## DATA

In 2020 there were an estimated 10 drug related deaths (note that the 2020 have not yet been ratified as it can take approximately between 6 and 8 months for the toxicology to be confirmed); 3 of which 3 happened over the festive period. There were 12 deaths in 2019 and 17 in 2018.  There have been 3 deaths in 2021 (at the time of writing). These deaths will all go through the MARS process, with the results feeding into the learning and planning.

The MADP Quarterly report sets out key data for Moray. Highlights in that report include the following data as set out below:
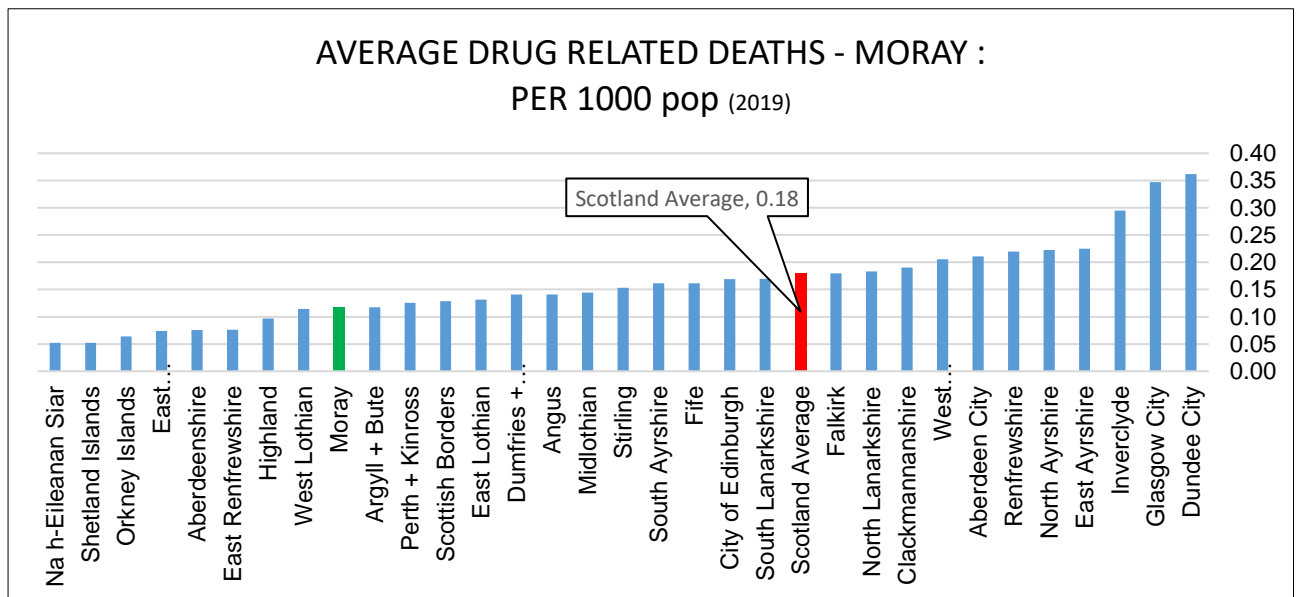


*Figure 1: Death Rates per 1000 pop*

Figure 1 above, shows that Moray drug related deaths are below the Scotland average.

It is difficult to get a reliable estimate of the death rates per 1000 of "drug user population as the estimate of the "problem drug use" figures have a significant variance and estimates are based on 2015/16 data. The average estimate for Scotland, based on 2015/16 data is 13.1 per 1000, compared to Moray which 32.4 per 1000. The estimate is influenced by population size. Where there is a small population, any small increase is disproportionally reflected in the prevalence rate. The data from Na h-Eileanan Siar reflects this.

