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England

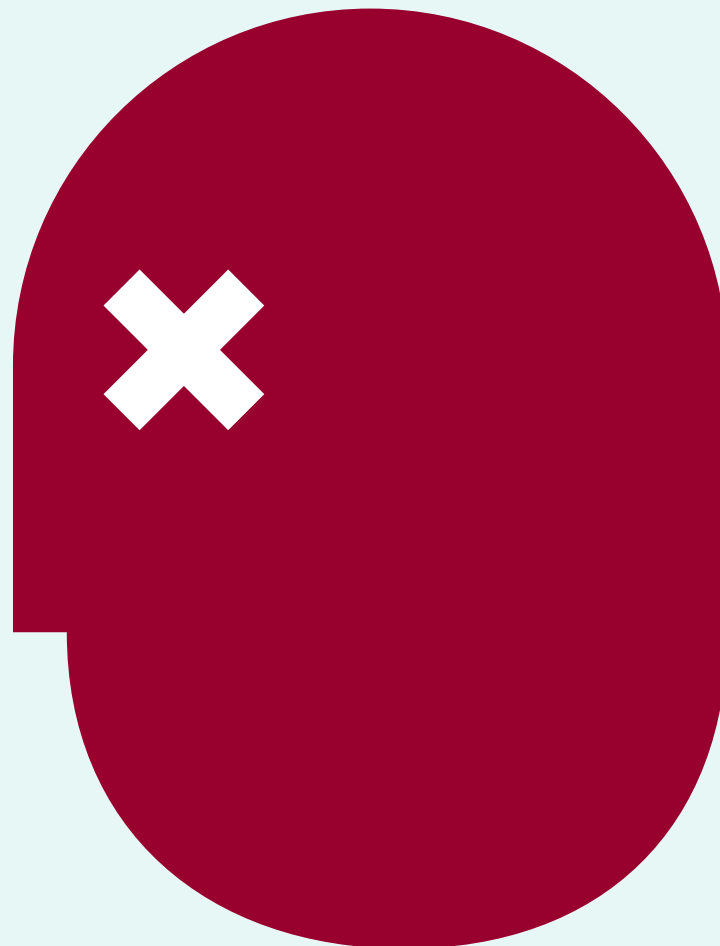
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# Alcohol and drugs prevention, treatment and recovery: **why invest?**

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# Alcohol problems are widespread



**9 million** adults drink at levels that increase the risk of harm to their health

**1.6 million** adults show some signs of alcohol dependence

Alcohol is the third biggest risk factor for illness and death



# Drug use is widespread but addiction is concentrated



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**2.7 million** adults used an illegal drug in the past year

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**294,000** heroin and crack users in England

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**40%** of prisoners have used heroin

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**1,200,000** affected by drug addiction in their families – mostly in poor communities

