



# DECHRAU NEWYDD

## ANNUAL REPORT 2022-23



01492 556776 @DECHRAUNEWYDDNEWSTART





## Introduction From Service Manager

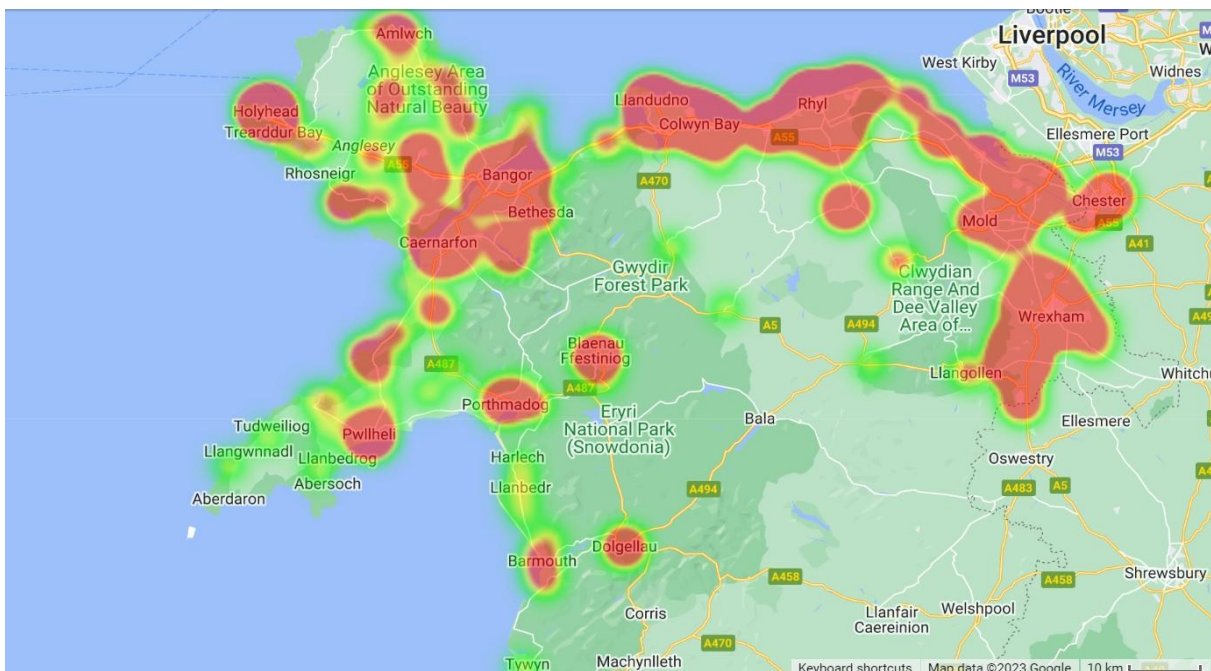
***Yet another productive year for Dechrau Newydd and being in a position to lead on a service that I highly value. Its been a very challenging year given that we are only a small resource delivering across the 6 Counties of North Wales. This at times has been made really difficult by staff being denied vetting and the time it takes to recruit new staff with the added time of police vetting. However I have been overwhelmed by the tenacity and resilience of the staff who go well beyond the call of duty to make this service work for people who need our support. ATRs have been really difficult to manage as we don't get commissioned to provide clinical support to alcohol dependent service users but I do have to recognise the great work of our front line practitioners who manager to make a difference in the absence of that clinical support (mainly medication). It is apparent through evidence of our data that generic working isnt effective so we will be moving to specialised/divisional type working in the next term i.e. court & custody workers will come into work and concentrate on nothing but court and custody. We believe that our data quality will improve significantly if each 'division' has a targeted focus on producing outcomes.***



