

DARC Summer Newsletter 2018

Another busy and productive year that has seen increasing collaboration with students and external organisations and the start of new teaching programmes as well as the continuation of our core research and knowledge exchange activities. We are 18 months into our major EU funded project – EPPIC: Exchanging Prevention Practices on polydrug use among youth In Criminal justice systems and have set up a special section on the DARC website, the EPPIC Portal, providing information about the project, country reports and cross-national reports. A video introducing DARC activities is now on the website. This was produced for us by a final year student in the Faculty of Arts and Creative Industries and formed part of her final assessment. It features DARC staff as well as past and present students. In line with our cross-disciplinary focus, DARC continues to foster links with the creative arts and has made use of visual imagery to illustrate issues of alcohol use among older people discussed in a workshop with social workers last September. As part of a project on Identification and Brief Advice, funded by Alcohol Research UK, we commissioned *MoreThanMinutes* (<http://www.morethanminutes.co.uk>), a group of professional artists, to illustrate the workshop discussions.



You will find full details of our activities and publications as well as notification of forthcoming events on the website: <http://drugandalcoholresearchcentre.org>. You can also follow us on twitter: [@DARC_Mdx](https://twitter.com/DARC_Mdx). Meanwhile, the sections below provide a taste of our work.

New initiatives

DARC internships

This year we introduced internships as part of our commitment to strengthening the links between research and teaching. Two students worked with the Daniel Spargo-Mabbs Foundation (DSM), a charity developing and providing drugs education in schools. (<http://www.dsmfoundation.org.uk>). For her MSc dissertation, Nikoleta Syreti, lecturer in Child Nursing, interviewed a sample of teachers about their experiences of delivering the programme. Kalliopi Tzimopoulou, a student in the criminology department, had a placement with the DSM Foundation and based her dissertation on an examination of parents' workshops. They will report on their findings at a DARC seminar later this year. Internships are again on offer for 2018 – 2019.

DARC Associate Fellow

Collaboration with community and external organisations is an important part of our knowledge exchange strategy. We have built on last year's link with MENTOR (<https://mentoruk.org.uk/>) and appointed Jamila Boughelaf as an associate fellow to work with us on developing a new area of work – young people, substance use and mental health. This topic complements the EPPIC work where mental health issues have emerged as an important component of young people's drug and criminal involvement trajectories. The fellowship has already resulted in a literature review (which will be on the website soon), and an expert workshop is being planned to develop future collaborative research and teaching activities.

The literature review – *Exploring the links between mental health and substance use*, by Jamila Boughelaf and Agata Plasa, emphasises the magnitude of mental health and substance use disorders worldwide and highlights childhood and adolescence as a time when a large proportion of problems emerge. Overall, the prevalence of mental health problems in children and young people appears to be on the rise in the UK and several authors have stressed that childhood and adolescence are particularly crucial phases for the promotion of mental health prevention and treatment. The review considers risk and protective factors associated with problems of mental health and substance use, and looks at links with gender, poverty, parenting and peer relationships (etc.). The overview and discussion of effective interventions points to the challenges in providing interventions for this target group and notes that most suggested dual diagnosis frameworks largely focus on adult populations, although some provision for treating younger individuals with a dual diagnosis has been made through the NICE (2016) guidelines for coexisting severe mental illness and substance misuse.



DARC members visit the
Drug Policy Museum

Continuing research

EPPIC: Exchanging Prevention Practices on polydrug use among youth In Criminal justice systems

This is an EU funded study led by Betsy Thom and Karen Duke, with partners in Denmark, Poland, Germany, Austria and Italy. The study is now in its 18th month and has produced a number of UK specific and cross-national reports and executive summaries. (See DARC Portal <http://drugandalcoholresearchcentre.org/eppic-portal/> and the EPPIC website <https://www.eppic-project.eu/>). We are now including Scotland in the UK research, working with Health Opportunities Team (HOT) in Edinburgh to complement work in England with Change Grow Live (CGL). Watch our first EPPIC video on <https://vimeo.com/275037977>

Telephone delivered Incentives for Encouraging adherence to Supervised methadone consumption: development and feasibility study for a RCT of clinical and cost effectiveness (TIES)

Tim Weaver (Middlesex) is a partner in this project, which is led by Kings College; other partners are SlaM, UCL and CGL. The study explores the use of new technology for telephone delivered incentives. The formal study aim is to develop and test the feasibility of conducting a cluster randomised controlled trial (RCT) to evaluate the clinical and cost effectiveness of using telephone delivered incentives (via text) to encourage adherence with supervised consumption of methadone in community pharmacies. It is funded by the National Institute of Health Research, Research for Patient Benefit, April 2017 – March 2019 (24 months). Further information from t.weaver@mdx.ac.uk.