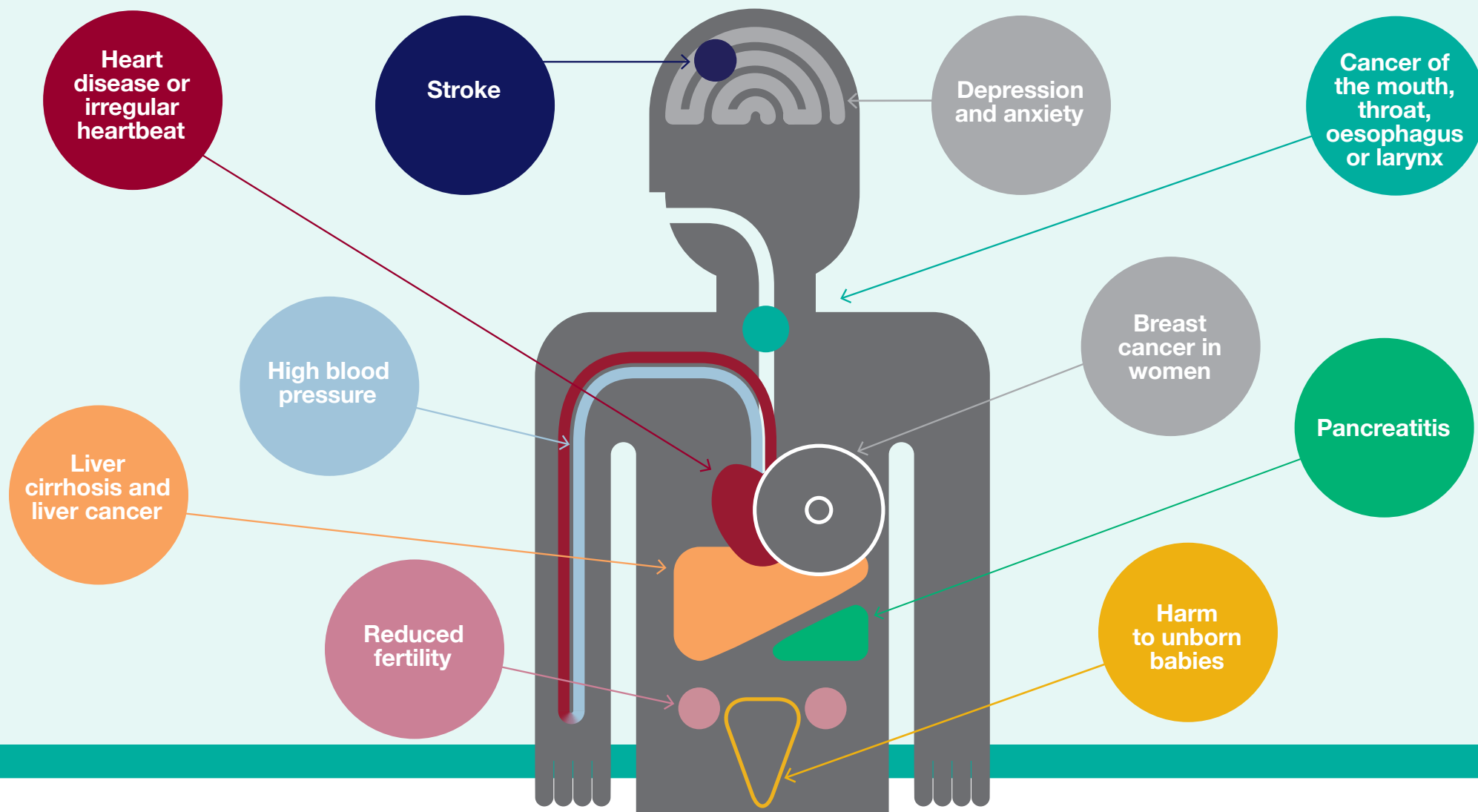


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# The impact on health and mortality