It is recognised that the above measurement (rates per 100 of "drug user population) is not particularly helpful as a toot, and it is better to use actual numbers and possible factors that may be lined to harms and deaths.
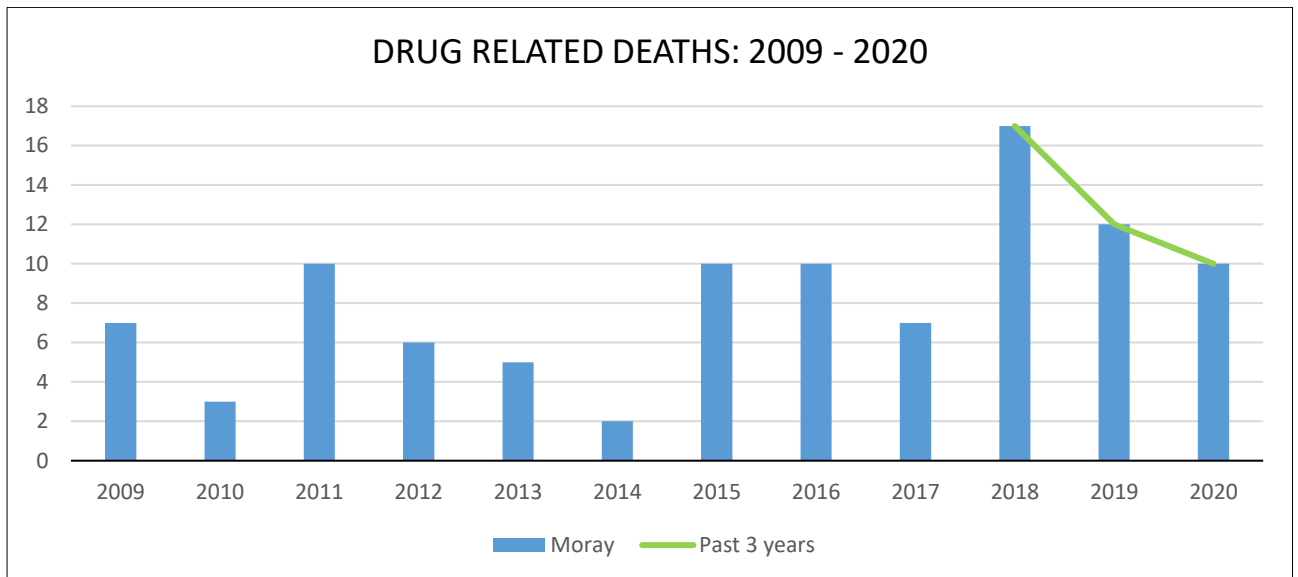
*Figure 2: Drug Related Deaths. 2009 - 2020*

Figure 2 shows the drug related deaths for the last 12 years. Note, that the 2020 data has not yet been confirmed by the Scottish Government. Therefore this data must be referred to a provisional and is subject to ratification and confirmation.

There was an upward surge in 2018, with a reduction over the last two years. Given the relatively low numbers it is difficult to draw firm conclusion other than it appears that the trend in Moray broadly reflected the Scottish picture of increasing deaths, The decreases in the last two years, may indicate a more positive position. However, this view needs to be treated with caution.
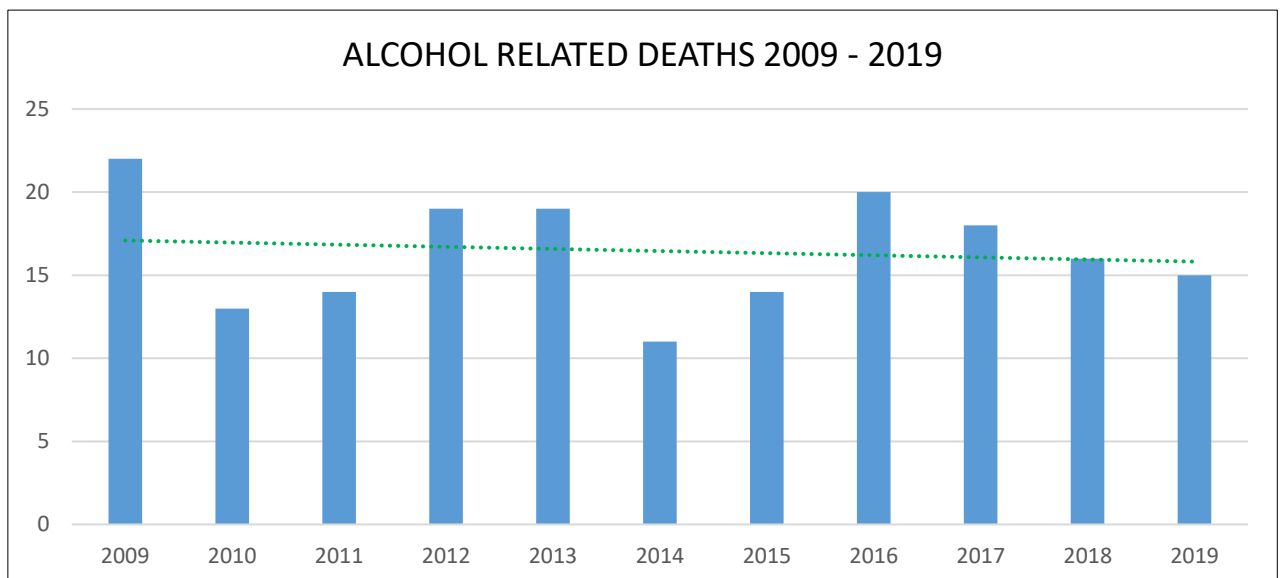


*Figure 3: Alcohol Related Deaths: 2009 - 2019*

Alcohol related deaths for a similar period show a gradual decline; with fluctuating numbers up to 2016 then a continued decline from 2016 to 2019.

