



Outer Hebrides Alcohol & Drug Partnership Youth Needs Assessment 2011



Foreword

Problem substance use is a major concern for public health in Scotland, and the cost of such problems is ever increasing. Many of us are drinking at levels that are causing or have potential to cause harm to our physical or mental health. Excess alcohol consumption can cause families to breakdown, result in crime or cause financial difficulties. An estimated 52,000 people are problem drug users and approximately 40-60,000 children are affected by the drug problems of one or more of their parents.

Although total alcohol consumption levels in the Outer Hebrides are similar to what is found across Scotland there does appear to be extreme patterns of alcohol consumption in the Outer Hebrides. While there are a large number of non-drinkers (total abstainers) there are also a large number of binge drinkers. Alcohol consumption is causing short and long term health problems for the local population - the Outer Hebrides has one of the highest rates of alcohol related discharges in the whole of Scotland. Binge drinking also impacts on local communities in terms of economic and social problems.

The levels of illicit drug use amongst the population of the Outer Hebrides are largely unknown although there is some evidence to suggest that it mirrors the national picture. The estimated prevalence of problem drug use in the Outer Hebrides has increased in recent years although levels are still relatively low. There is an increasing trend of drug misusing clients who are polydrug users – using a combination of drugs including amphetamines, painkillers and antidepressants.

The Outer Hebrides Alcohol and Drug Partnership plays a significant role in the local delivery of national addiction strategies to tackle drug and alcohol misuse. Its members are drawn from a range of statutory and voluntary agencies and groups working with services who aim to improve the outcomes for individuals, their families and local communities within the Outer Hebrides.

It was proposed that the Outer Hebrides ADP carry out a needs assessment to identify the prevalence of problem substance use in local communities and the extent that the lives of the local population have been affected by this. It is hoped that the results of this needs assessment will assist the Outer Hebrides ADP and partner agencies in the planning, development and delivery of recovery based services in order to support people affected by problematic alcohol and drug use, in line with the Outer Hebrides ADP 2011-2015 Strategy.

The Outer Hebrides ADP would like to thank all partner agencies help distributed the questionnaire and all those members of the public who took the time to complete the questionnaire.

Outer Hebrides Alcohol & Drug Partnership Chairman
Chief Inspector Gordon Macleod

1: INTRODUCTION	7
1.1 BACKGROUND	8
1.2 OBJECTIVES	8
1.3 METHODS	9
1.4 DEFINITIONS.....	10
1.5 LIMITATIONS.....	11
2: BASELINE INFORMATION	12
2.1 INTRODUCTION AND AIMS	13
2.2 DEMOGRAPHIC INFORMATION.....	13
2.2.1 <i>Population Profile</i>	13
2.3 HEALTH	16
2.4 EDUCATION AND EMPLOYMENT	18
2.3.4 <i>Income</i>	19
2.5 SOCIAL CARE	20
2.6 CRIME.....	22
2.7 PREGNANCY AND INFANCY	23
3: RESULTS.....	25

3.1 SAMPLE.....	26
3.1.1 Sex	26
3.1.2 Age	26
3.1.3 School Year	26
3.1.4 School leavers destination	27
3.1.5 Area.....	27
3.2 LIVING SITUATION.....	28
3.2.1 Accommodation profile	28
3.2.2 School events	29
3.2.3 Alcohol in the home	30
3.2.4 Drugs in the home	31
3.3 DRINKING.....	32
3.3.1 Prevalence of alcohol use	32
3.3.2 Usual drink frequency	33
3.3.3 Money spent on alcohol	33
3.3.4 Type of alcohol consumed	34
3.3.5 Availability of alcohol.....	35
3.3.6 Where young people drink alcohol.....	36
3.3.7 Who young people usually drink with	36
3.3.8 Why young people start drinking alcohol.....	37
3.3.9 Why young people drink alcohol	37
3.3.10 Why young people do not drink alcohol.....	38
3.3.11 Usual drinking day	38
3.3.12 Consequences of alcohol use	39
3.3.13 Effects of drinking alcohol	39
3.4 DRUG USE	40
3.4.1 Prevalence of drug use	40
3.4.2 Illegal drug use	41

3.4.3 Legal highs or over the counter and/or prescription drugs.....	41
3.4.4 Accessibility of drugs	42
3.4.5 Mixing drugs and alcohol	43
3.4.6 Health problems due to drug use	43
3.4.7 Usual drug use day.....	44
3.4.8 Money spent on drugs	44
3.4.9 Consequences of drug use	45
3.4.10 Effects of drug use.....	45
3.5 EFFECTS OF ALCOHOL AND DRUG USE	46
3.6 ALCOHOL AND DRUG SUPPORT	48
3.7 LOCAL AREA.....	50
3.8 INFORMATION AND EDUCATION	53
4: KEY FINDINGS.....	58
4.1 ALCOHOL AND DRUGS IN THE HOME	59
4.2 ALCOHOL USE AND THE EFFECTS	60
4.3 DRUG USE AND THE EFFECTS	62
4.4 ALCOHOL AND DRUG SUPPORT	64
4.5 LOCAL AREA.....	64
4.6 INFORMATION AND EDUCATION	65

5: RECOMMENDATIONS.....	67
5.1 OUTER HEBRIDES ADP RECOMMENDATIONS.....	68
5.2 KEY FINDINGS 4.1 & 4.2: ALCOHOL AND DRUG USE AND THE EFFECTS.....	68
<i>Recommendation 1:</i>	68
<i>Recommendation 2:</i>	68
<i>Recommendation 3:</i>	68
<i>Recommendation 4:</i>	68
5.3 KEY FINDINGS 4.3: ALCOHOL AND DRUG SUPPORT.....	68
<i>Recommendation 5:</i>	68
<i>Recommendation 6:</i>	68
<i>Recommendation 7:</i>	69
<i>Recommendation 8:</i>	69
<i>Recommendation 9:</i>	69
<i>Recommendation 10:</i>	69
5.4 KEY FINDINGS 4.4: LOCAL AREA	69
<i>Recommendation 11:</i>	69
<i>Recommendation 12:</i>	69
<i>Recommendation 13:</i>	69
<i>Recommendation 14:</i>	69
<i>Recommendation 15:</i>	69
5.5 KEY FINDINGS 4.5: INFORMATION.....	69
<i>Recommendation 16:</i>	69
<i>Recommendation 17:</i>	69
<i>Recommendation 18:</i>	69
6: REFERENCES.....	70

1: INTRODUCTION

1.1 BACKGROUND

The importance of Alcohol and Drug Partnerships carrying out Needs Assessments has been highlighted in a number of national reports, for example, by the Quality Alcohol Treatment and Support report published by the Scottish Government. One of the key recommendations in this publication was that:

‘All Alcohol and Drug Partnerships and commissioned services must have, and review on an ongoing basis, robust needs assessments and Equality Impact Assessments (EqIAs) to ensure the needs of all groups within their community are identified and met, paying particular attention to those most at risk of harm¹’

It was emphasised that each ADP should carry out a regular, robust needs assessment that goes further than only seeking support for previous decisions to deliver particular services. A needs assessment ought to look at the prevalence of substance misuse in each area, as well as assessing the type of substance use that is occurring. Additionally, it should deal with the provisions that already exist for addressing local issues as well as any gaps in service provision. In addition to identifying the needs of those with substance issues, the needs assessment should identify the needs of those affected by problems substance use including families and local communities.

1.2 OBJECTIVES

The objectives of the Need Assessment were:

- To describe the prevalence of alcohol and/or drug use in the Outer Hebrides youth population
- To identify the extent that the lives of the youth population of the Outer Hebrides have been affected by alcohol and/or drug use.
- To identify gaps and areas of unmet need in current service provision
- To provide evidence based recommendations for the development of local specialist services.
- To produce evidence based recommendations for policy and planning

It is hoped that the information collected will assist the Outer Hebrides ADP to deliver services that:

- meet the needs of the local community
- are accessible and seamless
- have adequately trained staff

¹ Quality Alcohol Treatment and Support (QATS), SMACAP Essential Service Working Group, 2011.

- are outcomes based
- are recovery based

1.3 METHODS

In order to gather the information required to meet the objectives of the Needs Assessment a survey was created. The survey covered a range of topics:

- Demographic profile of responders
- Living situation of responders
- Alcohol use
- Drug use
- Effects of alcohol and drug use
- Alcohol and drug support
- Local area
- Education

As well as distributing hard copies of the survey, an online version was also created using Survey Monkey. Hard copies of the survey were distributed to:

- GP surgeries
- Hospital waiting areas
- Council reception areas
- Council departments
- Pointers Youth Café
- Barra Youth Cafe

Hard copies and links to the online survey were sent to:

- NHS Western Isles staff
- NHS Western Isles website
- Outer Hebrides ADP partners
- Outer Hebrides ADP funded services
- Outer Hebrides ADP Subgroups

- Outer Hebrides Community Safety Partnership
- Outer Hebrides Community Planning Partnership
- Community workers
- Hebridean Housing Partnership
- Local agencies with an interest in substance misuse
- Local authority staff e.g. Social Work and schools through the GLOW network
- Outer Hebrides ADP Website

This survey was then distributed by all these agencies to ensure that circulated to as widely as possible. Responders were asked to return the completed hard copies of the survey either by post to the Outer Hebrides ADP or by returning them to a member of staff or reception desk.

The survey was distributed on 24 October 2011 and an initial closing date of 17 November 2011 was given, however this was subsequently extend to 25 November 2011 to allow a sufficient number of people to complete the survey. Copies of the survey are available on request.

1.4 DEFINITIONS

In order to ensure consistency and comparability these definitions have been approved for use in this report. This section details the following expressions as they apply to this report:

- Needs Assessment
- Prescription and over the counter drugs
- N/A

Needs Assessment: A health care needs assessment is defined in the Scottish Needs Assessment as *'the systematic approach to ensuring that the health service uses its resources to improve the health of the population in the most efficient way. It involves methods to describe the health problems of a population, identify inequalities in health and access to services, and determine the priorities for the most effective use of resources.'*

Prescription and over the counter drugs: In the survey prescription and/or over the counter drug use refers to taking prescription and/or over the counter prescription drugs that were not prescribed to you or taking them for a reason they are not meant for.

N/A: Some charts showed the proportion of respondents who did not answer the questions – this had been labelled as N/A

1.5 LIMITATIONS

There are a number of issues which should be considered when reading this report and when interpreting the results.

- Self assessment is not always an accurate measure of alcohol consumption or drug use. It has been found that people who participating in a research project tend to report an accurate level of alcohol and/or drug use. However, those people who have a service problem with substances may not want to disclose their habits. Shame or guilt may lead some people to under report their consumption².
- Although 132 people took part in the survey, only 122 (92.4%) of these people fully completed it.
- The response in some areas was very low in comparison to other. For example, there were no responses from Harris & Scalpay, respondents from Ness only accounted for 0.8% of all respondents as did respondents from Uig & Bernera. Therefore caution must be taken when looking at area specific responses.

² *The management of harmful drinking and alcohol dependence in primary care*, Scottish Intercollegiate Guidelines Network (SIGN) 74, 2003.

2: BASELINE INFORMATION

2.1 INTRODUCTION AND AIMS

This chapter provides a general overview of the population profile in the Outer Hebrides. This includes breakdown by age group and area. Future projections for changes to the population profile have also been provided, with a view to assisting in the planning of future service.

This chapter also presents detailed information on a range of topics including:

- Health
- Education and employment
- Social care
- Crime
- Pregnancy and Infancy

Where possible, the Outer Hebrides has been compared to Orkney and Shetland. These areas have been chosen as suitable comparators as they have similar population profiles. However, in some parts of this chapter the Outer Hebrides data is combined with the data from Orkney and Shetland. This has been done due to the small sample sizes within each of the three Health Boards.

Information on the prevalence and trends in the consumption of alcohol and drug across Scotland and the Outer Hebrides over recent years has been taken from a range of local and national sources.

2.2 DEMOGRAPHIC INFORMATION

2.2.1 Population Profile

The total population of the Outer Hebrides in 2010 was 26,190 and 26% (6,747) were aged less than 25 years. *Figure 2.1* shows how the population is distributed across this age group in the Outer Hebrides and across Scotland. In the Outer Hebrides there was a significantly larger proportion of 10-14 year olds and a smaller proportion of 20-24 year olds in comparison to Scotland as a whole. The total population of Orkney in 2010 was 20,110 and 27% were aged less than 25 years. Additionally, the total population of Shetland in 2010 was 22,400 and 29% were aged less than 25 years. There was also a similar pattern in the distribution of the population across age groups with a larger proportion of 10-14 years olds and smaller proportion of 20-24 years olds in comparison to the national averages³.

³ *Mid-2010 Population Estimates*, National Record of Scotland, 2011.

Figure 2.1: % of population aged under 25 years by age group, 2010

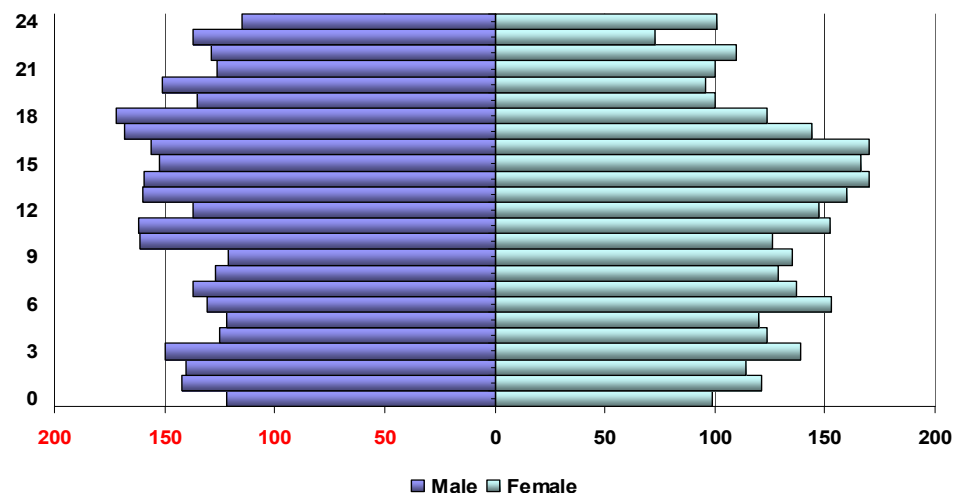


Table 2.1 shows how the proportion of children in each age group varies in the different areas of the Outer Hebrides. In each area of the Outer Hebrides the majority of under 25s were aged 10-14 years old. However, Harris & Scalpay and North Uist & Berneray had a smaller proportion of 0-4 year olds in comparison to other areas of the Outer Hebrides, 15.2% and 15.5% respectively. In comparison, it can be seen that Benbecula and Barra & Vatersay had the largest proportion of 0-4 year olds, with 22.85 and 21.4% respectively³.

	Population by age group							
	All ages	0-24		0-4	5-9	10-14	15-19	20-24
Scotland	5,222,100	1,536,556		19.1%	17.6%	18.7%	21.1%	23.5%
Outer Hebrides	26,190	6,747		18.9%	19.4%	27.4%	17.3%	16.9%
Lewis	18,619	4,858		19.1%	19.9%	27.2%	17.1%	16.6%
Harris & Scalpay	1,881	414		15.2%	18.6%	28.0%	16.4%	21.7%
North Uist & Berneray	1,556	309		15.5%	16.8%	28.2%	20.7%	18.8%
Benbecula	1,152	356		22.8%	19.7%	27.5%	15.4%	14.6%
South Uist & Eriskay	1,844	497		17.7%	18.9%	30.2%	16.7%	16.5%
Barra & Vatersay	1,138	313		21.4%	16.0%	25.2%	21.1%	16.35

In the Outer Hebrides in 2010 there were 327 more males aged under 25 years than females. There were substantially more males aged 16+ years. With the exception of these age ranges, the distribution of males and females appears reasonably uniform across all ages. Similarly there were more males aged under 25 years than females in both Orkney and Shetland with substantially more males aged 15+ years in Orkney and 18+ years in Shetland³.

Figure 2.3: Number of population aged under 25 years in the Outer hebrides, by age and sex, 2010



The Outer Hebrides has similar proportions of males and females under 25 years compared to Scotland as a whole. *Figure 2.3* shows that compared to Scotland, the Outer Hebrides has a larger proportion of males ages 10-14 years and a smaller proportion of males aged 20-24 years. A similar result was found among females. *Figure 2.4* shows that compared to Scotland, the Outer Hebrides has a larger proportion of females aged 10-14 year and also those aged 5-9, however there is a smaller proportion of females aged 20-24 years³.

Figure 2.3: % of male population aged under 25 years by age group, 2010

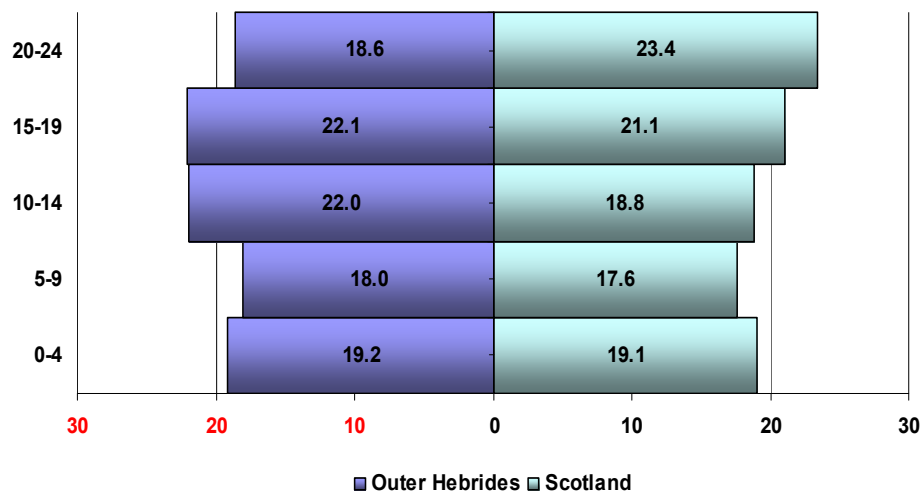
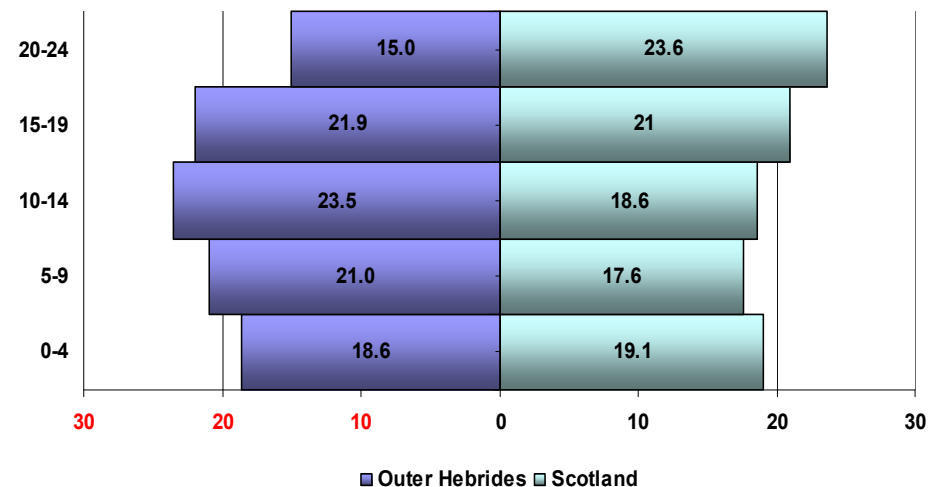


Figure 2.4: % of female population aged under 25 years by age group, 2010



The number of 0-15 year olds in the Outer Hebrides population is projected to decrease by approximately 17% by 2033 compared to a projected decrease of 2% among 0-15 years olds across the whole of Scotland in the same period. The population of 0-15 year olds in Orkney and Shetland is projected to decrease by 1% and 33% respectively by 2033⁴.

2.3 HEALTH

In 2009/10, the rate of child obesity in Primary 1 children in the Outer Hebrides was higher than the national average. 9.7% of Primary 1 children in the Outer Hebrides were classed as obese compared to 8.2% of Primary 1 children in Scotland. The rate of child obesity in Primary 1 children in Orkney is not recorded; however in Shetland it is higher than the rate in the Outer Hebrides and the national average at 11.6%.⁵

In 2010/11, child dental health in Primary 7 children in the Outer Hebrides was better than the national average. In the Outer Hebrides 74.5% of children in Primary 7 had no obvious decay, compared to the national average of 69.4%. In Orkney 70.4% of children in Primary 7 had no obvious decay while in Shetland 77.2% of children in Primary 1 had no obvious decay.⁶

Between 2007 and 2009, the rate of hospitalisation following unintentional injuries in the home in those aged <15 years was higher in the Outer Hebrides than in Scotland as a whole – 451.7 injuries per 10,000 population in the Outer Hebrides compared to 377.5 injuries per 10,000 population in Scotland. The rate of hospitalisation following unintentional injuries in the home in Orkney was lower than the rate in the Outer Hebrides yet higher than the Scottish average (396.2 injuries per 100,000 population). Also, the rate in Shetland was lower than both the rate in the Outer Hebrides and the Scottish average (255.5 injuries per 100,000 population)⁷.

In 2007-2009 the mortality rate (among 16-24 year olds) in the Outer Hebrides higher than the national average, 10.1 per 10,000 population compared to 6.3 per 10,000 population nationally. The mortality rate (among 16-24 year olds) in Orkney is not recorded; however in Shetland the rate was higher than the rate in the Outer Hebrides and the national average (15.2 per 10,000 population)⁷.

In 2007-2009 the rate of patients aged 0-24 years in the Outer Hebrides that were discharged from hospital after a road traffic accident emergency admission was significantly higher than the Scottish average. In the Outer Hebrides the rate of discharges was 200.2 discharges per 10,000 population compared to 87.9 discharges per 10,000 population in Scotland. The rates of patients aged 0-24 years in Orkney and Shetland that was discharges from hospital following a road traffic accident emergency admission was also higher than the national average

⁴ *Population Projections Scotland (2008 based)*, General Register Office for Scotland, 2010.

⁵ *Primary 1 Body Mass Index (BMI) Statistics*, ISD Scotland, 2009/10

⁶ *National Dental Inspection Programme*, ISD Scotland, 2011

⁷ *Children & Young People Health and Wellbeing Profile*, Scottish Public Health Observatory, 2010

yet lower than the rate in the Outer Hebrides – 142.7 discharges per 10,000 population and 178.1 discharges per 10,000 population respectively⁷.

The rate of emergency admission hospital patients aged 0-15 years during 2007-2009 in the Outer Hebrides was significantly lower than the Scottish average. In the Outer Hebrides the rate of admissions was 4,265.7 admissions per 10,000, compared to 5,541.1 admissions per 10,000 population in Scotland. In Orkney, the rate of emergency admissions in those aged 0-15 years was 3463.3 admissions per 10,000 population; which was lower than both the rate in the Outer Hebrides and the national average. However, the rate in Shetland was 4648.7 admissions per 10,000 population which was higher than the rate in the Outer Hebrides yet lower than the national average⁷.

The rate of hospital admissions for extraction of multiple teeth in those aged 0-15 years during 2007-2009 in the Outer Hebrides was significantly lower than the Scottish average. In the Outer Hebrides the rate of admissions was 262.5 per 10,000 population compared to 898.8 admissions per 10,000 population in Scotland. The rate of hospital admissions for extraction of multiple teeth in those aged 0-15 years in Orkney and Shetland was significantly higher than the rate in the Outer Hebrides yet lower than the national average. The rate in Orkney was 776.9 admissions per 10,000 while the rate in Shetland was 857.7 admissions per 10,000 population⁷.

The rate of asthma related hospital admissions in those aged 0-15 years during 2007-2009 in the Outer Hebrides was lower than the Scottish average. In the Outer Hebrides the rate of admissions was 281.9 admissions per 10,000 population compared to 382.1 admissions per 10,000 population in Scotland. The rate of asthma related hospital admissions in those aged 0-15 years in Orkney and Shetland was higher than both the rate in the Outer Hebrides and the national average, 492.8 admissions per 10,000 population and 568.4 admissions per 10,000 population respectively⁷.

The rate of deaths from suicide in those aged 0-24 years during 2007-2009 in the Outer Hebrides was lower than the Scottish average. In the Outer Hebrides the number of deaths from suicide was 13.3 deaths per 10,000 population compared to 6.7 deaths per 10,000 population in Scotland. The rate of deaths from suicide in those aged 0-24 years in Orkney and Shetland was considerably lower than the rate in the Outer Hebrides and the national average. The rate in Orkney was 3.7 deaths per 10,000 population and the rate in Shetland was 7.2 deaths per 10,000 population⁷.