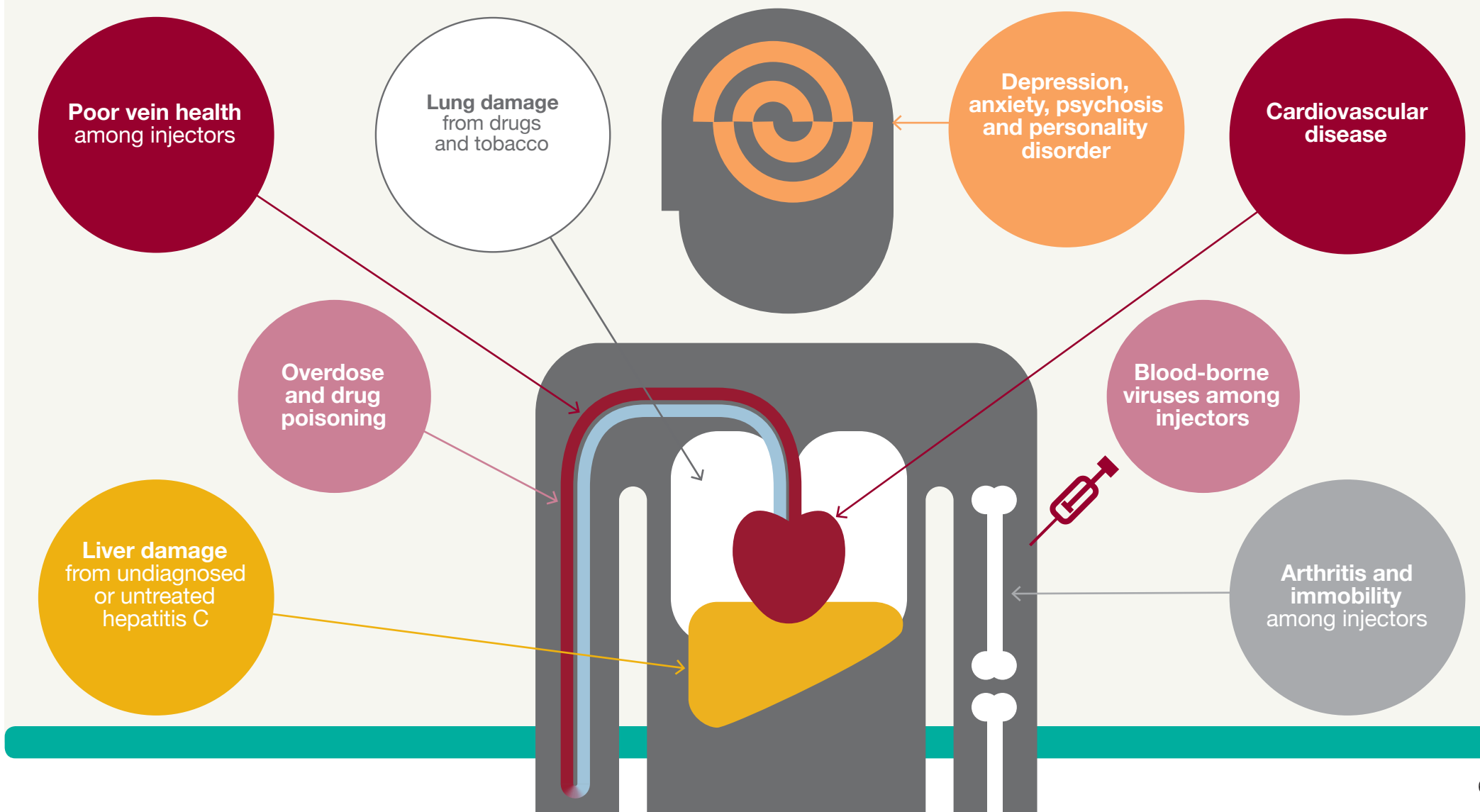


# Alcohol misuse damages health





# Drug misuse damages health

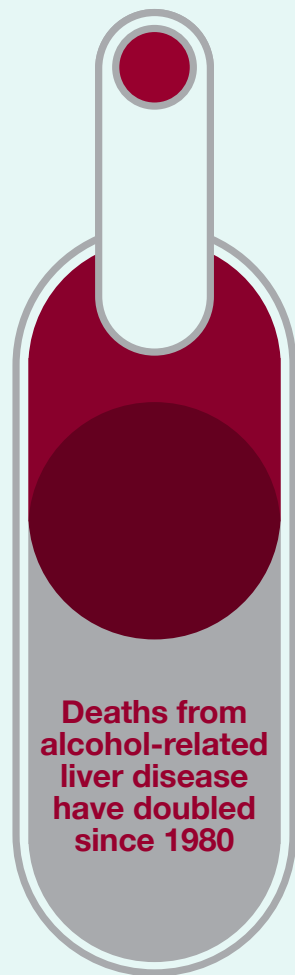




# Alcohol and drug deaths

Alcohol misuse  
leads to many  
deaths

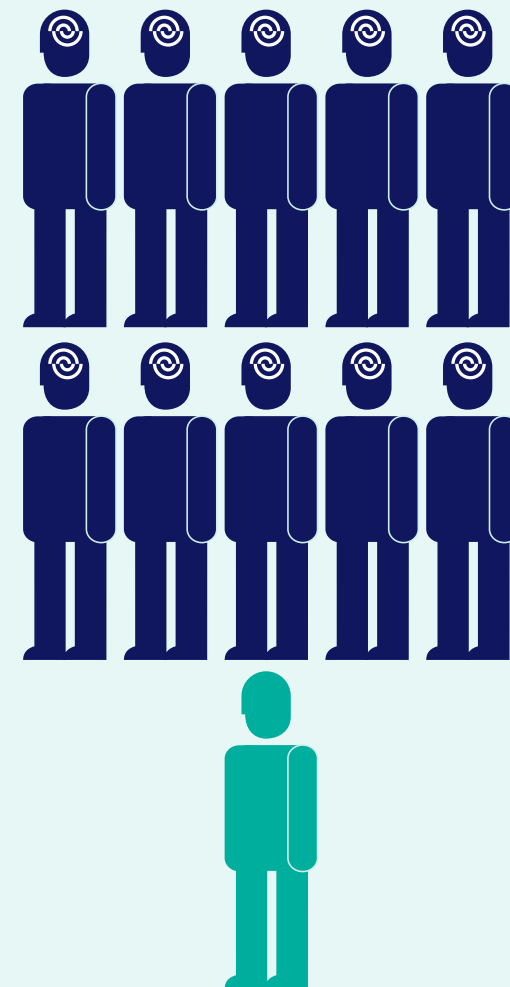
**21,485** people  
died from  
alcohol-related  
causes in 2012