The data shows that alcohol deaths are higher than drug related deaths, although this is expected given the greater issues linked to availability and the social position of alcohol.
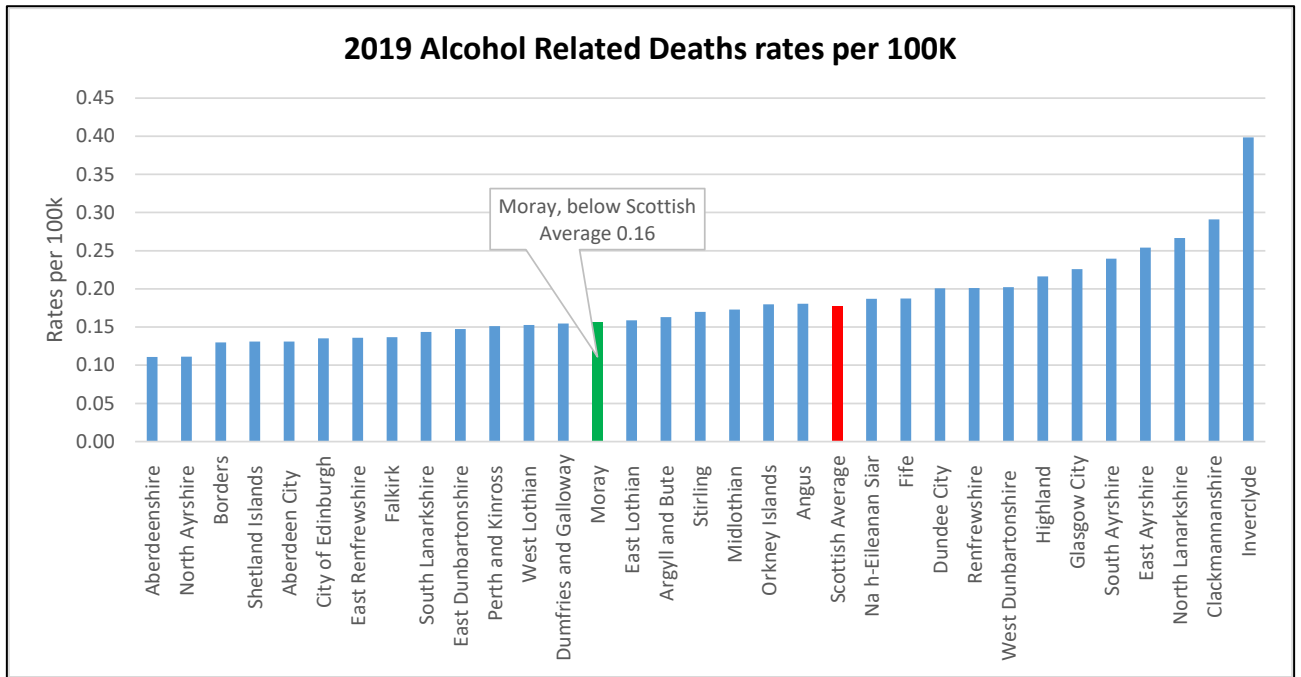
## 2019 Alcohol Related Deaths rates per 100K