2.4 EDUCATION AND EMPLOYMENT

In 2010/11 the primary school attendance rate in the Outer Hebrides was slightly higher than the national average – 95.3% in the Outer Hebrides compared to 93.7% in Scotland. In comparison the primary school attendance rate in Orkney was 95.2% and in Shetland it was 94.9%⁸.

In 2010/11 the secondary school attendance rate in the Outer Hebrides was slightly higher than the national average – 90.7 % in the Outer Hebrides compared to 87.9% in Scotland. In comparison the secondary school attendance rate in Orkney was 88.9% and in Shetland it was 91.3%⁸.

In 2009/10 the average tariff score (pupil attainment) of school leavers in the Outer Hebrides was higher than the national average – 402 in the Outer Hebrides compared to 372 in Scotland. The average tariff score of school leavers in Orkney was higher than the Outer Hebrides (417), while the average tariff score of school leavers in Shetland was equal to that of the Outer Hebrides⁹.

In 2011, 23.1% of primary school children and 10.2% of secondary school children in the Outer Hebrides were registered for free school meals. (Pupils entitled to free school meals are those within families who receive Income support or Income-based Job Seekers Allowance). This differs slightly to the national averages of 22.6% of primary school children and 15.2% of secondary school children registered for free school meals. In 2011, 10.3% of primary school children and 7.3% of secondary school children in Orkney who were registered for free school meals and 8.4% of primary school children and 5.3% of secondary school children in Shetland who registered for free school meals. The proportion of primary school children registered for free school meals in the Outer Hebrides increased by 12.9% between 2010 and 2011, whereas the proportion of secondary pupils registered for free school meals increased by 1.6% in the same period¹⁰.

During 2010/11, there were 99 exclusions from schools in the Outer Hebrides, a rate of 27 exclusions per 1,000 pupils. This compares to a national average of 40 exclusions per 1,000 pupils. All of these exclusions were temporary. There were substantially fewer exclusions from schools in Orkney and Shetland. In Orkney there were 22 exclusions – 8 exclusions per 1,000 pupils, and in Shetland there were 23 exclusions – 7 exclusions per 1,000 pupils. All of these exclusions were temporary exclusions¹¹.

⁸ *Attendance and Absence 2010/11 – Supplementary Data*, Scottish Government, 2011

⁹ *School Leaver Attainment and SQA Attainment - Supplementary Data*, Scottish Government, 2011

¹⁰ *School meals in Scotland - Supplementary Data 2011*, Scottish Government, 2011

¹¹ *Exclusions from Schools 2010/11 – Supplementary Data*, Scottish Government, 2011

In 2010/11, the percentage of school leavers in the Outer Hebrides that were in a positive destination¹² was higher than the Scottish average. In the Outer Hebrides 92.6% of school leavers were in positive and sustained destinations compared to the national average of 88.9%. In both Orkney and Shetland the percentage of school leavers who were in a positive destination was lower than the percentage in the Outer Hebrides but higher than the national average (89.3% and 90.9% respectively)¹³.

In 2008, the percentage of young people aged 16-19 years in the Outer Hebrides who were not in education, employment or training was significantly lower than the Scottish average. In the Outer Hebrides 5.7% of young people aged 16-19 years were not in education, employment or training compared to the national average of 8.8%. In Orkney 6% of young people aged 16-19 years were not in education, employment or training while in Shetland 5.3% were not in education, employment or training⁷.

2.3.4 Income

4.8% of children (aged 0-18 years) in the Outer Hebrides in 2010 lived in a household claiming Income Support. In comparison, 12.2% of children in Scotland lived in a household claiming Income Support. The percentage of children in Orkney who lived in a household claiming Income Support was higher than the percentage in the Outer Hebrides (5.3%) while the percentage of children in Shetland who lived in a household claiming Income Support was equal to the percentage in the Outer Hebrides¹⁴.

9.5% of children (aged 0-18 years) in the Outer Hebrides in 2010 lived in a household claiming Out-Of-Work Benefits. In comparison, 18.1% of children in Scotland lived in a household claiming Out-Of-Work Benefits. The percentage of children in Orkney who lived in a household claiming Out-Of-Work Benefits was lower than the percentage in the Outer Hebrides (7.7%) as was the percentage in Shetland (7.6%)¹⁵.

1.9% of children (aged 0-18 years) in the Outer Hebrides in 2010 lived in a household claiming Jobseeker's Allowance. In comparison, 2.5% of children in Scotland lived in a household claiming Jobseeker's Allowance. The percentage of children in Orkney who lived in a household claiming Jobseeker's Allowance was lower than the percentage in the Outer Hebrides (0.5%) as was the percentage in Shetland (0.8%)¹⁶.

1.1% of children (aged 0-18 years) in the Outer Hebrides in 2010 lived in a household claiming Employment & Support Allowance. In comparison, 1.5% of children in Scotland lived in a household claiming Employment & Support Allowance. The percentage of children in

¹² A positive destination includes higher education, further education, training, voluntary work and employment

¹³ *Destinations of Leavers from Scottish Schools: 2011/11 – supplementary data*, Scottish Government, 2011

¹⁴ *Number of Children living in Income Support Claimant Households by Local Authority and Age*, Department of Work and Pensions, 2010

¹⁵ *Number of Children living in all Out-of-work Benefit Claimant Households by Local Authority and Age*, Department of Work and Pensions, 2010

¹⁶ *Number of Children living in Jobseeker's Allowance Claimant Households by Local Authority and Age*, Department of Work and Pensions, 2010

Orkney who lived in a household claiming Employment & Support Allowance was lower than the percentage in the Outer Hebrides (0.5%) as was the percentage in Shetland (0.8%)¹⁷.

2.6% of children (aged 0-18 years) in the Outer Hebrides in 2010 lived in a household claiming Incapacity Benefit or Severe Disablement Allowance. In comparison, 4.4% of children in Scotland lived in a household claiming Incapacity Benefit or Severe Disablement Allowance. The percentage of children in Orkney who lived in a household claiming Incapacity Benefit or Severe Disablement Allowance was lower than the percentage in the Outer Hebrides (2.2%) as was the percentage in Shetland (1.9%)¹⁸.

0.4% of children (aged 0-18 years) in the Outer Hebrides in 2010 lived in a household claiming Pension Credit. In comparison, 0.2% of children in Scotland lived in a household claiming Pension Credit. The percentage of children in Orkney who lived in a household claiming Pension Credit was higher than the percentage in the Outer Hebrides (0.5%) while the percentage of children in Shetland who lived in a household claiming Pension Credit was lower than the percentage in the Outer Hebrides (0.2%)¹⁹.

In 2008, the percentage of children aged 0-19 years in households dependent on out of work benefits or child tax credit more than the family element was significantly higher than the Scottish average. In the Outer Hebrides 48.2% of children aged 0-19 years lived in a household reliant on out-of-work benefits or child tax credit, compared to the national average of 46.6%. The percentage of children in Orkney and Shetland who lived in a household reliant on out-of-work benefits or child tax credit was lower than the percentage in the Outer Hebrides and the national average, 46% and 35.7% respectively⁷.

In 2008, there was no one aged 0-24 years living in datazones which are in the 15% most income deprived in Scotland. In comparison, 16.5% of people aged 0-24 years in Scotland were living in the 15% most income deprived areas. Additionally there was no one aged 0-24 years in Orkney or Shetland living in which are in the 15% most income deprived in Scotland⁷.

2.5 SOCIAL CARE

The Children's Reporter received 401 referrals in the Outer Hebrides in 2010/11; these involved 151 individual children – an average of 2.7 referrals per child. This represents 3% of all children aged 0-17 in the Outer Hebrides and compares to the national average of 3.8%. In

¹⁷ *Number of Children living in Employment and Support Allowance Claimant Households by Local Authority and Age*, Department of Work and Pensions, 2010

¹⁸ *Number of Children living in Incapacity Benefit or Severe Disablement Allowance Claimant Households by Local Authority and Age*, Department of Work and Pensions, 2010

¹⁹ *Number of Children living in Pension Credit Claimant Households by Local Authority and Age*, Department of Work and Pensions, 2010

contrast the Children's Reporter received 84 referrals in Orkney (these involved 55 children; 1% of all children aged 0-17 years) and 192 referrals in Shetland (these involved 84 children; 2% of all children aged 0-17 years)²⁰.

267 of the referrals received by the Children's Reporter in the Outer Hebrides in 2010/11 were for non-offences, these involved 132 individual children – an average of 2 referrals per child. This represents 2.6% of all children aged 0-17 years in the Outer Hebrides and compares to the national average of 3.2%. In Orkney 35 of the referrals were for non-offences (these involved 30 children; 1% of all children aged 0-17 years) and in Shetland 116 of the referrals were for non-offences (these involved 74 children; 2% of all children aged 0-17 years)²⁰.

The majority of children that were referred to the Children's Reporter in the Outer Hebrides and across the whole of Scotland during 2010/11 were 12-15 years old. This matches what was reported in Orkney and Shetland²⁰.

The Children's Reporter received 19 referrals due to the misuse of alcohol and/or drugs, these involved 14 individual children. All these referrals were received from the police and involved children who were 14 and 15 years old. These referrals due to the misuse of alcohol and/or drugs accounted for 4.7% of all referrals to the Children's Reporter in the Outer Hebrides in 2010/11. Across Scotland, referrals due to the misuse of alcohol and/or drugs only accounted for 1.2% of all referrals to the Children's Reporter during 2010/11. In Orkney, the Children's Reporter received less than 5 referrals due to the misuse of alcohol and/or drugs, all these referrals were received from the police and involved children aged 14 years old. In Shetland, the Children's Reporter received 17 referrals due to the misuse of alcohol and/or drugs, all these referrals were received from the police and involved children aged 13-17 years old. These referrals due to the misuse of alcohol and/or drugs accounted for 8.9% of all referrals to the Children's Reporter in Shetland in 2010/11²⁰.

In 2010, there were 6 children on the Child Protection Register in the Outer Hebrides – a rate of 1.3 per 1,000 population aged 0-15 years. The national average in 2010 was 2.8 per 1,000 population aged 0-15 years. In Orkney in 2010, there was 1 child on the Child Protection Register (0.3 per 1,000 population) while in Shetland there were 10 children on the Child Protection Register (2.4 per 1,000 population). *Figure 2.5* compares the rate of children on the Child Protection Register in the Outer Hebrides and Scotland between 2000 and 2010²¹.

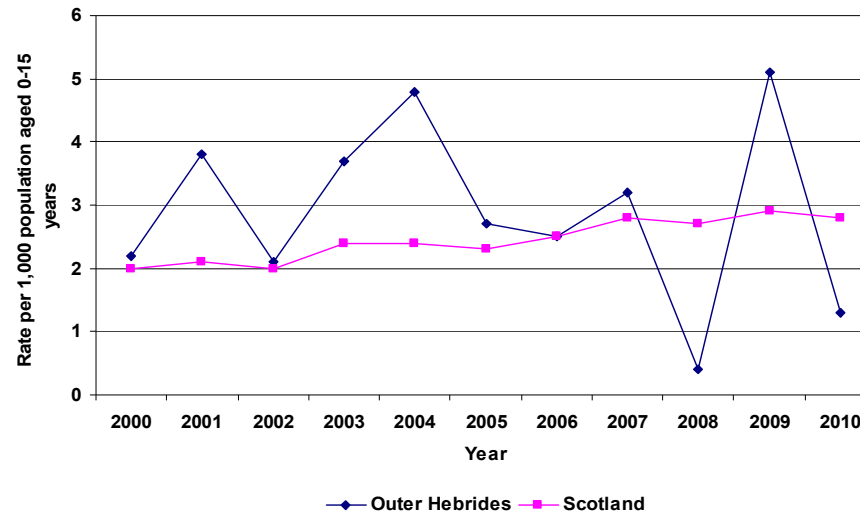
At 31st July 2010, there were 59 children in the Outer Hebrides being looked after by the local authority. This represents 1.1% of the 0-18 years population, this compares to a national average of 1.4% of the 0-18 years population. The proportion of children in Orkney and Shetland being looked after by the local authority was lower than the proportion in the Outer Hebrides and the national average (0.9% in Orkney and 0.7% in Shetland)²².

²⁰ SCRA's online Statistical Dashboard 2010/11, Scottish Children's Reporter Administration

²¹ Children's Social Work Statistics 2009/10, Scottish Government, 2010

²² Children Looked After Statistics 2009/10, Scottish Government, 2011

Figure 2.5: Number of Children on Child Protection Registers and Population Rates



2.6 CRIME

134 of the referrals received by the Children's Reporter in the Outer Hebrides in 2010/11 were for offences, these involved 49 individual children – an average of 2.7 referrals per child. This represents 1% of all children aged 0-17 in the Outer Hebrides in comparison to the national average of 0.8%. In Orkney 49 of the referrals were for offences (these involved 33 children; 1% of all children aged 0-17 years) and in Shetland 76 of the referrals were for offences (these involved 27 children; 1% of all children aged 0-17 years)²⁰.

374 (93%) of the referrals received by the Children's Reporter in the Outer Hebrides in 2010/11 were received from the police. In comparison, 88% of the referrals received by all Children's Reporters across Scotland in 2010/11 were received from the police. In Orkney a smaller proportion (83%) of the referrals received was from the police while in Shetland 93% of referrals were received from the police²⁰.

The rate of assault related hospital admissions in those aged 0-24 years in the Outer Hebrides during 2007-2009 was significantly lower than the Scottish average. In the Outer Hebrides the number of assault related admissions was 45.7 admissions per 10,000 population compared to 110.5 admissions per 10,000 population in Scotland. In Orkney the rate of assault related hospital admissions in those aged 0-24 years was significantly higher than the rate in the Outer Hebrides and the national average – 120.4 admissions per 10,000 population. However, in Shetland the rate of assault related hospital admissions was lower than both the rate in the Outer Hebrides and the national average – 34.7 admissions per 10,000 population⁷.

In 2008, the proportion of people aged 0-24 years in the Outer Hebrides who were living in datazones which are in the 15% most crime deprived in Scotland was significantly lower than the Scottish average. In the Outer Hebrides, 6.2% of people aged 0-24 years were living in the

15% most crime deprived areas compared to the national average of 15.8%. In Orkney, the proportion of people aged 0-24 years that were living in datazones which are in the 15% most crime deprived in Scotland was lower than the proportion in the Outer Hebrides and the national average – 2.9%. However in Shetland the proportion of people aged 0-24 years who were living in datazones which are in the 15% most crime deprived in Scotland was higher than the proportion in the Outer Hebrides and lower than the national average – 7.6%⁷.

2.7 PREGNANCY AND INFANCY

In 2010/11, the proportion of babies exclusively breastfed at 6-8 weeks in the Outer Hebrides was lower than the national average. In the Outer Hebrides, 25.4% of babies were exclusively breastfed at 6-8 weeks compared to the national average of 26.5%. The proportion of babies exclusively breastfed at 6-8 weeks in Orkney and Shetland was higher than both the proportion in the Outer Hebrides and the national average – 42.6% and 46.8% respectively²³.

Between 2006 and 2008 the proportion of mothers in the Outer Hebrides who smoked during their pregnancy was lower than the national average. In the Outer Hebrides 14.9% of mother smoked during their pregnancy compared to 22.6% across the whole of Scotland. In Orkney the proportion of mother who smoked during their pregnancy was lower than the proportion in the Outer Hebrides and the national average (14.1%) while the proportion in Shetland was higher than the proportion in the Outer Hebrides but lower than the national average (17.1%)⁷.

Between 2006 and 2008 the proportion of immunisation uptake for immunisations excluding MMR in the Outer Hebrides was lower than the national average. In the Outer Hebrides immunisation uptake was at 96.6% compared to 97.5% across the whole of Scotland. In Orkney the percentage uptake was lower than uptake in the Outer Hebrides and the national average (93%) while the percentage uptake in Shetland was higher than uptake in the Outer Hebrides but lower than the national average (97%)⁷.

Between 2006 and 2008 the proportion of uptake for MMR immunisation in the Outer Hebrides was lower than the national average. In the Outer Hebrides immunisation uptake was at 91.5% compared to 92.1% across the whole of Scotland. In Orkney the percentage uptake was lower than uptake in the Outer Hebrides and the national average (85.2%) while the percentage uptake in Shetland was lower than uptake in the Outer Hebrides and the national average (84.6%)⁷.

The rate of teenage pregnancy (those aged 15-17 years) in the Outer Hebrides between 2006 and 2008 was lower than the national average. In the Outer Hebrides between 2006 and 2008 there were 24.1 pregnancies per 1,000 population compared to 41.4 pregnancies per 1,000

²³ *Breastfeeding Statistics 2010/11*, ISD Scotland, 2011

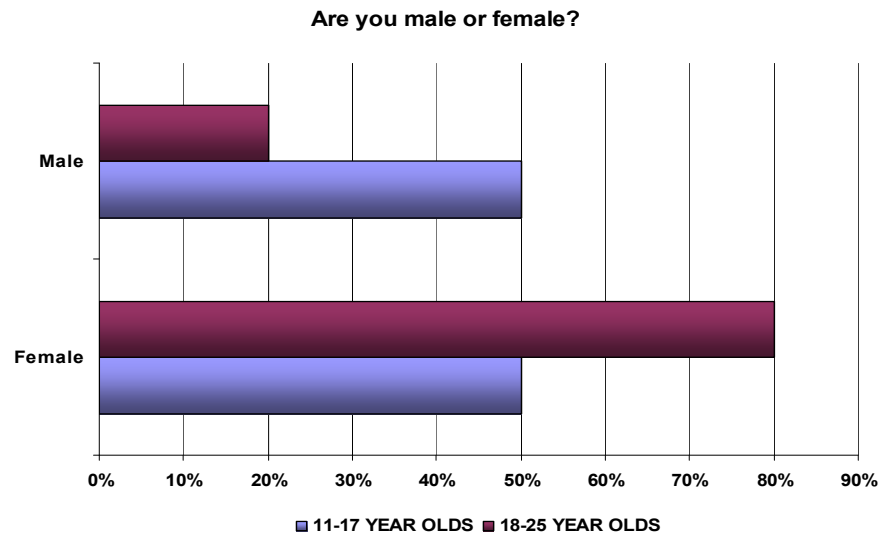
population across the whole of Scotland. In Orkney and Shetland the rate of teenage pregnancies was lower than the rate in the Outer Hebrides and the national average - 13.8 pregnancies per 1,000 population and 19.5 pregnancies per 1,000 population respectively⁷.

3: RESULTS

3.1 SAMPLE

3.1.1 Sex

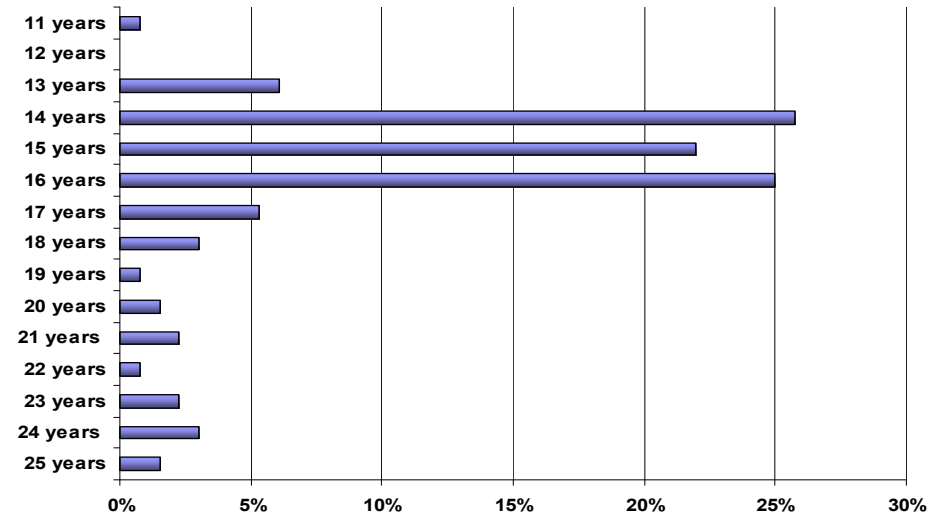
Respondents were asked to indicate whether they were male or female. Among 11-17 year olds there were an equal proportion of males and females. Among 18-25 year olds there were substantially more females than males, 80% compared with 20%.



3.1.2 Age

Respondents were asked to indicate how old they were. The majority (26%) of respondents were 14 years old, while a quarter were 16 years old and 22% were 15 years old, Respondents varied

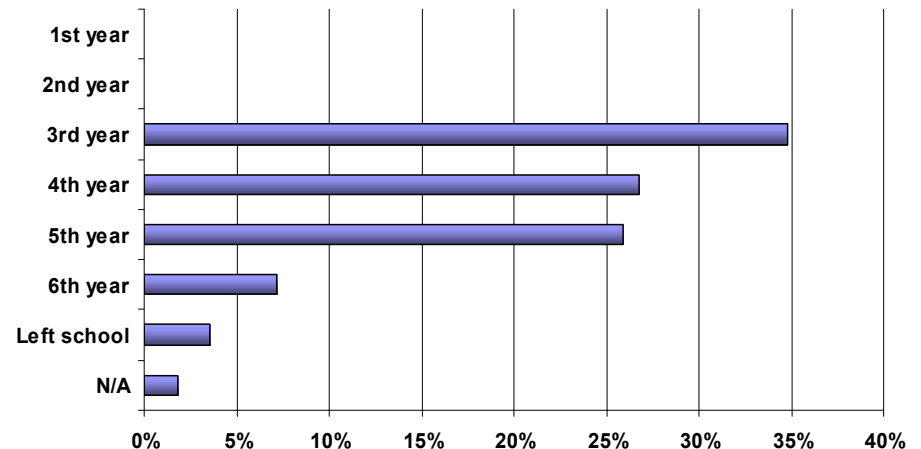
How old are you?



3.1.3 School Year

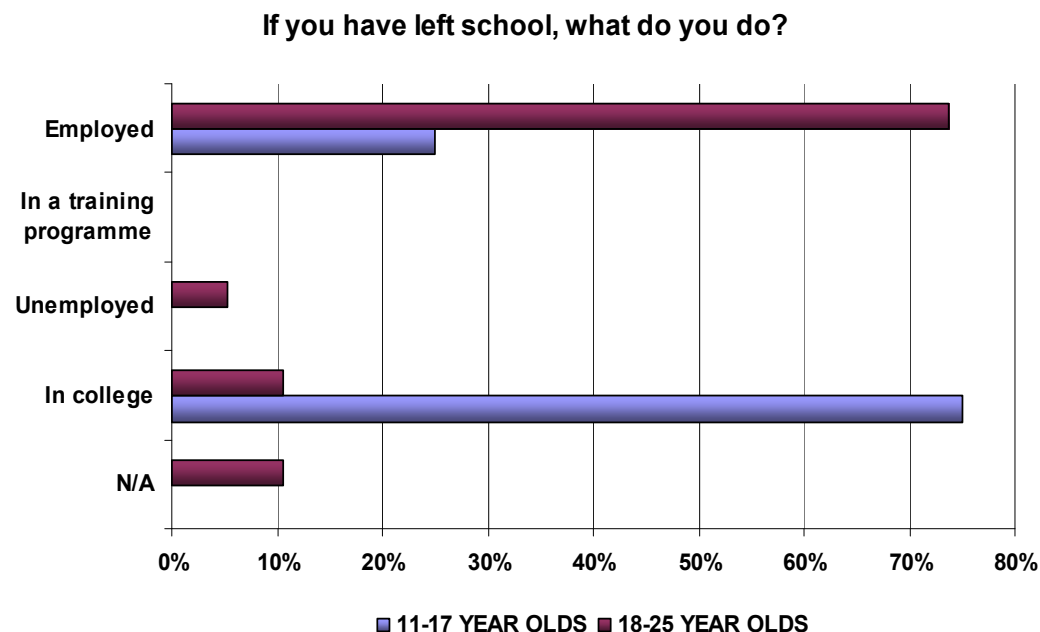
Respondents were asked to indicate what year they were in school. Among 11-17 year olds the majority of respondents were in 3rd year of secondary school. Four per cent (4%) of respondents reported that they had left school, while 2% of 11-17 year olds chose not to answer the question. Among 18-25 year old, 95% had left school while the remaining 5% chose not to answer the question.