***Tony Ormond, Dechrau Newydd  
Service Manager***

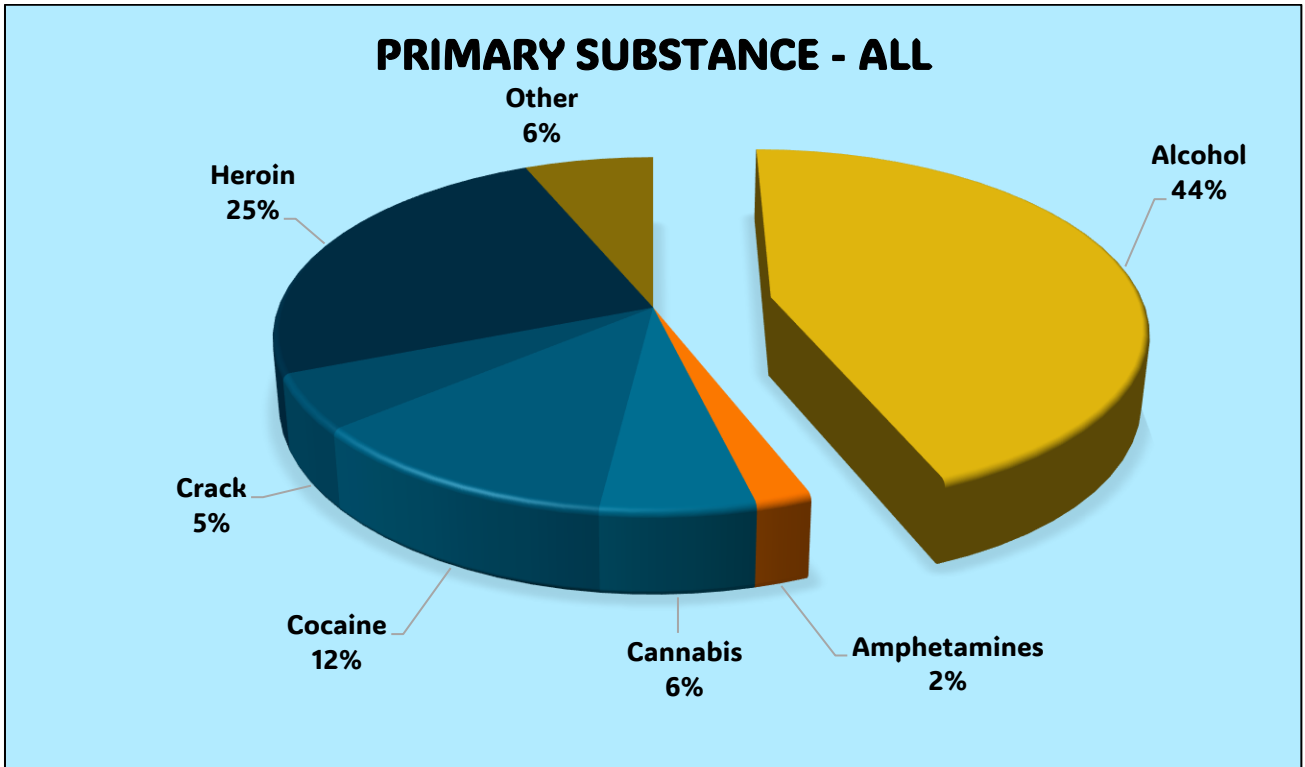
## SERVICE DELIVERY

**Dechrau Newydd continues to support service users with substance misuse issues from across North Wales, including a cohort of residents of Flintshire and Wrexham who were placed in temporary accommodation in hotels and B&Bs in Chester.**



**Dechrau Newydd workers are based in locations throughout North Wales in order to deliver services in locations which are as accessible as possible to service users and allow them to receive support within their own communities.**