Exploring pathways through and beyond alcohol treatment among Polish women and men in a London Borough

This study is funded by Alcohol Research UK over 15 months. The main aim is to further understanding of the pathways into, through and out of treatment for Polish migrants. The research examines facilitators and barriers to accessing services, completing treatment and recovery. It is led by Rachel Herring and Mariana Bayley and is being conducted in partnership with HAGA, a service provider. Contact r.herring@mdx.ac.uk for further details.

The role and perceptions of nursing academics towards addiction teaching

This study, given its complexity in terms of transnational partnership working (including ethical approval), has now finalised and signed off the study protocol. There has been such interest by a number of nursing faculties in different countries to participate, that the team have elected to conduct the study in two waves. The first wave, which commences in September and will collect data from September to December 2018, will form the ‘pilot’. Subject to the findings from the pilot, a more extensive second wave of data collection will be opened from January 2019. We will continue to update colleagues on progress; in the interim, any questions about the study can be directed to Professor Carmel Clancy (c.clancy@mdx.ac.uk)

Publications

As usual, we have contributed a number of published reports, books and journal papers to the field, for example:

- Alexis-Garsee, C., Meehan, S, and van den Akker, O. (2018) An interpretative phenomenological analysis of discontinued use of the e-cigarette. *Journal of Smoking Cessation* ISSN 1834-2612 (Published online first)
 - Alexis-Garsee, C., Gilbert, H., Burton, M. and van den Akker, O. (2018) Difficulties quitting for smokers with and without a respiratory disease and use of a tailored intervention for smoking cessation – a qualitative study. *Journal of Smoking Cessation* 13 (2) pp. 63-71. ISSN 1834-2612
 - Annand, F., Duke, K. and Thom, B. (2017) *National Report for England and Wales: Literature Review and Scoping Survey*. Project Report. EPPIC Chafea European Commission http://drugandalcoholresearchcentre.org/wp-content/uploads/2018/02/FINAL-WP4-country-report-England-and-Wales_Updated.pdf
 - Hafford-Letchfield T., Thom B., Herring R. & Bayley M. (2017): Delivering information and brief advice on alcohol (IBA) in social work and social care settings: an exploratory study *Drugs: education prevention and policy* DOI: 10.1080/09687637.2017.1344621
 - Holmila M. and Thom B. (2017) Harms to children: manifold, serious and long-lasting *Dugs: education prevention and policy* 24:1, 1-2, DOI:10.1080/09687637.2016.1243092
 - Mazoruk, S., Huxley, A., Alexis-Garsee, C. and Schifano, F. (2017) Prevalence of somatisation as a determinant of burnout amongst staff working in drug and alcohol services. *Drugs and Alcohol Today* 17 (4) pp. 242-249. ISSN 1745-9265
 - Thom, B., Duke, K. and Herring, R. (2017) ‘Workforce Development: Is there a paradigm shift?’ *Drugs: education, prevention and policy* 24(6): 427-29
 - Thom, B., Duke, K. and Gleeson, H. (2018) *National Report for England and Wales: Descriptions of Innovative Approaches including Professionals’ and Young Peoples’ Perceptions and Narratives*. Project Report. EPPIC Chafea European Commission. <http://drugandalcoholresearchcentre.org/wp-content/uploads/2018/02/Final-Exec-Summ-WP5-Interventions-Report.pdf>
- And we are reaching a wider readership through accesible publication and blogs:
- Thom B. blog: *An EPPIC problem? Young people, drug use and criminal involvement: On my care academy* <http://mycareacademy.org/all/an-eppic-problem-young-people-drug-use-and-criminal-involvement/>
 - Thom B. blog: *EPPIC: Young people, drug use and criminal involvement: Prevention approaches: On WPHREN* (The WHO Global Health Network) <https://wephren.tghn.org/community/blogs/post/49326/2018/08/eppic-young-people-drug-use-and-criminal-involveme/>
 - Thom B. (2017) Alcohol: Understanding and measuring ‘harm to others’ *Public Health Today*, Winter