What year are you in at school?
11-17 YEAR OLDS



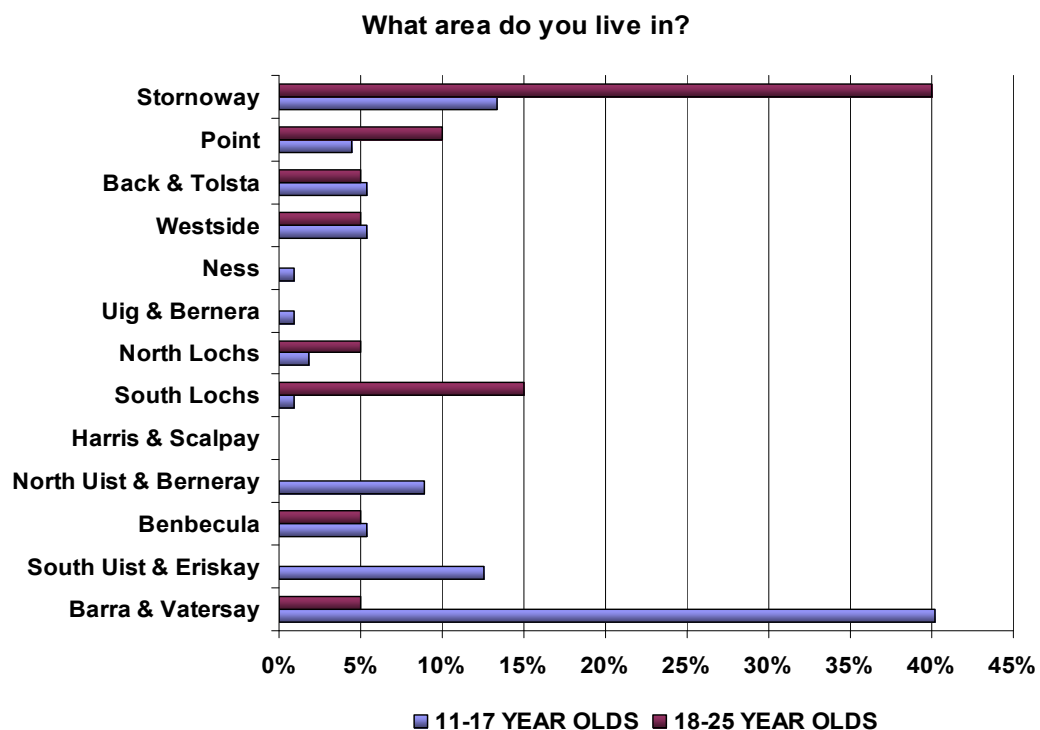
3.1.4 School leavers destination

Respondents were asked to indicate what it is they do if they are no longer in school. Among 11-17 year olds, the majority (75%) reported that they were in college, while the remaining 25% reported that they were employed. Among 18-25 year olds, the majority (74%) reported that they were employed, while 11% reported that they were in college and 5% that they were unemployed. Eleven per cent (11%) of 18-25 year olds chose not to answer the question.



3.1.5 Area

Respondents were asked to indicate which area of the Outer Hebrides they lived in. Among 11-17 year olds, the majority (40%) of respondents live in Barra & Vatersay. While 13% live in South Uist & Eriskay and 13% live in Stornoway. There were no responses from 11-17 year olds who live in Harris & Scalpay. Among 18-25 year olds, the majority (40%) of respondents live in Stornoway. While 15% live in South Lochs. There were no responses from 18-25 year olds who live in Ness, Uig & Bernera, Harris & Scalpay, North Uist & Berneray and South Uist & Eriskay.



3.2 LIVING SITUATION

3.2.1 Accommodation profile

All respondents were asked who they live with. Respondents could select more than one response.

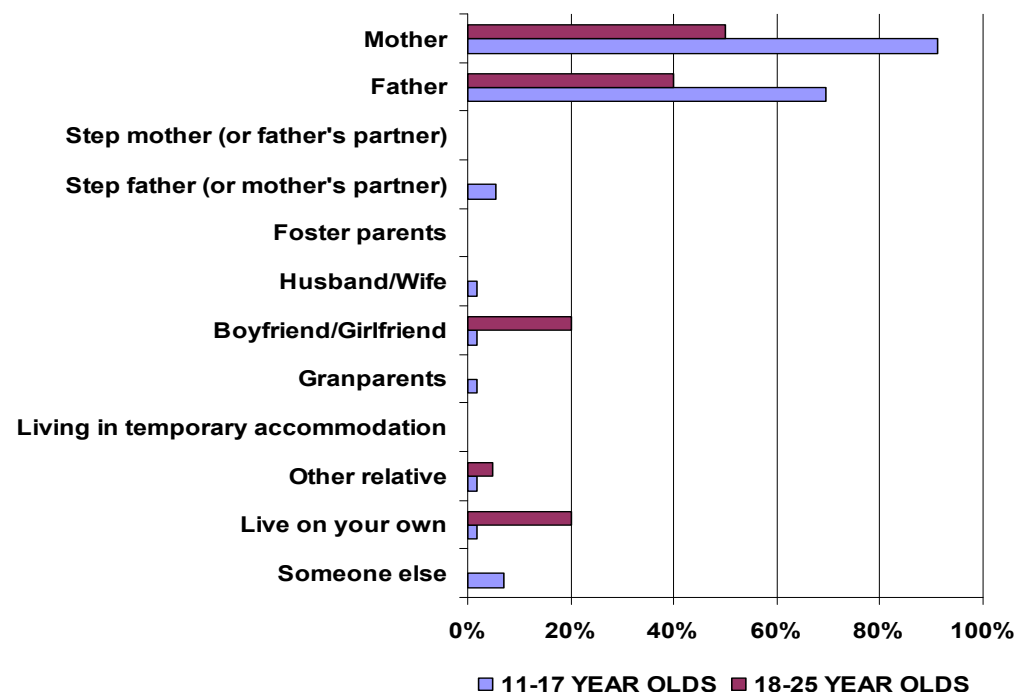
The majority (91%) of 11-17 year olds reported that they live with their mother, while 70% reported that they live with their father. Seven per cent (7%) of 11-17 year olds reported that they live with someone else, this was typically a sibling.

There was an average of 5 people (including themselves) living the homes of 11-17 year olds. Two of these people on average is under the age of 16.

The majority (50%) of 18-25 year olds reported that they live with their mother, while 40% reported that they live with their father. Twenty per cent (20%) of 18-25 year olds reported that they live with their boyfriend/girlfriend and 20% live on their own.

There was an average of 3 people living (including themselves) the homes of 18-25 year olds. One of these people on average is under the age of 16.

What adults do you live with most of the time?



3.2.2 School events

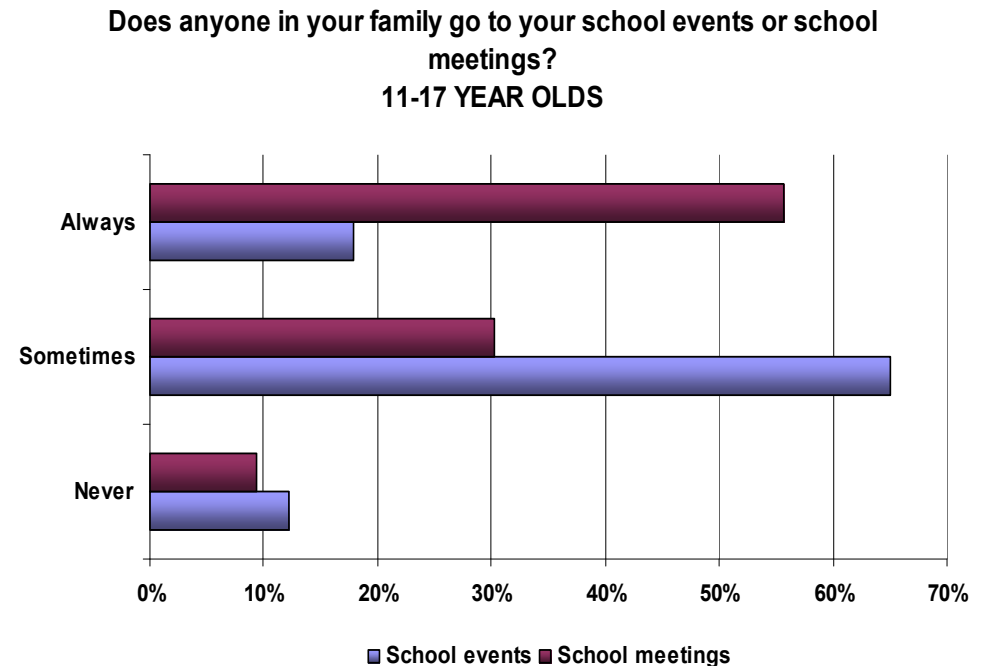
All 11-17 year olds who were still in school were asked if their family attend their school events (e.g. sports events) or school meetings (e.g. parent's night).

The majority (56%) of 11-17 year olds reported that their family always go to their school meetings, while 18% reported that their family always go to their school events. Additionally, 30% reported that their family sometimes goes to their school meetings, while 65% reported that their family sometimes go to their school events

Respondents were asked if they ever have to look after themselves or family members when their parents/guardians are not able to for any reason (e.g. health).

Among 11-17 year olds, 22% reported that they sometimes have to look after themselves or family members when their parents/guardians are unable to do so. It was reported they have to look after younger siblings and prepare meals for themselves and siblings when necessary.

Among 18-25 year olds, 5% reported that they sometimes have to look after themselves or family members when their parents/guardians are unable to do so. It was reported they have to look after younger siblings.



3.2.3 Alcohol in the home

Respondents were asked if anyone in their household drinks alcohol.

Among 11-17 year olds, 84% reported that alcohol is consumed in their home. It was reported that on average there are 3 people in the household that drink alcohol.

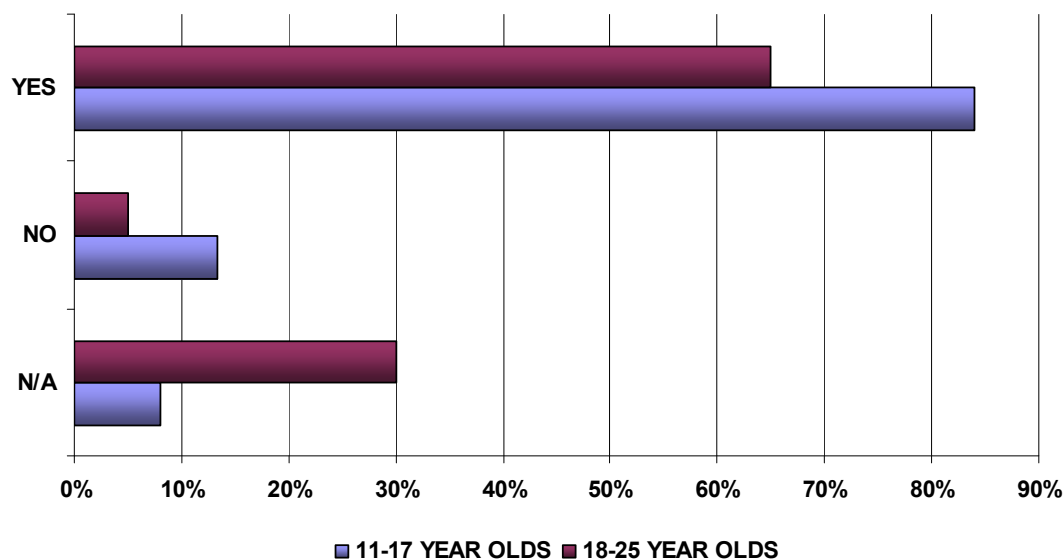
Among 18-25 year olds, 65% reported that alcohol is consumed in their home. It was reported that on average there are 3 people in the household that drink alcohol.

Respondents that said that alcohol was consumed in their home were asked how often it is consumed in their home.

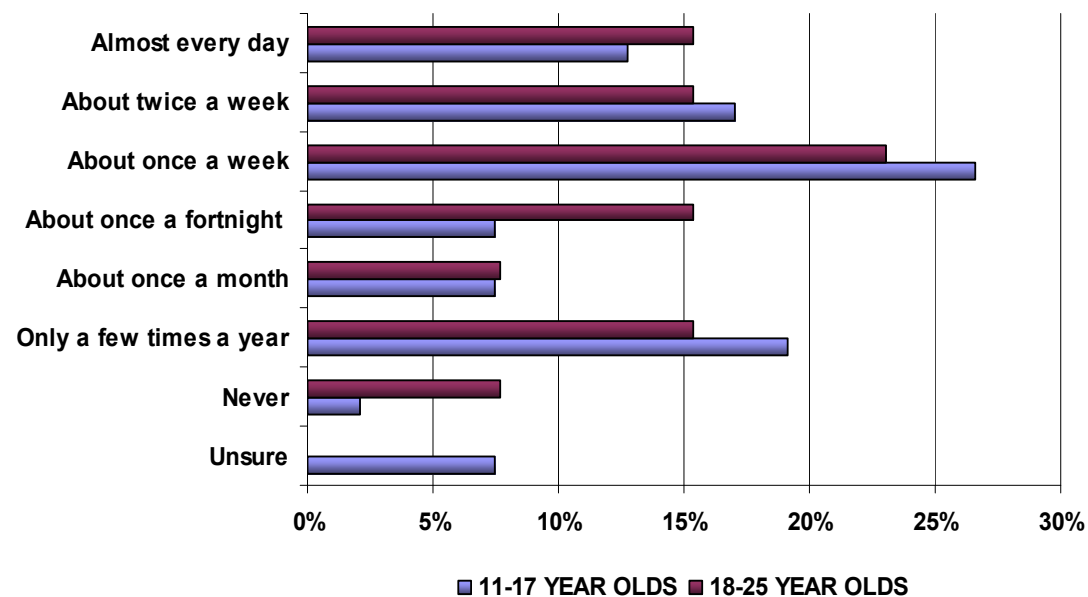
Fifty-seven per cent (57%) of 11-17 year olds reported that alcohol is consumed at least once a week (including those who drink 'almost every day' and 'about twice a week') in their home

Fifty-four per cent (54%) of 18-25 year olds reported that alcohol is consumed at least once a week (including those who drink 'almost every day' and 'about twice a week') in their home

Does anyone in your house drink alcohol?



How often is alcohol consumed in your home?



3.2.4 Drugs in the home

Respondents were asked if anyone in their household takes drugs.

Seven per cent (7%) of 11-17 year olds reported that drugs are taken/used in their household. It was reported that on average there are 3 people in the household that takes/uses drugs.

It was reported that various drugs were being taken/used but the most commonly reported drug being used was cannabis.

Ten per cent (10%) of 18-25 year olds reported that drugs are taken/used in their household. It was reported that on average there is 1 person in the household that takes/uses drugs.

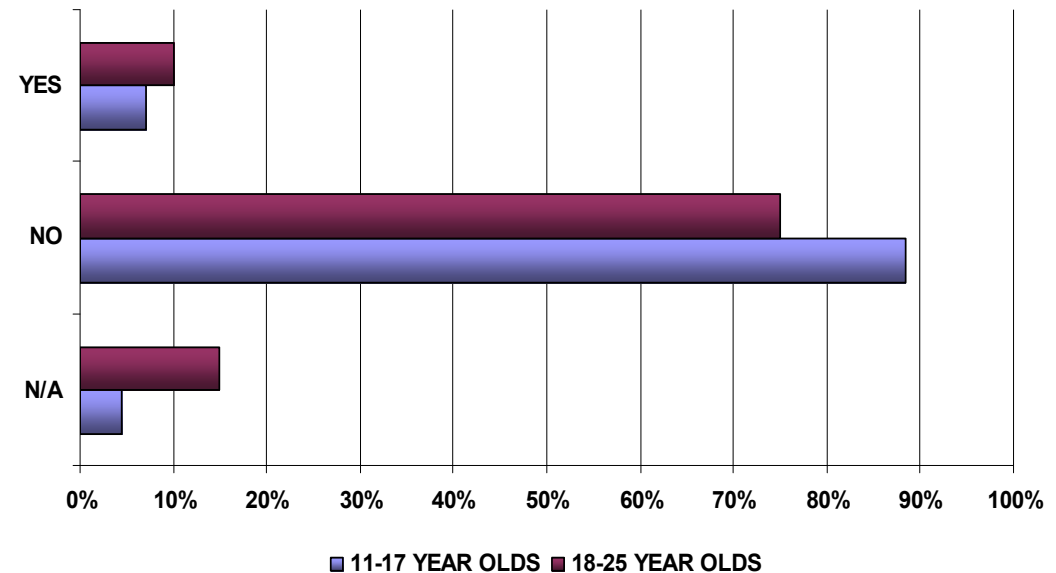
The most commonly reported drug being used was cannabis.

Respondents that said that drugs were taken/used in their home were asked how often drugs were taken/used in their home.

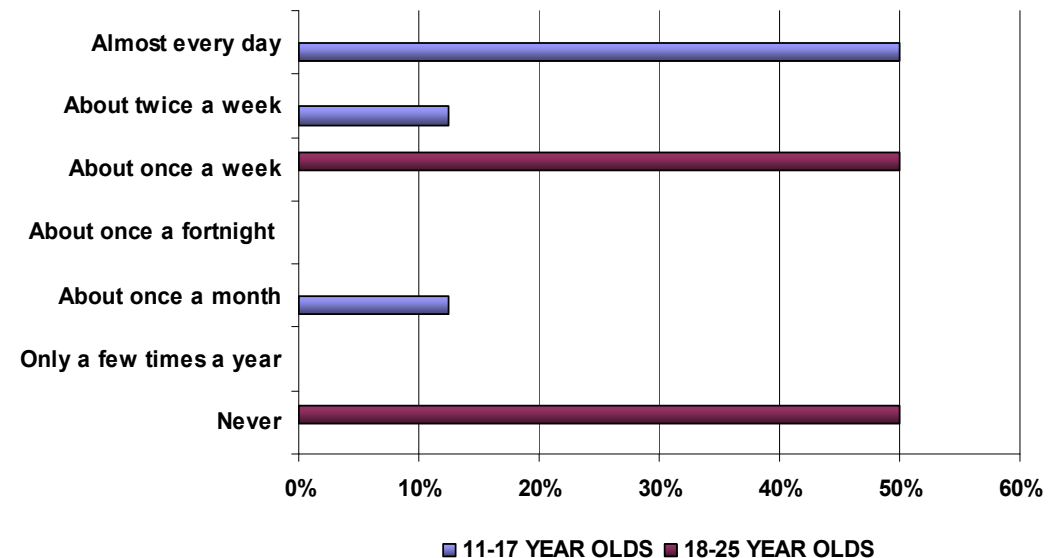
Sixty-three per cent (63%) of 11-17 year olds reported that drugs are taken/used at least once a week (including those who drink 'almost every day' and 'about twice a week') in their home.

Fifty per cent (50%) of 18-25 year olds reported that drugs are taken/used at least once a week (including those who drink 'almost every day' and 'about twice a week') in their home.

Does anyone in your home take drugs?



How often are these drugs taken in your home?



3.3 DRINKING

3.3.1 Prevalence of alcohol use

All respondents were asked whether they had ever had a 'proper alcoholic drink – a whole drink, not just a sip'.

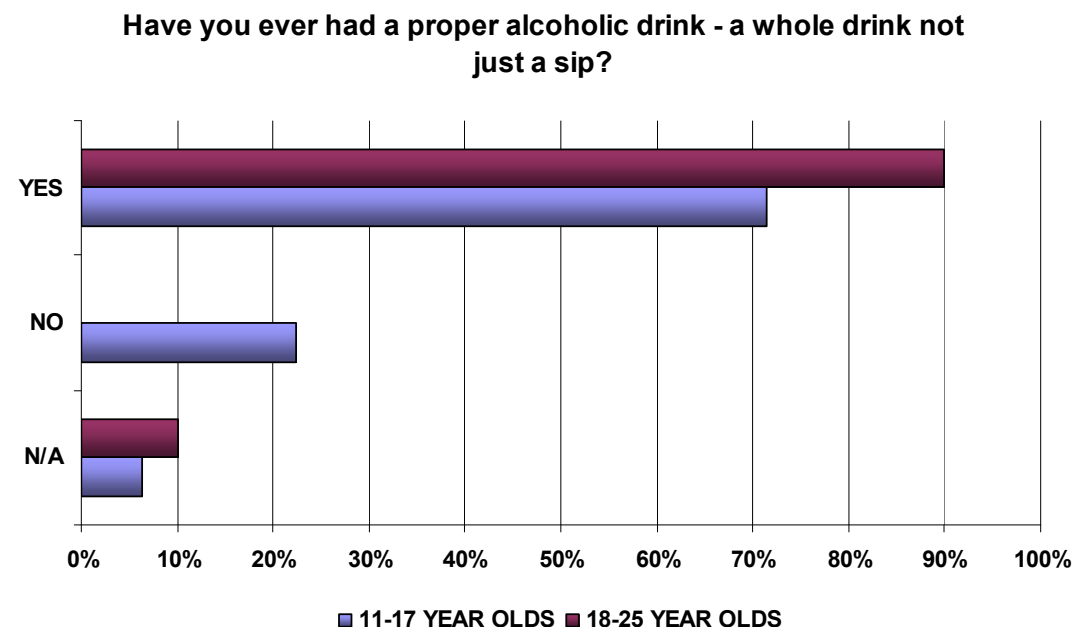
In the Outer Hebrides, 71% of 11-17 year olds reported that they had had an alcoholic drink. 61% of those who said that they had ever had an alcoholic drink said that their parents/guardians know that they drink alcohol.

Respondents had on average drunk alcohol twice in the last week and 3 times in the last month. Additionally, it was reported that on average respondents had been drunk once in the last week and twice in the last month.

Among those respondents who had drunk alcohol, the average age when they first drunk alcohol was 2 years and the average age when they first got drunk was 13 years

In the Outer Hebrides, 90% of 18-25 year olds reported that they had had an alcoholic drink. 94% of those who said that they had ever had an alcoholic drink said that their parent/guardians know that they drink alcohol.

Respondents had on average drunk alcohol once in the last week and 3 times in the last month. Additionally, it was reported that on average respondents had been drunk once in the last week and twice in the last month.



Among those respondents who had drunk alcohol, the average age when they first drunk alcohol was 14 years and the average age when they first got drunk was 15 years

3.3.2 Usual drink frequency

In the Outer Hebrides, 23% of 11-17 year olds who have ever drunk alcohol reported that they usually drink at least once a week (including those who drink 'almost every day' and 'about twice a week'). 65% of those who have ever drunk alcohol reported that they have been drunk at least once.

In the Outer Hebrides, 44% of 18-25 year olds who have ever drunk alcohol reported that they usually drink at least once a week (including those who drink 'almost every day' and 'about twice a week'). 89% of those who have ever drunk alcohol reported that they have been drunk at least once.

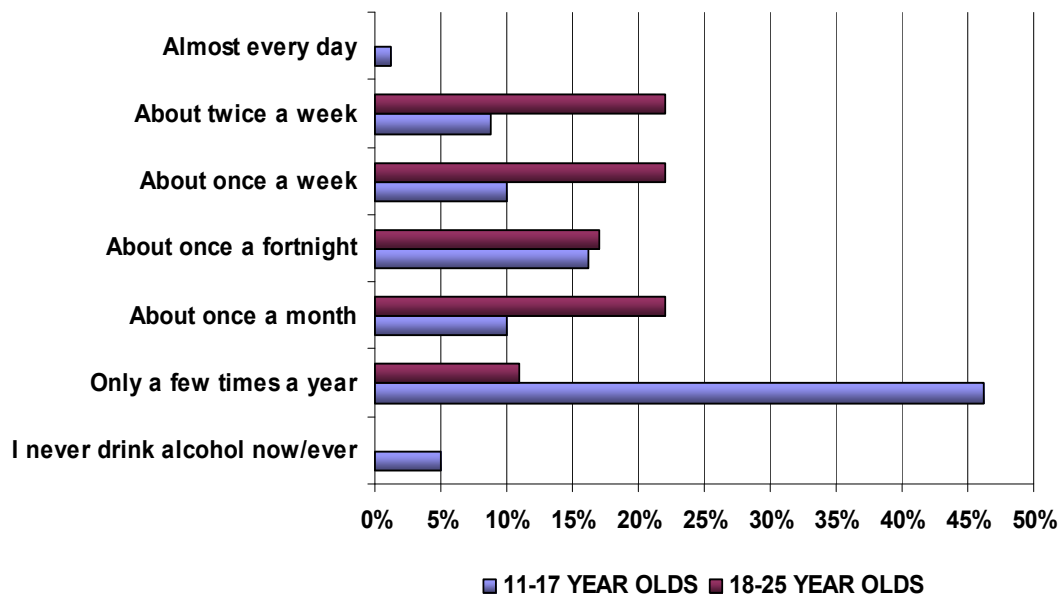
3.3.3 Money spent on alcohol

Respondents were asked how much money they usually spend on alcohol each week.

