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HIV treatment versus substance misuse

Emily Dalloway, Recovery Near You

Birmingham & Solihull Mental Health NHS Foundation Trust

Nathan Lowe

Birmingham & Solihull Mental Health NHS Foundation Trust

www.nhivna.org





Birmingham and Solihull **NHS**
Mental Health NHS Foundation Trust



Recovery near you

HIV TREATMENT VERSUS SUBSTANCE MISUSE

Emily Dalloway

Nathan Lowe

Registered Adult Nurse/Queen's Nurse

Registered Mental Health Nurse/Non-Medical Prescriber

AGENDA



Explore reasons for why people may not engage in HIV treatment



Have an awareness of who uses substances and why.



Be provided with relevant documentation for further reading



Be provided with facts, figures and trends of substance use



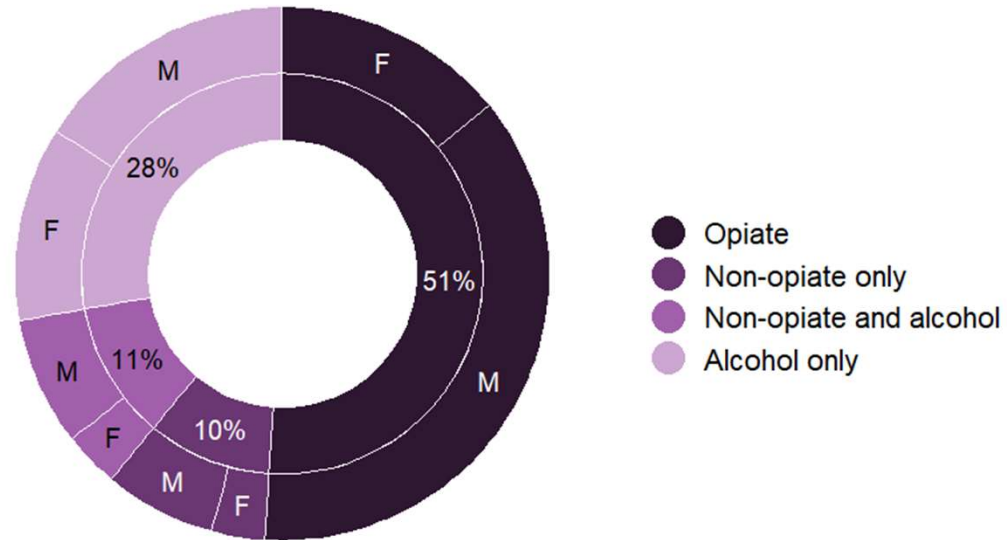
Explore solutions to removing treatment barriers



Provide information on what substance misuse services can offer

Facts and Figures on people in treatment 2020/21

There were 275,896 adults in contact with drug and alcohol services between April 2020 and March 2021



Drug group	Female	Male	Total
Opiate	38,904 (28%)	101,959 (72%)	140,863
Non-opiate only	8,915 (32%)	18,690 (68%)	27,605
Non-opiate and alcohol	9,220 (30%)	21,468 (70%)	30,688
Alcohol only	32,486 (42%)	44,254 (58%)	76,740
Total	89,525 (32%)	186,371 (68%)	275,896

WHO USES SUBSTANCES?



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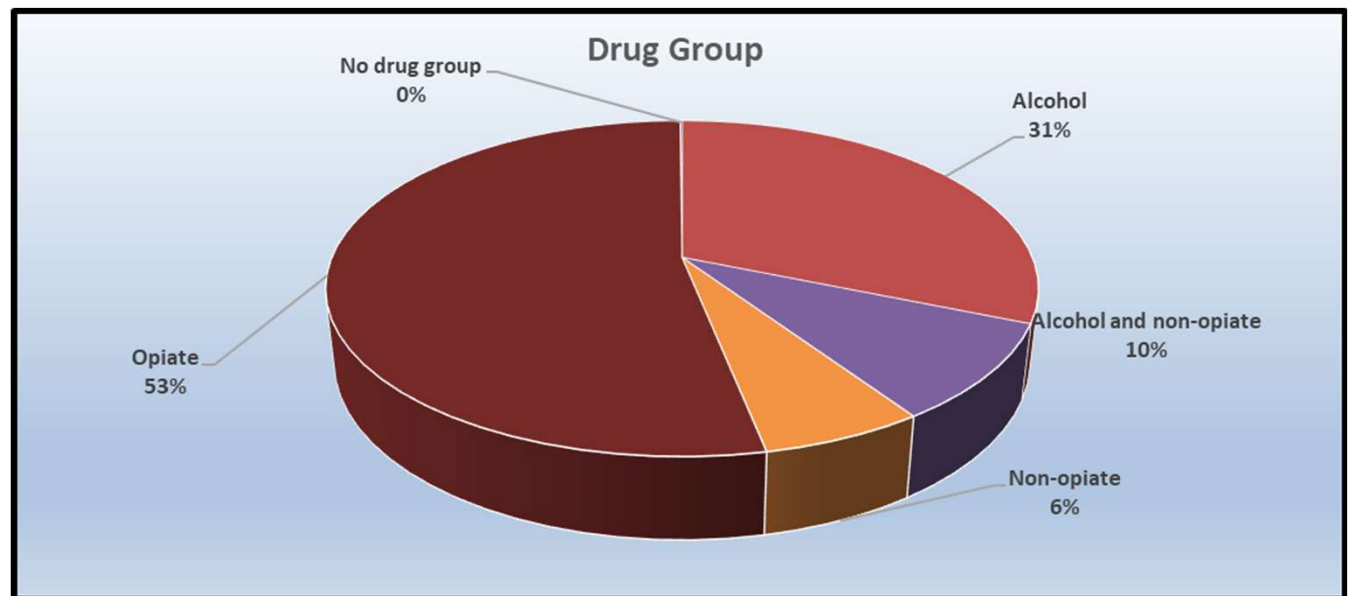