DARC’s international and national links

DARC continues to enjoy a lively external profile and DARC staff engage in international and national conferences and networks. Betsy Thom delivered a keynote address at the international conference: *Radical Temperance: Social Change and Drink, From Teetotalism to Dry January*, Preston, in June 2018. A paper from the EPPIC project was delivered by Karen Duke at the International Society for the Study of Drug Policy Conference, Vancouver, in May 2018, and information and early findings from the study were provided to international representatives at a UNODC meeting.

Karen Duke is part of the UNODC expert group which will be developing elements of family therapy for adolescents with drug use disorders in contact with the criminal justice system. She attended the expert meeting on 4-7 June 2018 in Vienna and presented on findings from the EPPIC project.



We are delighted to announce that:

Professor Carmel Clancy has been elected as 'president elect' of the International Nursing Society on Addictions (IntNSA) August 2018 – taking up the Presidency in 2020. IntNSA is the leading global nurse led society on addictions (<http://www.intnsa.org>), a professional specialty organization founded in 1975 for nurses committed to the prevention, intervention, treatment, and management of addictive disorders. Carmel has served on the Board of IntNSA for the last 4 years with a mandate to expand IntNSA's global footprint beyond North America. During this period, IntNSA has met this challenge with enormous energy and now has chapters in Brazil, Canada, Ireland, Holland and UK. Carmel gave a keynote address at the ICA (International Congress of Nursing) meeting, 26th August in Rotterdam, to mark the launch of the European Region of IntNSA.

International collaboration in education and training development is also a strong element of our work – see the teaching section below for some examples.

DARC Seminars, Conferences and Events 2017-2018

Our seminars and conferences are an important element of knowledge exchange and research dissemination activities.

Seminars

Three successful seminars have showcased DARC research and included contributions from researchers at other universities:

- October 2017: Arun Sondhi gave a paper on '*Detention under Section 136 of the Mental Health Act in London: Pathways, Perceptions and Provision. Views of people with direct or lived experience of mental distress and staff*'. Drawing on qualitative interviews, the study examined how a person detained under Section 136 was taken to a Health Based Place of Safety in London. The process and pathways to a HBPOS was shown to be highly fragmented across London. Implications of the existing service delivery model was discussed.
- February 2018: Tim McSweeney presented his work on '*Assessing the impact of a drug law enforcement operation against a heroin and crack cocaine market in England*', looking at

evidence from an independent evaluation on the impact of a large-scale drug law enforcement operation by one English police force.

- May 2018: Camille Alexis-Garsee (Middlesex), along with Natalie Bisal and Daniella Ladmore, Health & Lifestyle Research Unit, Barts and the London School of Medicine & Dentistry, Wolfson Institute of Environmental and Preventive Medicine, Queen Mary University London, presented on *E-cigarettes: Media, myths and what to tell smokers*.

DARC annual conference June 2018



Rachel Herring and Trish-Hafford-Letchfield

Conference workshops included: use of screening and motivational interviewing, learning from service users, working with marginalised communities, contingency management approaches and older women's use of substances.

Book launch

In November 2017, we hosted a launch for the publication of Susanne MacGregor's book *The Politics of Drugs: Perceptions, Power and Policies* (2017) Palgrave Macmillan. Mark Monaghan, Lecturer in Criminology and Social Policy, Loughborough University, gave a commentary on the book

Social work and problem substance use: Going in the right direction?

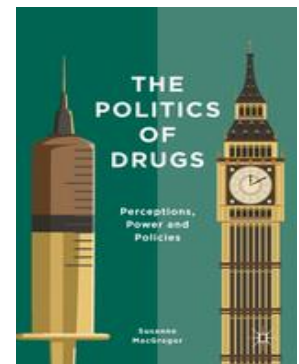
The conference, organised by Trish, attracted over 80 participants who enjoyed four excellent keynote presentations addressing:

Mental capacity and decision making: relevance to assessments when supporting people misusing substances's

Working with risk, resilience and agency – developing social work expertise with parents, young people and children affected by parental substance use

Alcohol misuse in special populations; learning disabilities and people with traumatic brain injury

Responses to parental substance misuse by child protection services in England



DARC PhD students

Congratulations to Dr. Stuart Linke who successfully defended his thesis: “Down Your Drink” (DYD). A Digital Intervention to Reduce Harmful Drinking” The doctorate is by public works and derives from Stuart’s long career in the alcohol treatment field and his many published works. (Awarded 2017). He was supervised by Rachel Herring and Betsy Thom.