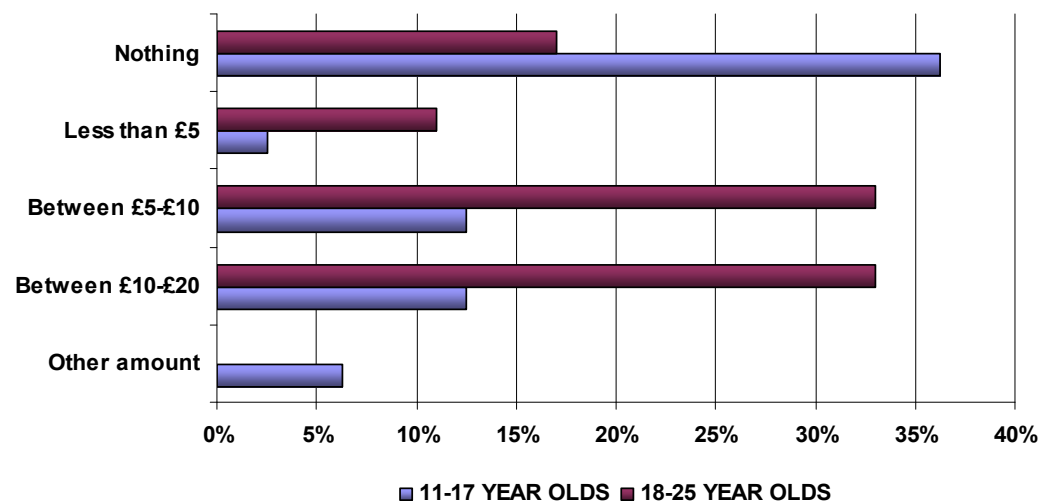
35% of 11-17 year olds who have ever drunk alcohol reported that they usually spend at least some money on alcohol each week. The majority of 11-17 year olds reported spending between £5 and £20 on alcohol each week.

77% of 18-25 year olds who have ever drunk alcohol reported that they usually spend at least some money on alcohol each week. The majority of 18-25 year olds reported spending between £5 and £20 on alcohol each week.

How often do you usually drink alcohol?



How much money do you usually spend each week on alcohol?



3.3.4 Type of alcohol consumed

Respondents who had ever drunk alcohol were asked what they usually drink.

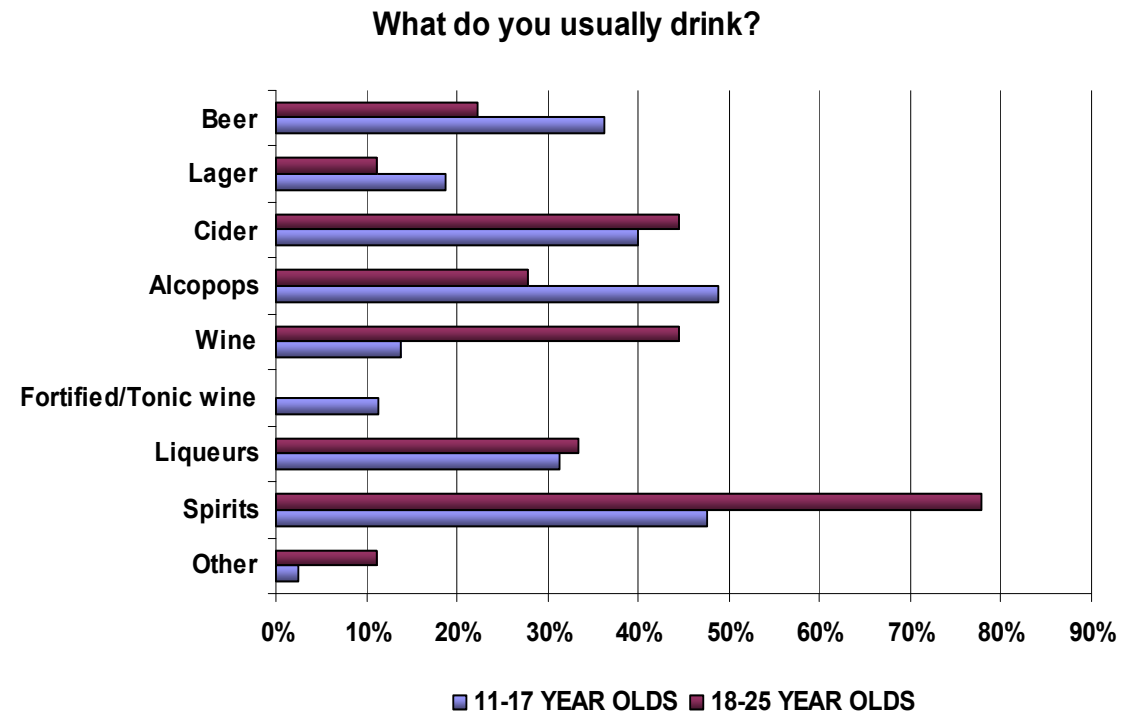
Among 11-17 year olds who had ever drunk alcohol, the most common types of drinks were alcopops (49%) and spirits (48%).

The majority of 11-17 year olds who drink alcopops reported that they usually drank standard 330ml bottles and on average they drank 4 of these on their heaviest drinking day.

The majority of 11-17 year olds who drink spirits reported that they usually drink small glasses and on average they drink 1 of these on their heaviest drinking day.

Among 18-25 year olds who had ever drunk alcohol, the most common type of drink was spirits (78%).

The majority of 18-25 year olds who drink spirits reported that they usually drink regular measures and on average they drink 4 of these on their heaviest drinking day.



3.3.5 Availability of alcohol

Respondents who had ever drunk alcohol were asked where they usually get their alcohol from.

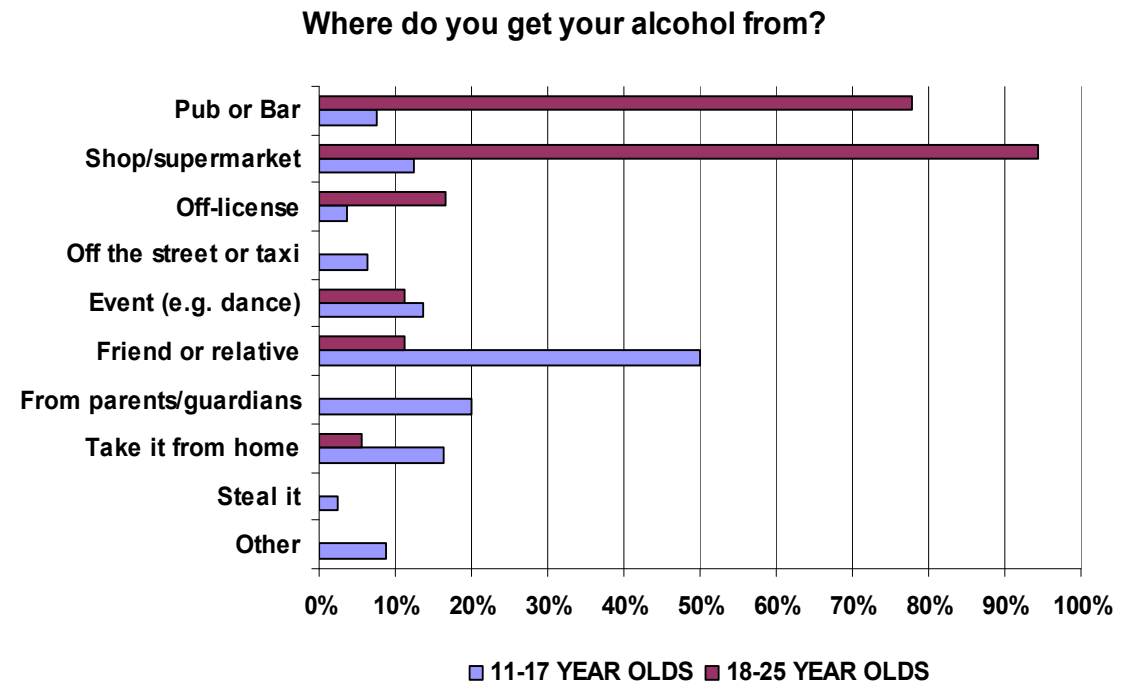
Among 11-17 year olds who have ever drunk alcohol, the most common source of this alcohol was a friend or relative (50%). The other place where they reported getting alcohol from was from people off the street.

Of those who have ever drink alcohol, 39% reported that they had got someone else to buy or give them alcohol in the last month. The majority of them reported that they had got a friend to do this for them.

Parents/guardian	12%
Brother/sister	12%
Other relative	12%
Friend	65%
Other	26%

Among 18-25 year olds who have ever drunk alcohol, the two most common sources of this alcohol were shop/supermarket (94%) or a pub or bar (78%).

No one aged 18-25 years old had got someone else to buy or give them alcohol in the last month.



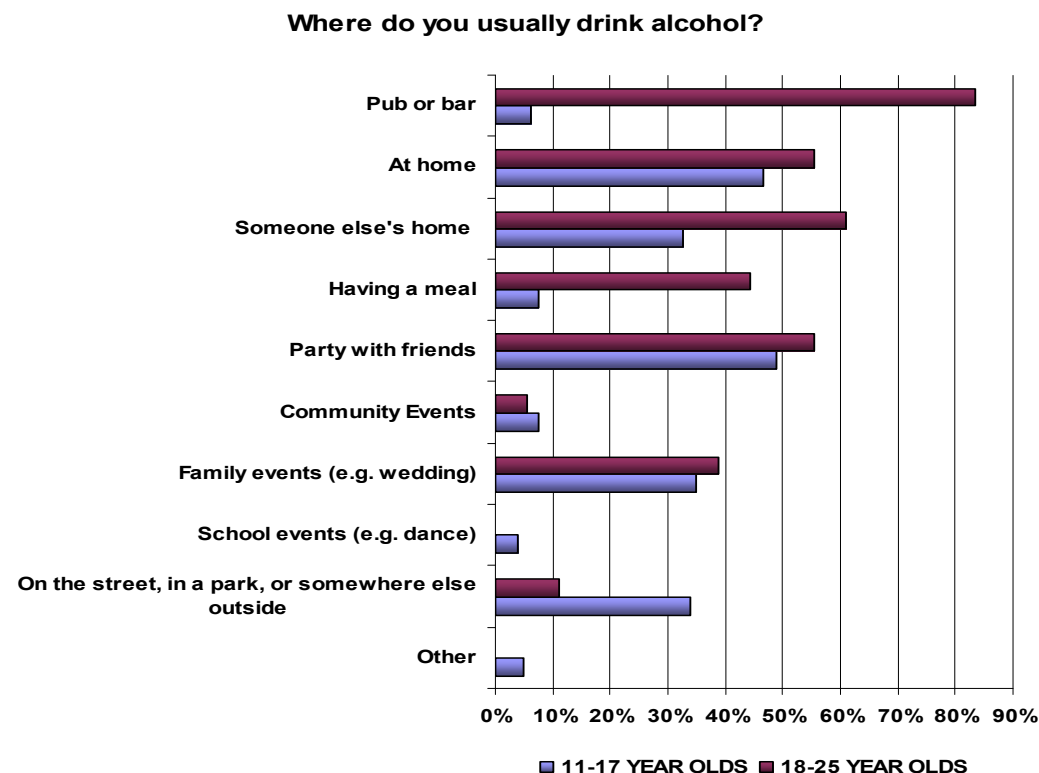
3.3.6 Where young people drink alcohol

Respondents who had ever drunk alcohol were asked where they usually drink alcohol.

Among 11-17 year olds the most frequently reported locations for drinking alcohol were at a party with friends (49%), at home (47%), outside (34%), at family events (35%) and at someone else's home (33%).

The other places where they reported drinking alcohol included families home at Christmas, the Castle Grounds and in town.

Among 18-25 year olds the most frequently reported locations for drinking alcohol were in a pub or bar (83%), at someone else's home (61%), at home (56%) and at a party with friends (56%).

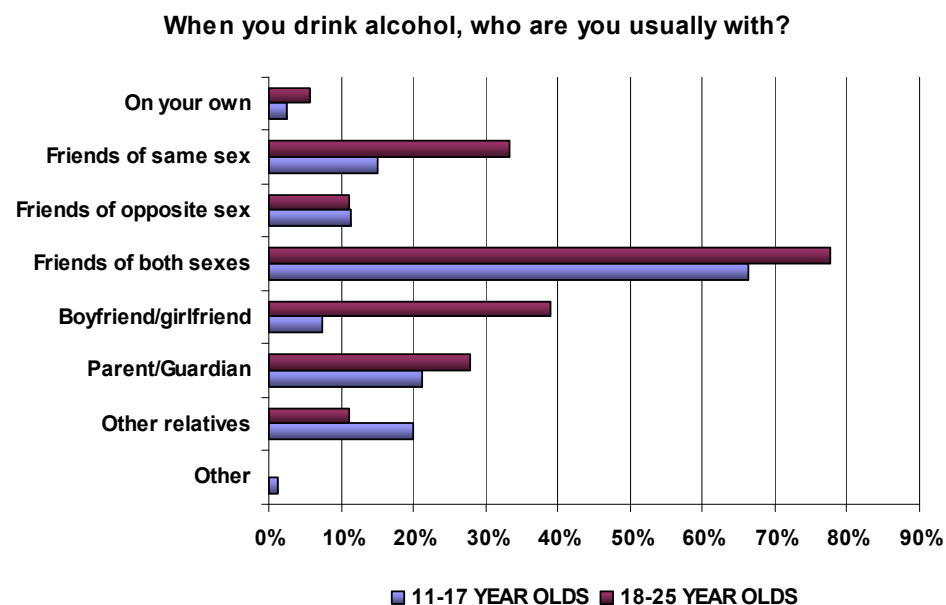


3.3.7 Who young people usually drink with

Respondents who had ever drunk alcohol were asked who they usually drink alcohol with.

The majority (66%) of 11-17 year olds reported that they usually drink alcohol with friends of both sexes. Additionally 21% of 11-17 year olds reported that they usually drink alcohol with their parents.

Similarly the majority (78%) of 18-25 year olds reported that they usually drink alcohol with friends of both sexes. Additionally, 39% of



3.3.8 Why young people start drinking alcohol

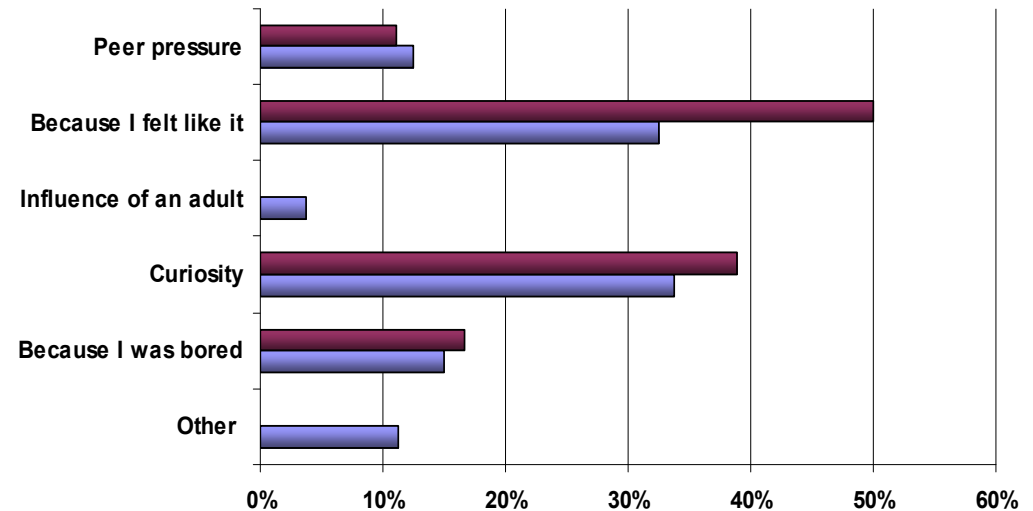
Respondents who had ever drunk alcohol were asked why they started drinking.

Among 11-17 year olds who have ever drunk alcohol, the most common reasons given for starting drinking were curiosity (33%) and because they felt like it (33%).

Some of the other reasons that were given for starting drinking were that it was a special occasion (e.g. Christmas or New Year) and that there is nothing wrong with drinking every now and again.

Among 18-25 year olds who had ever drunk alcohol, the most common reasons given for starting drinking were because they felt like it (50%) and curiosity (39%).

Why did you start drinking?

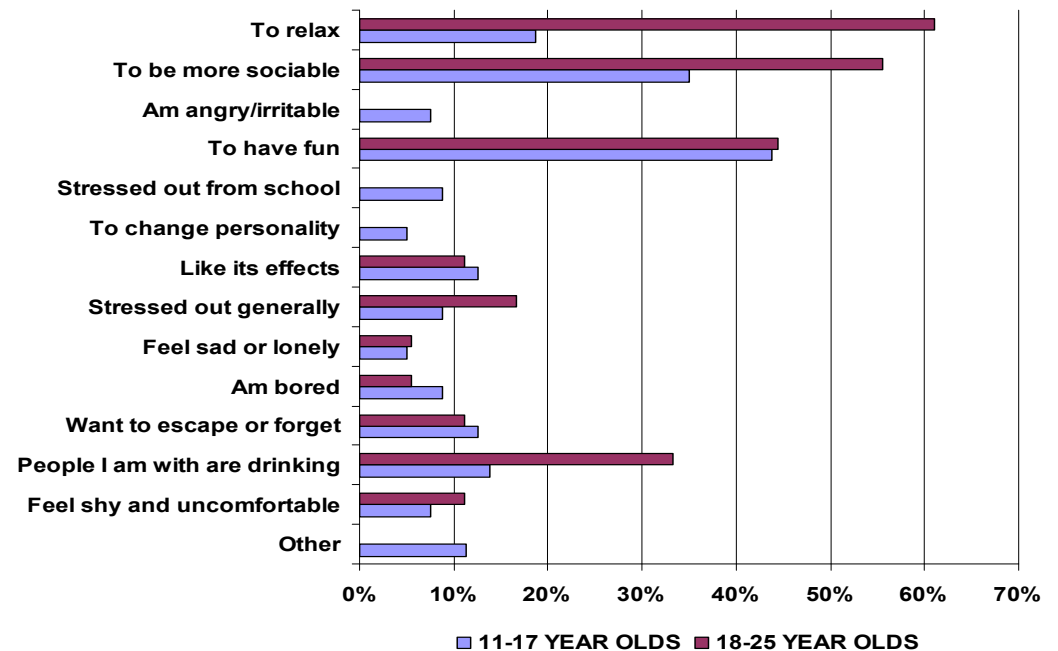


3.3.9 Why young people drink alcohol

Respondents who had ever drunk alcohol were asked what are their current reasons for drinking alcohol.

Among 11-17 year olds who have ever drunk alcohol, the most common reasons given for drinking alcohol were to have fun (44%) and to be more sociable (35%). Some of the other reasons that were given for drinking alcohol were to celebrate a special occasion (e.g. Christmas or New Year) and just to see what it was like.

What are your reasons for drinking alcohol?



3.3.10 Why young people do not drink alcohol

Respondents who do not drink alcohol were asked what their reasons for not drinking alcohol are.

Among 11-17 year olds who do not drink alcohol, the most common reasons given for not drinking were that it is bad for their health (28%), they don't want to lose control (24%) and seen others drink to excess (24%). Some of the other reasons that were given for not drinking alcohol were that they simply did not want to or were not allowed to.

There were no 18-25 year olds who reported that they did not drink alcohol.

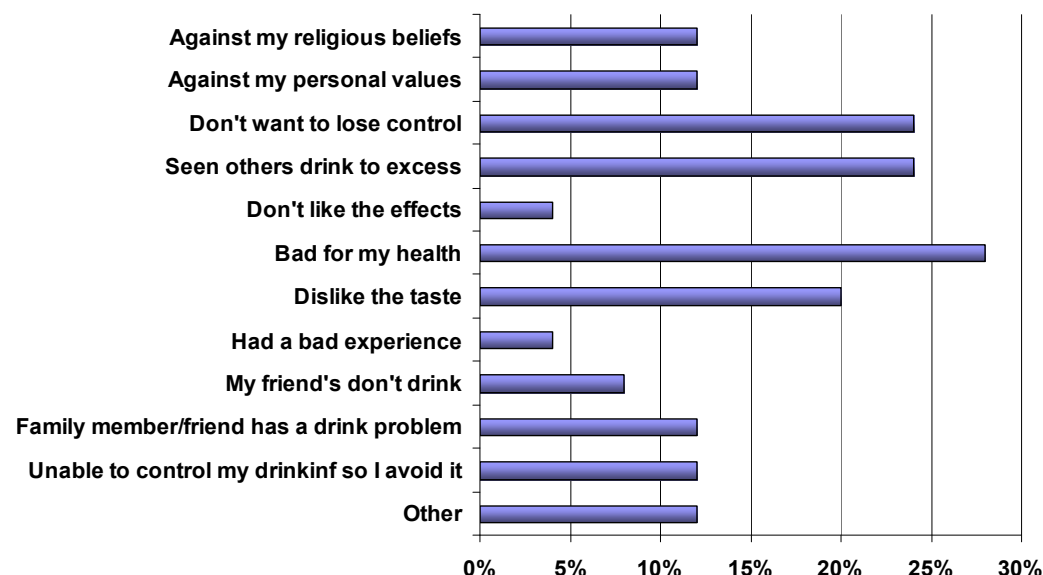
3.3.11 Usual drinking day

Respondents who had ever drunk alcohol were asked on which days of the week they would usually drink alcohol.

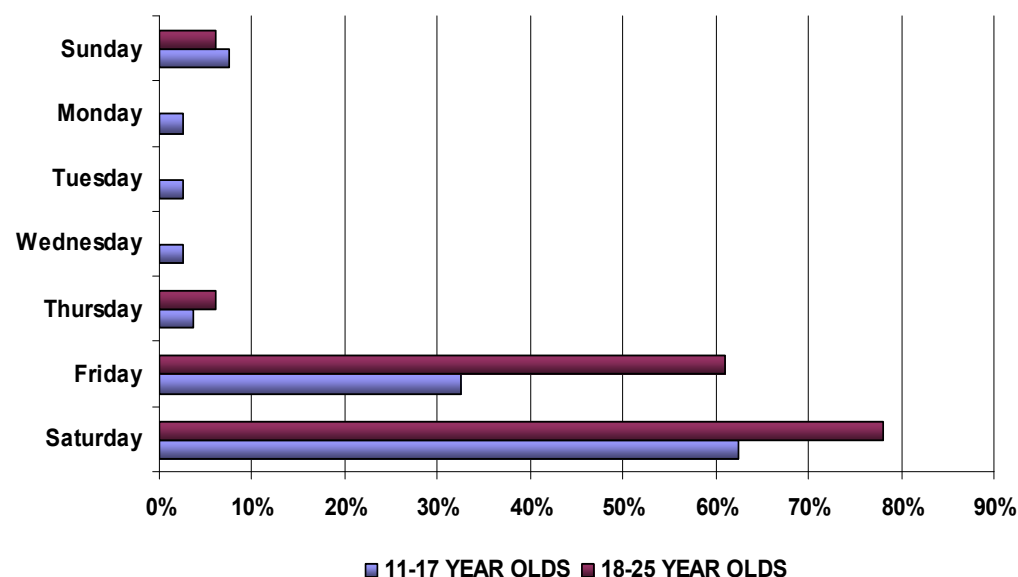
Among 11-17 year olds, the majority (63%) reported that they would usually drink alcohol on a Saturday. A large proportion also reported that they would drink alcohol on a Friday (61%).

Among 18-25 year olds, the majority (78%) reported that they would usually drink alcohol on a Saturday. A large proportion also reported that they would drink alcohol on a Friday (61%). No 18-25 year olds reported that they usually drink alcohol on a Monday, Tuesday or Wednesday.

If you do not drink alcohol, what are your reasons for not drinking? 11-17 YEAR OLDS



On which days of the week would you usually drink alcohol?



3.3.12 Consequences of alcohol use

Respondents who drink alcohol were asked to indicate whether they had ever suffered any consequences due to their alcohol use.