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WOLVERHAMPTON

Number of people in treatment with RNY = 1,894

592 Alcohol clients
177 Alcohol and non opiate
119 None opiates
1006 Opiates





WHY DO PEOPLE USE SUBSTANCES?

REASONS FOR USE

The reasons why people use substances will be varied. The reasons for starting substance use may be different from reasons that maintain it.

Pleasure Enhancement

- Substance use for enjoyment
- Improve sex life
- Limited other leisure activities
- Lack of close relationships
- Boredom
- Not working
- poly drug use (enhance effects)

Coping

- Manage persistent, distressing symptoms (e.g. hallucinations, negative symptoms)
- Severe depression or anxiety
- Medication side effects (cope with muscle spasms)
- Loneliness
- Physical or psychological withdrawals

Socialisation

- Substance use in social situations
- Substance use with peers
- Desire to be with other people
- Limited other social opportunities
- To feel “normal” and “accepted” by others
- Cultural norms

CATEGORIES OF SUBSTANCES (CNS)



UPPERS (STIMULANTS)

- These drugs stimulate the CNS
- Decreased sleep
- Delay sleep
- Elevate mood
- Increase ability to maintain vigilance or perform physical tasks over a long period



DOWNERS (DEPRESSANTS)

- These drugs depress the CNS
- Promote relaxation
- Decrease self-control
- Feeling of sedation
- Reduce inhibitions
- Impair mental and physical functioning.



HALLUCINOGENS

- These drugs cause changes in perceptions
- Visual illusions
- Distorted sensory experiences
- Out of body experiences



Correct Substance Categorisation on CNS

Uppers (stimulants)

Poppers

Amphetamine/ Methamphetamine

Cocaine / Crack cocaine

Caffeine / Nicotine

Khat

Mephedrone

Ecstasy*

Downers (depressants)

Alcohol

Heroin

Benzodiazepines

GHB

Cannabis*


VSA e.g. Solvents/gases*

Ketamine*

Hallucinogens

LSD

Magic mushrooms



*may also cause user to experience hallucinations

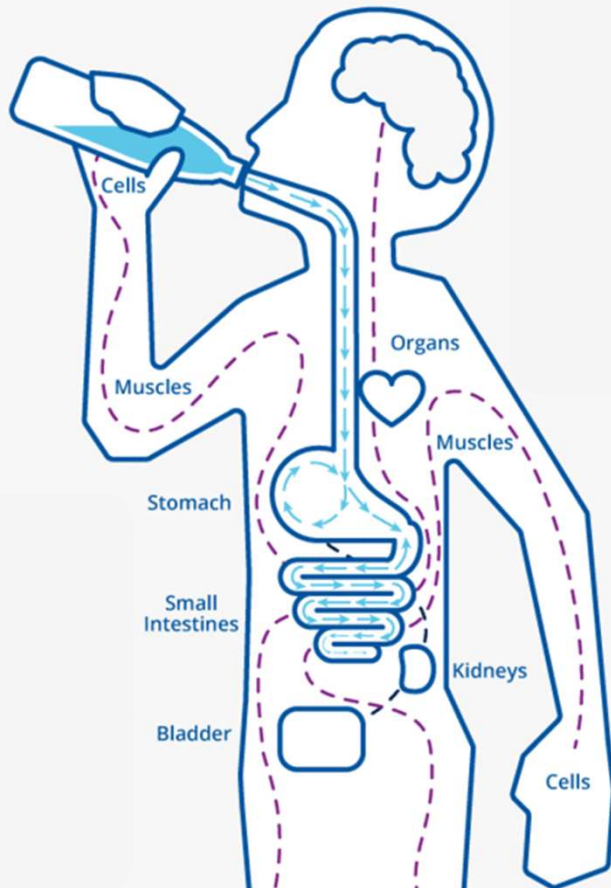
New Psychoactive Substances difficult to classify