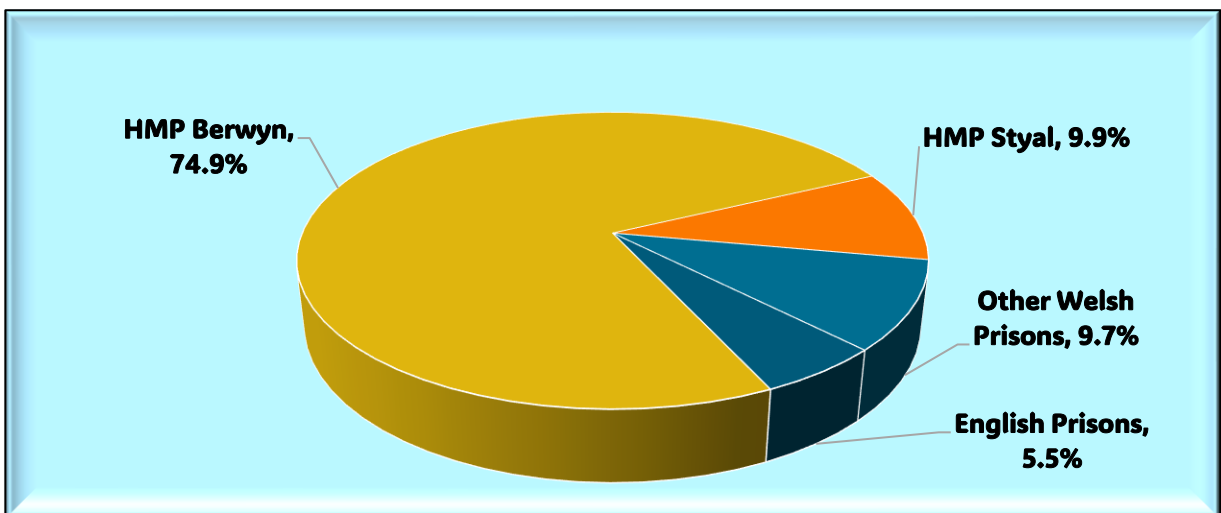
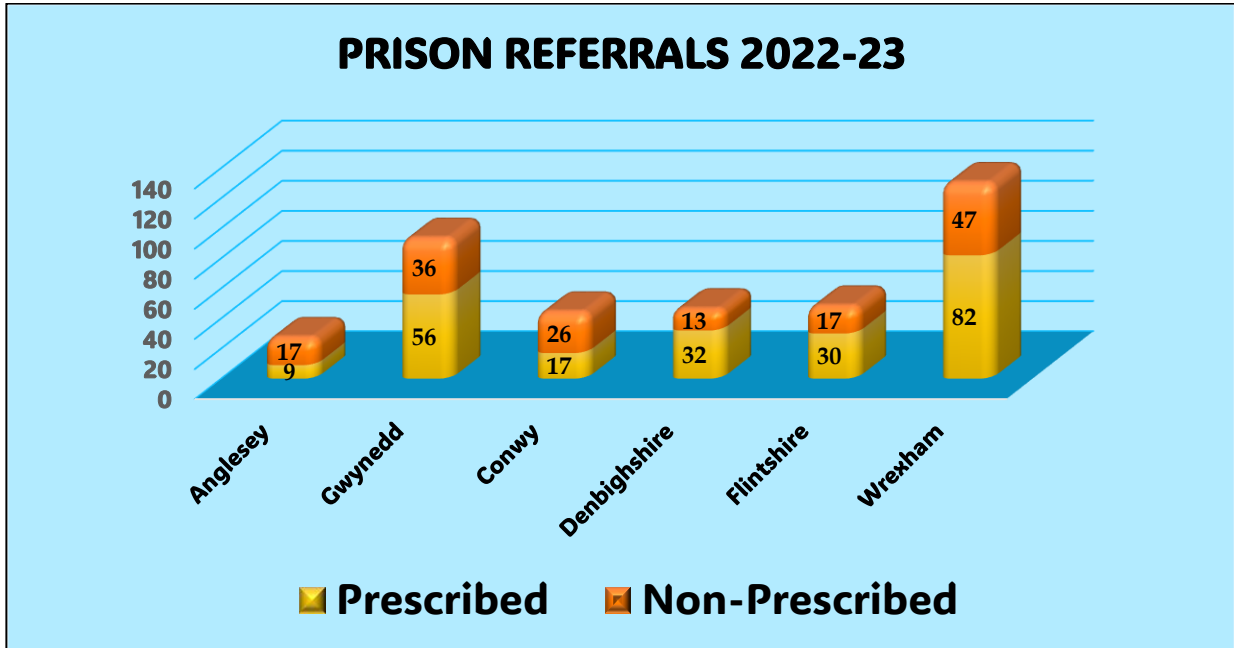
## BUVIDAL CASE STUDY

Buvidal (anonymised)