A quarter  
of all deaths  
among 16-24  
year old men  
are attributable  
to alcohol

Deaths among  
heroin users are  
**10 times** the  
death rate in the  
general  
population

Deaths involving  
new drugs and  
some prescription  
medicines are  
rising





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# The impact on families and communities

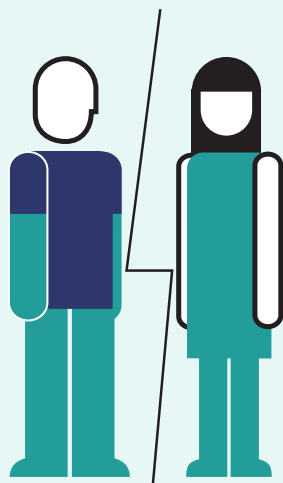




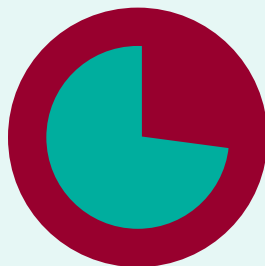
# Alcohol misuse harms families and communities

**1**  
**2**

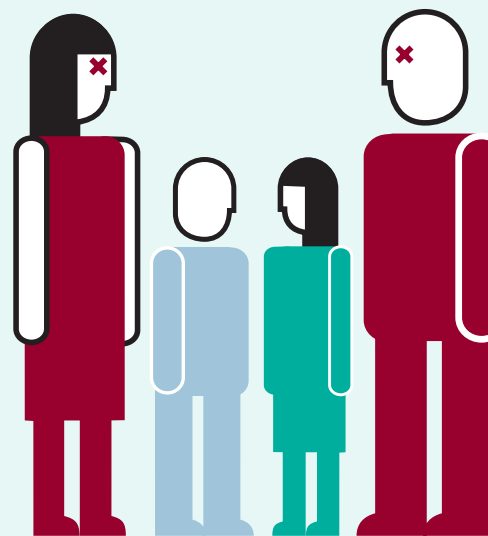
Almost **half**  
of violent  
assaults



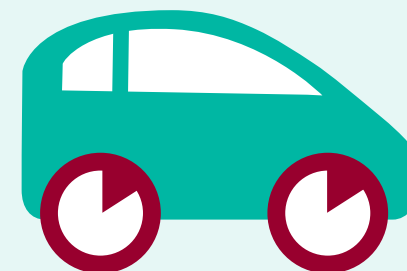
Domestic  
violence and  
marital  
breakdown



**27%** of  
serious  
case  
reviews  
mention  
alcohol  
misuse



Physical, psychological  
and behavioural problems  
for children of parents  
with alcohol problems



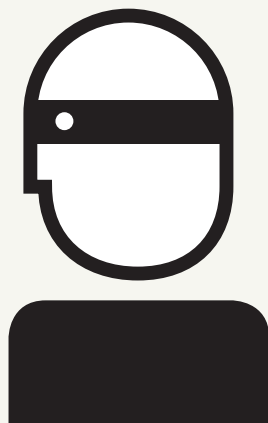
**13%** of road  
fatalities



# Drug misuse harms families and communities



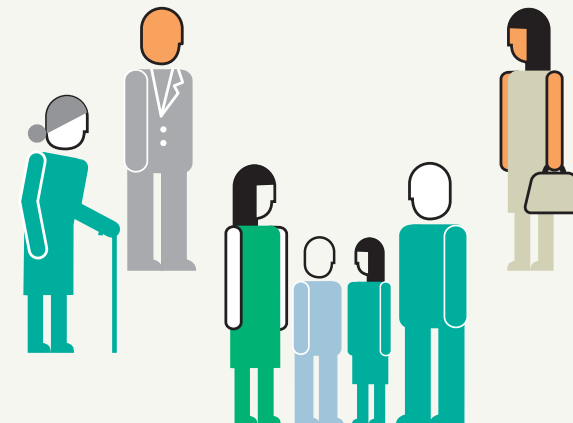
Parental drug use is a risk factor in **29%** of all serious case reviews



