

# Health and Adult Social Care Scrutiny Committee

## 11 July 2024

### Co-Existing Substance Use and Mental Health Needs

#### Report of the Statutory Scrutiny Officer

#### **1 Purpose**

- 1.1 To scrutinise the services available to people with co-existing support needs in relation to both substance use and mental health.

#### **2 Action required**

- 2.1 The Committee is asked:

- 1) to make any comments or recommendations in response to the report from the Substance Use and Mental Health Pathway Development Group on the progress of work to improve co-existing mental health and substance use pathways; and
- 2) to consider whether any further scrutiny of the issue is required (and, if so, to identify the focus and timescales).

#### **3 Background information**

- 3.1 The Substance Use and Mental Health Pathway Development Group represents a partnership of providers and commissioners focussed on ensuring that city services are meeting the needs of people who have co-existing (or co-occurring) mental health and substance use needs.
- 3.2 A health needs assessment was carried out in November 2023 to understand the prevalence of coexisting mental health and substance use conditions in Nottingham and Nottinghamshire. The estimated local prevalence of co-existing conditions is lowest in the primary care patient population, more substantial in mental health services and highest in substance use services. People with co-existing mental health and substance use needs are disproportionately male, (younger) middle-aged and white, experiencing a higher level of deprivation than the wider population.
- 3.3 A baseline model of support for people with co-existing needs was developed in 2021 and implemented across Nottingham and Nottinghamshire. It consists of three pathways: mental health workers from the Nottinghamshire Healthcare NHS Foundation Trust embedded into substance use services; substance use workers from the Nottingham Recovery Network and Change Grow Live embedded into inpatient mental health services; and peer support workers with lived experience of substance use working in substance use and community mental health services from Double Impact.

- 3.4 Initial evaluation monitoring as shown that 353 patients were assessed by the mental health workers in substance use services and substance use workers in inpatient mental health services. The average wait time from referral to assessment was an average of three weeks. The ethnicity of the cohort was 77% identifying as white, 63% identifying as male and 27% identifying as female. Those over 35 years old made up the largest group of patients, at 73%. Data shows that 33% of patients were discharged to another service, while 31% were discharged as 'treatment complete'.
- 3.5 The delivery teams are seeing an increase in the proportion of patients with a successful outcome as the pathway embeds, which represents an improvement on the initial evaluation findings. However, there is still an average of 29% of patients who are unable to engage for various reasons, so activity is taking place to develop how peer support can help to increase this engagement. The number of peer support workers has increased since April 2024 and this will be subject to ongoing review.
- 3.6 Services are financed through the Mental Health Transformation funding via the NHS Nottingham and Nottinghamshire Integrated Care Board, except for the substance use workers in inpatient settings – which were funded through non-recurrent Mental Health Discharge funding until March 2024 and since April 2024 through the Supplementary Substance Misuse Treatment and Recovery Grant. This grant is provided via the Office of Health Improvement and Disparities to support the delivery of the national drug strategy. However, the grant funding is time-limited with an end date of 31 March 2025, with no confirmation of continuation beyond that point. This is recognised as a risk not only for these posts, but across the wider substance use system as there is a significant upcoming cliff-edge in funding with a number of substance use-related grants ending in March 2025.
- 3.7 The Committee reviewed service provision in this area previously on 23 June 2022. As a result of this scrutiny, the Committee's recommendations focused on developing the outreach work being undertaken to support rough sleepers, ensuring effective links and transition between the associated children's and adults' support service, and engaging GPs effectively to ensure appropriate referrals.

#### **4 List of attached information**

- 4.1 Report: Co-existing mental health and substance use – update on progress and plans for further development

#### **5 Background papers, other than published works or those disclosing exempt or confidential information**

- 5.1 None

## **6 Published documents referred to in compiling this report**

- 6.1 Reports to, and Minutes of, the Health and Adult Social Care Scrutiny Committee meeting held on [23 June 2022](#)

## **7 Wards affected**

- 7.1 All

## **8 Contact information**

- 8.1 Adrian Mann, Scrutiny and Audit Support Officer  
[adrian.mann@nottinghamcity.gov.uk](mailto:adrian.mann@nottinghamcity.gov.uk)