

**National Assembly for Wales / Cynulliad Cenedlaethol Cymru  
[Health and Social Care Committee](#) / [Y Pwyllgor Iechyd a Gofal Cymdeithasol](#)**

**[Inquiry into alcohol and substance misuse](#) / [Ymchwiliad i gamddefnyddio alcohol a sylweddau](#)**

**Evidence from Conwy County BC Social Services – ASM(Q) 32 /  
Tystiolaeth gan Gwasanaethau Cymdeithasol Cyngor Bwrdeistref Sirol  
Conwy – ASM(Q) 32**

**Consultation Questionnaire:**

**1. Do you currently work for an organisation which works with people who misuse alcohol or other substances? If so, please state which organisation and whether we should treat your response as being on behalf of that organisation, or as a personal response from you.**

/ Family Intervention Team and Integrated Family Support Services.  
North Wales Area Planning Board and have included some of their responses within this document.

**2. Which client group(s) do you work with? (For example, under 18s, older persons, homeless, or female only)**

We work with adults who are parents, children and young people aged under 18 years of age.

**3. What are the main reasons why your clients take drugs or drink excessively? Please tick all that apply.**

**If you work with more than one client group or you feel that there are other reasons as to why your clients take drugs or drink excessively, please comment in the box below.**

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**If you work with more than one client group or you feel that there are other reasons as to why your clients take drugs or drink excessively, please comment in the box below.** Peer pressure

- A way to deal with stress
- Client(s) already substance reliant
- Mental health
- Boost confidence
- Relieve social anxiety
- Environmental factors (for example - excessive drinking and/or drugs normalised in the home/community)
- Relationship problems
- Financial concerns
- Self-medication
- Escapism
- Other (please comment)

Comments

**4. Are there certain groups of people who are more likely to be affected by drugs and excessive drinking? If so, which groups might they be?**

All of the above and more are potential reasons that a wide ranging section of the population use drugs

Within Family Intervention Services, we observe that within many families, there is a lack of ability to cope. Also, past childhood trauma, contributes to many young people and adults abusing substances.

**5. Does a particular stage of your clients' lives influence their likelihood of taking drugs or drinking excessively? If so, what stage might that be? (i.e. age, relationship breakdown, unemployment etc.)**

In terms of age groups evidence suggests that young people are more likely to experiment with Cannabis

There will be periods in peoples lives where they are perhaps more prone or vulnerable to drug and or alcohol

It is also important to include; how experience of domestic violence can influence a persons use of substances

**6. What barriers exist for your client(s) when trying to access support and services?**

Actual and Perceived barriers include but are not limited to:

- Recognition that they in fact are experiencing a problem with drug and alcohol use
- Stigma
- Hierarchy of drug and alcohol users- some alcohol users may identify themselves as completely different
- Misconceptions that accessing services could lead to children being put into care etc
- Opening times of services
- Concerns re: formal records being made about their substance use
- Fears re: losing their employment, impact on families etc etc
- Others knowing about their drug and alcohol use as can often be a hidden and private issue
- Geography/ Rurality

## 7. What barriers exist for services when trying to access support for client(s)?

Actual and Perceived barriers include but are not limited to:

- Knowledge of provision available and its eligibility criteria
- Substance misusers wanting to engage in meaningful support
- Ensuring related needs and vulnerabilities are met
- Resourcing Performance monitoring
- Having the means/ resource to treat underlying causes of substance misuse rather than just symptoms
- Changing cultures and stigma

- A discriminatory attitude when enquiries are made initially, within some service areas.

## 8. What do you consider to be barriers for staff and frontline services in working with your client group(s), or substance misuse generally

The following concentrates on challenges to commissioning effective substance misuse services rather than

- Shifting resources and approach to an increasingly preventative and early intervention model rather than
- Joining up funding streams given there are different resources available with different commissioning
- Meaningful performance management frameworks that show outcomes have been achieved
- Resourcing Alcohol and the demand and prevalence of this issue
- Creating an approach that concentrates on sustained recovery

- Lack of appropriate training and understanding

## 9. Where do you think efforts should be targeted to address the issue of alcohol and substance misuse in Wales?

service user involvement at all levels of drug and alcohol treatment  
Alcohol requires increased focus  
There needs to be more of a shift towards preventative and early intervention approaches, however, this is  
as a result of the above more focus upon children and young people to prevent them becoming problematic  
increasing evidence base for interventions and understanding better the scale of the issue, given that its la  
ensuring drug and alcohol issues are dealt with effectively within criminal justice system e.g. ensuring oppo  
approaches that consider the needs of the whole family due to impact of significant others substance misu  
increased concentration on services working together to provide seamless range of provision  
increasingly looking to measure impact of interventions and better performance management and outcome in  
ensuring effectively tackling substance misuse is recognised as everyone's responsibility

**10. In which local authority area do you work? If you work outside of Wales, please select "Outside Wales"**

Conwy N/A

**11. If you would like to be kept updated about the progress of the Committee's inquiry into alcohol and substance misuse in Wales, please leave your name and e-mail address below.**