



**Changing**



**Herts**



**Together**

**One Year On**

# What have we been up to?

On 27<sup>th</sup> September 2019, you joined us for the launch of the 3-way partnership between [Spectrum Drug and Alcohol Recovery Service](#), [Emerging Futures](#) and [The Living Room](#).

Back then we took you through our current and new projects, including the [Families and Young People's Service](#), [Families Living in Recovery](#), Emerging Futures' [housing model](#), Hepatitis C [treatment](#) and more.

In this briefing, we'll take you through our current activity\*, what we're doing during covid-19 and our future plans. Enjoy!

\*please note, all group photos were taken pre-covid-19

Jump to:

1. Spectrum Drug and Alcohol



2. Spectrum Families & Young People



3. Emerging Futures



4. The Living Room





**Spectrum Drug and Alcohol Recovery Service**



**Change  
Grow  
Live**



## Turn back time

At the September launch we told you about:

- Our specialist teams and services
- The new single-point-of-contact (SPOC) for all our teams
- How medically-assisted treatment (MAT) works and how we're saving lives using a new approach and by giving out Naloxone
- Our work with the Royal Free and Gilead Sciences to provide in-house Hepatitis C treatment to the people who use our service

## We're pleased to say that since our launch:

- We have offered **2126** Naloxone (anti-opiate overdose medication) kits since September 2019, and **597 households** have medication storage boxes to keep children safe
- Started **33 people** on Hepatitis C treatment and tested **287 people** in total
- Our SPOC team have been invaluable, answering an average of **120 calls (and 100-120 emails)** daily and helping people who are new to our service secure their **first appointment within 1 week**
- Our medication-assisted treatment approach was put to the test during lockdown, where we took the essential step of providing take-home medication for 2 weeks for people in our service - this helped to protect vulnerable people from exposure to the virus





## We have also:

- Hired a new **outreach worker** (pictured) to work with drug and alcohol users as part of the **Housing First project** in Dacorum and St Albans
- **Expanded our fingerprint testing** (originally a pilot project) to all of our hubs in response to the concerns around hygiene during covid-19 – the testing is more discreet, produces no clinical waste and allows us to social distance easily
- Started recruiting to a **remote alcohol counselling team** to help people who are drinking more but do not want, or cannot access, treatment - we'll be sending out details of the launch in the coming weeks
- Started a **research project** to find out how the changes we have made have affected the people who use our service
- Revamped our **social media messaging** to reflect changing drug and alcohol behaviour during lockdown, especially [alcohol abuse](#)



**Spectrum Families and Young People's Service**



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## At the September launch we told you about...

- Our new service supporting young people under the age of 18 and up to the age of 25 and what we will do to support families struggling with drug and alcohol addiction
- Lifestyle choices and emerging substance use trends amongst children and young people
- How we plan to respond to these trends in Hertfordshire
- The training we will offer to professionals, within schools and other education settings and raising awareness

## The Hertfordshire Response

- Emotional & Social Resilience – a cultural shift
- Prevention & Early Intervention  
(proportionate universalism)
- Digital Interventions
- Peer Mentoring
- Maximizing Opportunities and Managing Risk  
associated with migration





**Spectrum**

Families and Young People's Service

CONFIDENTIAL  
ADVICE AND  
SUPPORT FOR  
YOUNG PEOPLE  
ABOUT DRUGS  
AND ALCOHOL

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WWW.CHANGEGROWLIVE.ORG/YP

@spectrumtyp

the charity  
**cgl**

## How are we doing?

- We currently have **355** young people engaged in drug or alcohol treatment
- Since September 2019, our family and hidden harm (where parental substance use is affecting the children) team have supported **94** people,
- We have attended and delivered **32** drug education and awareness workshops throughout the county
- We started delivering drop-in sessions at University of Hertfordshire (halted due to lockdown) and have plans for harm reduction activity across the academic year
- Responded to the easing of lockdown measures across the country with a safety and information-orientated campaign 'Help Your Mate' on [social media](#)

## Young people and resilience



**I started working with Chris & this service in January & I can safely say that I'm a completely different person now compared to when I started, it's changed my life completely, I'm no longer reaching for pain meds every few hours, not worrying about when I'll run out of meds, my relationship's are stronger, I want to live, it's hard to say that because this time a year ago, I didn't want that. I'm so grateful to have made it this far & I wouldn't of been able to do that without Chris & this service."**

## Family and hidden harm



**I like our sessions because I get to talk about my sister's sadness and I get to talk about mum and the drugs. Its helped me understand the drugs more. I also like missing classes to talk to you. It's hard to hear about drugs but I want to hear about them. I wish drugs were not in this world. I will never take drugs"**

