

ADDICTION

WHAT WE KNOW

WHAT WE KNOW



SUBSTANCE MISUSE

International pictures

Drug use varies across the world – click on the map to find out more across the UK

Local picture – Treatment services in Brighton & Hove

In September 2015 the following numbers of people were in treatment:



Emerging issues in Brighton & Hove – Novel Psychoactive Substances/‘Legal Highs’



Use of Forums and Blogs
Individuals interact in a virtual world to discuss their usage of substances



ALCOHOL



The global survey

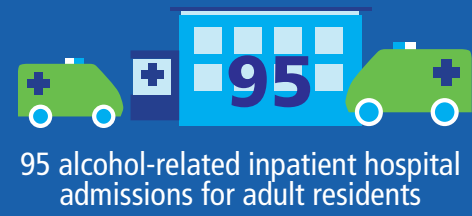
Alcohol consumption varies from country to country – click on the map to find out more across the UK.

Local picture

Excessive alcohol consumption can have a lasting impact on an individual's life. Nationally, **26% of men and 17% of women** now drink above the recommended limits and there has been a rise in alcohol related disease and mortality.



Each week in Brighton and Hove there is an average of:



[Click here to read the JSNA](#)

Brighton as a party city

Brighton & Hove has a very vibrant night life and the sale of alcohol through pubs, clubs and restaurants is very important to the economy of the city. However, one third of attendances at A&E are from non-residents of Brighton & Hove.

Work with local schools and young people – what do they want to know?
[Download here](#)



SOCIAL MEDIA AND SUPPORT FOR SUBSTANCE ADDICTION

Health promotion and harm reduction
Harm reduction approaches



Learning from others on-line
Talk to frank



Understand your alcohol consumption better
Change for life



Apps for addiction



Sea safety and alcohol
Don't drink and drown



Breaking free
Online treatment for drug and alcohol dependence



Online alcohol support
Haringey's don't bottle it up



Online treatment will this be the future for service provision?

Peer support

Communities against drugs
Cascade creative recovery



Transforming lives affected by drugs and alcohol misuse
New note orchestra



Online rehab
Offer a 28 day rehab programme with a personal assessment, daily group sessions, relevant activities and a weekly one to one counselling session. All of this takes place over a webcam from the person's own home.





National estimates

(see Health Survey for England Chapter 7)



18,400 adults in B&H gambled online last year



13,700 men and 4,700 women



There's no link between gambling and deprivation

From local surveys:

1.5% of students in sixth form / college gambled online last week



The internet and mobile apps has made way for new ways to gamble, including:

- Sports betting, horse racing and in-play gambling
- Mobile gambling
- Bingo and lotteries
- Poker and casinos

In 2015 most gamblers were gambling offline:

- 45% gambled
- 15% gambled online
- 33% of those gambling online used mobiles or tablets

With 2 exceptions:

- Casino games (56% online)
- Sports betting (65%)



Gamcare is the leading national advice, support and counselling organisation. In 2014 Gamcare reported that online gambling had now overtaken betting shops as the most popular facility used for those needing support:

- Online 46% Casinos 6%
- Betting Shops 38%



Research shows that predictive characteristics are the same for online and offline gambling and that voluntary time and monetary limits can work – especially for intense players



Estimates place the UK consumer market for online gambling at

£1.9bn

As gambling has grown online, so has support:

Use Gamcare's tool to test how gambling is affecting your life



Gamcare provides telephone, online and forum support



Local counselling is available through Breakeven, Gamcare's local partner, across Brighton & Hove



Ian Semel from Breakeven discusses their counselling options



YOUNG PEOPLE

Playing money-free gambling games is the most important predictor of gambling for money; in this country, 28% of 11-15 year olds gambled money-free online last week.





FACEBOOK ADDICTION

Various scales exist to look at addiction and addiction to social media is no different. The Bergen Facebook Addiction Scale was created in 2012 and covers six core elements of addiction (salience, mood modification, tolerance, withdrawal, conflict, and relapse).

Within the study the researchers found:



Women had higher addiction levels than men



Bed times and rising times were later with higher Facebook addiction



For extraverts with high Facebook addiction this was an additional means of expressing themselves not a substitute for social interaction



For shy and anxious people high scores were associated with people preferring to interact on the web rather than face-to-face

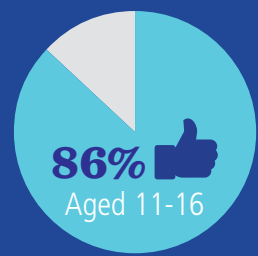


TEST YOUR FACEBOOK ADDICTION

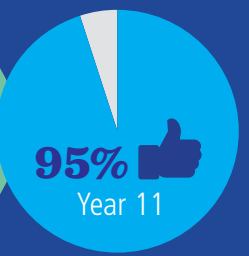
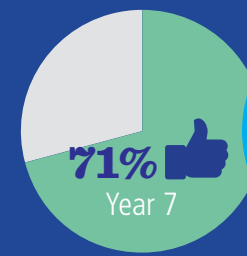
Find out more information on the Safe and Well at School Survey results

WHAT WE KNOW

In the 2015 schools survey we asked local pupils aged 11-16 about their use of social media and found that:



86% use social media



ranging from 71% of Year 7 to 95% of Year 11 pupils

For year 10-11 pupils (14-16 year olds):

On a school day 58% spend two hours or more on social media and on a weekend 77% do so

27% of pupils have felt that they have had to use social media so that they don't miss out on anything happening with friends

35% have caught themselves using it when not really interested

17% have tried unsuccessfully to spend less time on social media But only 10% feel that they have less of a social life outside social media.

