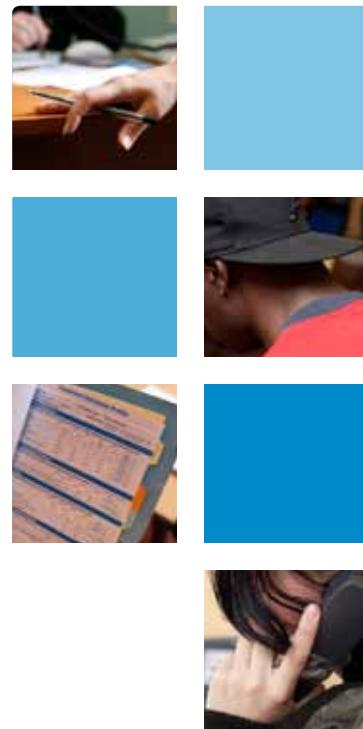


Substance misuse among young people

The data for 2008-09



Substance misuse among young people

The data for 2008-09

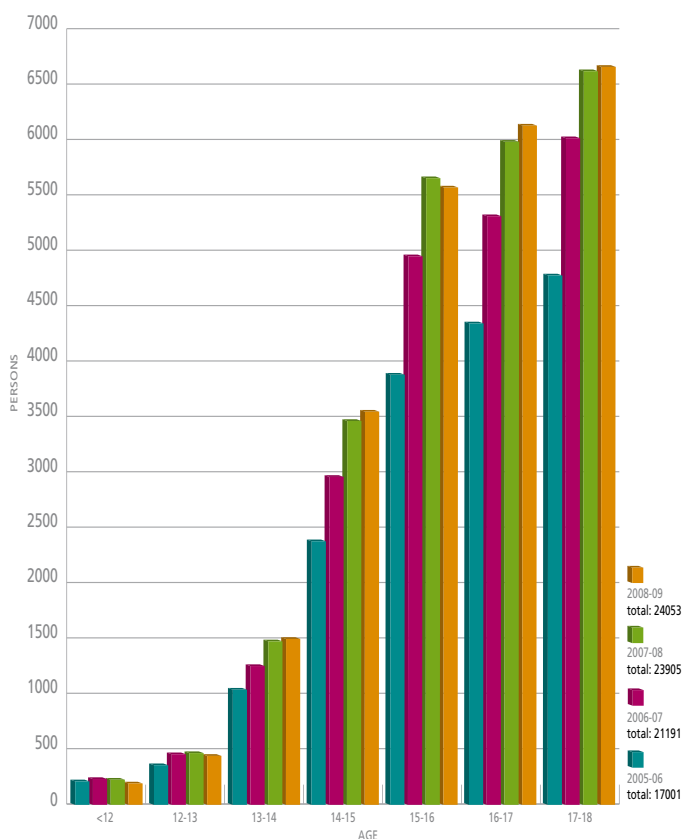
More teenagers are receiving help for drug and alcohol problems than ever before due to the expansion of specialist substance misuse services for young people...

The overall number of under-18s accessing specialist substance misuse services in England during 2008-09 was 24,053. This is a modest increase of about 150 over 2007-08, and indicates that demand for such services is now levelling out.