## Parents and carers



**As the parent of someone who was going to CGL, I was really happy with the service. They provided me with regular updates on my sons progress and helped me understand the different types of drugs. This helped strengthened, the openness of my relationship with my son, and lead to him making positive choices.”**

# EMERGING FUTURES

creating opportunity for change

Hertfordshire

# Cast your mind back...

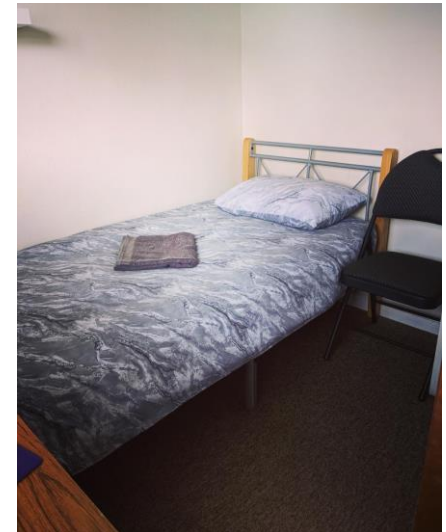
Last September, we were completely new to Hertfordshire and we told you about our 'housing first' model for people with drug and alcohol issues.

Since then, we've been working hard to secure properties, get our clients housed and set up a pathway for volunteering and employment.



# Flash forward to 2020

- We now have three properties in Hatfield providing transitional housing for people actively using substances and recovery housing for people who are now abstinent
- We currently have 16 people living in these properties and we have supported 5 residents to move on to independent living
- 32 people are currently accessing our floating support service and we have continued providing face-to-face support throughout covid-19 and lockdown





**“This is a massive improvement. I can’t thank you enough, you really have done so much to help this man.”**

- Thrive Homes Housing Association

## During this time we’ve been proud to:

- Help a man with over 10 years of heavy drinking, depression and hoarding to reduce and worked with the Adult Disability Team to secure help from Care 4 Freedom – he now has motivation to clean his flat, is developing more independent living skills and has reconnected with his mother
- Housed a homeless man with a 10-year cocaine addiction, helped him to attend drug recovery groups and we’re pleased to say he’s been abstinent since moving into our recovery house and is now hoping to become a recovery support volunteer!



# What next?

- We have recruited 3 volunteers, two of which received support from The Living Room and one who applied after using our accommodation
- They have received boundaries, ethics and interventions training and after their final coaching training they will be using their experience to help our other clients
- We are looking at options to expand our accommodation and offer recovery beds in Watford





Breaking the cycle of addiction

The Living Room saves and transforms lives by providing people and their families with treatment and support to break free from the generational cycle of addiction.

# In September 2019...

We gave you a rundown of:

- Our drugs, alcohol and behavioural addiction group therapies and our links with Spectrum and Emerging Futures
- Support for families with our Families Living in Recovery partnership alongside Relate and Family Lives
- Our expansion into Watford and our Family and Carer support groups



# In September 2020...

**62%** of our clients have graduated from March 2019 to April 2020 achieving full recovery

**33%** of our referrals now come from Spectrum

The average age of our clients has reduced from **51 years** to **41 years old**

We have supported over **600 clients** since September 2019 - we did this using Zoom during lockdown

**29%** of our referrals are made online through our improved website and we've had a **15%** increase in people referred to our Family and Carers group



# What do our clients say?

“As I’m writing this now we are in lockdown from covid 19 but my treatment didn’t stop. I was sent an email straight away on how to set up a zoom account and information on meeting times every day this information was easy and straightforward to do. I hear a saying in my fellowship that says you have a jackpot winning ticket if you have a seat in that fellowship for me the jackpot ticket seat is in The Living Room”



What do our  
clients say?

“The connection I get from The Living Room with other clients has changed my life along with the one to one sessions which I find very supportive. The Zoom sessions are very much part of my recovery and really appreciated I get a good connection which is important and I am allowed to help others to move on like me”



What do our  
clients say?

**“I am very grateful to The Living Room,  
particularly during the lockdown. If I hadn’t  
been able to join in I may not be here now”**



What do our  
clients say?

“Work at The Living Room has taught me so much. I have tools to understand myself, to challenge my thoughts and action in a healthy way. I stand up for myself today because I know I am worth standing up for”





# What's on the horizon?

- We have reopened our Stevenage centre and are making plans for a full return to St Albans and Watford ready for the New Year
- We have secured funding for a virtual 'Fourth Centre' to support people who cannot travel to our centres or are unable to join us during daytime sessions
- New specialist groups! We have a relationship group available via Zoom, a new Hertfordshire gambling support group, and a disordered eating group in St Albans



Changing  
Herts together  
in 2020



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Live**