Among 11-17 year olds who had ever drunk alcohol, almost a quarter (23%) reported that they had suffered injuries as a consequence of drinking alcohol. Some of these injuries included cuts, bruises and ending up on crutches. 16% reported that they regret using alcohol the following day. Generally, it was reported that they regretted drinking alcohol due to the hangover they have the following day.

Among 18-25 year olds who had ever drunk alcohol 44% reported that they had suffered injuries as a consequence of drinking alcohol. Large proportions of respondents also reported that they have had problems at home due to alcohol use (39%) and that they regretted drinking alcohol the following day (33%). Generally, respondents reported that they regretted drinking alcohol due to the hangover they have the following day.

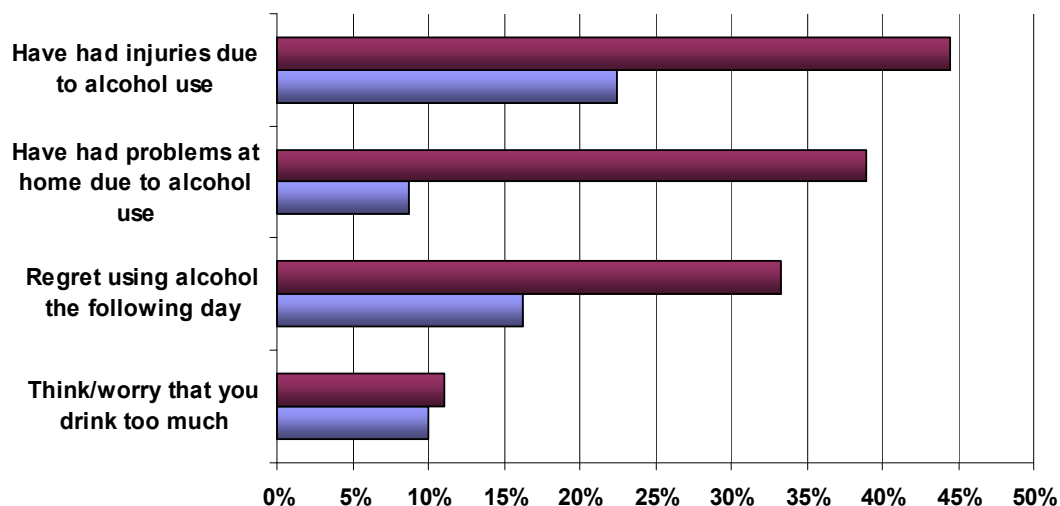
3.3.13 Effects of drinking alcohol

Respondents who had ever drink alcohol were asked whether in the last year they had experienced a list of possible effects.

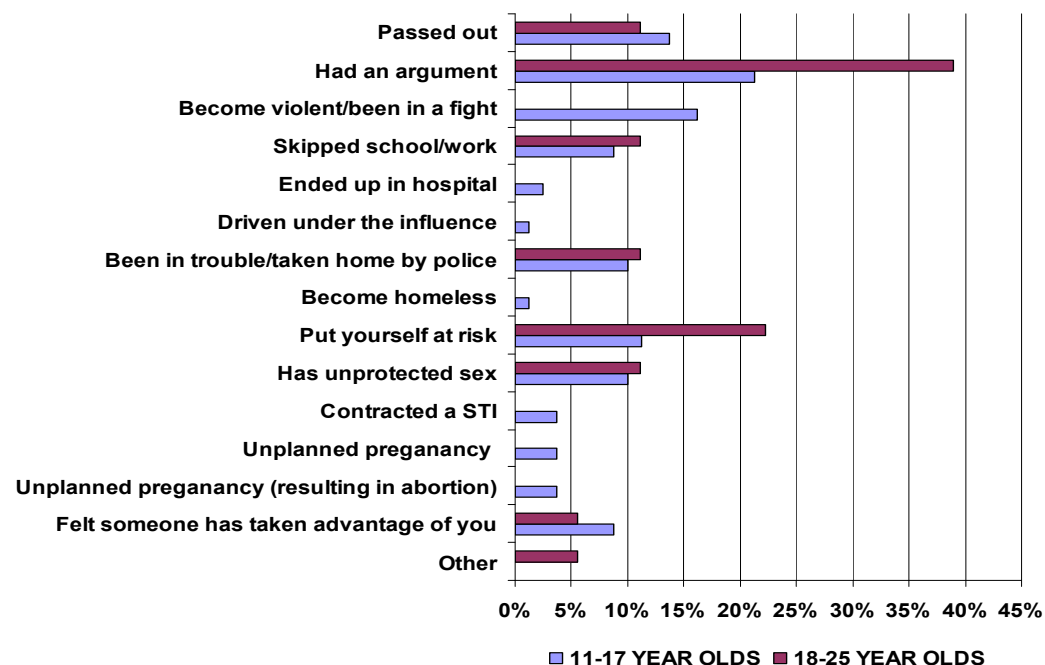
Among 11-17 year olds the most commonly reported effects were having an argument (24%), become violent/been in a fight (18%) and passed out (15%).

Among 18-25 year olds the most commonly reported effect was having an argument (39%).

Consequences of alcohol use



In the last year, which of the following things, if any, have happened to you as a result of your alcohol use?



3.4 DRUG USE

3.4.1 Prevalence of drug use

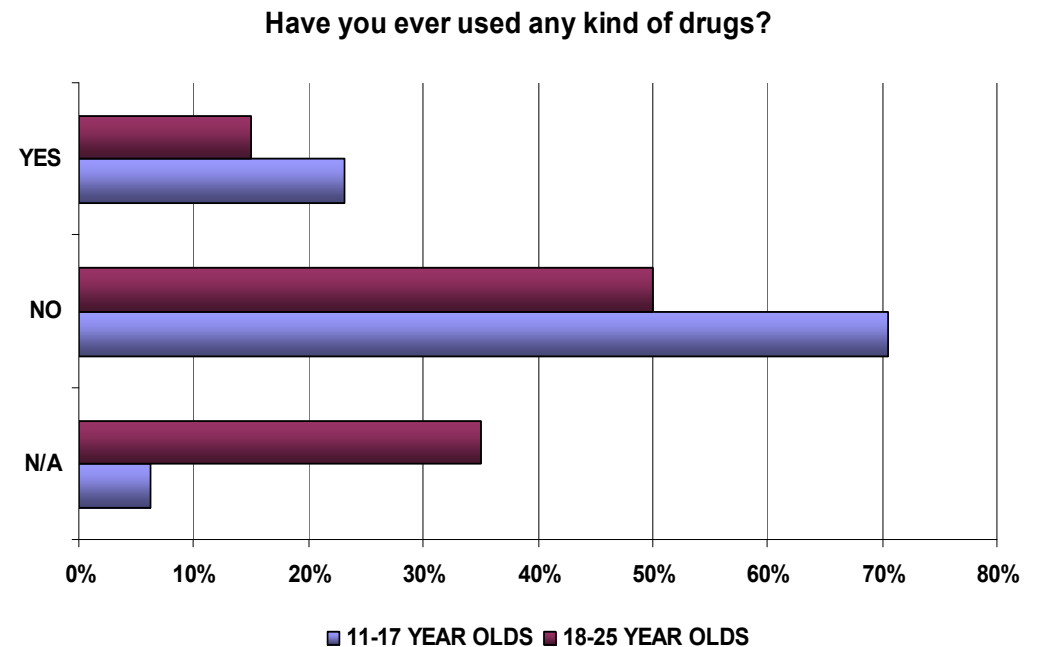
Respondents were asked if they had ever used or taken any kind of drugs – illegal, legal highs or over the counter/prescription drugs.

In the Outer Hebrides, 23% of 11-17 year olds reported that they had ever tried any kind of drugs. Of those who have ever tried drugs, 62% have used illegal drugs and 50% have used legal highs or over the counter/prescription drugs.

Respondents were on average 12 years old when they first started taking illicit drugs, 12 years old when they first started taking legal highs and 8 years old when they first start taking over the counter/prescription drugs.

In the Outer Hebrides, 35% of 18-25 year olds reported that they had ever tried any kind of drugs. Of those who have ever tried drugs, 86% have used illegal drugs and 71% have used legal highs or over the counter/prescription drugs.

Respondents were on average 17 years old when they first started taking illicit drugs, 17 years old when they first started taking legal highs and 14 years old when they first start taking over the counter/prescription drugs.



3.4.2 Illegal drug use

Respondents who had ever used illegal drugs were asked what illegal drugs they had used/taken.

Among 11-17 year olds the most common drug used/taken was cannabis (94%). Thirteen per cent of those who have ever used cannabis used it once in the last week, 13% used it 1-5 times in the last month, 13% used it 6-10 times in the last month and 33% used it 1-5 times in the last year.

Among 18-25 year olds the most common drugs used/taken were cannabis (100%), LSD (67%), poppers (50%) and cocaine (50%). Seventeen percent of those who have ever used cannabis used it twice in the last week, 17% used it 6-10 times in the last month, 17% used it 1-5 times in the last year and 17% used it 26-50 times in the last year,

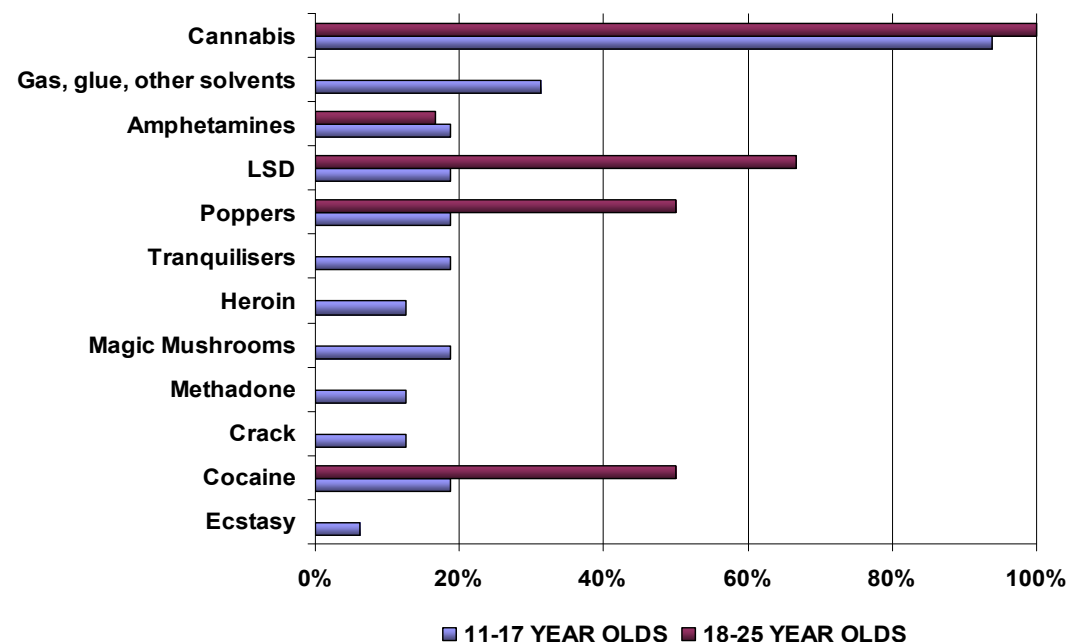
3.4.3 Legal highs or over the counter and/or prescription drugs

Respondents who had ever used legal highs or over the counter and/or prescription drugs were asked what drugs they had used/taken.

It was reported that 11-17 year olds are using legal high such as salvia and mephedrone. Over the counter and/ prescription drugs such as diazepam, dihydrocodeine and temazepam are also being taken by 11-17 year olds.

Fourteen per cent of those who have ever used legal highs used it 1-5 times in the last year. Similarly, 14% of those who have ever

What illegal drugs have you ever used/taken?



used over the counter/prescription drugs used it 1-5 times in the last year and 14% used it 6-10 times in the last year.

It was reported that 18-25 years olds are using legal highs such as salvia, mephedrone, poppers and solvents. Over the counter and/or prescription drugs such as valium and tramadol are also being taken by 18-25 year olds.

Twenty per cent of those who have ever used legal highs used it 1-5 times in the last year. Similarly, 20% of those who have ever used over the counter/prescription drugs used it 16-20 times in the last year.

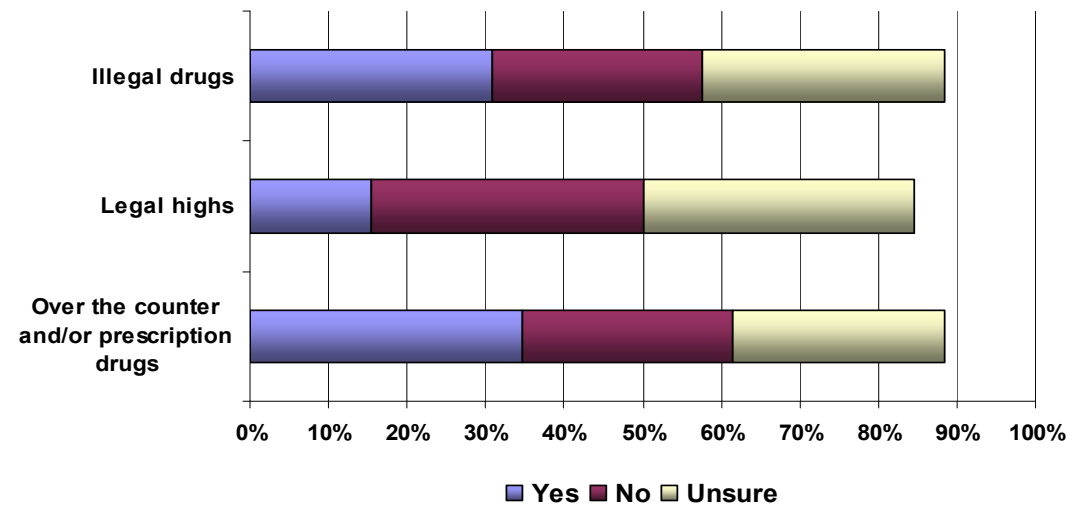
3.4.4 Accessibility of drugs

Respondents who had ever used any kind of drugs were asked whether they thought drugs were easily accessible in their area.

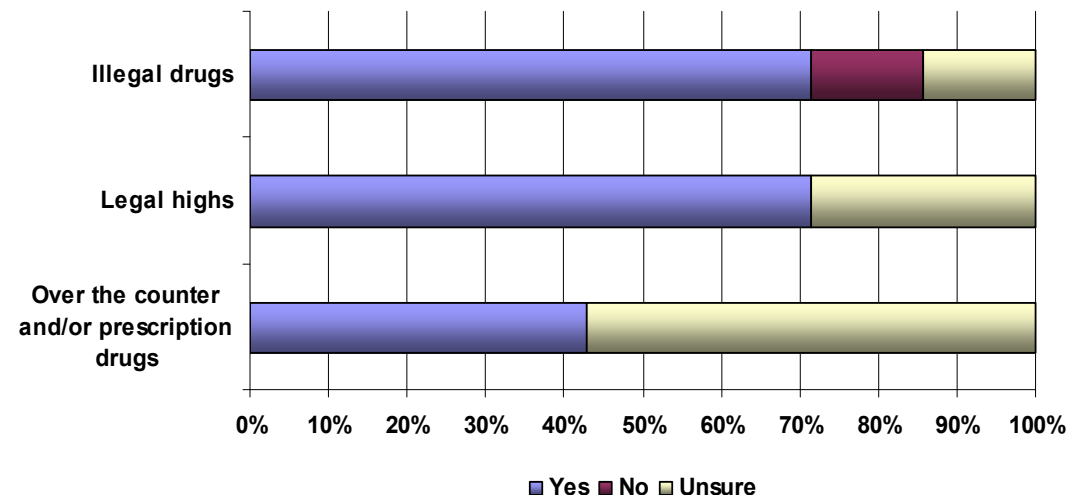
Among 11-17 year olds, 31% believe that illegal drugs are easily accessible in their area. A smaller proportion (15%) believe that legal highs are easily accessible in their area, while 35% believe that over the counter and/or prescription drugs are easily accessible in their area.

Among 18-25 year olds, 71% believe that illegal drugs are easily accessible in their area. Furthermore, 71% also believe that legal highs are easily accessible in their while a smaller proportion (43%) believe that over the counter and/or prescription drugs are easily accessible in their area.

Do you think the following drugs are easily accessible in your area?
11-17 YEAR OLDS



Do you think the following drugs are easily accessible in your area?
18-25 YEAR OLDS



3.4.5 Mixing drugs and alcohol

Respondents who had ever used any kind of drugs were asked whether they ever mix drugs and alcohol.

Among 11-17 years olds, 35% reported that they sometimes mix alcohol and drugs. Fifty-six per cent of those who mix alcohol and drugs reported that they usually take illegal drugs (including cannabis) with alcohol, while 22% reported that they usually take other drugs with alcohol.

Among 18-25 year olds, 57% reported that they sometimes mix alcohol and drugs. Seventy-five per cent of those who mix alcohol and drugs reported that they usually take illegal drugs (including cannabis, cocaine and ecstasy) with alcohol, while 25% reported that they usually take other drugs with alcohol.

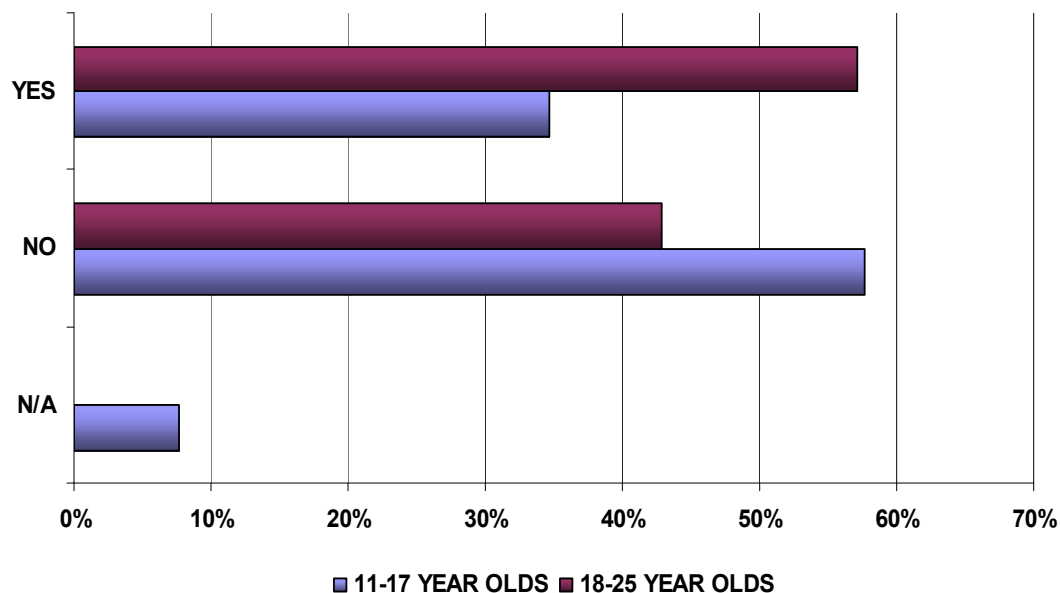
3.4.6 Health problems due to drug use

Respondents who had ever used any kind of drugs were asked if they had ever, as a result of their drug use, experienced a list of health problems.

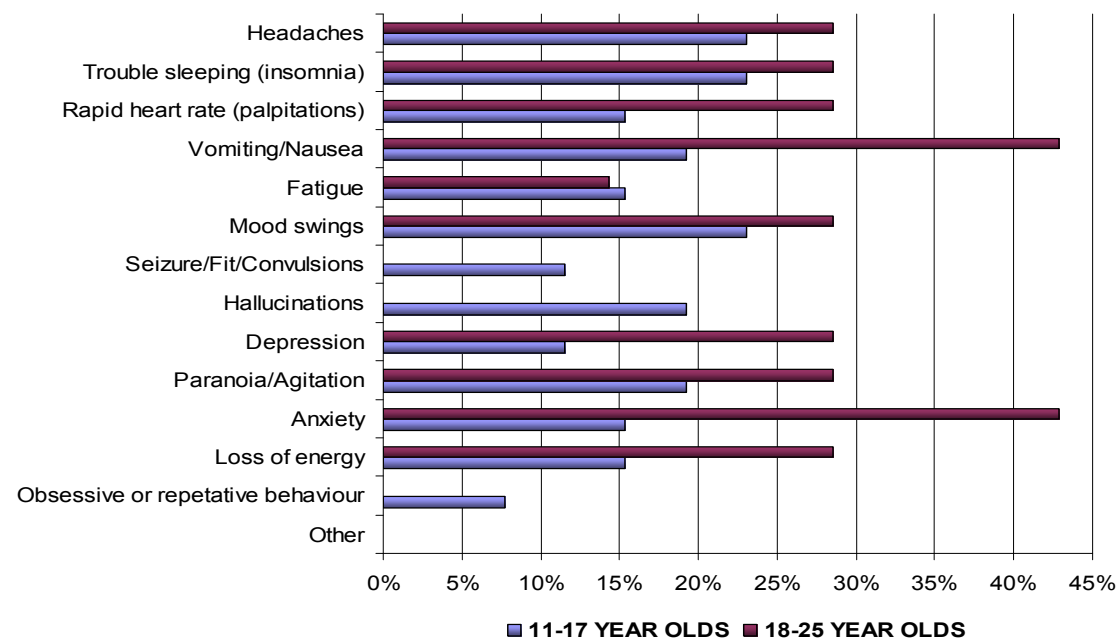
Among 11-17 year olds, the most commonly reported health problems were headaches (23%), trouble sleeping (23%) and mood swings (23%).

Among 18-25 year olds, the most commonly reported health problems were vomiting/nausea (43%) and anxiety (43%).

Do you ever mix drugs and alcohol?



Have you ever had any of these health problems due to drug use?



3.4.7 Usual drug use day

Respondents who had ever used any kind of drugs were asked on which days of the week they would usually use drugs.

Among 11-17 year olds, the majority (42%) reported that they would usually take drugs on a Saturday. A large proportion also reported that they would usually take drugs on a Friday (31%).

Among 18-25 year olds, the most commonly reported days to take drugs were Friday (43%) and Saturday (43%). No 18-25 year olds reported that they usually take drugs on a Monday, Tuesday, Wednesday or Thursday.

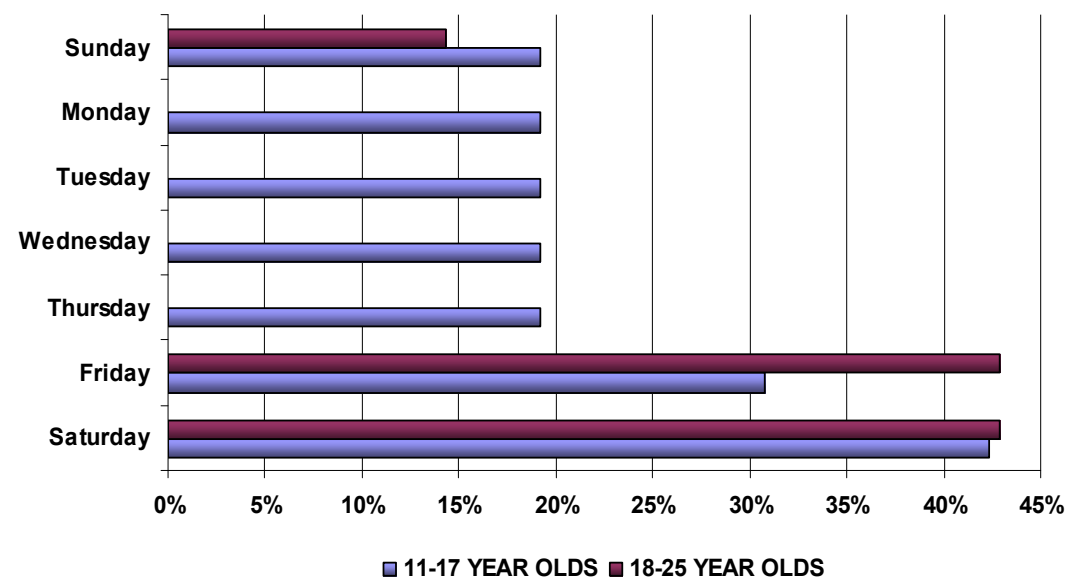
3.4.8 Money spent on drugs

Respondents who have ever used any kind of drugs were asked how much money they usually spend on drugs each week.

