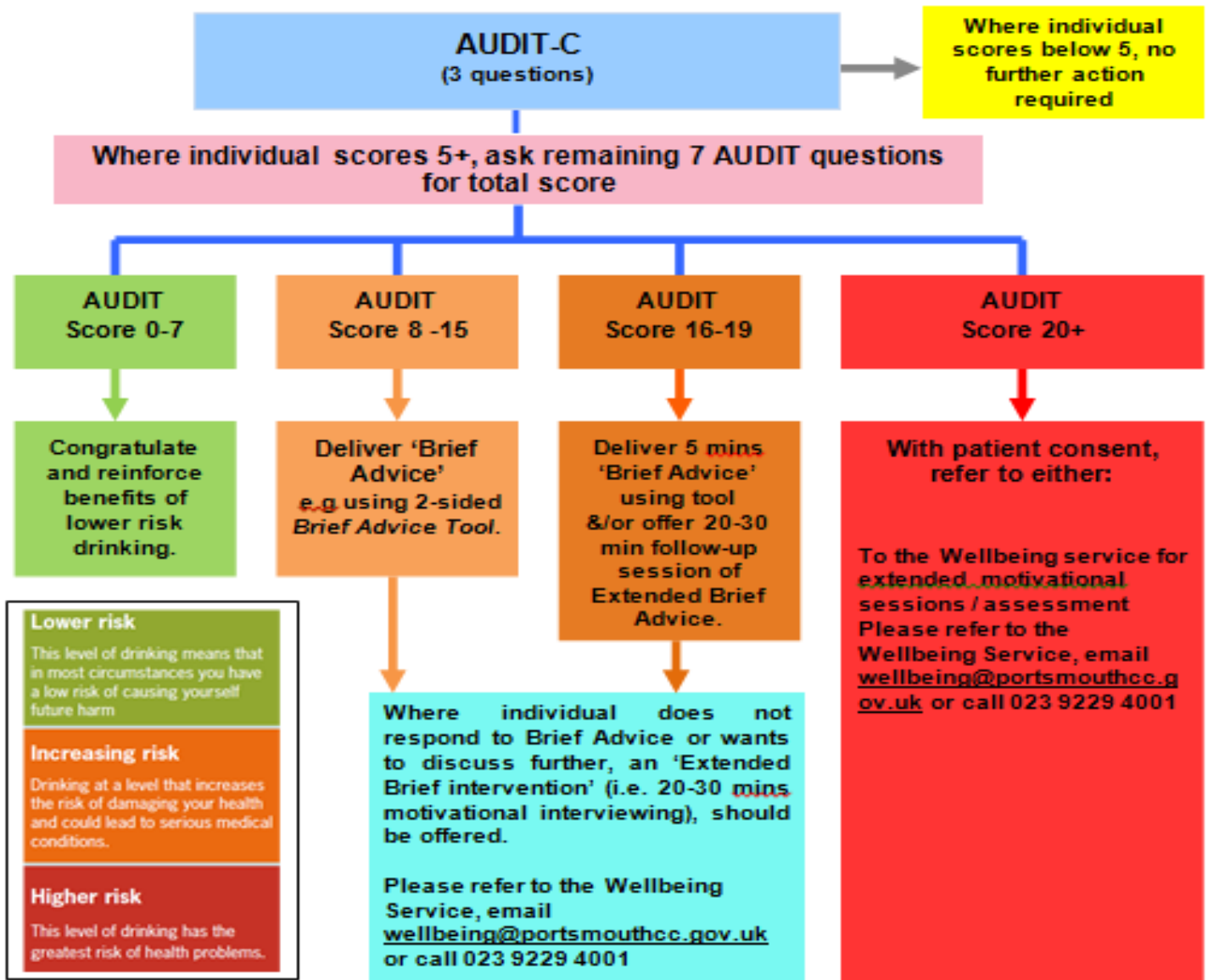
SCORING: ADD the 2 scores together to identify necessary action (e.g. Brief Advice)

AUDIT C _____ + AUDIT _____ =

*"Based on your answers, your drinking places you in the _ risk category."
(For 8+ scores lead to Brief Advice with) "How do you feel about that?"*

AUDIT SCORE	RISK CATEGORY	=	DESIRED ACTION
0 –7	Lower risk	=	No intervention required
8 –15	Increasing risk	=	Brief Advice
16-19	Higher risk	=	Brief Advice and/or extended BA
20+	Possible dependence	=	Referral to services (see below)

Brief Intervention (IBA) pathway



For Brief Intervention tools and e-learning visit www.alcohollearningcentre.org.uk. Free alcohol advice training is also available from the Wellbeing Service.