Moray, below Scottish Average 0.16

*Figure 4: Alcohol Related deaths per 100k*

Figure 4 above shows that alcohol related death rate for Moray is below the Scottish Average. Therefore as seen below in figure 5, Moray is below the Scottish average for both drug and alcohol deaths.
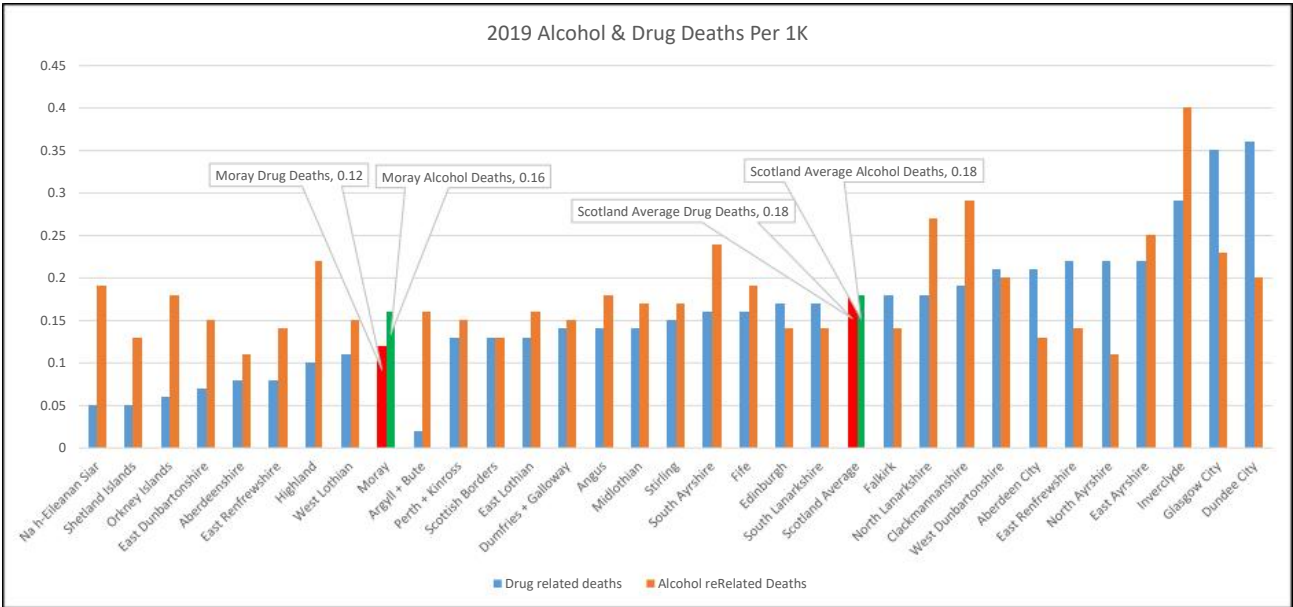
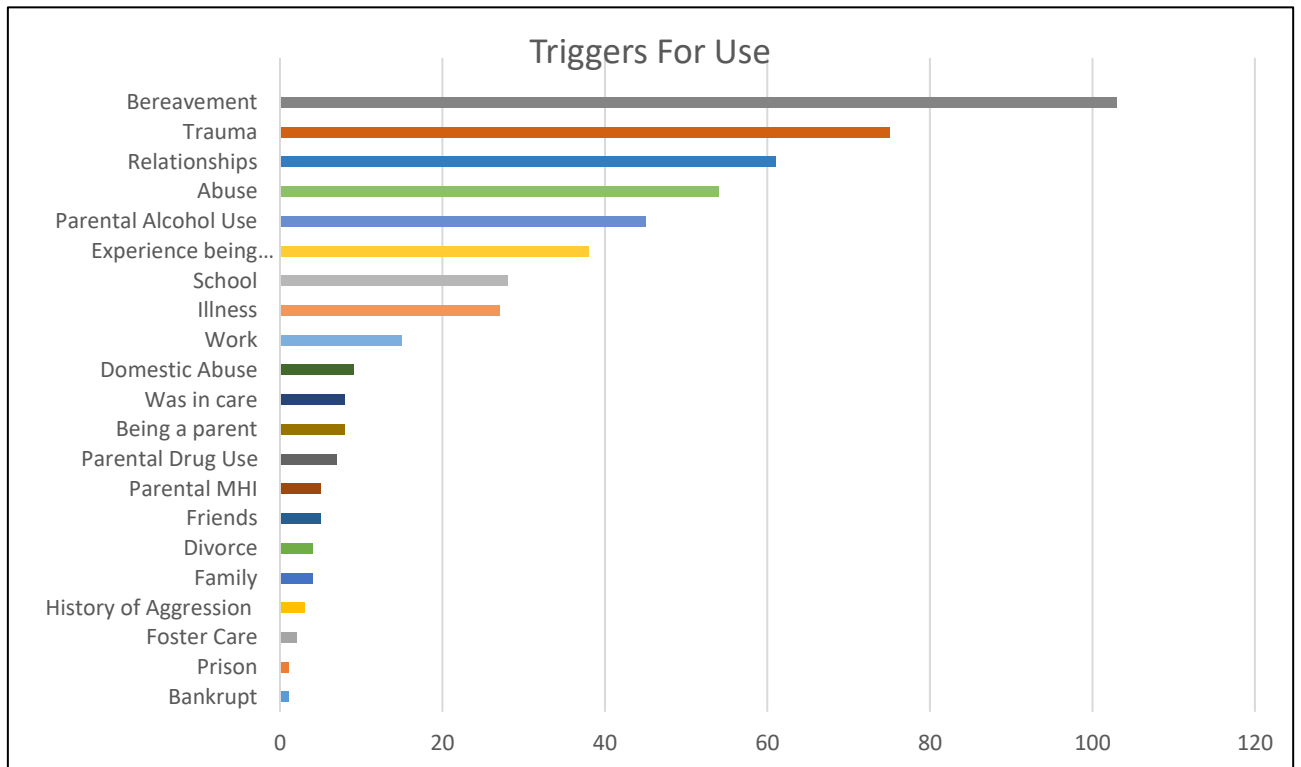*Figure 5: Moray deaths compared to other areas*

**Triggers for use**

## Triggers For Use

| Trigger | Value |
|---|---|
| Bereavement | ~103 |
| Trauma | ~75 |
| Relationships | ~61 |
| Abuse | ~54 |
| Parental Alcohol Use | ~45 |
| Experience being… | ~38 |
| School | ~28 |
| Illness | ~27 |
| Work | ~15 |
| Domestic Abuse | ~9 |
| Was in care | ~8 |
| Being a parent | ~8 |
| Parental Drug Use | ~7 |
| Parental MHI | ~5 |
| Friends | ~5 |
| Divorce | ~4 |
| Family | ~4 |
| History of Aggression | ~3 |
| Foster Care | ~2 |
| Prison | ~1 |
| Bankrupt | ~1 |

