Taking responsibility for alcohol

Why is this issue important for Cornwall and the Isles of Scilly?¹

Whole community

Recent regional research suggests that 1 in 3 adults in the South West drink above the recommended level.² The national estimate suggests that in Cornwall 25% of adults drink above the recommended level, which includes:

- 84,000 binge drinkers
- 4,900 dependent drinkers

Alcohol costs the NHS £3.5 billion nationally³ which includes:

- £25,000 saves 90,000
- £60,000 saves £90,000

Every 5,000 patients screened in primary care may prevent 67 A&E visits and 57 hospital admissions. Every 100 alcohol-dependent people treated can prevent 18 A&E visits and 22 hospital admissions.

Personal costs

7,000 people admitted to hospital for alcohol-related conditions

50% presenting with self-harm are regular excessive drinkers

50% of people starting treatment with problems with their accommodation can prevent:

- £25,000 saves £90,000
- £60,000 saves £60,000

Inequalities

22% people starting alcohol treatment presented with treatment with problems with their accommodation.

20% people with a mental health condition may also have alcohol dependency.

Rehab case study

I was in Boswyns for 6 weeks. I came off the alcohol, then came off the anxiety medication. For the first time in 10 years, my body was free of substances, and it was absolutely terrifying. I was then resident at Bosence Farm for 8 months. I was given time, and an overwhelming amount of love, support and understanding; which allowed me to start to learn how to interact with people and live life. A miracle was there worked. I am approaching 2 years sobriety and have been blessed with a life of love. I’m making positive contributions to my local community. My personal relations with family and friends have been restored. I have a self-confidence and self-assurance of which I could only have dreamed.

What is being done locally to address this issue?⁵

Identification and brief advice

2,000 staff trained in under 3 years.
Delivered in a wide range of medical, criminal justice and non-medical community settings.

Health interventions

Alcohol Care Team at Treliske Hospital, to identify cases earlier. Alcohol detox can be delivered at home by GPs, in 4 community hospitals, or in residential units.

Families

Breaking the Cycle offers a range of services supporting families affected by alcohol misuse.

Specialist treatment

In 2014, 1,835 people accessed specialist treatment for alcohol misuse. 32 young people in treatment where alcohol was an issue.

Prevention

Safer Cornwall’s ‘What Will Your Drink Cost?’ campaign.

Whole community needs

Addaction Cornwall have been working with the Together for Families programme to work with families with multiple needs.

For every eight at-risk drinkers who receive advice, one will reduce their drinking to within low-risk levels.⁶

What are the local outcomes?

<table>
<thead>
<tr>
<th>Alcohol specific mortality</th>
<th>Cornwall</th>
<th>11</th>
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</thead>
<tbody>
<tr>
<td>National</td>
<td>17 per 100,000 population</td>
<td></td>
</tr>
<tr>
<td>Alcohol related mortality</td>
<td>Cornwall</td>
<td>41</td>
</tr>
<tr>
<td>South West</td>
<td>43</td>
<td></td>
</tr>
<tr>
<td>National</td>
<td>45 per 100,000 population</td>
<td></td>
</tr>
</tbody>
</table>

8000 Percentage of crimes which are alcohol related

- 9% alcohol related
- 15% criminal damage and arson
- 19% other crimes
- 19% robbery
- 7% sexual offences
- 35% thefts
- 35% violence

Local advice and support

Anyone in Cornwall or the Isles of Scilly concerned about their own alcohol use (or someone else’s) can contact Addaction Cornwall for advice or support: 0333 2000 325

Notes: