



Addiction and Social Prescribing

Chaired by Joshua Ryan

Head of the Thriving Communities Programme
National Academy for Social Prescribing

Tuesday 22 March 2022

[@NASPTweets](https://twitter.com/NASPTweets)

Today we will be hearing from

Dr Samantha Duggan, Secretary of the All Party Parliamentary Group for 12 Steps Recovery

Justine, member of 12 steps recovery fellowships

Fraser, member of 12 steps recovery fellowships

Molly Mathieson, Founder and Chief Executive, New Note Projects

Stephen Windmill, Social Prescribing Link Worker, Central Watford Primary Care Network

Janet Davis, Substance Support Worker, Meadowell Clinic





Dr Samantha Duggan

Secretary of the All Party Parliamentary Group
for 12 Steps Recovery



Poll results

1.How many 12 step (Anonymous) fellowships have you heard of?		
Just Alcoholics Anonymous	84	49%
1-4	69	40%
5-8	12	7%
8+	8	4%
2.How many 12 step fellowships do you know are available in your area?		
Don't know	87	50%
1	27	16%
2-3	37	21%
4+	22	13%
3.For those in relevant roles, have you ever referred to a 12 step fellowship?		
Yes	61	35%
No	112	65%





12 STEPS AND SOCIAL PRESCRIBING

SAMANTHA DUGGAN, PHD, SECRETARY APPG FOR 12 STEPS



Advocacy for all 12 step fellowships

Forum for recovery discussion at Westminster

Research & Policy

Scroll Down for More



12 STEP FELLOWSHIPS IN THE UK

SUBSTANCE

FAMILIES & FRIENDS

RELATIONSHIPS & EMOTIONS

PROCESS

SEX & LOVE

AA Alcoholics Anonymous



NA Narcotics Anonymous



CA Cocaine Anonymous



HA Heroin Anonymous



MA Marijuana Anonymous



CMA Crystal Meth Anonymous



GA Gamblers Anonymous



DA Debtors Anonymous



CEA Compulsive Eaters Anonymous



EDA Eating Disorders Anonymous



Al-Anon Families and Friends of Alcoholics



Var-Anon For those affected by someone's addiction



CoSA For people affected by another's compulsive sexual behaviour



FA Families Anonymous



AlAteen Teenage Children & Friends of Alcoholics



Gam-Anon Families of Gamblers



WA Workaholics Anonymous



OA Overeaters Anonymous



UA Underearners Anonymous



CoDA Codependents Anonymous



ACA Adult Children of Alcoholics/
Dysfunctional Families Anonymous



EA Emotions Anonymous



DDA Dual Diagnosis Anonymous



RCA Recovering Couples Anonymous



SAA Sex Addicts Anonymous



SA Sexaholics Anonymous



SLAA Sex & Love Addicts Anonymous



SIA Survivors of Incest Anonymous



Pan For all 12 Step Programs



WHY POINT PEOPLE TO A 12 STEP PROGRAMME?

- Available immediately, no waiting lists
- Over 7,000 weekly meetings in the UK, and many more online globally
- Free
- They work

THE EVIDENCE THAT 12 STEPS WORK – APPG MEETING JUNE 2021

Alcoholics Anonymous and Twelve-Step Facilitation Counselling: Cochrane Review

APPG on 12-step recovery
30 June 2021
House of Lords

Keith Humphreys

Esther Ting Memorial Professor, Stanford University
Honorary Professor of Psychiatry, King's College London