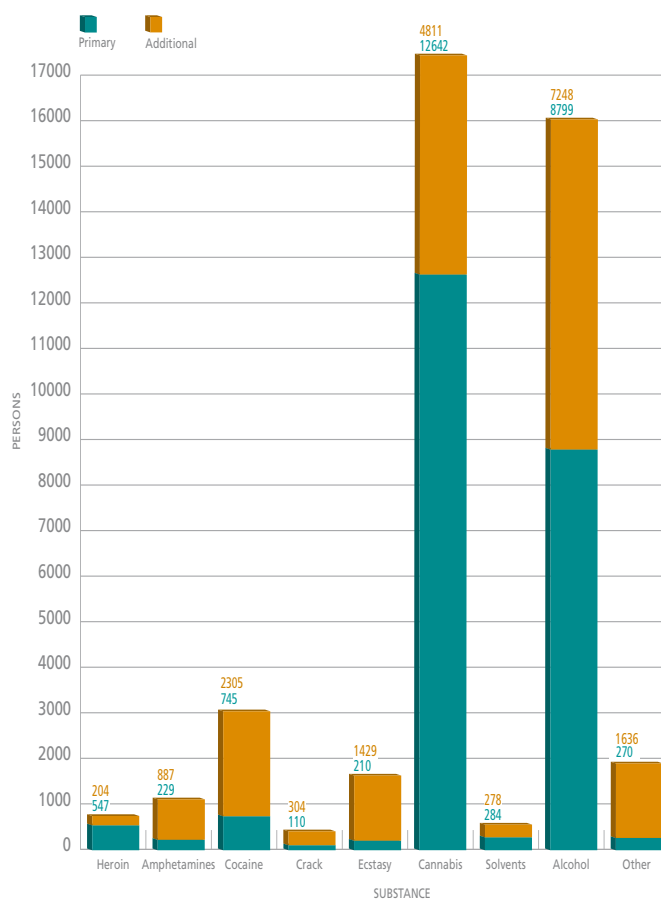
The evidence continues to suggest that overall drug and alcohol use among young people is declining, but the increased availability of services ensure that many more young people who need help are getting it.

The vast majority of these young people – almost nine out of ten – are receiving help for problems associated with the misuse of cannabis and/or alcohol. Cannabis accounted for 12,642 individuals and alcohol 8,799. Treatment and support services are now widely available and anyone in England who needs help can get it quickly. ▶▶

NUMBERS ACCESSING SERVICES BY AGE 2005-06 TO 2008-09



NUMBERS IN TREATMENT BY PRIMARY AND ADDITIONAL SUBSTANCE 2008-09



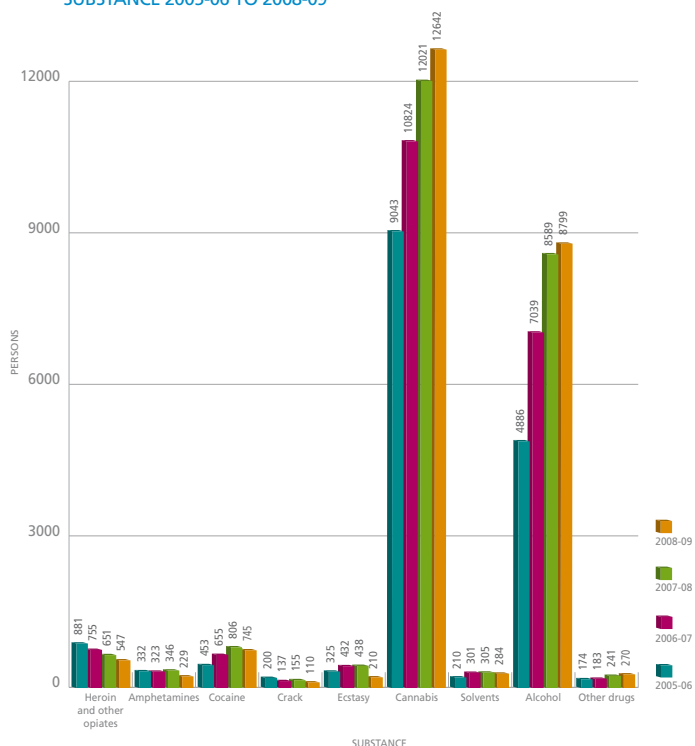
Addiction is rare among young people, and an NTA analysis of trends in interventions offered to under-18s over the last four years shows a steady decline in the reported incidence of problems with hard drugs.

For example, the number of under-18s treated for problem drug use associated with heroin and crack has fallen more than a third since 2005-06, from 1,081 to 657 in 2008-09. This represents 3% of the total number of young people receiving help.