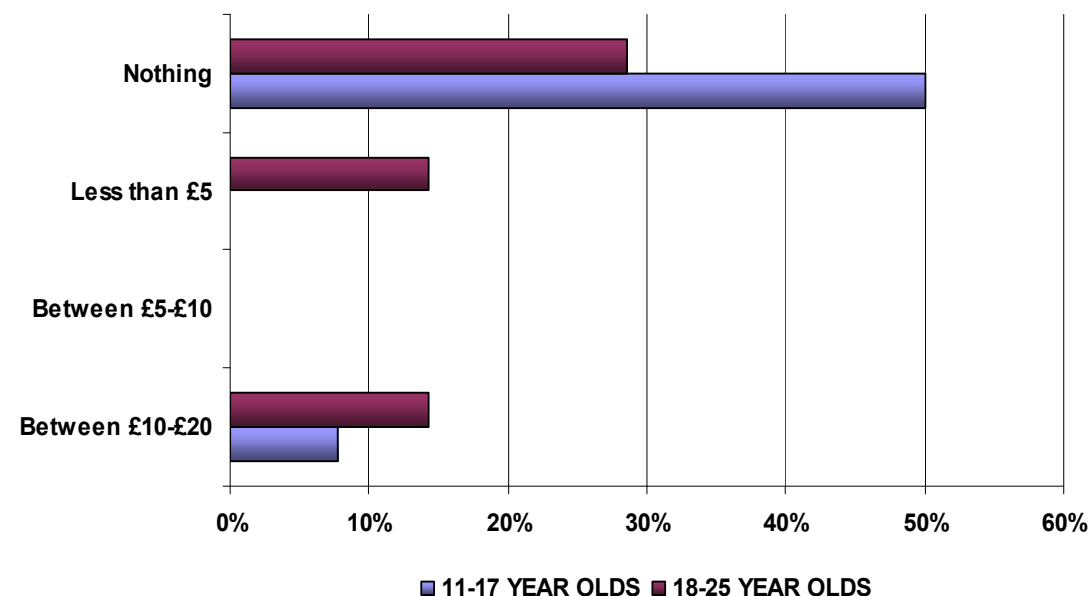
8% of 11-17 year olds who have ever used any kind of drugs reported that they usually spend at least some money on drugs each week. The majority of 11-17 year olds reported spending between £10 and £20 on drugs each week.

28% of 18-25 year olds who have ever used any kind of drugs reported that they usually spend at least some money on drugs each week. The majority of 18-25 year olds reported spending less than £5 (14%) or between £5 and £20 (14%) on drugs each week.

On which days of the week would you usually use drugs?



How much money do you usually spend each week on drugs?



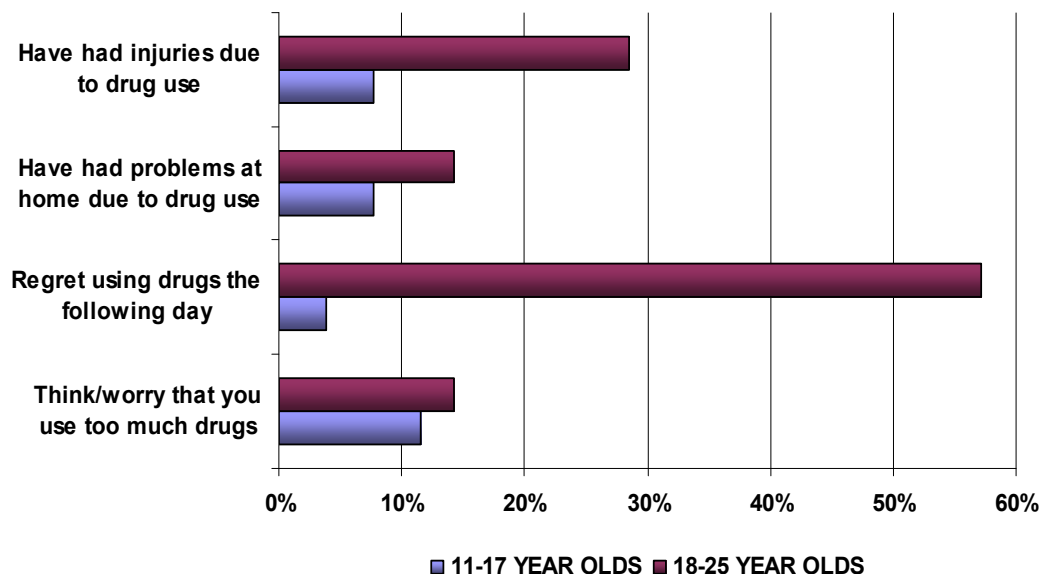
3.4.9 Consequences of drug use

Respondents who had ever used any kind of drugs were asked to indicate whether they had ever suffered any consequences due to their drug use.

Among 11-17 year olds who had ever used any kind of drugs, 12% reported that they think/worry that they use too much drugs while 8% reported that they have had injuries due to drug use and 8% reported that they have had problems at home due to drug use.

Among 18-25 year olds who had ever used any kind of drugs 57% reported that they regret using drugs the following day. A large proportion (29%) also reported that they have had injuries due to drug use.

Consequences of drug use

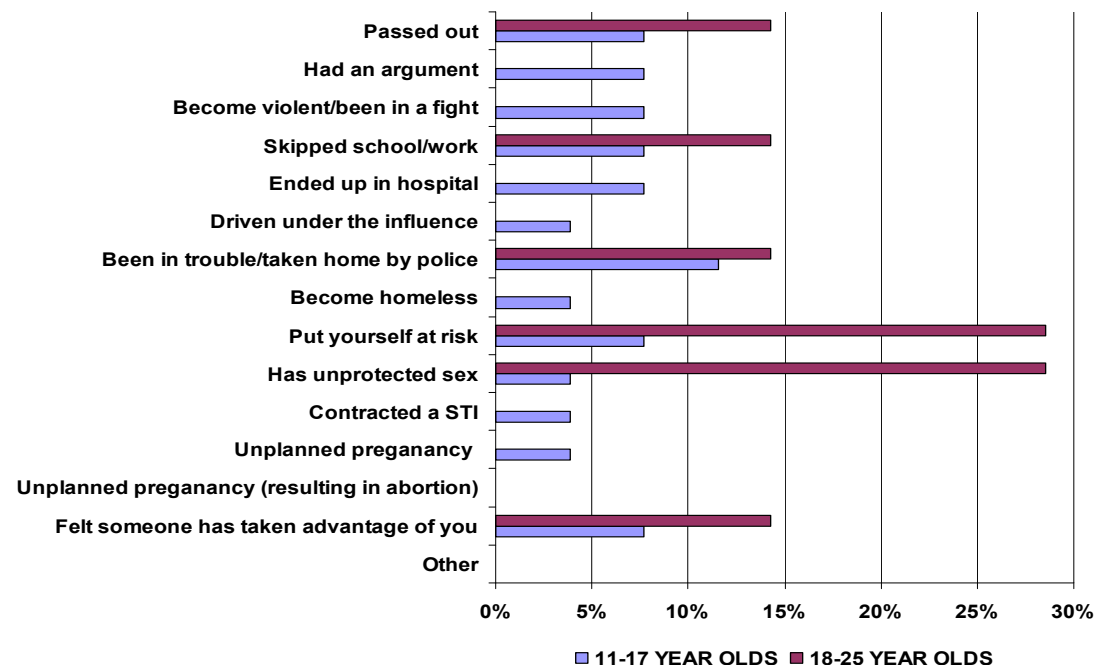


3.4.10 Effects of drug use

Respondents who had ever used any kind of drugs were asked in the last year, as a result of drug use, they had experienced a list of possible effects.

Among 11-17 year olds the most commonly reported effect was having been in trouble/taken home by the police (12%).

In the last year, which of the following things, if any, have happened to you as a result of your drug use?



3.5 EFFECTS OF ALCOHOL AND DRUG USE

Respondents were asked if they have to take on additional roles/responsibilities in the home due to someone else's alcohol or drug use.

Among 11-17 year olds there was no one who reported having to take on additional roles/responsibilities in the home due to someone else's alcohol or drug use.

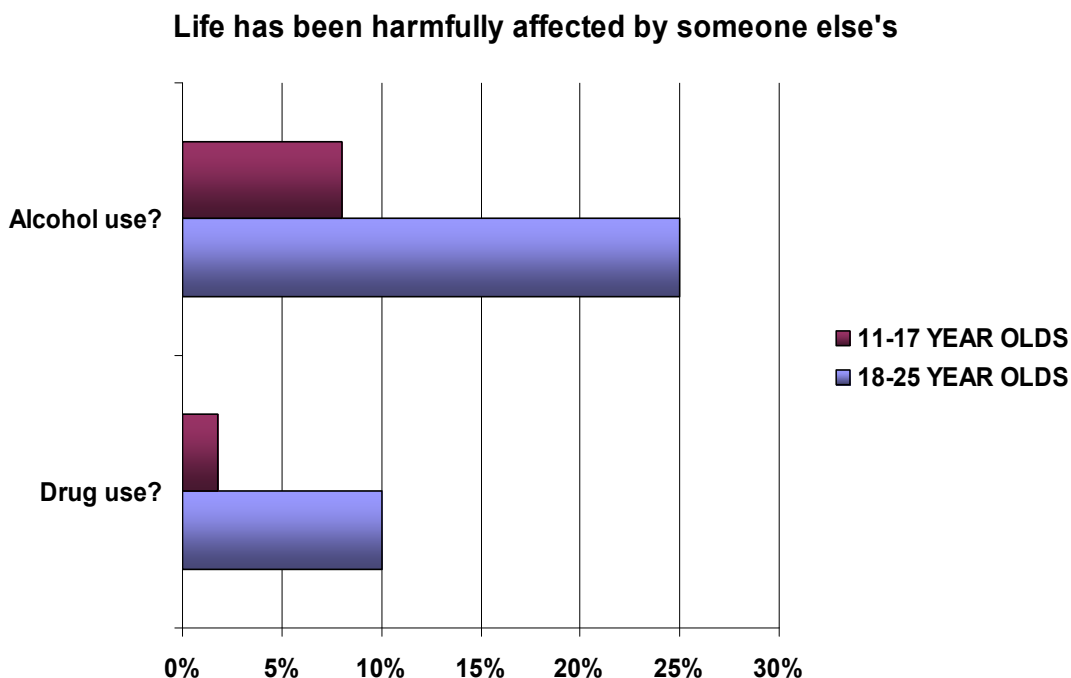
Among 18-25 year olds there was no one who reported having to take on additional roles/responsibilities in the home due to someone else's alcohol or drug use.

Respondents were asked if their lives (e.g. wider family, friendship, social life, home life, financial position) have been harmfully affected by someone else's alcohol or drug use.

Eight per cent (8%) of 11-17 year olds reported that their life has been harmfully affected by someone else's alcohol use, while 2% reported that they have been affected by someone else's drug use.

Twenty-five per cent (25%) of 18-25 year olds reported that their life has been harmfully affected by someone else's alcohol use, while 10% reported that they have been affected by someone else's drug use.

Some of the examples of the ways that respondent's lives have been harmfully affected by alcohol includes alcoholism within families. Some respondents have also been affected by drug use within their families.



Respondents were asked if, in the last year, they had been involved in any fire related incidents as a result of their own or someone else's alcohol or drug use.

Among 11-17 year olds there was no one who reported having been involved in any fire related incidents as a result of their own or someone else's alcohol or drug use.

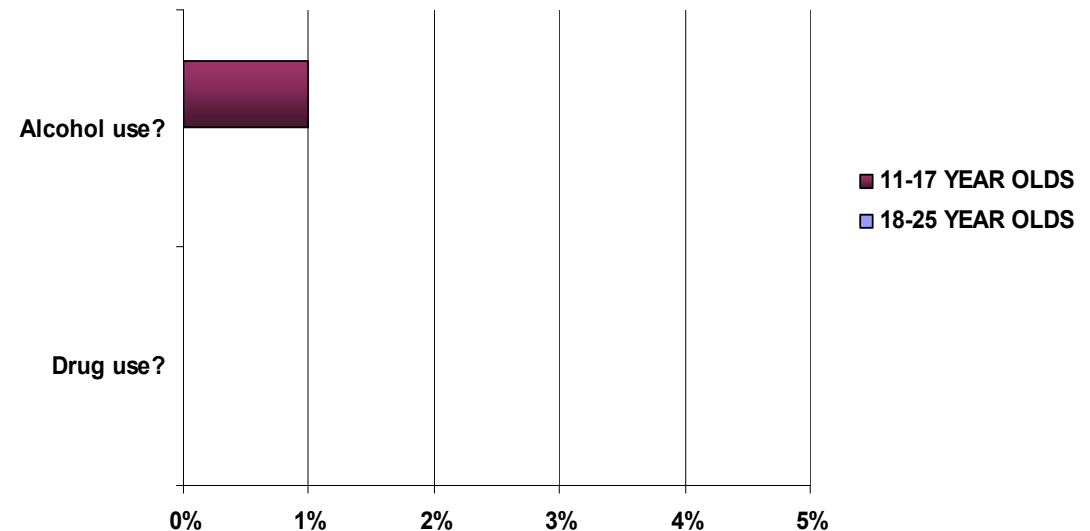
Among 18-25 year olds there was no one who reported having been involved in any fire related incidents as a result of their own or someone else's alcohol or drug use.

Respondents were asked if their household has ever had any problems with housing or their tenancy due to their own or someone else's alcohol or drug use.

One per cent (1%) of 11-17 year olds reported having had any problems with housing or their tenancy due to their own or someone else's alcohol use. However none reported have problems due to drug use.

Among 18-25 year olds there was no one who reported having ever had any problems with housing or their tenancy due to their own or someone else's alcohol or drug use.

In the last year been involved in any fire related incidents as a result of your or someone else's:



3.6 ALCOHOL AND DRUG SUPPORT

Respondents were asked if they were interested in getting support for their own or someone else's alcohol and/or drug use.

Among 11-17 year olds, 3% reported that they would like get some type of alcohol and or drug support

Thirty-three per cent (33%) reported that they would like to get support for themselves; while 33% want support for a family member and 33% want support for a friend.

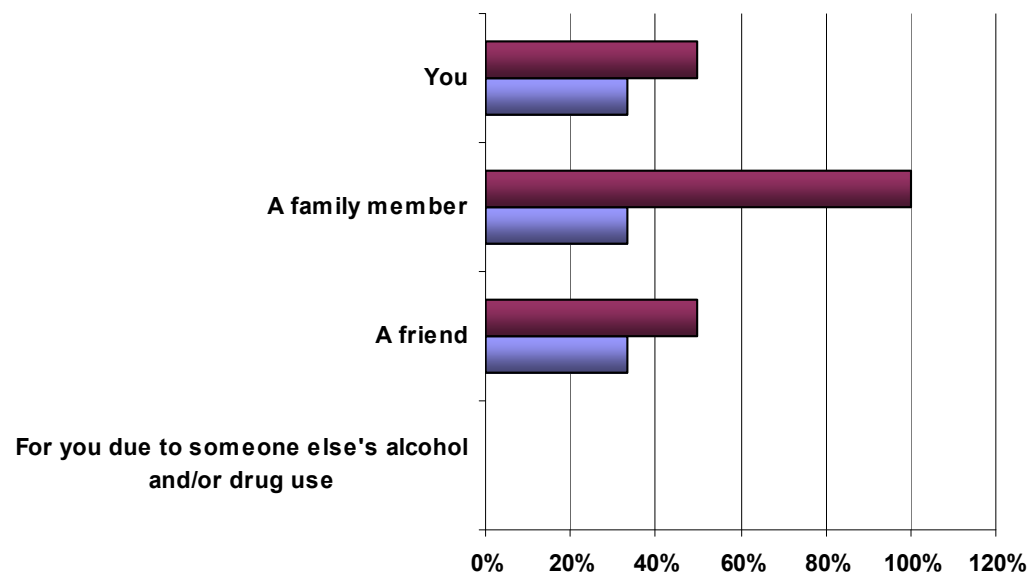
Among 18-25 year olds, 10% reported that they would like get some type of alcohol and or drug support

All of these respondents reported that they would like to get support for a family member; while 50% want support for themselves and 50% want support for a friend.

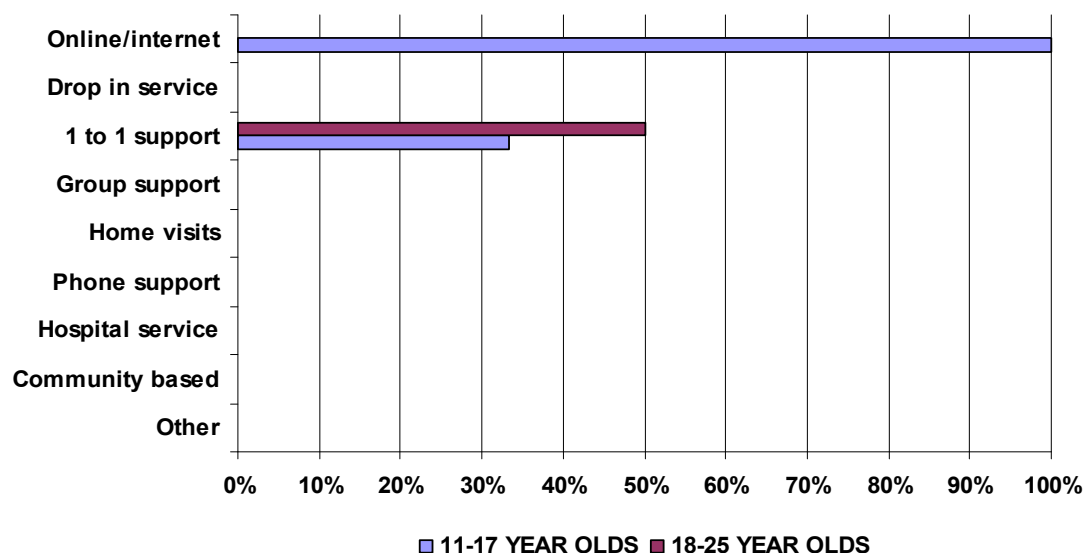
Respondents who said that they were interested in accessing support were asked how they would like to access this support.

All 11-17 year olds who were interested in accessing support reported that they would like to access support online/interest, additionally 33% reported that they would like to access support through 1 to 1 support. Respondents also suggested that they would like to access this support in school.

Who are you interested in getting support for?



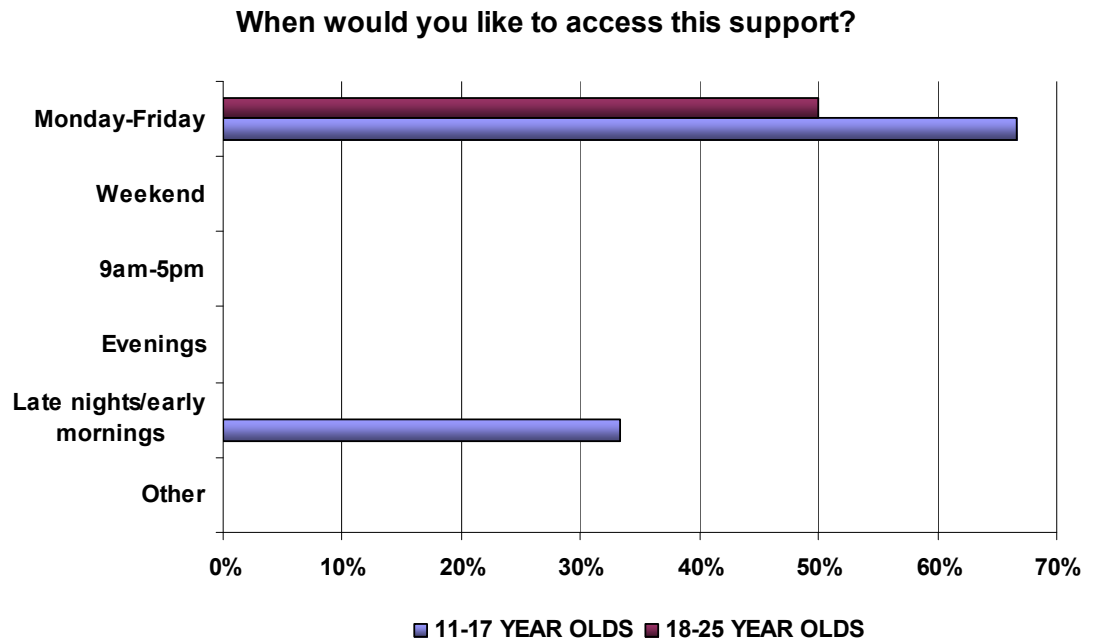
How would you like to access this support?



Respondents who said they were interested in accessing support were asked when they would like to access this support (e.g. preferred time and day).

Sixty-seven per cent (67%) of 11-17 year olds who were interested in accessing support reported that they would like to access this support on Monday-Friday. Additionally, 33% reported that they would like to access support in the late nights/early mornings.

Fifty per cent (50%) of 18-25 year olds who were interested in accessing support reported that they would like to access support on Monday-Friday.



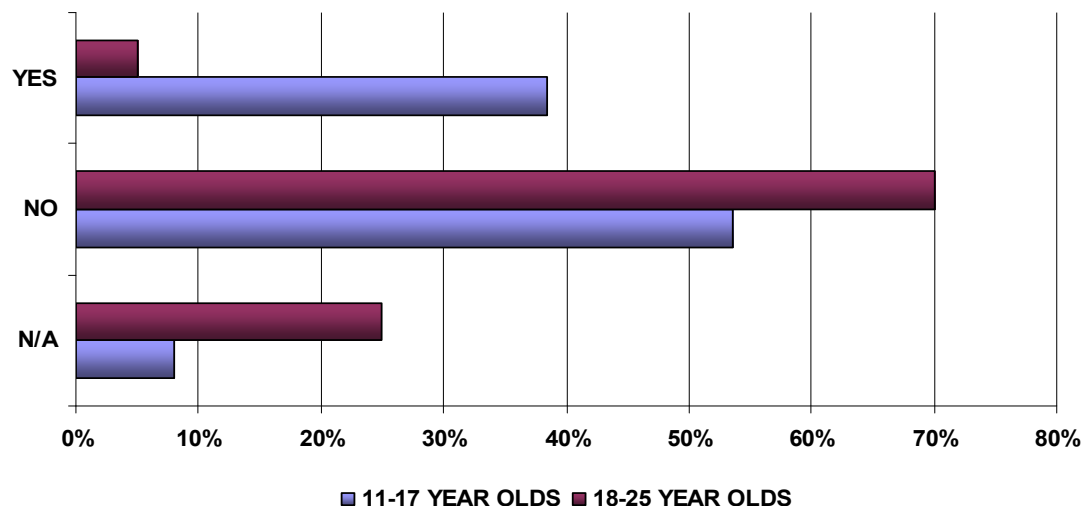
3.7 LOCAL AREA

Respondents were asked if they thought that there were enough activities provided in their area for young people.

Thirty-eight per cent (38%) of 11-17 year olds reported that they did think that there were enough activities; however 54% reported that they did not think that there were enough activities for young people in their area.

Among 18-25 year olds, 5% reported that they did think that there enough activities; however 70% reported that they did not think that there were enough activities for young people in their area.

Do you think there are enough activities in your area for young people?

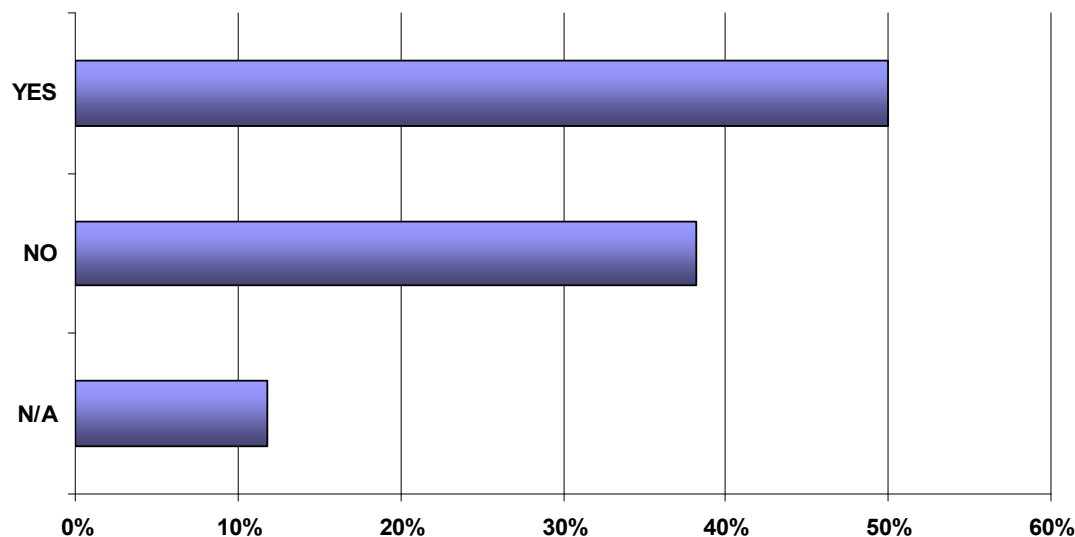


Respondents who were still in school were asked if they attend any activities organised by their school.