Heroin and crack addiction causes crime and disrupts community safety



A typical heroin user spends around **£1,400 per month** on drugs (2.5 times the average mortgage)



The public value drug treatment because it makes their communities safer and reduces crime. **82%** said treatment's greatest benefit was improved community safety



# The costs



# The annual cost of alcohol-related harm





# The annual cost of drug addiction

Every year it costs society

# £15.4bn

Any heroin or crack user not in treatment commits crime costing an average **£26,074** a year

Every year drug misuse costs the NHS in England **£488m**

Annual cost of looking after drug using parents' children who have been taken into care is **£42.5m**



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# The challenge



# Alcohol – what needs to be done

1

Improve awareness  
of alcohol harm  
among young  
people and delay the  
age of first use

2

For people who  
drink, make lower  
risk drinking the  
norm and an easy  
choice to make

3

Target those who are  
most at risk

4

Respond to and  
reduce the harm  
experienced by  
those who have  
already developed  
problems



# Drugs – what needs to be done

1

Prevention measures to build resilience among young people and to promote drug-free environments

2

Develop effective responses to the harm of new drugs, and help people who are addicted to medicines

3

Respond to the growing number of older drug users, many of whom have serious addiction and health problems

4

A package of support (treatment, housing, employment, positive social networks) to help people recover and rebuild families and communities





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# The levers and tools



# Population-wide prevention





# Targeted prevention – alcohol

Hospital alcohol liaison services to reduce the unnecessary burden on the NHS

Brief interventions in primary care and other settings to reduce the impact of alcohol on health

Evidence-based screening in the NHS Health Check to reduce harmful drinking

Prevention programmes to reduce young people's alcohol consumption



# Targeted prevention and harm reduction – drugs

Advice,  
testing,  
vaccination  
and treatment  
for blood-  
borne viruses

Needle and  
syringe  
programmes  
to prevent  
infection and  
spread of  
blood-borne  
viruses

Prevent  
avoidable  
overdose  
deaths

Work with  
local health  
partners to  
prevent and  
treat addiction  
to medicines

Prevention  
programmes aimed  
at young people to  
reduce drug harms



# Specialist treatment (alcohol and drugs)



Specialist treatment should be accessible, matched to local need and NICE-compliant

All patients should have a mutually agreed and regularly reviewed care plan, setting out their treatment goals

All treatment should include support for behaviour change

It may also include appropriate prescribed medicines

Residential and community rehabilitation should be available for those who need it





# Support for sustained recovery

Everyone should have access to support that promotes and sustains their recovery

Help people access mutual aid groups (e.g. AA, NA, SMART Recovery) and other positive social networks