*Peter was released from prison after serving a custodial sentence for shoplifting. Peter attended after being released from prison and was at a very low point, he had not been given any of his medication for existing health and mental health conditions and was also due his monthly Buvidal injection, Peter was seeking support as he was extremely worried he would relapse back into opiate addiction and his crack cocaine use would spiral again, which peter states has been a very long standing issue in his life. Peter was provided support to regain his medication from his GP and to access support via the community mental health team. Peter also has access to regular contact via the clinical team which peter enjoys, as he feels it is a support system for him which he requests weekly as it enables him to discuss his feelings, which were a major contributor in his illicit drug use previously. Peter continues to remain on buvidal and tests negative for all illicit substances this a markable achievement in Peters recovery as previously and for many years was injecting crack cocaine up to seven times daily. Peter states that he has no plans to go back to his 'old life' and is now exercising regularly, addressing his health and states he takes pride in his appearance and the money he would previously use to buy crack cocaine he spends in a positive way. He is now looking forward to a brighter future.*

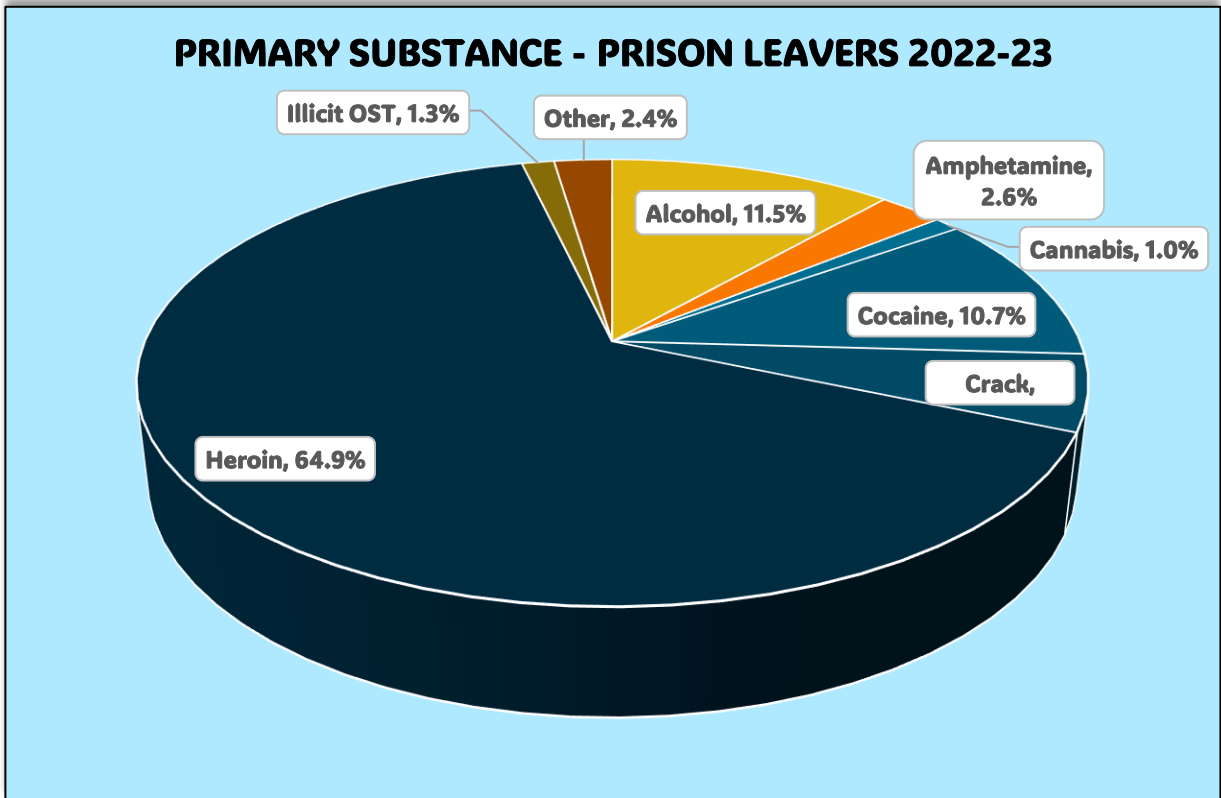
**Clinical**

## PRISON RELEASE

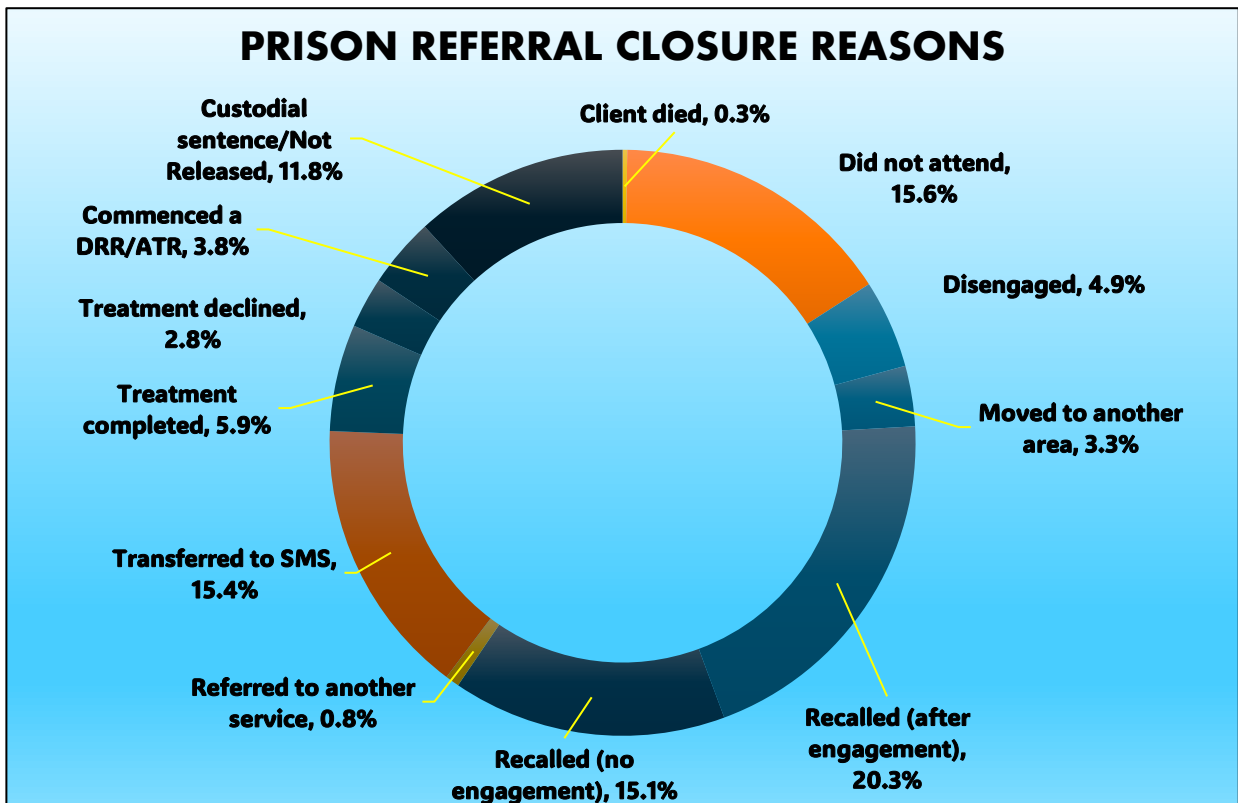


Dechrau Newydd received referrals from a total of 17 different prisons during 2022/23 including 286 referrals from HMP Berwyn, 37 from HMP Styal, 24 from HMP Parc, 10 from HMP Atcourse and 9 from HMP Cardiff.





The majority of prison referrals were for people needing support to tackle the misuse of Class A substances on their return to the community.





## **DECHRAU NEWYDD PROVIDED OPIATE SUBSTITUTE THERAPY (OST) PRESCRIPTIONS FOR PRISON LEAVERS ON 226 OCCASIONS TO ENSURE CONTINUITY OF CARE UPON RELEASE FROM PRISON BETWEEN APRIL 2022 AND MARCH 2023**

### **PRISON LEAVER CASE STUDY**

I had worked with C for a number of years previously, he was a poly drug user and for years had demonstrated risky using behaviour such as groin injecting but after a lengthy custodial sentence, C was due to leave prison on 14.04.2022.

Whilst serving his sentence, C managed to get himself, firstly, stable on a script and then eventually script free also, so upon release, his Offender Manager had placed conditions on his licence to engage with Dechrau Newydd to complete relapse prevention work.

