

Substance Misuse in Nottinghamshire

Alcohol

Understanding Alcohol Risk



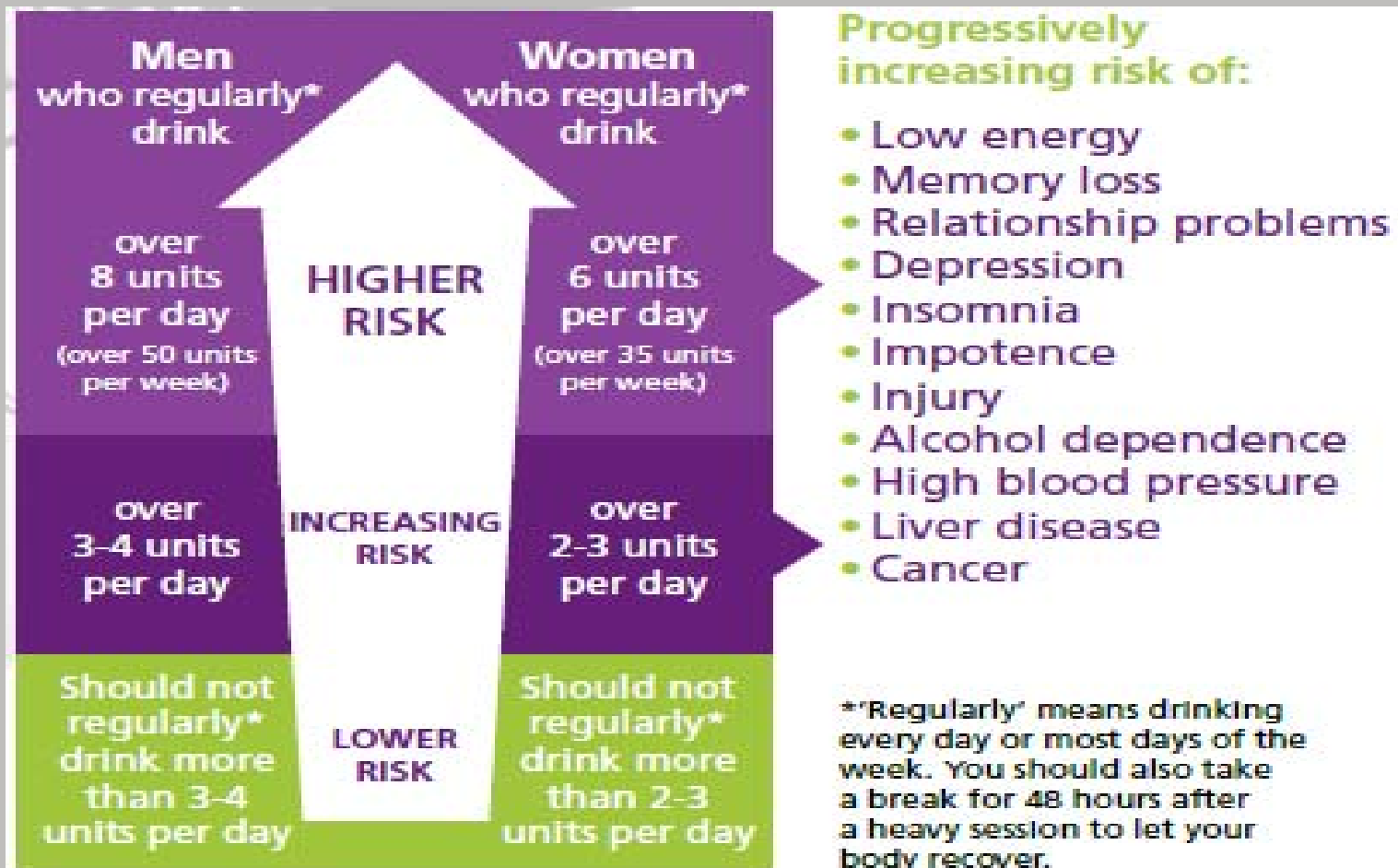
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Understanding dependence

Nationally 9% males 3% females are dependent on alcohol

In Nottinghamshire its estimated 21,000 are dependent on alcohol (2.7%)

Different factors contribute:

- **Predisposition can be inherited (genetic risk 40-60%)**
- **Family attitude**
- **Stress i.e work pressures**
- **Stress such as major life events – loss of job or bereavement**

