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North Yorkshire Alcohol Pathway

Edition 3

Reviewed October 2018

Based on NICE Alcohol Use Disorders pathway & associated guidelines – accurate as at 1st October 2018

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Seek to identify and address at earliest opportunity and continue to review need

If you are worried about a child or a young person or a vulnerable adult
T: 01609 780780
[Website](#)
 (North Yorkshire County Council Safeguarding)

Do you, or somebody you know, need help with daily living or to find out about children's social care options
[Social Care Website](#)
T: 01609 780780
 Gain consent from adults prior to referral

9 years old and under

Refer to the Children and Families Service:
T: 01609 780780
[Website](#)

10 - 15 years old, or individual has learning disability and is under 25 years old

Contact Compass REACH
T: 0800 008 7452
[Website](#)

16 years old or older

Gain consent and assist individual to complete validated alcohol screening questionnaire to assess their pattern of alcohol consumption and associated risk or harm, and the appropriate course of action.

AUDIT-C GOLD STANDARD

AUDIT-C score: 5 or more
Score 4 or more if 65 years or over
 Is a positive screen and indicates possible increasing, higher risk or dependent drinking

If time is limited: **FAST***

FAST score: equal to or greater than 3
 Is a positive screen

If time is limited: **MSASQ***

M-SASQ score 2 or more
 Is a positive screen

Gain consent and assist client to complete full **AUDIT** (10 questions)

AUDIT score 0-7
 (refer to action for score 8-19 if over 65 years and score 7 or more)
 Low risk drinking

Reinforce [low risk drinking guidelines](#) as part of broader conversation
 Provide [alcohol units leaflet](#)

AUDIT score 8-19
AUDIT score 7 and over 65 years old
 Score 8-15 indicates hazardous/ increasing risk drinking
 Score 16-19 indicates harmful/ higher risk drinking

16/17 year old:
 Gain consent and refer to **Compass REACH**
T: 0800 008 7452

Over 18's only:
 Deliver [structured alcohol brief intervention\(s\)](#) and consider contacting North Yorkshire Horizons SPOC for details of local mutual aid/ peer support groups
 SPOC: **01723 330730**
[North Yorkshire Horizons](#)

AUDIT score 20+
 Indicates possible dependence
 Delivery of a brief intervention is not shown to be effective – offer referral to specialist service for assessment

16/17 years old:
 Gain consent and refer to **Compass REACH/** T: 0800 008 7452
Over 18 years old:
 Gain consent and refer to **North Yorkshire Horizons/**T: 01723 330730
 Include details of risk assessment on referral if individual is deemed to pose a risk to staff/ others

Notes:

Compass REACH will liaise with other local Healthy Child Programme services if another service can better meet the needs of a young person

Compass REACH will liaise with North Yorkshire Horizons if an under 18 year old is assessed and needs a pharmacological intervention. – this will be provided by North Yorkshire Horizons in conjunction with Compass REACH

North Yorkshire Horizons and Compass REACH will liaise and agree which service can best meet the needs of 18-19 year olds (up to 25 years if they have a learning disability). This may involve a joint assessment. In most cases new referrals for over 18 year olds will be assessed by North Yorkshire Horizons in the first instance

Alcohol consumption and associated risk – individual risk level definitions:

As with most activities, drinking alcohol carries a degree of risk. In 2016, new guidelines were developed by the [UK Chief Medical Officer](#) to enable people to make informed choices about their alcohol intake. The new guidelines were agreed on the basis of evidence on the health effects of alcohol, predominantly related to the relationship between alcohol consumption and increased risk of developing disease.

The Chief Medical Officers' guideline for both men and women is that:

- To keep health risks from alcohol to a low level it is **safest not to drink more than 14 units a week** on a regular basis.
- If you **regularly drink** as much as 14 units per week, it is **best to spread your drinking evenly over 3 or more days**. If you have one or two heavy drinking episodes a week, you increase your risks of death from long-term illness and from accidents and injuries.
- The risk of developing a range of health problems (including cancers of the mouth, throat and breast) increases the more you drink on a regular basis.
- If you wish to cut down the amount you drink, a good way to help achieve this is to have **several drink-free days each week**.

Hazardous (increasing risk) drinking: A pattern of alcohol consumption that increases someone's risk of harm. Some would limit this definition to the physical or mental health consequences (as in harmful use). Others would include the social consequences. The term is currently used by the World Health Organization to describe this pattern of alcohol consumption. It is not a diagnostic term. Consumption (units per week): Drinking more than 14 units a week, but less than 35 units a week for women. Drinking more than 14 units a week, but less than 50 units for men.

Harmful (higher risk) drinking A pattern of alcohol consumption that is causing mental or physical damage (medical diagnostic criteria: ICD-10, DSM-V). Consumption (units per week): Drinking 35 units a week or more for women. Drinking 50 units a week or more for men.

Alcohol dependence is characterised by craving, tolerance and a preoccupation with alcohol and continued drinking, in spite of harmful consequences (for example liver disease, depression). Alcohol dependence is also associated with increased criminal activity, domestic violence and an increased rate of significant mental and physical disorders (NICE, 2011).

[Source.](#)

Key resources

Alcohol identification and brief advice

Alcohol identification and brief advice (IBA) aims to identify and influence patients who are increasing or higher risk drinkers.

IBA is most impactful when it helps identify and advise individuals who are not dependent on alcohol, but whose drinking is increasing their risk of a wide range of ill health linked to drinking alcohol. In addition, the intervention will identify dependent drinkers who could benefit from further specialist support.

[Cochrane Library research](#) suggests that **IBA can reduce weekly drinking by 12% on average**. Reducing regular consumption by any amount reduces the risk of ill health.

[Screening and brief interventions](#) (select 'prevention' and then 'screening and brief interventions')

[Alcohol Identification and Brief Advice E-Learning website](#)

Contact Claire Lawrence for local resources:
Claire.Lawrence@northyorks.gov.uk

Key resources (service users):

- [One You – drink less](#)
- [North Yorkshire Horizons](#)
- [Compass REACH](#)
- [NHS Choices](#)

Key resources (professionals):

Training:

- [Alcohol Identification and Brief Advice training \(North Yorkshire\)](#)
- [Royal College of General Practitioners \(Spectrum Learn and Develop\) Alcohol Level 1](#)

Guidance on delivering alcohol identification and brief advice:

- [Alcohol Identification and Brief Advice E-Learning website](#)
- [Health Matters: Preventing ill health through action on alcohol and tobacco](#)
- [Making Every Contact Count \(MECC\) - Alcohol](#)

Local services:

- [North Yorkshire Horizons](#)
- [Compass REACH](#)
- [NYCC Live Well](#)

Alcohol Resources:

- [NICE alcohol pathway](#)
- [World Health Organisation: The Alcohol Use Disorders Questionnaire, Guidelines for Use in Primary Care](#)
- [Substance misuse in older people: Royal College of Psychiatry \(2015\)](#)
- [Coexisting severe mental illness and substance misuse](#)

Editorial Group

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- Ruth Everson - Health Improvement Manager, Public Health, North Yorkshire County Council
- Dolly Dalton – North Yorkshire Horizons
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- Dr Linda Harris – North Yorkshire Horizons & CEO Spectrum CIC (Clinical Partner, North Yorkshire Horizons)
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Representatives from Scarborough and Ryedale CCG, Hambleton, Richmondshire and Whitby CCG, Harrogate CCG, VoY CCG and Airedale, Wharfedale and Craven CCG were corresponding members of the Alcohol Pathway Task and Finish Group throughout development, and corresponding members of the annual review group.