*Figure 6: Triggers for Use*

## Triggers For use %

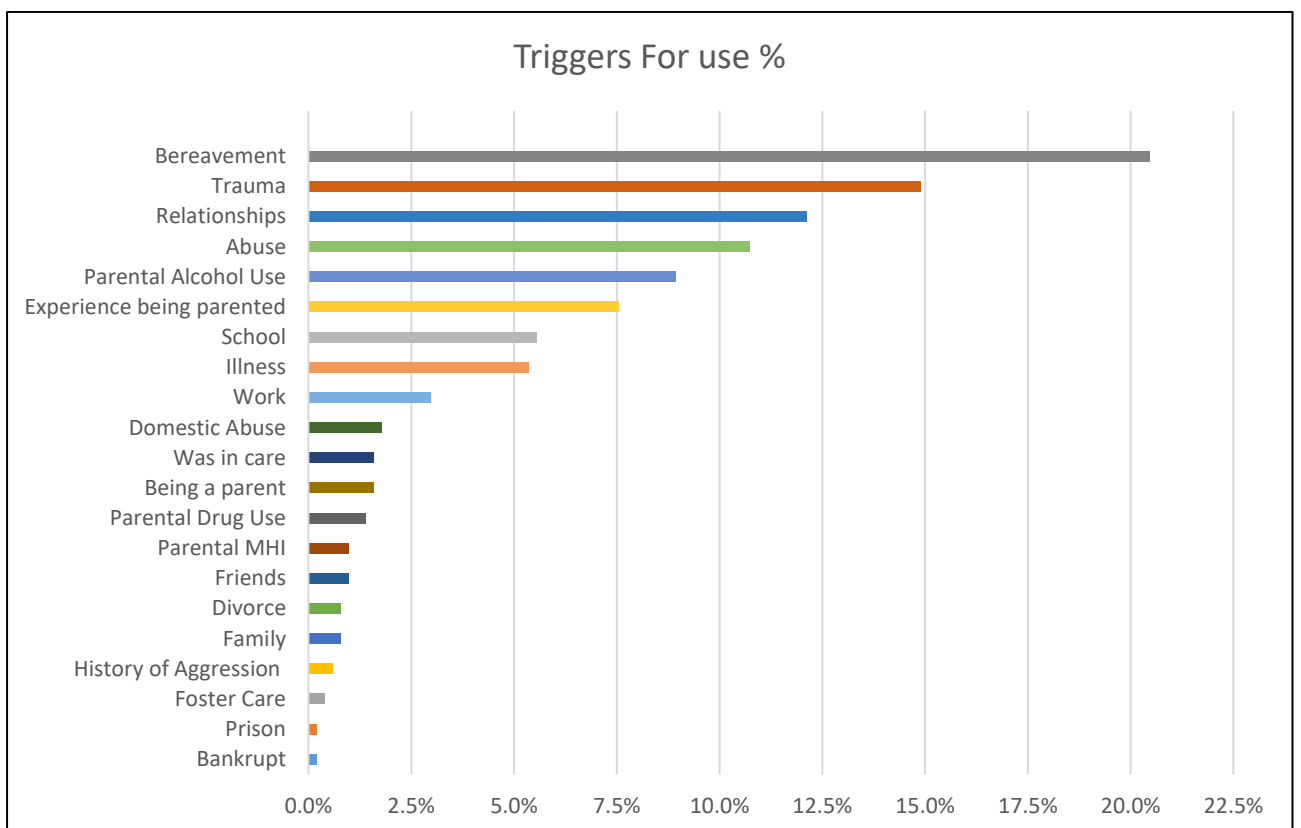| Trigger | Percentage |
|---|---|
| Bereavement | ~20.5% |
| Trauma | ~14.9% |
| Relationships | ~12.1% |
| Abuse | ~10.7% |
| Parental Alcohol Use | ~9.0% |
| Experience being parented | ~7.5% |
| School | ~5.6% |
| Illness | ~5.4% |
| Work | ~3.0% |
| Domestic Abuse | ~1.8% |
| Was in care | ~1.6% |
| Being a parent | ~1.6% |
| Parental Drug Use | ~1.4% |
| Parental MHI | ~1.0% |
| Friends | ~1.0% |
| Divorce | ~0.8% |
| Family | ~0.8% |
| History of Aggression | ~0.6% |
| Foster Care | ~0.5% |
| Prison | ~0.4% |
| Bankrupt | ~0.4% |