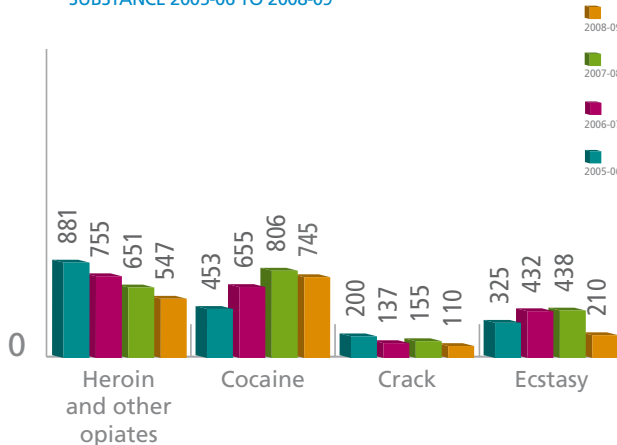
Although the numbers involved are much smaller, the pattern echoes a similar generational shift away from heroin and crack use among young adults (aged 18-24) in drug treatment. This may be a further indication that the heroin epidemic has peaked and people are getting help with substance misuse before their problems become entrenched.

The analysis also shows the number of young people accessing services for ecstasy has fallen by a third to 210, while the numbers accessing services for cocaine has increased by more than half to 745. Cocaine users now represent 3% of all those young people receiving help. ▶▶