The majority (50%) of respondents who are still in school, reported that they do attend some form of activities organised by their school.

The majority of those who attend activities organised by their school reported that they usually attend sports activities with the most popular sports being football and basketball.

Do you go to any activities that are organised by your school?



Respondents were asked if they attend any activities in their local area.

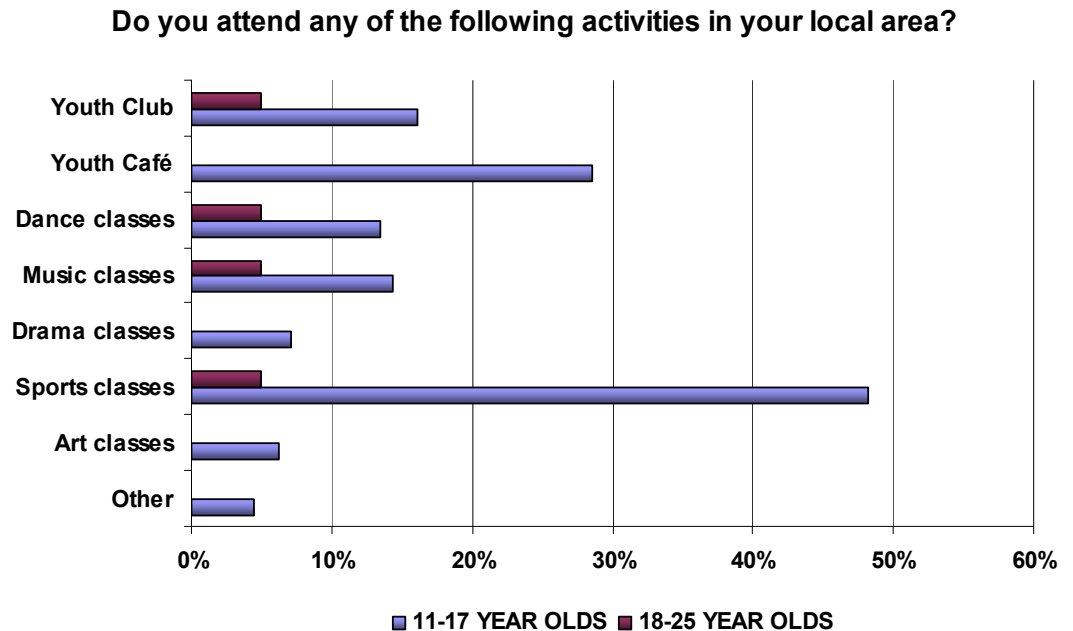
Among 11-17 year olds, 48% reported that they attend sports activities in their area. A large proportion (29%) of respondents also reported that they attend a youth café in their local area.

Some of the other activities that respondents attend include air cadets, scouts and guides.

Among 11-17 year olds, it was suggested that existing facilities and activities should be larger in order to allow more people to make use of the facilities and attend. Additionally, it was suggested that there should be more facilities and activities available so that young people have a bigger variety to choose from.

Among 18-25 year olds it was reported that some respondents attend youth clubs (5%), dance classes (5%), music classes (5%) and sports classes (5%) in their local area.

Among 18-25 year olds, it was suggested that existing facilities and activities should be made more accessible to everybody. Additionally, it was suggested that people should be made more aware of what facilities and activities are available.



Respondents were asked what type of activities they would like to see set up in their area for young people.

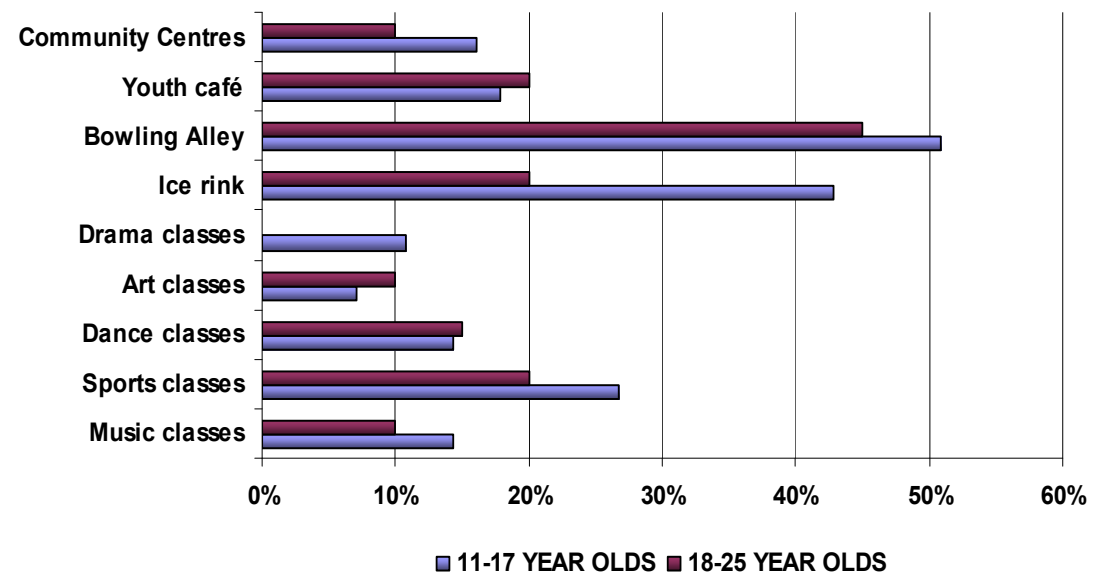
Among 11-17 year olds, 51% reported that they would like to have a bowling alley set up in their area. While 43% would like to have an ice rink set up and 27% would like to have sports classes set up in their area.

Respondents gave details of what type of sports classes they would like which included rugby, swimming and dancing. It was also suggested that the youth cafes be split up by age and/or gender. A large number of 11-17 year olds reported that as well as having these activities/facilities available in the evening and weekends they would also like them to be available after school. Additionally, the majority of respondents wanted these activities to be provided in their own local area.

Among 18-25 year olds, 45% reported that they would like to have a bowling alley set up in their area. While 20% would like a youth café, 20% would like an ice rink and 20% would like to have sports classes set up in their area.

Respondents reported that they would like to see practical skills classes set up in their area. These included classes which would provide them with skills that would be of use in the future such as film-making, youth radio and police, fire and ambulance cadet schemes. Most 18-25 year olds reported that they would like these activities/facilities to be available in the evening and weekends. Additionally, the majority of respondents wanted these activities to be provided in their own local area.

What activities would you like to see set up in your area for young people?



3.8 INFORMATION AND EDUCATION

Respondents were asked if they had had any DVDs, lessons or discussions on alcohol and/or drugs in the last 12 months.

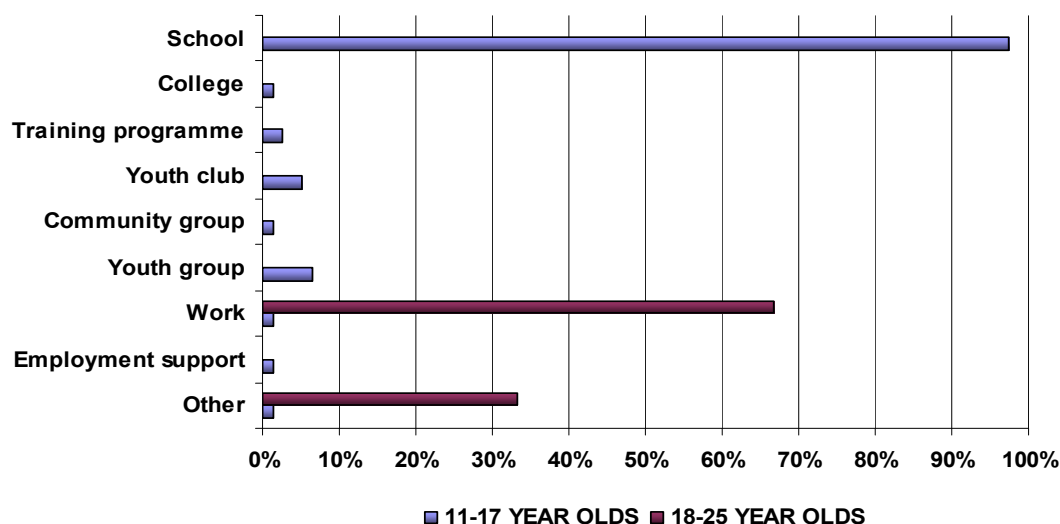
Sixty-nine per cent (69%) of 11-17 year olds reported that they had had DVDs, lessons or discussions on alcohol and/or drugs in the last 12 months. The majority (97%) reported that this had taken place in school. Some of the other places where respondents reported having had some DVDs, lessons or discussions on alcohol and/or drugs included alcohol support services.

Fifteen per cent (15%) of 18-25 year olds reported that they had had DVDs, lessons or discussions on alcohol and/or drugs in the last 12 months. The majority (67%) reported that this had taken place in their workplace. Some of the other places where respondents reported having had some DVDs, lessons or discussions on alcohol and/or drugs included alcohol support services.

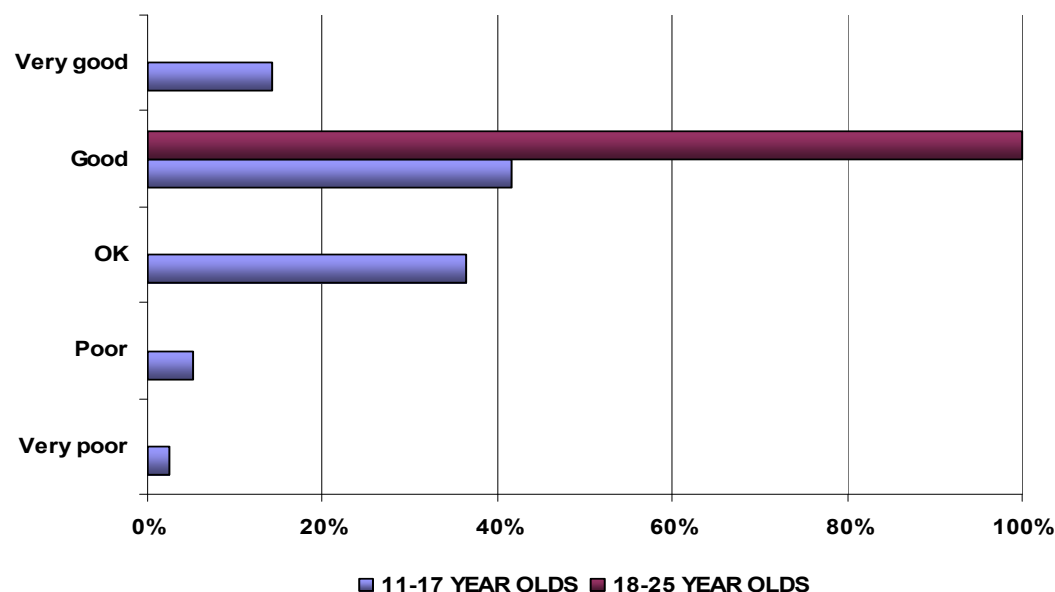
Respondents were asked to rate this information. The majority (42%) of 11-17 year olds rated this information as good, while 36% rate it as ok and 14% rated it as very good. Forty-four per cent (44%) of respondents reported that they had learnt something including the effects and dangers of alcohol and drugs as well as the health implications of using alcohol and drugs. It was also reported that some of the information was very repetitive.

All of 18-25 year olds rated this information as good. Additionally, they all reported that they had learnt something including the effects of using alcohol and drugs in particular the long term effects and the influence their behaviour has on younger siblings.

Where did you have these DVDs, lessons, discussions?



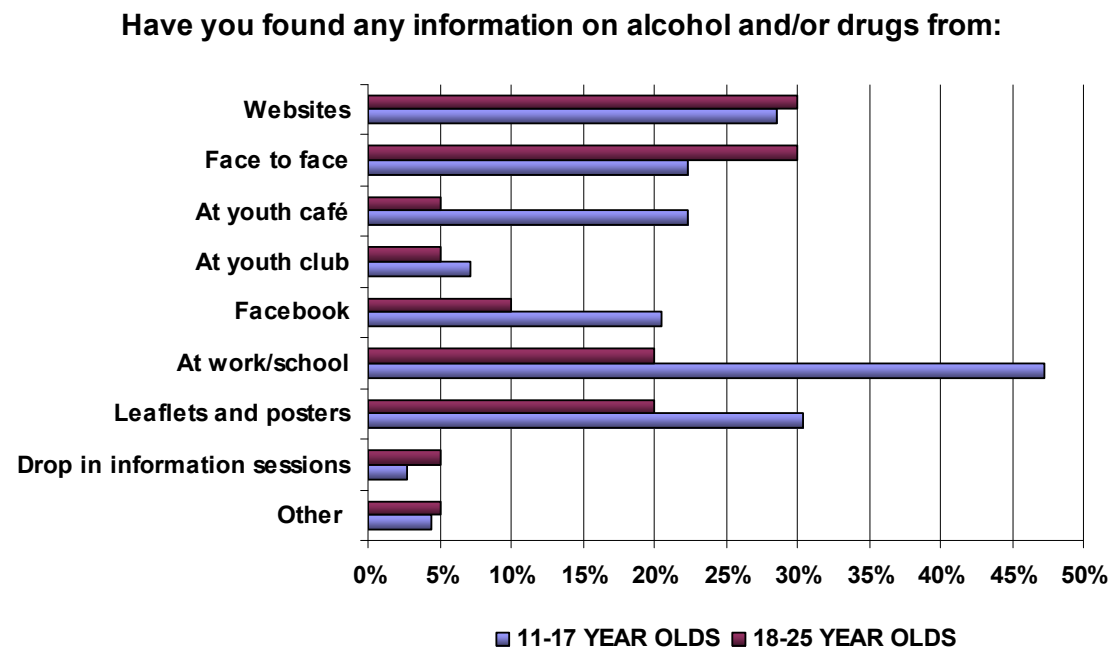
How would you rate this information?



Respondents were asked if they had found any alcohol and/or drug information from a list of sources.

The majority (47%) of 11-17 year olds reported having found information on alcohol and/or drugs from their school/work. A large proportion (30%) also reported having found information through leaflets and posters while 29% reported having found information from websites. Those who had not found any information on alcohol and/or drugs reported that they had not looked for any information.

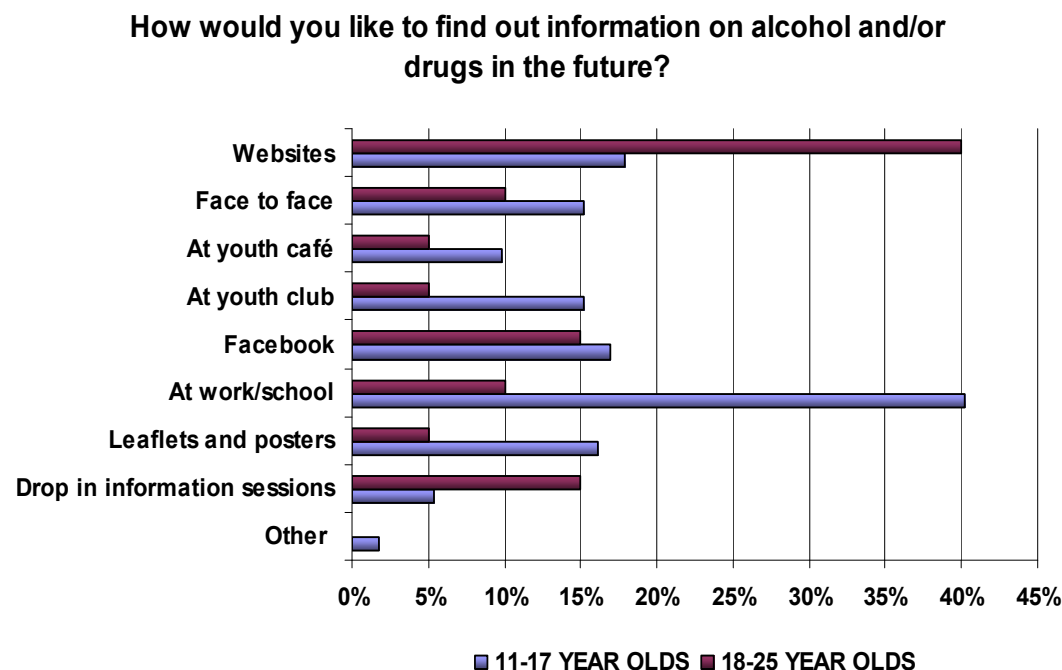
The majority (30%) of 18-25 year olds reported having found information on alcohol and/or drugs from both websites and face to face. A large proportion (20%) also reported finding information at their work/school and through leaflets and posters. Those who had not found any information on alcohol and/or drugs reported that they had not looked for any information.



Respondents were asked how they would like to find out information on alcohol and/or drugs in the future.

Among 11-17 year olds, 40% reported that they would like to access information on alcohol and/or drugs at school/work. Large proportions also reported that they would like to access information on websites (18%) and Facebook (17%).

Among 18-25 year olds, 40% reported that they would like to access information on alcohol and/or drugs through websites. Large proportions also reported that they would like to access information on Facebook (15%) and from drop in information sessions (15%).



Respondents were asked if they would find information on certain topics useful and if so what type of information would they like.

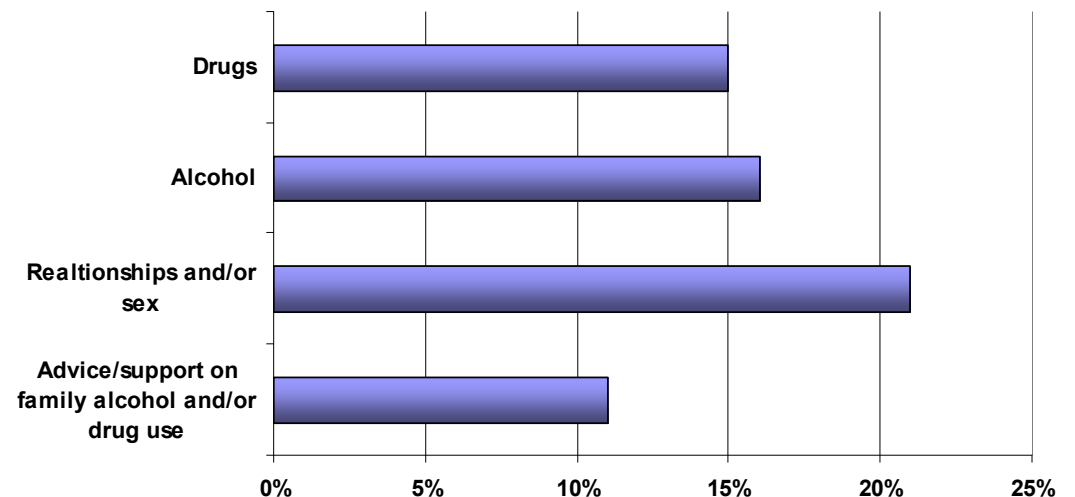
Fifteen per cent (15%) of 11-17 year olds reported that they would like to have more information on drugs (e.g. illegal, legal highs or over the counter and/or prescription drugs). The type of information that respondents were looking for included the effects of drugs and information on the different types of drugs.

Sixteen per cent (16%) of 11-17 year olds reported that they would like more information on alcohol. The type of information that respondents were looking for included the dangers and risks of drinking alcohol and also the effects that drinking too much alcohol can have on a person.

Twenty-one per cent (21%) of 11-17 year olds reported that they would like more information on relationships and/or sex. The type of information that respondents were looking for included guidance on how to have safe sex and also advice on pregnancy. It was reported relationships and sex is not discussed enough in schools.

Eleven per cent (11%) of 11-17 year olds reported that they would like more advice/support on family alcohol and/or drug use (e.g. ways in which to cope with it). The type of information that respondents were looking for included information on they can go to for help and also how to overcome a problem with alcohol and/or drugs.

**Would you find information on the following points useful?
11-17 YEAR OLDS**



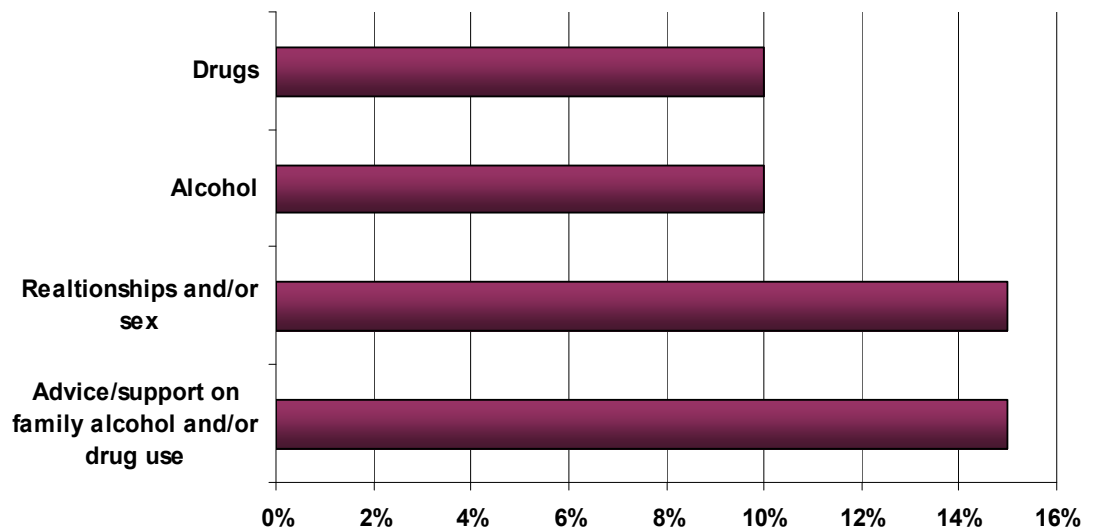
Ten per cent (10%) of 18-25 year olds reported that they would like to have more information on drugs (e.g. illegal, legal highs or over the counter and/or prescription drugs).

Ten per cent (10%) of 18-25 year olds reported that they would like more information on alcohol.

Fifteen per cent (15%) of 18-25 year olds reported that they would like more information on relationships and/or sex. It was reported that discussions in schools around this topic need to be improved.

Fifteen per cent (15%) of 18-25 year olds reported that they would like more advice/support on family alcohol and/or drug use (e.g. ways in which to cope with it). It was reported that there needs to be a greater focus around why people are turning to drink and/or drugs rather than focusing on stopping people from partaking in this behaviour.

**Would you find information on the following points useful?
18-25 YEAR OLDS**



Respondents were asked if they would find information on certain topics useful.

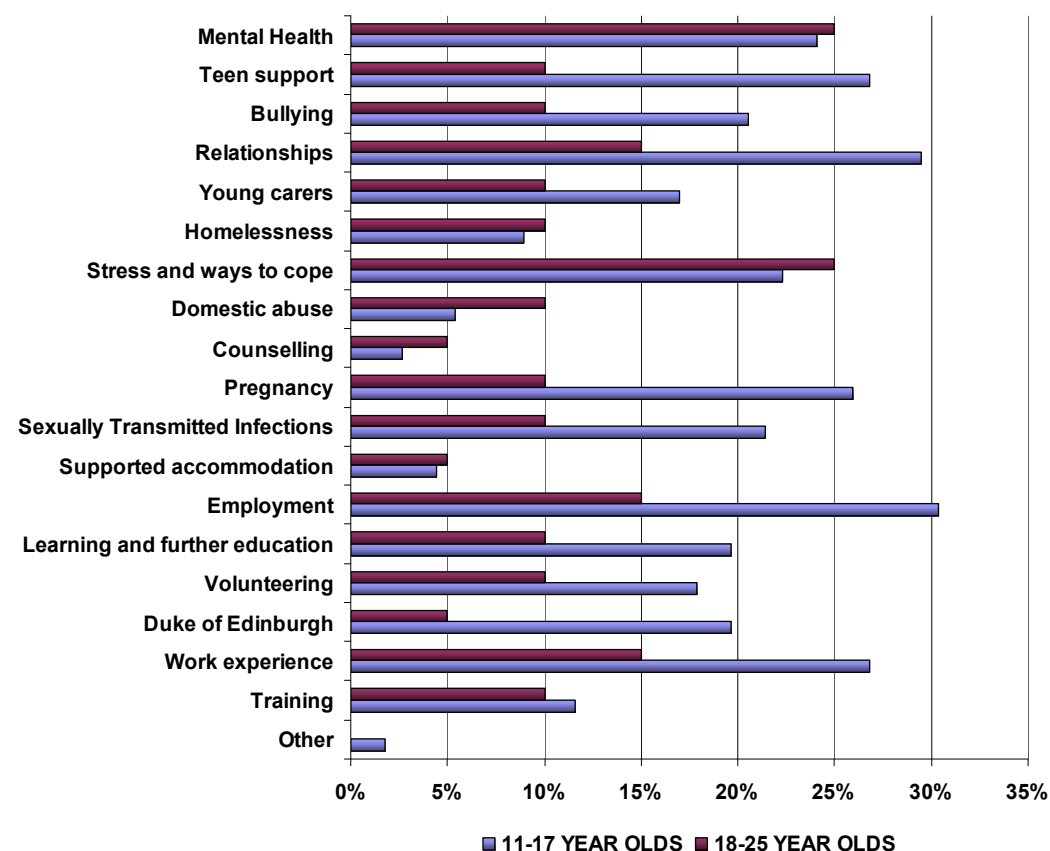
Among 11-17 year olds, 30% reported that they would find information on employment useful. Additionally respondents reported that they would find information on relationships (29%), teen support (27%) and work experience (27%) useful. It was also suggested that information on budgeting would be useful.