Steroids are hormones and do not impact on the CNS

Alcohol

Impaired sensation
 Increase in falls
 Numbness causing skin damage

Liver cirrhosis
 Liver cancer
 Fatty liver Hepatitis
 Impaired kidney function



Black outs
 Serious memory loss
 Damage to nervous system
 Poor concentration
 Blurred vision
 Headaches
 Insomnia
 Restlessness
 Loss of balance
 Loss of inhibitions
 Aggressive, Irrational behaviour
 Arguments
 Violence
 Depression/ mood swings
 Anxiety/unknown fears
 Nervousness
 Loss of self esteem/purpose
 Hallucinations Epilepsy

Cardiomyopathy
 Heart failure
 High blood pressure
 Rapid pulse
 Weakness of heart muscle
 Anaemia
 Impaired blood clotting

Inflammation of the stomach
 Vomiting
 Diarrhoea
 Malnutrition
 Vitamin deficiency
 Ulcers

Reduced resistance to infection
 Increased risk of pneumonia and tuberculosis

Blood-shot eyes
 Puffy eyes
 'Drinker nose'
 Florid complexion
 Spider-naevi
 Face premature ageing
 Mouth cancer
 Throat cancer
 Chronic coughing
 Cancer of the Oesophagus
 Oesophagus varices

STIGMA

- **Society** *Criminals, 'dirty' thieves, drain the system.....*
- **Peer** *Snobbery according to use & method*
- **Professional** *Challenging, fear of the unknown*

SCREENING IN SUBSTANCE MISUSE SERVICES

- All service users are offered blood borne virus screening (HIV, Hepatitis B, Hepatitis C)
- Staff are trained in dried blood spot testing
- Testing events are held regularly
- Pre & Post test discussion (risk of harm)
- Encourage peers & partners to be screened.

ACCESSING HIV TREATMENT IN WOLVERHAMPTON

- Direct referral from Recovery Near You to New Cross Hospital
- Ongoing support from keyworker, encourage appointment attendance, will also accompany service user to appointments
- MDT meetings between HIV team & Senior Nurse at Recovery Near You
- Home visits & joint appointments

BARRIERS TO HIV TREATMENT

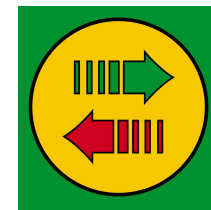
- Denial
- Peer pressure
- Where is the HIV clinic?
- Cost of living crisis

SOLUTIONS

- *Educate services on the aim of eliminating new diagnosis of HIV by 2030*
- *Test partners & peers*
- *HIV champions in drug services*
- *BBV testing in A&E/Pre-operative testing*
- *joined up working with public health teams*
- *Pop up clinics*
- *Outreach to hostels, pharmacies etc*

TREATMENT MENU

- 1:1 psychosocial work
- Groups
- Harm Reduction
- Brief Engagement Interventions (BEI)
- Outreach
- Family Support
- Prescribing
- Physical Health Checks
- Detox (community or inpatient)
- Residential rehab
- Recovery Support
- Young persons Service



HOW TO REFER (SELF /PROFESSIONAL)



PHONE

0300 200 2400 (adults)

0300 123 3360 (young people)



PROFESSIONAL REFERRALS (REFERRAL FORM)



CHATBOT (accessed via our website)

Our website can provide advice, help, guidance and signposting

[Wolverhampton Substance Misuse Service \(recoverynearyou.org.uk\)](https://www.recoverynearyou.org.uk)

Recoverynearyou





Breaking Free is a CONFIDENTIAL online program that can support you to cut down your drinking or substance use, or to quit for good!

Gives you 24/7 access to personalized Cognitive Behavioural Therapy

Equips you with coping skills that are proven to be effective

Helps you manage high-risk situations

Supports you at every stage of your recovery journey



Go to: breakingfreeonline.com and click on SIGN UP
Then use this Access Code to create your account:

Wolves11



If you have an Android phone or iPhone, download the free Companion app too
Search for: **'Breaking Free Companion UK'**





SERVICES / SUPPORT

MUTUAL AID

Mutual aid is a way of helping each other in times of need, without relying on official institutions or authorities

Alcoholics Anonymous - [Alcoholics Anonymous Great Britain \(alcoholics-anonymous.org.uk\)](http://alcoholics-anonymous.org.uk)

Narcotics Anonymous - [Welcome to UKNA | UKNA | Narcotics Anonymous in the United Kingdom](http://www.ukna.org.uk)

Cocaine Anonymous - [Cocaine Anonymous CAUK Area](http://www.cocaineanonymous.org.uk)

SMART - [Self-Help Addiction Recovery | UK Smart Recovery](http://www.smartrecovery.org.uk)

SUIT

- Service User Involvement Team
- Supports RNY with groups work sessions, a service user council, activity sessions, training sessions
- Assists service users : Accessing clinical support services/ Benefits support and advice on entitlements/ Advocacy/ Form filling (PIP) , Housing Support and homeless issues/ Access to IT facilities/ Telephone support and more
- Buddy support/ mentoring

Tel: 01902 328 983

Mobile: 07458 300 113

Email: suit@wvca.org.uk



ANY QUESTIONS?

Emily Dalloway

edalloway@nhs.net

Nathan Lowe

nathan.lowe@nhs.net