Due to a number of contributing factors, including losing his mother whilst he was in prison, C failed to engage with the service immediately, for the first 8/9 weeks of his release, he began to “dabble” once more with crack and heroin, at first just smoking and then slowly started to inject from time to time, once more.

I spoke with the Dechrau Newydd clinical Nurse lead and discussed the possibility of him accessing Opiate substitute medication with Dechrau Newydd, but as C was further than two thirds of the way through the allotted time for treatment with us, since leaving prison (and therefore would normally be in the transfer period over to SMS now) I was advised to support him psychosocially but ask him to self-refer to the SMS.

I was disappointed for C as I could sense that he really wanted to make a change and get back into recovery and I felt that he had enough going on in his life, such as dealing with the delayed grieving process and his sister evicting him from the family home due to him having relapsed.

I went back and had a look at the dates we had for him leaving prison and actually being referred into the service and there was a gap of two weeks, I discussed this once more with the clinical nurse, who agreed that we would try and support C by getting him into treatment.

C attended x2 UST appointments, completed a nurses assessment and a DR's call, he has since, changed his phone number and moved home, out of area in a bid to make his recovery a success, he continues to engage well, with Dechrau Newydd and various other services, such as Penrhyn House and is supported with this by Dechrau Newydd.

He is currently stable on a subitex prescription with the aim to move onto the Buvidal injection once this is available to him.

Resilience Worker

**DECHRAU NEWYDD CONTINUED TO PROVIDE COVERAGE IN COURTS AND CUSTODY SUITES ACROSS NORTH WALES IN 2022/23, HOWEVER THIS PART OF THE SERVICE WAS IMPACTED BY RECRUITMENT PROBLEMS AS WELL AS ISSUES OBTAINING POLICE VETTING FOR NEW RECRUITS – WHICH IS A REQUIREMENT FOR ANYONE VISITING A POLICE CUSTODY SUITE.**

**IN ORDER TO PROVIDE EFFECTIVE COVERAGE IN COURTS AND CUSTODY SUITES WE HAVE BEEN FORTUNATE IN BEING ABLE TO OBTAIN ADDITIONAL FUNDING FOR FOUR NEW DEDICATED COURTS & CUSTODY WORKERS. THE FIRST OF THESE WORKERS COMMENCED IN WREXHAM IN MARCH 2023 WITH THE REMAINING POSTS TO BE FILLED LATER IN THE YEAR. WE ALSO NOW HAVE ACCESS TO FAST-TRACK POLICE VETTING WHICH SHOULD GREATLY SPEED UP RECRUITMENT OF NEW WORKERS.**

## DRRs & ATRs

The number of service users commencing DRR and ATRs both fell in 2022-23. It is anticipated that numbers will begin to recover once the new Court & Custody workers are in post.

DRRs	Assessments 2022-23	Assessments 2021-22
Anglesey	8	14
Gwynedd	19	32
Conwy	9	13
Denbighshire	14	19
Flintshire	5	11
Wrexham	23	16

ATRs	Assessments 2022-23	Assessments 2021-22
Anglesey	15	23
Gwynedd	24	23
Conwy	18	20
Denbighshire	18	14
Flintshire	15	10
Wrexham	15	23

DRR and ATR completion rates were on a par with last year.

Completion Rates	2022-23	2021-22	Total	Successful
ATR	87%	87%	84	73
DRR	74%	77%	93	69

## DRR/ATR CASE STUDY

Drug Rehabilitation Requirement (anonymised name)

Michael is 28 years old. He attended court after being on remand for breaking his bail conditions. He served 6 weeks in prison and asked for a DRR in court as he saw it as a way to gain support when he was released. He is currently on a DRR which commenced on 23<sup>rd</sup> March 2022 for his cocaine use and alcohol consumption. Michael also uses cannabis but states this has never been a problem. In addition to this he was also subject to an alcohol monitoring tag for 120 days. His last offence that he was sentenced to his DRR for was Threats to Kill against his ex-partner. The offence was committed whilst under the influence as were all his previous offences. Michael has had numerous arrests in the past for domestic violence offences and taking cars without consent. Michael has a three-year-old son whom his ex-partner has stopped contact with.

