

‘The White House Project’

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Strategic Alcohol Commissioning Manager
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Why Commission this pilot?

- Reducing Alcohol Related Hospital Admissions target.
- Gap identified – meeting the need.
- Last element of the Community Alcohol Service pathway
- Pilot will offer a picture of older drinkers within County Durham.
- Consultant feedback/complaints
 - Bed blocking
 - Younger patients
 - Family support
 - Constant revolving door client group
 - Expensive – costs to the PCT

Why DACC?

- Durham Alliance Community Care (DACC)
- Values & Principles -Well established co-operative organisation
- Provides high quality local day care so that older people in County Durham can remain in their communities.
- Caring & Therapeutic environment
- Financially secure
- Existing infrastructure to utilise



Older Drinkers pilot

Debbie Peebles

Hospital Liaison Nurse

Community Alcohol Service

Needs of clients

- Liver issues
- Poor mental health
 - Low moods
 - History of Self harm
- Poor nutrition
- Poor mobility – frail
- Cognition problems due to premature ageing
- Lonely & isolation
- Family respite

Early Findings

Mark Stephenson
Soundingboard Research & Consultancy

Making an early impact

- Building friendships and a positive peer network
- Developing new skills and a deviation from 'routine'

'If you stop drinking and then go home to nothing you can feel very isolated and that is when the danger of picking up a drink comes in. Coming here is a healthy alternative'

Accessing the White House

- **Referrals**

 - clear route of referral

 - understanding the service user and the service

- **Transport**

The White House 'environment'

Building a 'sense of community' in a caring environment

'I love feeling that I can be open and that I will be effortlessly understood'

'Sometimes we talk about alcohol and our experiences, but it's organic; if we want to then we can, and if we don't, then chances are we will be having a laugh. You get to know yourself sober in a relaxed and supportive environment'

Support

Staff

'When you come to the White House project there is no pressure. As a group we have gelled and we can get strength from each other and from the staff'

- **Peer/Mutual support**

'There is something powerful about seeing others do well and get healthy – it makes you think if they can do it then why not me?'

- **Families**

'My family is over the moon'

'I think that my wife feels she gets a break'

Activities, education and skill development

- **Addressing boredom**

‘If you stop drinking and then go home to nothing you can feel very isolated and that is when the danger of picking up a drink comes in. Coming here is a healthy alternative’

- **Addressing alcohol misuse**

‘My main goals are to stay sober, stay sober and to stay sober: that is why I am coming to the White House project’

Pathways and partnership working

- Strengthens the existing pathway
- Shared values, ethos and principles

Summary

- An unmet need
- A clear referral route has been established
- The importance of 'environment' and relationships

Final thoughts

'The project seems to motivate, inspire and cultivate a sense of purpose. Many members are befriending one another and sometimes you can sense happiness and hope in the environment'

'We want to create an environment where people can come here and feel at ease. Once you can make someone feel comfortable and safe, then the work can begin'

Provider interviewees

'It feels good to be communicating with my children and grandchildren again. I think I am making them feel relieved and proud by doing this'

'When you come to the White House project, there is no pressure. As a group we have gelled and we can get strength from each other and from the staff'