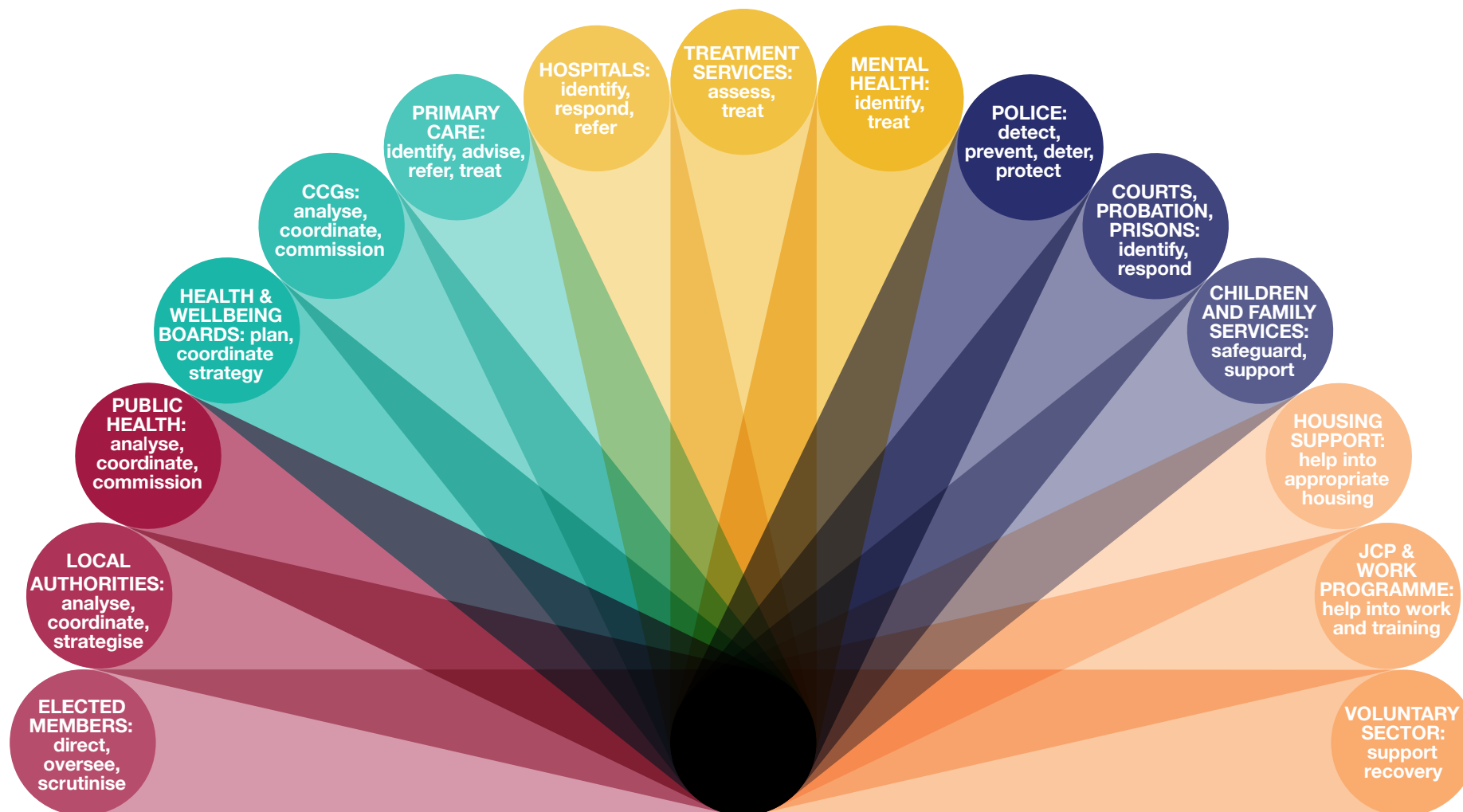
People in recovery need access to stable accommodation

They should be supported into education, training or employment

Doing all of this will enable individuals to reach their full potential, will lead to better outcomes and save money



# Partnership: the key to success





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# The benefits of investment





# Intervening early works and saves money



Young people's drug and alcohol interventions result in **£4.3m health savings** and **£100m crime savings** per year

Drug and alcohol interventions can help young people get into education, employment and training, bringing a total lifetime benefit of up to **£159m**

Every **£1** spent on young people's drug and alcohol interventions brings a **benefit of £5-£8**



# Investing in alcohol interventions saves money

Every 5,000 patients screened in primary care may prevent **67** A&E visits and **61** hospital admissions

**Costs £25,000**  
**Saves £90,000**

One alcohol liaison nurse can prevent **97** A&E visits and **57** hospital admissions

**Costs £60,000**  
**Saves £90,000**

Every **100** alcohol-dependent people treated can prevent **18** A&E visits and **22** hospital admissions

**Costs £40,000**  
**Saves £60,000**





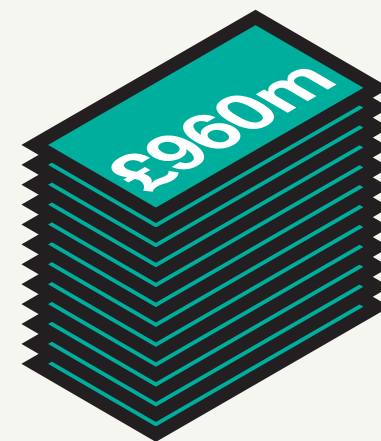
# Investing in drug treatment cuts crime and saves money