When Michael attended for his first DRR session on 23<sup>rd</sup> March 2022 he was straight out of prison and wanted to make changes. He was quite down as he had not seen his son for several months but stated it was better for him to 'sort himself out' and be in better place mentally before attempting to gain access to him. Michael entered employment on 13<sup>th</sup> April 2022. Returning to his old boss and job of painting and decorating. His boss has been extremely supportive of his recovery even driving him to his appointments during work time. Over the course of the weeks Michael continued to give negative tests for all Class A substances and had no breaches of his alcohol monitoring tag. Together we explored his offending behaviour and substance misuse. Michael was coming to the realisation that he did not need alcohol and cocaine in his life. He made the decision to cut ties with old associates who he came to realise wanted to hang around with him as he had employment and 'bought the beers and a bag'. Michael has completed extensive relapse prevention work and has a clear plan in his head in the case of a lapse. Already having to question his brother who had tried to buy cocaine whilst he was him. Michael sat in the session and talked about why his brother would try to sabotage his recovery.

Michael has continued to make excellent progress with his recovery. He attended one session (04.05.2022) with a clear idea in his head that he wanted to work on his anger issues which slowly we have been working through with great insights from him on his triggers and behaviours. Michael made the remark "I'm not a nice person to be around when I've had a drink" which takes a great amount of courage to say.

After providing his son's mother with proof of his DRR court reviews on 15<sup>th</sup> June 2022 and positive progress he has seen be allowed to have contact with his son for the first time in nearly six months. Michael is very positive about his future without alcohol and cocaine and feels like his life has a direction to go in now which is again including his son. His DRR is still in progress, and he continues to wake most days "feeling great and having loads of energy".

Resilience Worker

## CLINICAL TEAM CASE STUDY

*Drug Rehabilitation Requirement (anonymised name)*

*DRR*

*Sam was given a 12 Month DRR, He was stuck in the revolving door of starting treatment, falling OOT and committing crime to fund his habit. He kept his hand over his mouth when speaking as he was incredibly embarrassed of how his substance abuse had ravaged his teeth and gums.*

*He was given a 12-month DRR and we discussed trying something different, He was scared but then decided “why not” we spoke in depth about “what have you got to lose?” and he was incredibly brave through the anxiety and unknown he faced.*

*Fast forward 12 months Sam is now 10 months drug free, he is back in touch with his daughter after 13 years, he is volunteering in charity shop in view to when ready become a volunteer for DN. He is happy and healthy and in his words “has purpose and feels alive”. He is also smiling and s no longer in any dental pain as he has been having regular dental appointments. He is thriving and it’s great to see!*

*Danielle (senior nurse lead)*

## WORKFORCE DEVELOPMENT

### Regional:

- *Two staff members remain enrolled on Level 3/Level 4 Apprenticeship ILM Leadership programme.*
- *Service Manager remains enrolled on ILM Level 5 programme.*
- *Dechrau Newydd Staff completed PICK Protection Lone worker app training.*
- *PalBase (new updates) – changes and improvements to combine criminal justice and open access delivery across all services.*
- *ALL staff completed de-escalation (Train the Trainer)*
- *Tier 4 Portal and Referral Training (BCUHB)*
- *Level 2 Accredited Understanding Substance Misuse*
- *Legionella awareness*
- *Dry Spot Blood Testing (BBV)*

### Wrexham and Flintshire:

- *Senior Manager remains enrolled on ILM Level 5*
- *Naloxone and Harm Reduction training from the Peer 2 Peer project*
- *Drugs and Trends*
- *Domestic Abuse Awareness*
- *Cyber Awareness*

### Conwy and Denbighshire:

- *Ketamine Awareness Course*
- *Alcohol Awareness & Family Support*
- *Senior Manager remains enrolled on ILM Level 5*
- *Food Safety & Hygiene*
- *Relapse Prevention*
- *Blue Light Training*

### Gwynedd and Anglesey:

- *Professional Boundaries*
- *Co-occurring Needs*
- *Cyber Security*
- *Leadership and Management in Health and Social Care L4/5*
- *County Lines*
- *Health & Safety*
- *GDPR*