NUMBERS IN TREATMENT BY PRIMARY SUBSTANCE 2005-06 TO 2008-09



NUMBERS IN TREATMENT BY CLASS A SUBSTANCE 2005-06 TO 2008-09

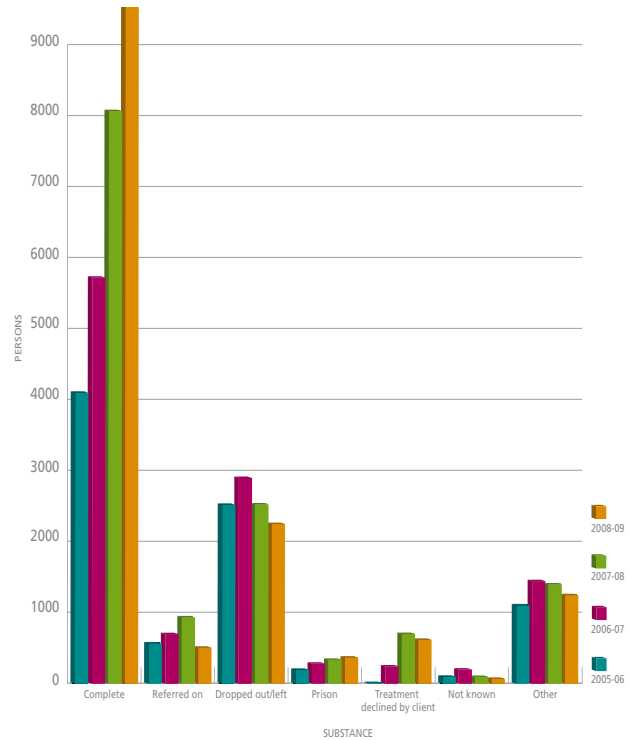


Substance misuse among young people
The data for 2008-09

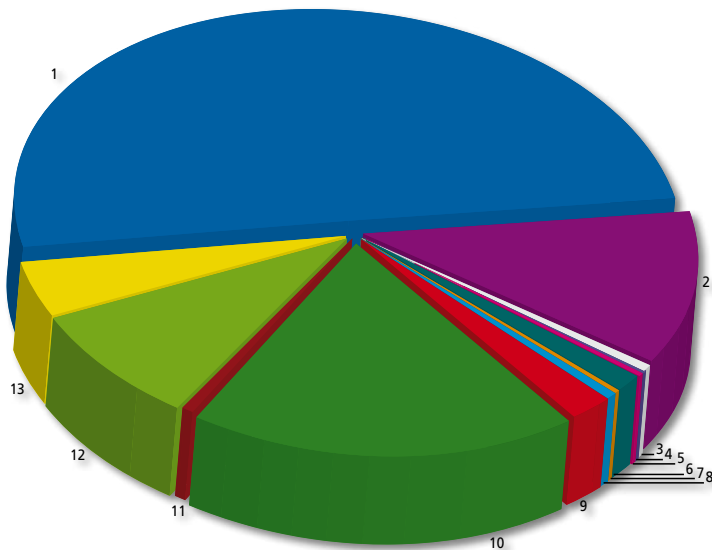
Very few pre-teens need help for harmful drug or alcohol use. Furthermore, the recorded number of pre-teens using Class A drugs (15) was extremely small.

The majority of these individuals are one-time users. But any drug use among people so young presents serious health risks, and using Class A drugs presents the greatest risk of drug-related harm, so we will continue to monitor this situation closely and ensure that specialist support remains available to anybody who needs it. ▶▶

OUTCOMES FOR YOUNG PEOPLE LEAVING SERVICES
2005-06 TO 2008-09



INTERVENTIONS RECEIVED 2008-09



Young people receiving substance misuse interventions cannot be described as addicts in the same way as adults in treatment. Addiction is normally the result of regular, consistent use of substances over time; most under-18s have not been taking drugs long enough for it to result in dependency.

The vast majority needed interventions such as counselling, sometimes with families, to address the underlying causes and behavioural consequences of substance misuse. Most young people receiving such help would also need support for a range of problems from the breakdown of family relationships, social networks and poor school attendance to emotional and physical harms. ■

- 1 YP psychological intervention only = 12200 (51%)
 - 2 YP harm reduction only = 2914 (12%)
 - 3 YP family work only = 129 (1%)
 - 4 YP specialist pharmacological intervention only = 36 (0%)
 - 5 YP access to residential treatment only = * (0%)
 - 6 Psychological and family work only = 309 (1%)
 - 7 YP Psychosocial and pharmacological intervention only = 113 (0%)
 - 8 YP Psychosocial and family work and pharmacological intervention only = 14 (0%)
 - 9 YP Psychosocial and family work and harm reduction only = 560 (2%)
 - 10 YP Psychosocial and harm reduction only = 4620 (19%)
 - 11 YP Psychosocial and harm reduction pharmacological intervention only = 85 (0%)
 - 12 Other interventions or combinations = 2089 (9%)
 - 13 No named interventions = 981 (4%)
- * All numbers under 5 have been suppressed

Numbers in treatment by age and primary substance 2008-09

	←12		12-13		13-14		14-15		15-16		16-17		17-18		Total	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%
Heroin & other opiates	*	1%	*	1%	6	0%	23	1%	48	1%	136	2%	329	5%	547	2%
Amphetamines	0	0%	*	0%	7	0%	18	1%	43	1%	63	1%	96	1%	230*	1%
Cocaine	*	1%	6	1%	8	1%	56	2%	113	2%	207	3%	354	5%	745*	3%
Crack	0	0%	*	0%	*	0%	*	0%	12	0%	32	1%	60	1%	110	0%
Ecstasy	0	0%	*	0%	10	1%	29	1%	44	1%	54	1%	72	1%	210*	1%
Cannabis	86	49%	216	50%	801	54%	1994	57%	3187	58%	3284	54%	3074	46%	12642	53%
Solvents	16	9%	31	7%	43	3%	70	2%	56	1%	37	1%	31	0%	284	1%
Alcohol	67	38%	173	40%	586	40%	1310	37%	1959	35%	2213	36%	2491	38%	8799	37%
Other	*	1%	0	0%	12	1%	15	0%	63	1%	65	1%	112	2%	270*	1%
Total (clients)	175	100%	433	100%	1475*	100%	3520*	100%	5525	100%	6091	100%	6619	100%	23836	100%
Missing/inconsistent data	18		9		24		31		49		42		44		217	
Total including missing	193		442		1500*		3550*		5574		6133		6663		24053	