Following a competitive application and interview process, an Alcohol Research UK- Middlesex studentship was awarded to Jordan Soondar. Jordan started in January 2017 and will be researching *Peer mentors and volunteers within specialist alcohol treatment services: role development, wellbeing and career progression*. His topic stems from, and continues, DARC’s interest in workforce development. He is supervised by Rachel Herring, Betsy Thom and Carmel Clancy.

Linda Somerville, also a recipient of a jointly funded scholarship (Alcohol Research UK and Middlesex), has just submitted her thesis on *Public Health involvement in alcohol licensing decisions: Policy, Partnerships and Professional Ideology* and will have her viva in the autumn. She was supervised by Betsy Thom, Rachel Herring, Carmel Clancy and Anthony Goodman.

Arun Sondhi is continuing with his study on ‘*National Reconviction Analysis of Prison Alcohol Treatment: A Data Linkage Study*’. As well as investigating the effects of alcohol treatment on re-conviction rates, Arun’s study is highlighting interesting and important methodological issues regarding the collection, management and linking of large data sets and the use of such data for research purposes. He is supervised by Betsy Thom, Rachel Herring and Karen Duke.

Teaching Programmes and Activities

A new initiative: MU and Widener University, Philadelphia USA Sign MOU to address ‘addictions education’ in Nursing and Social Work training

It is well documented that nursing and social work students are not educated or trained in addictions at UG level and that this is true at a local, national and international level. Building on a long-standing collaboration, in March 2018, Professor Carmel Clancy (Nursing) and Professor Trish Hafford-Letchfield (Social Work) from Middlesex University visited with Professor Dana Murphy-Parker (Nursing) and Professors Beth Barol and Genny Focht-New (Social Work), and other relevant staff of Widener University. It was agreed that faculty in both universities had expertise and interest in working on these issues with their respective students, and that a partnership between the universities would further the aim of improving education in this area. A formal Memorandum of Understanding (MOU) was drafted and signed in July 2018 by Dean and ProVice Chancellor Jan Williams on behalf of Middlesex University; and Associate Provost and Dean of Students Denise Gifford on behalf of Widener University. First joint work will see Profs Clancy and Hafford-Letchfield with colleagues from Widener University present a joint paper at the ICN Advanced Practice Congress, Rotterdam August 2018, on ‘*International Addictions Curriculum for Nursing and Social Work – challenges and opportunities*’.

MA Comparative Drug and Alcohol Studies

This programme started in October 2017. It is a European programme (known as EMDAS: European Masters in Drug and Alcohol Studies) and is run in collaboration with partners in Denmark and Italy. The programme is delivered by distance learning but includes two intensive on-campus weeks over two years. In the picture, we see staff (Karen Duke and Rachel Herring from Middlesex) and students in Alicante during the first intensive week.

Alicante 2017



MOOC 'Falling Down' – older people and substance use

In collaboration with colleagues from NCETA, Australia and Matua Raki, New Zealand, Profs Carmel Clancy and Trish Hafford-Letchfield developed and led a MOOC (Massive Open Online Course) – called Falling Down: Problematic Substance Use in Later Life featured on the FutureLearn Platform.

<https://www.futurelearn.com/courses/substance-use>

This course was initially run end of 2017 (Oct/Nov) with 1088 enrolments and given its success, was re-run in June/July 2018. As the course is still in progress final statistics on participants have yet to be calculated but most recent figures indicate a further 662 enrolments.

The team are particularly pleased with this response given the 'niche' market for this topic but suspect that given the known challenges and increases in older people and problematic substance use, that this engagement reflects an emerging area of practice that is of concern and requires urgent attention.

Watch the DARC video on: <https://www.youtube.com/channel/UCoXg5MzzBp8dSIY9aDskI6A>.

Finally, THANK YOU to Sean Collinge for his assistance in keeping the DARC website up to date.