*Figure 7: Triggers for Use %'s*

An analysis of 619 reports shows that 503 reported factors leading to their substance use; 115 did not provide any information. The data above is based on the 503. The data supports the research that traumatic experiences are a common factors linked to substance use.
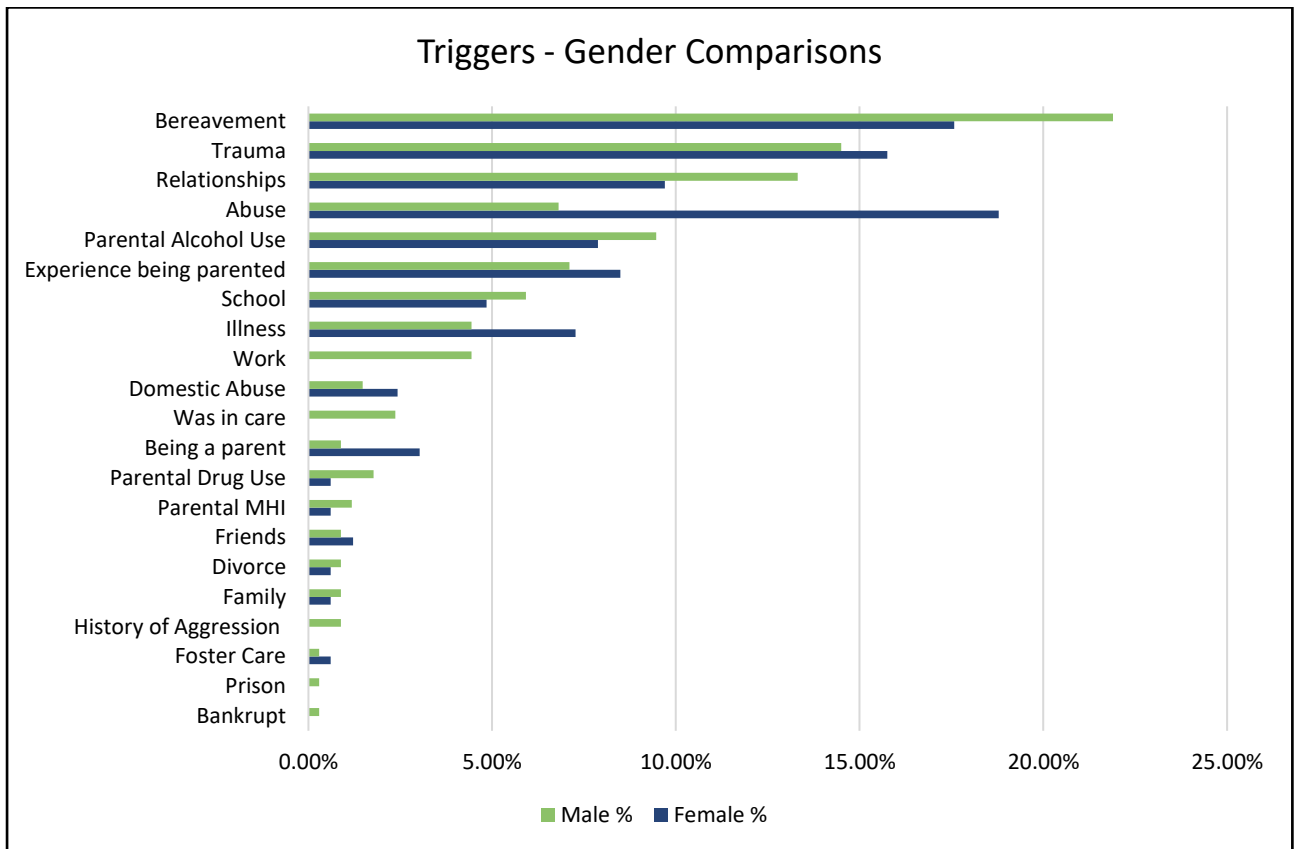
*Figure 8: Triggers - Gender Comparisons*