However, in Nottinghamshire

20% Binge drink

7% High Risk

21% Increasing Risk

72% Low Risk



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Risk factors

- No single risk factor

Children and young people particularly at risk include those:

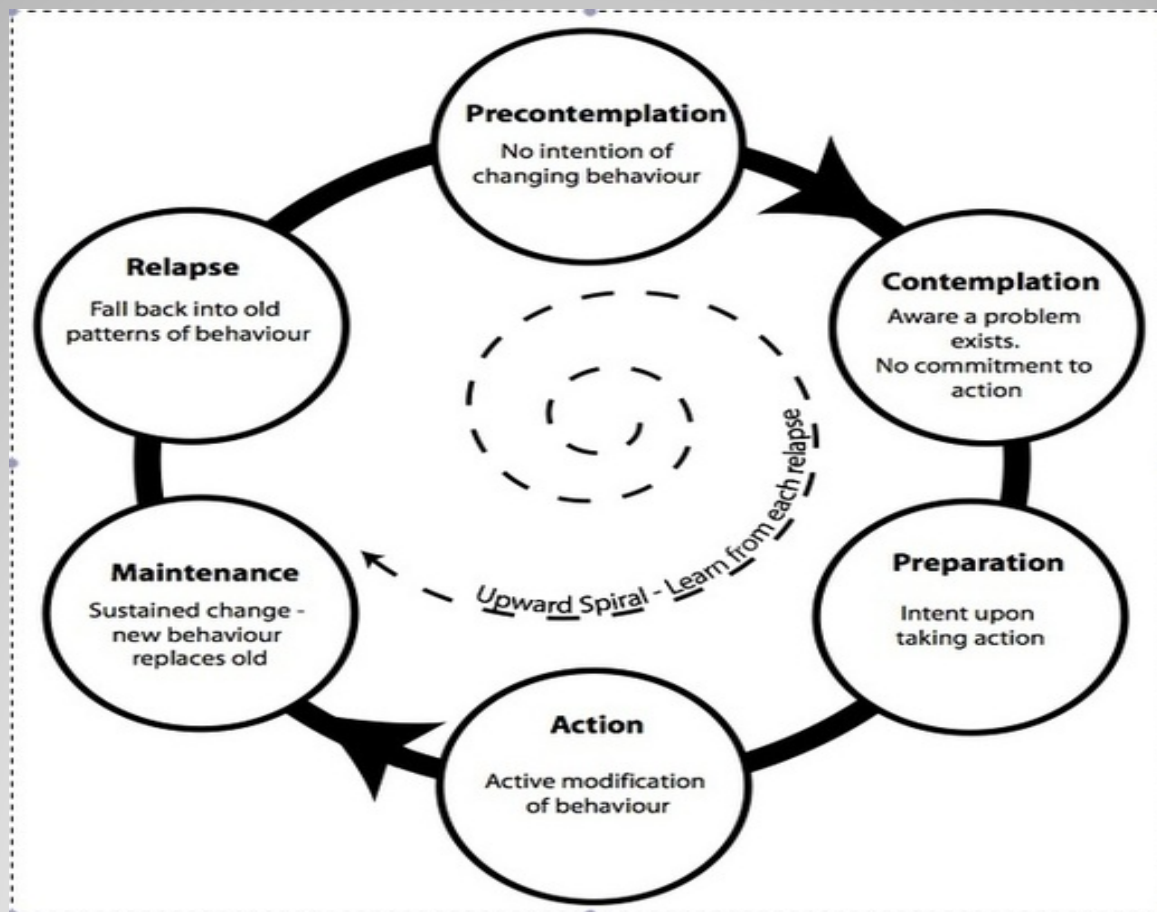
- who are – or who have been – looked after by local authorities, fostered or homeless, or who move frequently
- whose parents or other family members misuse substances
- marginalised and disadvantaged communities, including some black and minority ethnic groups
- behavioural conduct disorders and/or mental health problems
- those excluded from school and truants
- young offenders (including those who are incarcerated)
- involved in commercial sex work
- with other health, education or social problems at home, school and elsewhere
- who are already misusing substances.

The relationship between drugs and mental illness

The Department of Health has identified four possible relationships between drugs and mental health:

- A mental illness can lead to substance misuse.
- The use of alcohol or drugs can make a mental health condition worse or alter its course.
- Use of drugs or alcohol may lead to psychological symptoms.
- Substance misuse or withdrawal may trigger mental health problems.

The Cycle of Change



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Getting Help

0800 561 0040