 **TheUpshot**

THE NEW HEALTH CARE

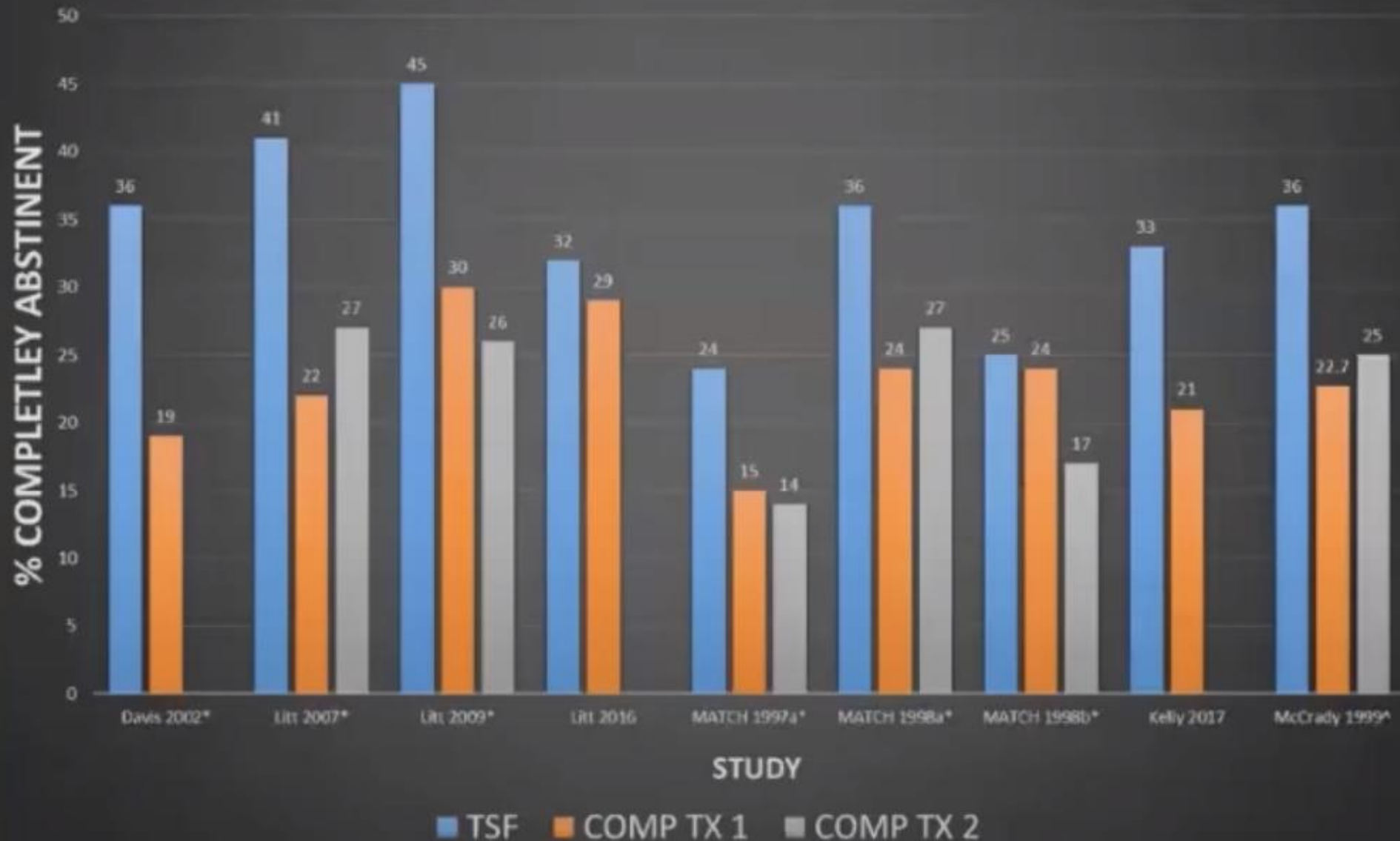
Alcoholics Anonymous vs. Other Approaches: The Evidence Is Now In

An updated review shows it performs better than some other common treatments and is less expensive.



1107

TSF Compared to Different Theoretical Orientation Treatments (RCTs all Manualized)





APPG: Mapping recovery pathways

Professor David Best
University of Derby

Australian National University



**BETTER
THAN WELL:
HIBBERT AND
BEST (2011) +
LIFE IN
RECOVERY**

Women spend an average
of **17.7 years addicted**
to drugs or alcohol.

Men spend **22.4 years
addicted.**



**79.4% of people in
long-term recovery**
have volunteered since
beginning their recovery
journey.





The Ice Cream Cone Model of Recovery

Recovery is an intrinsically social processes and one that needs not only personal commitment and determination but also the **support** and **engagement** of the **social network** and **support system**.



FINDINGS

- Increase in Quality of Life
- Increase in social functioning
- Decrease in justice involvement

CONCLUSION AND REQUESTS

1) IF YOU ALREADY REFER TO AA/NA - CHECK OUT OTHER FELLOWSHIPS:

WWW.12STEPSAPPG.COM/12-FELLOWSHIPS

2) IF YOU HAVE NOT YET REFERRED TO ANY 12 STEP FELLOWSHIP - CONNECT WITH A LOCAL AA REP - MORE DETAILS HERE:

WWW.ALCOHOLICS-ANONYMOUS.ORG.UK

3) IF YOU WOULD LIKE A MULTI-FELLOWSHIP PRESENTATION/WORKSHOP FOR YOUR COLLEAGUES CONTACT THE APPG:

EVENTS@12STEPAPPG.COM



Justine

Member of 12 steps recovery fellowships

Please note Justine spoke without slides





Fraser

Member of 12 steps recovery fellowships

Please note Fraser spoke without slides





Molly Mathieson

Founder and Chief Executive
New Note Projects

Please note Molly spoke without slides



[Watch the full video](#) from **New Note Projects**





Stephen Windmill

Social Prescribing Link Worker

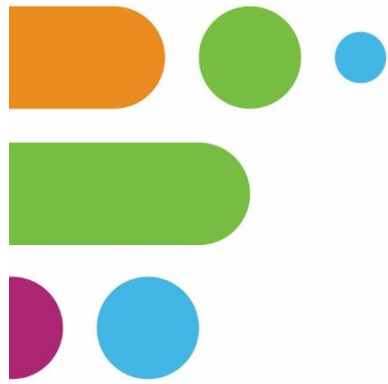
Central Watford Primary Care Network

Janet Davis

Substance Support Worker

Meadowell Clinic





Substance Addiction Support and Social Prescribing Support at Meadowell Clinic, Watford Health Centre

