

# Alcohol and substance abuse

## Supporting best outcomes throughout East Lancashire

**Diagnosis of dependence can be made if 3 or more of the following have been experienced or exhibited in the previous year:**

- A strong desire or need to take the substance
- Difficulty in controlling substance use
- A physiological withdrawal state
- Evidence of tolerance
- Progressive neglect of self and society activity
- Continued substance misuse in the face of overtly harmful consequences

**Are the following physical disorders or physical signs being exhibited which are suggestive of harmful drinking:**

- Hypertension
- Frequent accidents
- Dilated facial capillaries\bloodshot eyes
- Hand tremors
- Gastrointestinal disorders\duodenal ulcers
- Insomnia, depression or anxiety
- Domestic violence

From Monday 3<sup>rd</sup> October 2016, NWS clinicians can refer appropriate East Lancashire patients to INSPIRE (Alcohol and substance/drug misuse services) via Lancashire Wellbeing Service. Patients must be assessed for capacity, be 18 years and above and provide their consent for a referral, via NWS Support Centre Carlisle. Please state that you are attempting an “NWS INSPIRE referral via Lancashire Wellbeing Service”.

INSPIRE offer a wide range of services including one to one psychosocial interventions, pathways to detox, residential rehabilitation, recovery companions, and intensive counselling and abstinence support. For more information please speak to your Clinical Support Team.



Please take a photo and  
keep for future reference