When comparing genders and triggers, the data shows (Figure 3) that women record higher incidents than men in the following: trauma, abuse, experience of being parented, illness, domestic abuse and being a parent.
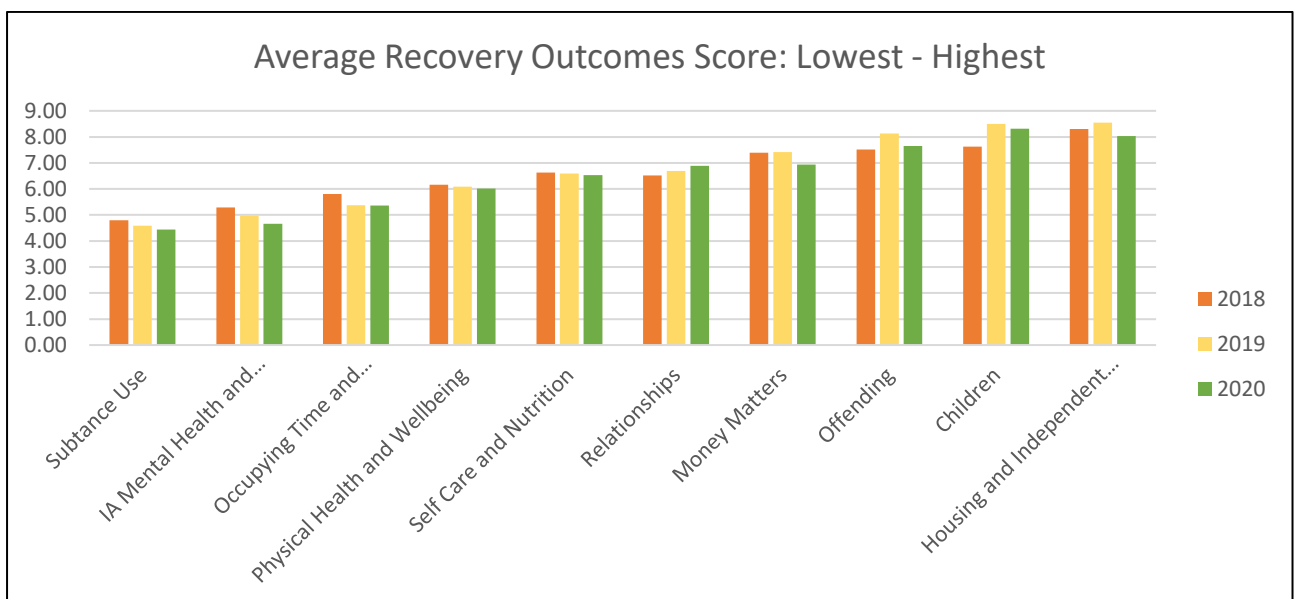
## Recovery Outcomes



*Figure 9: Average Recovery Outcomes Scores*

The Recovery outcomes scores show that in nine of the ten outcomes there is improved outcomes. The data shows (Figure 4) that, along with Substance Use, Mental Health/Wellbeing and Occupying Time, Physical health and Self Care, all consistently have low scores.

The low score in these areas tie in with the Scottish Government focus on supporting people with multiple complex needs and promoting the MAT standards. The low score areas are, areas which are associated with increasingly Multiple Complex Needs, with increased levels of polly-drug use.
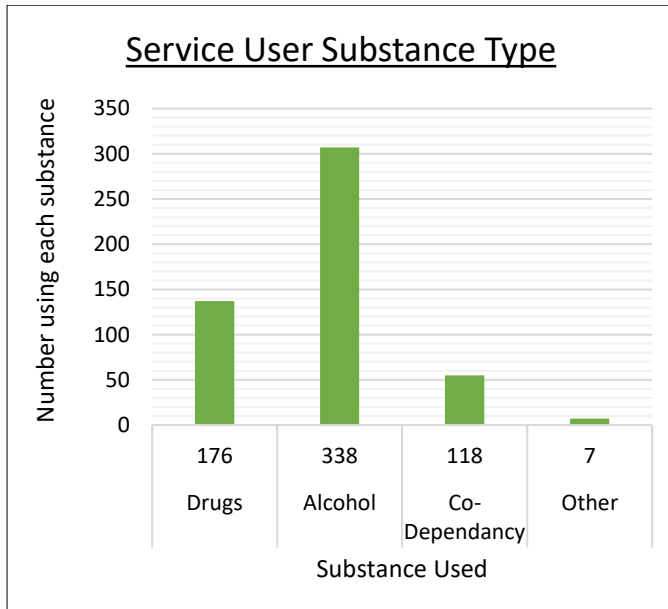
## Substances used