Stephen Windmill

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Janet Davis

Substance Support Worker, Meadowell Clinic

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MEADOWELL CLINIC

(Part of Watford Health Centre)

- **PRE-COVID SERVICES INCLUDED:**
- Drop-in GP appointments
- Substance Nurse (by appointment)
- Psychotherapy (by appointment)
- Social Prescriber Link Worker drop-in clinics, 2x sessions per week, every week
- Mental Health Link Worker drop-in support, 1x session per week, every week
- Complex Needs Service (Turning Point) drop-in support, 1x session per week, every week
- Dentistry services, drop –in, 1 day per week, every week
- Chaplaincy listening service (1x weekly)

CONTINUING SERVICES DURING COVID INCLUDED:

- Telephone GP consultations with follow up Covid-secure face to face appointments as required
- Substance Support Worker, telephone and Covid-secure face to face (by appointment)
- Remote Psychotherapy (by appointment)
- Remote Social Prescriber Link Worker support on demand
- Social Prescriber Link Worker Covid-secure face to face support as required

POST-COVID SERVICES INCLUDE:

- Telephone GP consultations with face to face appointments as required
- Substance Support Worker, telephone and face to face appointments
- Psychotherapy telephone and face to face appointments
- Social Prescriber Link Worker face to face appointments and telephone support as required
- Nurse face to face appointments
- Development of sex worker monthly health clinics, to include a social prescribing element

**Meadowell Clinic Social Prescriber service includes:
direct 'hands-on' support, onward referrals and signposting.**

Summary of the main key patient issues:

- Benefits
- Housing
- Liaison with local authorities and housing providers
- Move-on from temporary housing
- Mental health (community-based support services and CMHT services)
- Managing finances and debts
- Social and creative activities / personal development
- Substance-related issues
- Emotional support and reassurance
- Employment/ training/ education support

OTHER KEY LOCAL HOMELESSNESS AND SUBSTANCE SUPPORT SERVICES:

- **New Hope:** Provision of The Haven day centre in central Watford. Street outreach support service
- Provision of night shelter facilities and move-on properties and community homes. Tenancy support service
- **CGL Spectrum:** Drug and alcohol services, including scripts, peer support and other addiction related support
- **YMCA:** Temporary accommodation and support services at temporary accommodation, host of Housing First support workers
- **Emerging Futures:** Accommodation and floating support
- **MIND:** Community support: mental health and floating support
- **Herts Young Homeless:** Homelessness and mental health support for under 24 year olds
- **GROW:** Accommodation and support services
- **The Living Room:** Addiction support
- **Slice of Happiness:** Remote group psychosocial support

SUBSTANCE SUPPORT

GABOR MATÉ:

Addiction is a complex psychophysiological process, but it has a few key components. I'd say that an addiction manifests in any behaviour that a person finds temporary pleasure or relief in and therefore craves, suffers negative consequences from, and has trouble giving up.

Not all addictions are rooted in abuse or trauma, but I do believe they can all be traced to painful experience. A hurt is at the centre of all addictive behaviours. It is present in the gambler, the Internet addict, the compulsive shopper and the workaholic. The wound may not be as deep and the ache not as excruciating, and it may even be entirely hidden—but it's there. The effects of early stress or adverse experiences directly shape both the psychology and the neurobiology of addiction in the brain.

SUBSTANCE SUPPORT AT MEADOWELL

- Meadowell substance support services
- Clinical aspects of opiate substitution treatment
- Psychosocial support: Trauma-informed:
- ‘Patients may not recognise the relationship between their trauma experiences and symptoms such as substance misuse. Services should help patients develop a holistic compassionate understanding of their difficulties’ (DofH UK Guidelines)
- Therapeutic alliance and a person-centred approach

SUBSTANCE SUPPORT AND SOCIAL PRESCRIBING

- Maslow's Hierarchy of Needs
- Patients have immediate, medium and long-term support needs
- Social Prescribers are ideally placed to offer support through detailed and extensive awareness and knowledge of community, government and statutory service resources to contribute greatly to an individual's recovery journey, and the 'what matters to me' conversation
- Creative and therapeutic activities can contribute enormously to recovery and personal development / resilience
- Clear need to encourage more community initiatives / projects / services / CICs: *'it is no good having lots of travel agents if there are no holidays to go on'*

Feedback from the Addiction Psychotherapist at Meadowell Clinic:

“Every patient I see has shared wonderful stories about the Social Prescriber, about how hard he works and how much time, effort and care he lavishes on each patient. Please know that through his efforts countless possible suicides have been prevented as he makes sure patients have enough money for food and rent.

The Social Prescriber is an unsung hero who quietly and professionally does his job very well and has moved us all deeply at Meadowell for his heart warming and dedicated service to the homeless people of Watford.”



National
Academy
for Social
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Thank you

Our next webinar will be
Co-Production and Social Prescribing
Tuesday 29 March 9.30-10.30am

More details and to catch up with previous sessions see our website:
socialprescribingacademy.org.uk/thriving-communities-webinars



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Communities Network:
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