Every **£1** spent on drug treatment **saves £2.50** in costs to society



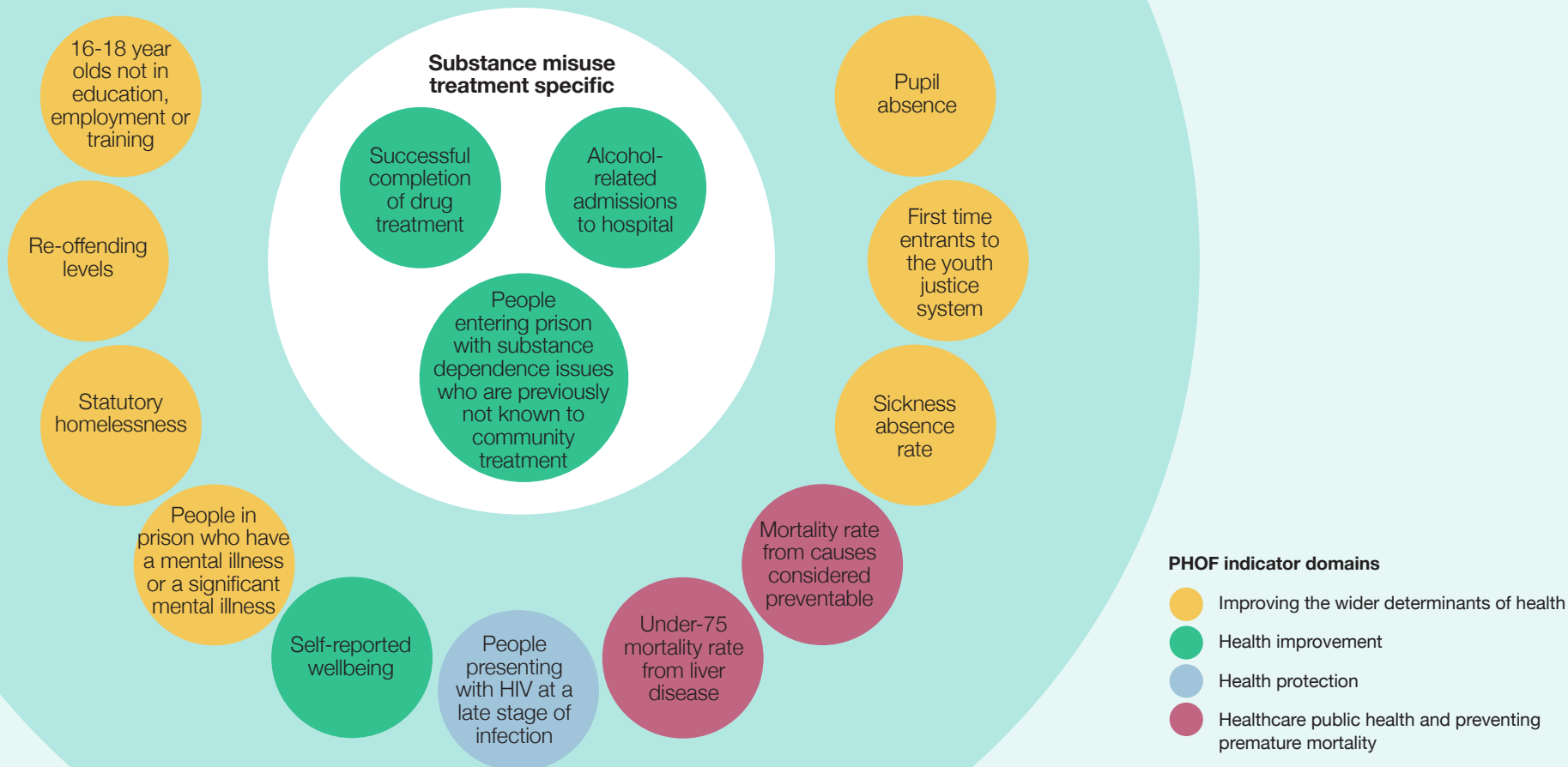
Drug treatment **prevents an estimated 4.9m crimes** every year



Treatment **saves an estimated £960m** costs to the public, businesses, criminal justice and the NHS



# Drug and alcohol interventions lead to better public health outcomes





# Find out more...



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PHE alcohol, drugs  
and tobacco

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Local PHE centre  
alcohol and drugs team

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PHE alcohol learning  
resources

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Recovery resources for  
drugs