It was reported that they would like additional clearer information on a range of topics including qualifications, career options and also advice on what their options are once they leave school. It was also highlighted that the Duke of Edinburgh Award Scheme need to be promoted and made available to residents of all islands in the Outer Hebrides

Among 18-25 year olds, 25% reported that they would find information on mental health and stress and ways to cope useful. Additionally respondents reported that they would find information on relationships (15%), employment (15%) and work experience (15%) useful.

It was reported that they would access to a well maintained website which contains a range of information.

Would you find information on the following points useful?



4: KEY FINDINGS

4.1 ALCOHOL AND DRUGS IN THE HOME

North Uist & Berneray had the highest proportion of respondents who reported that alcohol is drunk in their home. In general the proportions who reported that alcohol is drunk in their home is high across all areas of the Outer Hebrides, ranging from 57% in Benbecula to 100% in North Uist & Berneray.

Stornoway, Point, Back & Tolsta had the highest proportion of respondents who reported that drugs are used/taken in their home. In general the proportions who reported that drugs are used/taken in their home is low across all areas of the Outer Hebrides, ranging from 2% in Barra and Vatersay to 14% in Stornoway, Point, Back & Tolsta.

Area	% reporting alcohol use in the home	% reporting drug use in the home
Stornoway, Point, Back & Tolsta	76%	14%
Westside, Ness, Uig & Bernera	78%	11%
North Lochs & South Lochs	71%	0%
Harris & Scalpay	-	-
North Uist & Berneray	100%	10%
Benbecula	57%	0%
South Uist & Eriskay	64%	7%
Barra & Vatersay	89%	2%

The majority of respondents in all areas other than Lochs reported that alcohol is consumed at least once a week (including those who drink 'almost every day' and 'about twice a week') in their home. The proportion of respondents reporting this ranged from 43% in the Westside, Ness and Uig & Bernera to 100% in Benbecula. In comparison the majority of respondents in Lochs reported that alcohol is consumed only a few times a year in their home.

The majority of respondents (in the areas where drug use in the home was reported) said that drugs are used/taken at least once a week (including those who drink 'almost every day' and 'about twice a week') in their home.

Fifty-six per cent (56%) of respondents aged under 18 years who have ever drunk alcohol reported that their parents/guardians know that they drink alcohol - the majority of these respondents were from Barra & Vatersay.

Thirty-five per cent (35%) of respondents aged under 18 years who have ever drunk alcohol reported that they usually drink alcohol at home – the majority of these respondents were from Barra & Vatersay.

Twenty per cent (20%) of respondents aged under 18 years who have ever drunk alcohol reported that they get their alcohol from their parent/guardians – the majority of these respondents were from Barra & Vatersay.

4.2 ALCOHOL USE AND THE EFFECTS

Lochs and Barra & Vatersay had the highest proportion of respondents who reported that they had ever had a 'proper alcoholic drink – a whole drink, not just a sip'. In general the proportions who reported ever having had a drink was similar across all areas of the Outer Hebrides except form Benbecula where less than half of the respondents reported ever having had a proper alcohol drink.

Area	% reporting that they drink alcohol
Stornoway, Point, Back & Tolsta	70%
Westside, Ness, Uig & Bernera	67%
North Lochs & South Lochs	86%
Harris & Scalpay	-
North Uist & Berneray	70%
Benbecula	43%
South Uist & Eriskay	71%
Barra & Vatersay	85%

However, respondents from Stornoway, Point, Back & Tolsta who drink alcohol drink more frequently than respondents from other areas of the Outer Hebrides. Sixty-three per cent (62%) of respondents from Stornoway, Point, Back & Tolsta reported that they usually drink at least once a week (including those who drink 'almost every day' and 'about twice a week'). Whereas only 3% of respondents from Barra & Vatersay reported that they usually drink at least once a week.

The majority (64%) of respondents from Barra & Vatersay who drink alcohol reported that they usually only drink alcohol a few times a year. In comparison, only 12% of respondents from Stornoway who drink alcohol reported that they usually only drink alcohol a few times a year.

The most popular type of alcohol consumed varied across the different areas of the Outer Hebrides. In general, alcopops appear to be the most common drink consumed by those under the age of 25 in the Outer Hebrides. Spirits are the most popular drink in Stornoway, Point, Back & Tolsta and also in the Westside, Ness and Uig & Bernera. Large proportions of respondents in Lochs and Barra & Vatersay also reported that they drink sprits, 67% and 54% respectively.

Area	
Stornoway, Point, Back & Tolsta	Spirits 73%
Westside, Ness, Uig & Bernera	Liqueurs/Spirits 50%
North Lochs & South Lochs	Alcopops 83%
Harris & Scalpay	-
North Uist & Berneray	Cider/Wine 29%
Benbecula	Beer/Wine 67%
South Uist & Eriskay	Alcopops 40%
Barra & Vatersay	Alcopops 62%

The majority of respondents from North Uist & Berneray, South Uist & Eriskay and Barra & Vatersay who drink alcohol get their alcohol from either a friend or relative or from parents/guardians. Elsewhere in the Outer Hebrides, the majority of respondents who drink

alcohol get their alcohol from a pub or bar, shop or supermarket or an off-license.

The most frequently reported locations for drinking alcohol in most areas of the Outer Hebrides are someone else's home and at a party with friends. However, in North Uist & Berneray the majority (57%) of respondents reported drinking alcohol at home while in Benbecula the majority (67%) of respondents reported drinking alcohol at family events.

The most common reported effects of drinking alcohol in most of the areas of the Outer Hebrides was having an argument. However in South Uist & Eriskay the most common effect of drinking alcohol was having passed out, with 40% of respondents in that area reporting that this had happened to them in the last year. In North Uist & Berneray an equal proportion of respondent reported that they had unprotected sex, contracted an STI, had an unplanned pregnancy, had an unplanned pregnancy resulting in abortion and felt that someone took advantage of them.

None of the respondents reported having to take on additional roles/responsibilities in the home due to someone else's alcohol use or having been involved in a fire related incident as a result of their own or someone else's alcohol use. However, respondents from every area other than North Uist & Berneray reported that their lives had been harmfully affected by someone else's alcohol use. The proportion of respondents who reported that their lives had been harmfully affected by someone else's alcohol use ranged from 7% in South Uist & Eriskay and Barra & Vatersay to 29% in Lochs and Benbecula. Three per cent (3%) of respondents from Stornoway, Point, Back & Tolsta reported that their household had had problems with their tenancy due to their own or their friends

alcohol use. None of the respondents from any other area of the Outer Hebrides reported having had had problems with their tenancy due to their own or their friends alcohol use.

4.3 DRUG USE AND THE EFFECTS

The proportions who reported ever having used drugs across all areas of the Outer Hebrides ranged from 10% to 43%. Only 10% of respondents in North Uist & Berneray reported ever having used drugs while 43% of respondents in Lochs and South Uist & Eriskay reporting ever having used drugs. In general the proportions who reported ever having used drugs were similar across all other areas of the Outer Hebrides.

Area	% reporting that they have ever used drugs
Stornoway, Point, Back & Tolsta	19%
Westside, Ness, Uig & Bernera	22%
North Lochs & South Lochs	43%
Harris & Scalpay	-
North Uist & Berneray	10%
Benbecula	14%
South Uist & Eriskay	43%
Barra & Vatersay	26%

The most common drug used/taken was similar across all areas of the Outer Hebrides. In general, cannabis is the most common drug taken by those under the age of 25 in the Outer Hebrides. Additionally, a large proportion of respondents in Lochs reported having used/taken cocaine. Respondents in North Uist & Berneray who reported having ever used drugs did not disclose what kind of drugs they have ever used/taken.

Area	
Stornoway, Point, Back & Tolsta	Cannabis 100%
Westside, Ness, Uig & Bernera	Cannabis 100%
North Lochs & South Lochs	Cannabis/Cocaine 33%
Harris & Scalpay	-
North Uist & Berneray	N/A
Benbecula	Cannabis 100%
South Uist & Eriskay	Cannabis 67%
Barra & Vatersay	Cannabis 42%

The types of legal highs and over the counter and/or prescription drugs that are taken in the Outer Hebrides varies across the different areas. Respondents from Stornoway, Point, Back & Tolsta and Barra & Vatersay who have used legal highs reported that they used salvia; the use of methedrone was reported among respondents from Stornoway, Point, Back & Tolsta and South Uist & Eriskay. Respondents from Stornoway, Point, Back & Tolsta who have used over the counter and/or prescription drugs reported using valium, tramadol, diazepam, temazepam and dihydrocodeine.

Large proportions of respondents from Stornoway, Point, Back & Tolsta and the Westside, Ness, Uig & Bernera who take/use drugs reported that they sometimes mix alcohol and drugs. The most common drugs to take with alcohol were cocaine, cannabis and ecstasy. In other areas of the Outer Hebrides the proportions of respondents who mix alcohol and drugs was considerably lower.

Area	Mix drugs and alcohol
Stornoway, Point, Back & Tolsta	86%
Westside, Ness, Uig & Bernera	100%
North Lochs & South Lochs	33%
Harris & Scalpay	-
North Uist & Berneray	0%
Benbecula	0%
South Uist & Eriskay	33%
Barra & Vatersay	8%

The most common reported effect of drug use among respondents from Stornoway, Point Back & Tolsta was having been in trouble/taken home by police. Additionally, the majority of respondents from Lochs who have ever used/taken drugs reported having put themselves at risk. Respondents from the other areas of the Outer Hebrides did not report having experienced any effects in the last year due to the use of drugs.

The most common health problems that respondents who have ever used/taken drugs have experienced as a result of their drug use varied across all areas of the Outer Hebrides. None of the respondents from North Uist, Berneray or Benbecula reported having experienced any health problems.

Area	Effects of drug use
Stornoway, Point, Back & Tolsta	Trouble sleeping/Mood swings 71%
Westside, Ness, Uig & Bernera	Paranoia 100%
North Lochs & South Lochs	Paranoia/Loss of energy 33%
Harris & Scalpay	-
North Uist & Berneray	-
Benbecula	-
South Uist & Eriskay	Vomiting/Nausea 33%
Barra & Vatersay	Headache/Anxiety 17%

None of the respondents reported having to take on additional roles/responsibilities in the home due to someone else's drug use or having been involved in a fire related incident as a result of their own or someone else's drug use or having had had problems with their tenancy due to their own or their friends drug use. However, respondents from Stornoway, Point, Back & Tolsta, Benbecula and South Uist & Eriskay reported that their lives had been harmfully affected by someone else's drug use. The proportion of respondents who reported that their lives had been harmfully affected by someone else's drug use ranged from 5% in Stornoway, Point, Back & Tolsta to 14% in Benbecula.

4.4 ALCOHOL AND DRUG SUPPORT

Respondents who reported that they were interested in getting support for their own or someone else's alcohol and/or drug use came from Stornoway, Point, Back & Tolsta, Benbecula and Barra & Vatersay. The majority of respondents who were interested in getting support were female and were 15-20 years old.

The respondents from Stornoway, Point, Back & Tolsta were interested in getting support for themselves, a family member and a friend. They want to access this support through the internet and through 1 to 1 support. Some of the respondents reported that they would like to access this support Monday-Friday while others were interested in access this support during late nights/early mornings.

The respondents from Benbecula were interested in getting support for a friend. They want to access this support through the internet and through 1 to 1 support. The respondents reported that they would like to access this support Monday-Friday.

The respondents from Benbecula were interested in getting support for a family member. They want to access this support through the internet they would like to access this support Monday-Friday.

4.5 LOCAL AREA

Respondents were asked what activities they would like to see set up in their area. The majority of respondents in each area reported that they would like to see a bowling alley and ice rink set up in their area. Respondents also provided other suggestions of activities and facilities they would like provided in their area.

Stornoway, Point and Back & Tolsta

- The majority of respondents in these areas would like to see a bowling alley and ice rink set up in their area.
- Other suggestions of activities/facilities include better shops, sports centre open 7 days a week, a better cinema and somewhere to sit and socialise.

Westside, Ness and Uig & Bernera

- The majority of respondents in these areas would like to see sports clubs and community centres set up in their area.
- Other suggestions of activities/facilities include a sports centre.

North Lochs and South Lochs

- The majority of respondents in these areas would like to a bowling alley and ice rink set up in their area.
- Other suggestions of activities/facilities include fire, police and ambulance cadet schemes.

North Uist & Berneray

- The majority of respondents in these areas would like to a bowling alley set up in their area.

- Other suggestions of activities/facilities include dance classes, dances for under 16s, rock climbing classes, archery classes and a youth club.

Benbecula

- The majority of respondents in these areas would like to see an ice rink set up in their area.
- Other suggestions of activities/facilities include swimming club, dance classes and a gym.

South Uist & Eriskay

- The majority of respondents in these areas would like to see a bowling alley and youth cafe set up in their area.
- Other suggestions of activities/facilities include a cinema, tennis classes, mountain biking, sports training facilities and somewhere to socialise and play games consoles.

Barra & Vatersay

- The majority of respondents in these areas would like to see a bowling alley and ice rink set up in their area.
- Other suggestions of activities/facilities include swimming club, rugby club, chess club, an astro turf football pitch and more dances/discos.
- It was also suggested that the youth café should be split by either gender or age.

4.6 INFORMATION AND EDUCATION

Respondents were asked to indicate if they would find information on a list of topics useful. The responses varied across each area.

Stornoway, Point and Back & Tolsta

- The majority of respondents in these areas would like more information on stress & ways to cope and relationships. Other suggestions of information that would be useful included budgeting
- In relation to drugs they would like information on the different types of drugs and the dangers and long term effects of drugs.
- In relation to alcohol they would like information on the affect that it can have on you.
- In relation to relationships and/or sex they would like information on pregnancy. It was also reported respondents think that sex education in schools needs to be improved
- In relation to advice and support on family alcohol/drug use it was reported that schools should focus on why young people are turning to drugs/alcohol rather than on completely stopping the behaviour.

Westside, Ness and Uig & Bernera

- The majority of respondents in these areas would like information on employment.

North Lochs and South Lochs

- The majority of respondents in these areas would like information on teen support, employment and work experience

- Respondents would like more information on drugs, alcohol, relationships and/or sex and advice/support on family alcohol/drug use could be very useful for a lot of people.

North Uist and Berneray

- The majority of respondents in these areas would like information on mental health and Duke of Edinburgh awards.
- In relation to drugs, alcohol and relationships and/or sex they would like short leaflets with information. They would also like to know the effect that alcohol has on people.

Benbecula

- The majority of respondents in these areas would like information on mental health and employment.
- In relation to drugs they would like more information on what drugs are illegal.
- In relation to alcohol they would like more information on the dangers of alcohol
- In relation to relationships and/or sex they would like information on pregnancy.
- In relation to support/advice on family alcohol/drug use they would like information on how to beat an addiction.

South Uist & Eriskay

- The majority of respondents in these areas would like information on stress and ways to cope, employment and learning & further education.
- In relation to drugs they would like information on the risks and effects of taking drugs.
- In relation to alcohol they would like information on the risks and dangers of drinking alcohol.
- In relation to relationships and/or sex they would like information on how it can affect your life. It was also reported that this topic is not discussed enough in school.
- In relation to support/advice on family alcohol/drug use they would like information on who can help them.

Barra & Vatersay

- The majority of respondents in these areas would like information on relationships and pregnancy.
- In relation to drugs they would like information on the effects of drug use and also more information on legal highs.
- In relation to alcohol they would like information on the effects of alcohol use.
- In relation to relationship and/or sex they would like more information on safe sex.

5: RECOMMENDATIONS

5.1 OUTER HEBRIDES ADP RECOMMENDATIONS

The Outer Hebrides ADP is committed to developing services to address the issues raised in this needs assessment. The Outer Hebrides ADP will provide effective early interventions and recovery based services in order to support people affected by problematic alcohol and drug use.

The results of this needs assessment shows that the alcohol and drug problems are prevalent across all areas of the Outer Hebrides. On that basis it is difficult to identify target populations; therefore it is important that we promote a cultural change across all areas of the Outer Hebrides and that excessive alcohol and drug use is made less acceptable across all communities.

In order to address the key findings in this report the Outer Hebrides ADP proposes the following recommendations:

5.2 KEY FINDINGS 4.1 & 4.2: ALCOHOL AND DRUG USE AND THE EFFECTS (Page 60 & 62)

- Recommendation 1:* Develop services that will provide effective interventions and diversionary activities for children and families affected by or at risk of substance use.
- Recommendation 2:* Develop services that will provide alcohol brief interventions in primary care and wider settings e.g. youth setting.
- Recommendation 3:* Develop services that will provide effective interventions and diversionary activities for those affected by or at risk of problem substance use, e.g. adults, families and young people affected by substance use, vulnerable groups.
- Recommendation 4:* Develop services that will provide structured, intensive substance interventions to promote and maintain recovery for those affected by or at risk of problem substance use.

5.3 KEY FINDINGS 4.3: ALCOHOL AND DRUG SUPPORT (Page 64)

- Recommendation 5:* Develop flexible substance support services for children and families providing advice, information and access to further social support.
- Recommendation 6:* Develop services that will provide structured, intensive interventions to promote and maintain recovery with parents.

- Recommendation 7:* Develop services that will provide effective interventions and diversionary activities for those affected by harmful and problematic drinking or substance use.
- Recommendation 8:* Develop flexible substance support services providing advice, information and access to further social support for those affected by harmful and problematic substance drinking or substance use.
- Recommendation 9:* Provide specialist housing support service for those with substance related issues in order to support those facing homelessness issues or to assist people to maintain a tenancy.
- Recommendation 10:* Provide access to specialist rehabilitation care

5.4 KEY FINDINGS 4.4: LOCAL AREA (Page 64)

- Recommendation 11:* Provide befriending services (generic or targeted)
- Recommendation 12:* Provide therapeutic employment and training.
- Recommendation 13:* Provide accessible and integrated services throughout the islands.
- Recommendation 14:* Provide community based specialist assessment and care planned treatment, care and aftercare for those affected by or at risk of problem substance use.
- Recommendation 15:* Provide community detoxification service.

5.5 KEY FINDINGS 4.5: INFORMATION (Page 65)

- Recommendation 16:* Provides specialist parenting programmes focusing on substance misuse.
- Recommendation 17:* Carry out local drug and alcohol information campaigns.
- Recommendation 18:* Provide substance related training provided for local staff and practitioners.

6: REFERENCES

Attendance and Absence 2010/11 – Supplementary Data, Scottish Government, 2011
(<http://www.scotland.gov.uk/Resource/Doc/920/0123824.xls>)

Breastfeeding Statistics 2010/11, ISD Scotland, 2011
(<http://www.isdscotland.org/Health-Topics/Child-Health/Publications/2011-10-25/2011-10-25-Breastfeeding-Report.pdf?22645205260>)

Children and young people health and wellbeing profile, Scottish Public Health Observatory, 2010
([http://scotpho.org.uk/web/FILES/Profiles/2010/CYPP/Western%20Isles%20\(web\).pdf](http://scotpho.org.uk/web/FILES/Profiles/2010/CYPP/Western%20Isles%20(web).pdf))

Children Looked After Statistics 2009/10, Scottish Government, 2011
(<http://www.scotland.gov.uk/Resource/Doc/342028/0113798.pdf>)

Children Social Work Statistics 2009/10, Scottish Government, 2010
(<http://www.scotland.gov.uk/Resource/Doc/325821/0105026.pdf>)

Destinations of Leavers from Scottish Schools: 2010/11 – Supplementary data, Scottish Government, 2011
(<http://www.scotland.gov.uk/Resource/Doc/920/0123816.xls>)

Exclusions from Schools 2010/11 – Supplementary data, Scottish Government, 2011
(<http://www.scotland.gov.uk/Resource/0038/00386944.xls>)

Mid-2010 Population Estimates, National Record of Scotland, 2011
(<http://www.gro-scotland.gov.uk/files2/stats/population-estimates/mid-2010/mid-year-pop-est-2010.pdf>)

National Dental Inspection Programme, ISD Scotland, 2011
(<http://www.isdscotland.org/Health-Topics/Dental-Care/Publications/2011-11-29/2011-11-29-NDIP-Report.pdf>)

Number of Children living in all Out-of-work Benefit Claimant Households by Local Authority and Age, Department of Work and Pensions, 2010
(http://research.dwp.gov.uk/asd/asd1/ben_hholds/2010/cowb_authority_2010.xls)

Number of Children living in Employment and Support Allowance Claimant Households by Local Authority and Age, Department of Work and Pensions, 2010

(http://research.dwp.gov.uk/asd/asd1/ben_hholds/2010/cowb_authority_2010.xls)

Number of Children living in Incapacity Benefit or Severe Disablement Allowance Claimant Households by Local Authority and Age, Department of Work and Pensions, 2010

(http://research.dwp.gov.uk/asd/asd1/ben_hholds/2010/cowb_authority_2010.xls)

Number of Children living in Income Support Claimant Households by Local Authority and Age, Department of Work and Pensions, 2010

(http://research.dwp.gov.uk/asd/asd1/ben_hholds/2010/cowb_authority_2010.xls)

Number of Children living in Jobseeker's Allowance Claimant Households by Local Authority and Age, Department of Work and Pensions, 2010

(http://research.dwp.gov.uk/asd/asd1/ben_hholds/2010/cowb_authority_2010.xls)

Number of Children living in Pension Credit Claimant Households by Local Authority and Age, Department of Work and Pensions, 2010.

(http://research.dwp.gov.uk/asd/asd1/ben_hholds/2010/cowb_authority_2010.xls)

Population Projections Scotland (2008 based), General Register Office for Scotland, 2010

(<http://www.gro-scotland.gov.uk/files2/stats/population-projections/2008-based-pop-proj-scottish-areas/08-pop-proj-scottishareas.pdf>)

Primary 1 Body Mass Index (BMI) Statistics, ISD Scotland, 2009/10

(<http://www.isdscotland.scot.nhs.uk/Health-Topics/Child-Health/Publications/2010-12-14/2010-12-14-BMI-Report.pdf?10093325377>)

Quality Alcohol Treatment and Support (QATS), SMACAP Essential Services Working Group, 2011

(<http://www.scotland.gov.uk/Resource/Doc/346631/0115327.pdf>)

SCRA's Online Statistical Dashboard 2010/11, Scottish Children's Reporter Administration

(http://www.scra.gov.uk/cms_resources/Online%20Statistical%20Dashboard%20final%202011.swf)

School Leaver Attainment and SQA attainment – Supplementary Data, Scottish Government, 2011

(<http://www.scotland.gov.uk/Resource/Doc/920/0120955.xls>)

School meals in Scotland – Supplementary Data 2011, Scottish Government, 2011
(<http://www.scotland.gov.uk/Resource/Doc/920/0119434.xls>)

The management of harmful drinking and alcohol dependence in primary care, Scottish Intercollegiate Guidelines Network (SIGN) 74, 2003
(<http://www.sign.ac.uk/pdf/sign74.pdf>)

For further information, please contact:

Fiona Macdonald
Outer Hebrides ADP Support Team
ADP Substance Misuse Information & Research Officer
01851 708047
fionamacdonald5@nhs.net
www.outerhebadp.co.uk