Numbers in treatment by substance 2008-09

	←12		12-13		13-14		14-15		15-16		16-17		17-18		Total	
	Primary	Addition'	Primary	Addition'	Primary	Addition'	Primary	Addition'	Primary	Addition'	Primary	Addition'	Primary	Addition'	Primary	Addition'
Heroin & other opiates	*	0	*	*	6	*	23	13	48	31	136	50	329	105	547	204
Amphetamines	0	*	*	*	7	34	18	112	43	182	63	257	96	299	229	887
Cocaine	*	*	6	7	8	62	56	225	113	477	207	685	354	846	745*	2305*
Crack	0	0	*	0	*	*	*	20	12	39	32	79	60	163	110	304
Ecstasy	0	0	*	8	10	46	29	157	44	376	54	385	72	457	210*	1429
Cannabis	86	20	216	55	801	254	1994	634	3187	1068	3284	1277	3074	1503	12642	4811
Solvents	16	*	31	19	43	29	70	50	56	81	37	58	31	39	284	280*
Alcohol	67	35	173	92	586	422	1310	1109	1959	1784	2213	1932	2491	1874	8799	7248
Other	*	21	0	36	12	116	15	266	63	341	65	406	112	450	270*	1636

Accessing services by age and gender 2008-09

	Male		Female		Persons	
	n	%	n	%	n	%
←12	146	1%	47	1%	193	1%
12-13	286	2%	156	2%	442	2%
13-14	835*	6%	665	7%	1500*	6%
14-15	1955*	13%	1596	18%	3550*	15%
15-16	3306	22%	2268	25%	5574	23%
16-17	3893	26%	2240	25%	6133	25%
17-18	4538	30%	2125	23%	6663	28%
Total	14956	100%	9097	100%	24053	100%

* All numbers under 5 have been suppressed. Where totals could then be derived, figures have been rounded to the nearest 5 and marked with an asterisk

Interventions received 2008-09

	n	%
YP psychosocial only	12200	51%
YP harm reduction only	2914	12%
YP family work only	129	1%
YP specialist pharmacological only	36	0%
YP access to residential treatment only	*	0%
Psychosocial & family work only	309	1%
Psychosocial & pharmacological only	113	0%
Psychosocial & family work & pharmacological only	14	0%
Psychosocial & family work & harm reduction only	560	2%
Psychosocial & harm reduction only	4620	19%
Psychosocial & harm reduction & pharmacological only	85	0%
Other interventions or combinations	2089	9%
No named interventions	981	4%

Waiting times for first intervention 2008-09

	← 3 weeks		3 weeks →	
	n	%	n	%
Specialist prescribing	57	93%	*	7%
GP prescribing	13	93%	*	7%
Structured psychosocial intervention	72	96%	*	4%
Structured day programme	10	77%	*	23%
Residential rehabilitation	*	67%	*	33%
Other structured intervention	81	98%	*	2%
YP psychosocial intervention	11985	94%	732	6%
YP harm reduction service	5528	97%	188	3%
YP CJS	1730	96%	70	4%
YP family work	430	96%	17	4%
YP specialist pharmacological intervention	105	99%	*	1%
YP access to residential	7	58%	5	42%
Alcohol structured psychosocial	17	85%	*	15%
Alcohol other structured	6	86%	*	14%