WAYS TO CUT DOWN

- Switch to lower alcohol content drinks
- Suggest meeting friends at a café rather than a bar
- Replace drinking with other stress-reducing activities—a relaxing bath, exercise, read or listen to music
- Invite friends round to your home instead of going out
- Consider asking your partner to avoid alcohol so you don't feel deprived
- Avoid drinking in rounds or in large groups
- Quench your thirst with non-alcoholic drinks before going out
- Drink soft drinks inbetween alcoholic drinks
- Plan activities and tasks at those times you would normally drink
- When you do drink, set yourself a limit and stick to it

MAKING A PLAN

MY DRINKING GOAL:

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EXAMPLES:

- Reducing the amount of alcohol you drink, e.g. "I will switch from 5% lager to 4% lager which will save me one unit a pint", "I will drink singles instead of doubles which will half my unit intake"
- Reducing the amount of times you drink, e.g. "I will only drink at the weekends instead of daily"

USEFUL CONTACT NUMBERS AND WEBSITES

PORTSMOUTH RESIDENTS (P01—P06)

Wellbeing Service - 023 9229 4001
Free confidential support for adults around drinking, smoking and healthy weight.

Recovery Hub - 023 9275 1617
A one-stop access point for drug and alcohol services.

Alcohol Counselling Service - 023 9273 5836
12 free confidential counselling sessions for anyone who is concerned about their drinking or drug use. Ring Monday to Friday 9am-9pm for an appointment.

Rebound - 07939 580167
www.reboundgroup.org.uk

Free service for carers and family members affected by substance misuse. Provides group support and one-to-one counselling.

HAMPSHIRE RESIDENTS

Inclusion UK - 0300 124 0103

NATIONAL SERVICES

Alcoholics Anonymous - 0845 7697 555

Al-Anon - 020 7403 0888
www.al-anonuk.org.uk

Support for the relatives and friends of people with an alcohol dependence.

www.drinkaware.co.uk

Alcohol information including a free downloadable app to track alcohol unit and calories.

www.nhs.uk/livewell/alcohol

www.alcoholconcern.org.uk

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YOUR DRINKING AND YOU

AN INFORMATION GUIDE

ONE YOU PORTSMOUTH

YOUR SCREENING SCORE SUGGESTS YOU ARE DRINKING AT A LEVEL THAT INCREASES YOUR RISK OF HARM FROM ALCOHOL.

WHAT DO YOU THINK?




Working through this sheet will help identify how you can reduce the risks.

There are times when you will be at risk even after one or two units. For example, with strenuous exercise, operating heavy machinery, driving or if you are on certain medication.

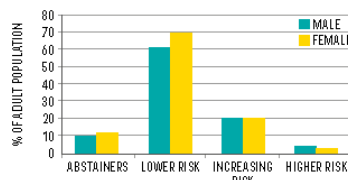
If you are an older person, alcohol can increase the risk of falls as well as many other medical conditions.

If you are pregnant or trying to conceive, it is recommended not to drink alcohol at all, to keep risks to your baby to a minimum.






HOW CAN DRINKING AFFECT YOU?

Risk	Men	Women	Common effects
Lower risk 	No more than 14 units weekly on a regular basis, spread over three days or more	No more than 14 units weekly on a regular basis, spread over three days or more	<ul style="list-style-type: none"> • Increased relaxation • Sociability
Increasing risk 	More than 14 units weekly on a regular basis	More than 14 units weekly on a regular basis	Progressively increased risk of: <ul style="list-style-type: none"> • Low energy • Depression • Insomnia • Impotence • High blood pressure
Higher risk 	More than eight units per day on a regular basis or more than 50 units per week	More than six units per day on a regular basis or more than 35 units per week	<ul style="list-style-type: none"> • Memory loss • Cancer • Liver disease • Alcohol dependence

WHAT'S EVERYONE ELSE LIKE?



HOW MANY UNITS ARE IN YOUR DRINK?

<p>STRONG PINT OF BEER/ LAGER (5.2% ABV)</p>  <p>3 UNITS</p>	<p>ALCOPOP (5% ABV)</p>  <p>1.4 UNITS</p>	<p>MEDIUM GLASS OF WINE (12% ABV)</p>  <p>2 UNITS</p>	<p>SINGLE MEASURE OF SPIRITS (40% ABV)</p>  <p>1 UNITS</p>	<p>BOTTLE OF WINE (13% ABV)</p>  <p>10 UNITS</p>
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LOWER RISK DRINKING GUIDELINES

- No more than 14 units weekly on a regular basis, spread over three days or more
- To help cut down, have several alcohol-free days each week
- For single drinking episodes limit alcohol intake, drink slowly, with food, and alternate with water
- Avoid heavy drinking sessions

WHAT ARE THE BENEFITS OF CUTTING DOWN?

PHYSICAL

- Reduce the risk of injury
- Reduce the risk of high blood pressure
- Reduce the risk of cancer
- Reduce the risk of liver disease
- Sleep better
- More energy
- Lose weight / better physical shape
- No hangovers
- Improved memory
- Reduce the risk of impotence / genital shrinkage

PSYCHOLOGICAL / SOCIAL / FINANCIAL

- Improved mood
- Less emotional strain with family
- Save money
- Better relationships
- Reduced risk of offending / anti-social behaviour
- Reduced risk of being in vulnerable situations
- Reduced risk of being a victim of violence and / or sexual assault
- You will have more time to do the things you've always wanted to do
- Your children will be less likely to be heavy drinkers