*Figure 10: Service User -Substance Type*

Of the total 651 people, Figure 5 shows that people with needs linked to alcohol is the single largest group. However, co-dependency is a significant factor, representing 18% of those seeking support.
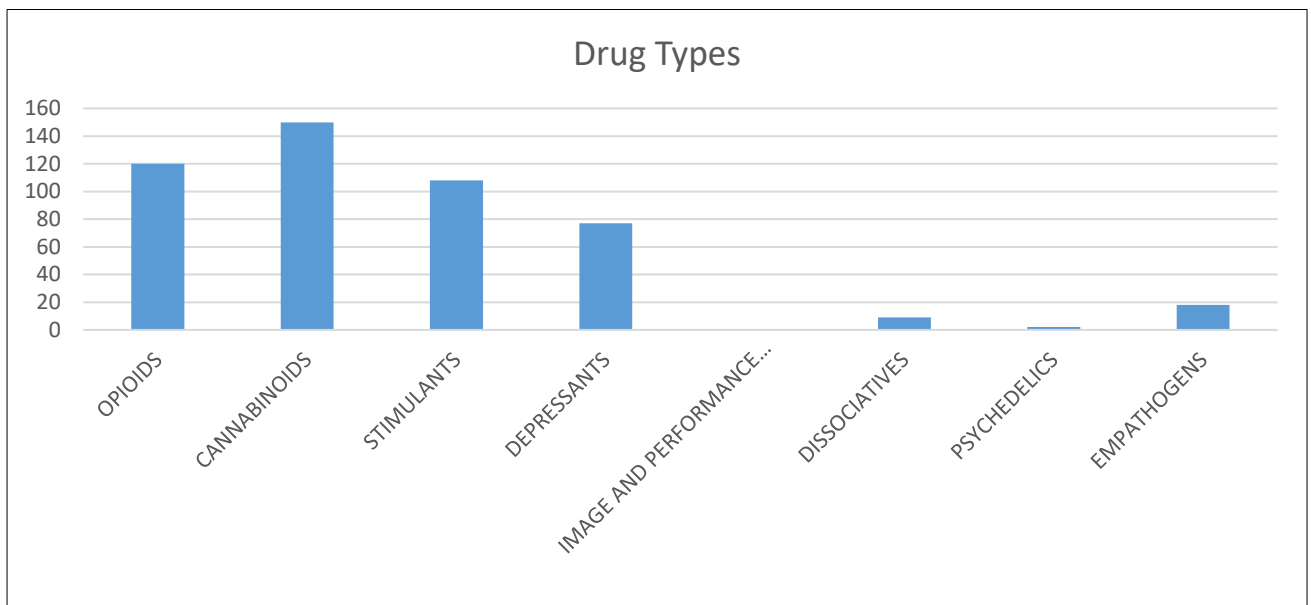


*Figure 11: Drug Types*

With respect to the drug use, the combined figure of those presenting with a co-dependency and drug use the figure is 294. The data shows that there are high levels of

Polly-drug/alcohol use (Figures 5 and 6), and it is reasonable to conclude from the data that the level of Polly-use is of concern. Polly-drug and alcohol use increases the risk of harms.

The drug deaths data for 2019 nationally records those deaths where was more than one substance are significant. Although the drug death figures for Moray (12 in 2019) are low compared to other areas, Polly-use is a significant factor, as shown in the chart below:
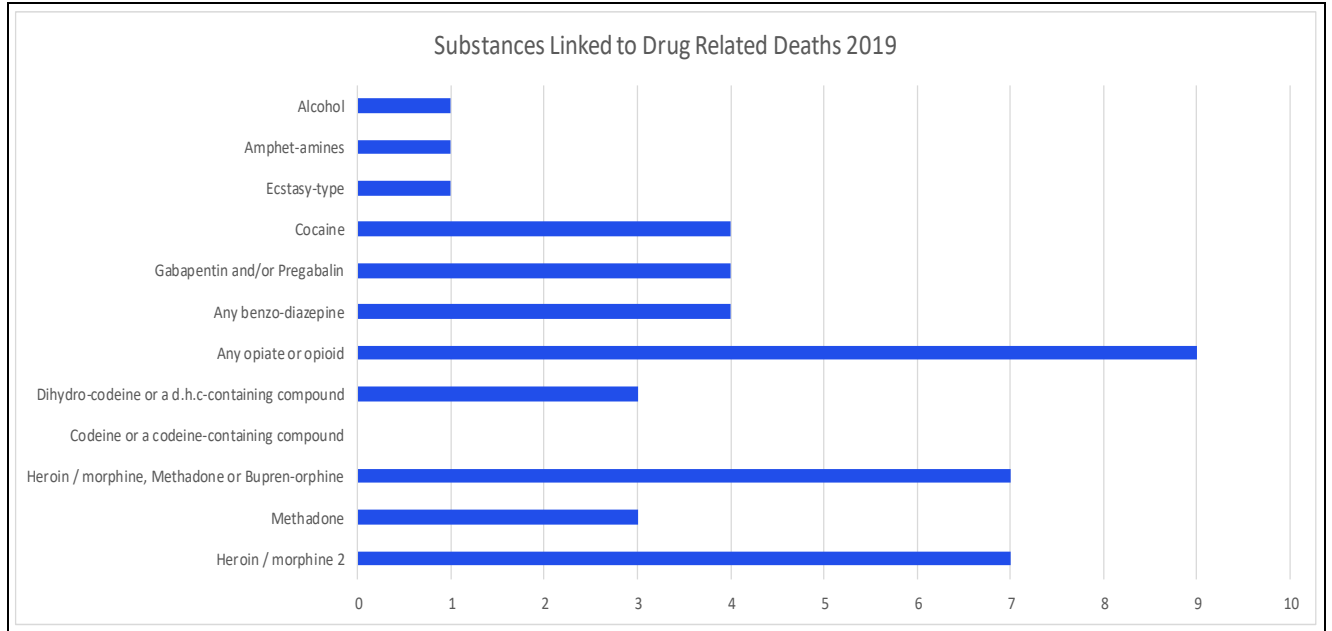


*Figure 12: Substances Linked to Deaths 2019*