Accessing services by ethnicity 2008-09

	n	%		n	%
White British	20046	85%	Other Asian	174	1%
White Irish	161	1%	Caribbean	432	2%
Other white	311	1%	African	222	1%
White & black Caribbean	550	2%	Other black	236	1%
White & black African	89	0%	Chinese	13	0%
White & Asian	147	1%	Other	194	1%
Other mixed	292	1%	Not stated	221	1%
Indian	105	0%	Total (clients)	23612	100%
Pakistani	232	1%	Missing or inconsistent data	441	
Bangladeshi	187	1%	Total including missing	24053	

* All numbers under 5 have been suppressed. Where totals could then be derived, figures have been rounded to the nearest 5 and marked with an asterisk

Numbers by primary substance 2005-06 to 2008-09

	2005-06		2006-07		2007-08		2008-09	
	n	%	n	%	n	%	n	%
Heroin & other opiates	881	5%	755	4%	651	3%	547	2%
Amphetamines	332	2%	323	2%	346	1%	230*	1%
Cocaine	453	3%	655	3%	806	3%	745*	3%
Crack	200	1%	137	1%	155	1%	110	0%
Ecstasy	325	2%	432	2%	438	2%	210*	1%
Cannabis	9043	55%	10824	52%	12021	51%	12642	53%
Solvents	210	1%	301	1%	305	1%	284	1%
Alcohol	4886	30%	7039	34%	8589	36%	8799	37%
Other	174	1%	183	1%	241	1%	270*	1%

Outcomes for those leaving services 2005-06 to 2008-09

	2005-06		2006-07		2007-08		2008-09	
	n	%	n	%	n	%	n	%
Complete	4105	48%	5726	50%	8073	57%	9546	65%
Referred on	572	7%	701	6%	938	7%	510	3%
Dropped out/left	2525	29%	2902	25%	2529	18%	2253	15%
Prison	200	2%	285	2%	339	2%	371	3%
Treatment declined by client	*	0%	246	2%	703	5%	620*	4%
Not known	102	1%	202	2%	98	1%	71	0%
Other	1108	13%	1448	13%	1401	10%	1250	9%
Total	8615*	100%	11510	100%	14081	100%	14620*	100%

Accessing services by age 2005-06 to 2008-09

	2005-06		2006-07		2007-08		2008-09	
	n	%	n	%	n	%	n	%
<12	212	1%	233	1%	227	1%	193	1%
12-13	358	2%	457	2%	467	2%	442	2%
13-14	1040	6%	1253	6%	1476	6%	1500*	6%
14-15	2380	14%	2961	14%	3466	14%	3550*	15%
15-16	3884	23%	4953	23%	5658	24%	5574	23%
16-17	4347	26%	5315	25%	5987	25%	6133	25%
17-18	4780	28%	6019	28%	6624	28%	6663	28%
Total	17001	100%	21191	100%	23905	100%	24053	100%

* All numbers under 5 have been suppressed. Where totals could then be derived, figures have been rounded to the nearest 5 and marked with an asterisk

Age by gender and region 2008-09

	North East		North West		Yorkshire & the Humber		East Midlands		West Midlands		East of England		London		South East		South West	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%
←12	18	1%	49	1%	28	1%	14	1%	14	1%	14	1%	26	1%	11	0%	19	1%
12-13	44	2%	88	2%	60	3%	20	1%	36	1%	20	1%	92	3%	45	2%	37	2%
13-14	124	7%	380	8%	165	7%	109	6%	141	5%	79	5%	252	7%	135	5%	113	5%
14-15	280	15%	795	16%	368	16%	258	13%	348	13%	240	14%	552	16%	426	14%	283	13%
15-16	426	23%	1108	23%	593	26%	446	23%	595	23%	378	22%	800	23%	713	24%	515	23%
16-17	491	26%	1243	25%	566	24%	523	27%	684	26%	458	27%	828	24%	772	26%	568	26%
17-18	502	27%	1253	25%	540	23%	546	28%	781	30%	521	30%	941	27%	890	30%	689	31%
Total (clients)	1885	100%	4916	100%	2320	100%	1916	100%	2599	100%	1710	100%	3491	100%	2992	100%	2224	100%
Male	1136	60%	3122	64%	1416	61%	1262	66%	1623	62%	1012	59%	2218	64%	1846	62%	1321	59%
Female	749	40%	1794	36%	904	39%	654	34%	976	38%	698	41%	1273	36%	1146	38%	903	41%
Total (clients)	1885	100%	4916	100%	2320	100%	1916	100%	2599	100%	1710	100%	3491	100%	2992	100%	2224	100%

Primary drug by region 2008-09

	North East		North West		Yorkshire & the Humber		East Midlands		West Midlands		East of England		London		South East		South West	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%
Heroin and other opiates	51	3%	37	1%	71	3%	65	3%	66	3%	36	2%	55	2%	92	3%	74	3%
Amphetamines	41	2%	42	1%	34	1%	34	2%	14	1%	10	1%	*	0%	11	0%	40	2%
Cocaine	50	3%	223	5%	43	2%	33	2%	73	3%	62	4%	74	2%	100	3%	88	4%
Crack	*	0%	15	0%	12	1%	7	0%	14	1%	8	0%	26	1%	12	0%	12	1%
Ecstasy	17	1%	51	1%	16	1%	20	1%	7	0%	18	1%	16	0%	20	1%	45	2%
Cannabis	835	44%	2689	55%	1079	47%	886	46%	1359	53%	892	53%	2285	68%	1549	52%	1068	49%
Solvents	35	2%	56	1%	46	2%	26	1%	33	1%	16	1%	21	1%	22	1%	29	1%
Alcohol	808	43%	1760	36%	954	41%	836	44%	1004	39%	615	36%	872	26%	1148	39%	802	36%
Other drugs	43	2%	24	0%	49	2%	8	0%	16	1%	41	2%	19	1%	25	1%	44	2%
Total (clients)	1885*	100%	4897	100%	2304	100%	1915	100%	2586	100%	1698	100%	3375*	100%	2979	100%	2202	100%
Missing/inconsistent data	*		19		16		*		13		12		120		13		22	
Total (incl missing)	1890*		4916		2320		1920*		2599		1710		3495		2992		2224	

Treatment exits by region 2008-09

	North East		North West		Yorkshire & the Humber		East Midlands		West Midlands		East of England		London		South East		South West	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%
Complete	892	70%	1988	66%	808	61%	890	69%	1053	68%	586	59%	1226	59%	1304	69%	799	66%
Referred on	22	2%	91	3%	67	5%	42	3%	52	3%	51	5%	69	3%	58	3%	58	5%
Dropped out/left	216	17%	457	15%	252	19%	161	12%	254	16%	163	17%	358	17%	241	13%	151	12%
Prison	39	3%	69	2%	41	3%	50	4%	40	3%	18	2%	52	2%	39	2%	23	2%
Treatment declined by client	42	3%	158	5%	46	3%	50	4%	52	3%	41	4%	109	5%	83	4%	40	3%
Not known	*	0%	13	0%	*	0%	*	0%	*	0%	*	0%	14	1%	*	0%	34	3%
Other	60	5%	235	8%	114	9%	102	8%	91	6%	125	13%	253	12%	160	8%	110	9%
Total (clients)	1275*	100%	3011	100%	1335*	100%	1300*	100%	1545*	100%	990*	100%	2081	100%	1890*	100%	1215	100%
Missing/inconsistent data	*		*		*		*		*		*		*		*		*	
Total (incl missing)	1280*		3015*		1340*		1305*		1550*		995*		2085*		1895*		1220*	

* All numbers under 5 have been suppressed. Where totals could then be derived, figures have been rounded to the nearest 5 and marked with an asterisk

For a more detailed analysis of the issues surrounding specialist treatment for young people's substance misuse, download our report *Getting to grips with young people's substance misuse*: www.nta.nhs.uk/publications/documents/nta_young_peoples_report_2009.pdf