

Inquiry into the health impacts of alcohol and other drug use in Australia

Submission by the Drug Policy Modelling Program (DPMP) Social Policy Research Centre, UNSW

25 September 2024

Thank you for the opportunity to provide a submission to the inquiry into the health impacts of alcohol and other drug use in Australia.

The Drug Policy Modelling Program (DPMP), at the Social Policy Research Centre UNSW Sydney is the leading policy research program dedicated to alcohol and other drugs in Australia. The goal of the DPMP is to create valuable new alcohol and other drug policy insights, ideas and interventions that will allow governments to respond with alacrity and success to substance-related problems. We do this through generating new research evidence which is timely and relevant to current alcohol and other drug policy issues, translating research findings into meaningful information to assist policy decision-makers, and studying policy processes. We bring more than 30 years' experience working in alcohol and other drug policy, with a particular focus on health policy.

We have a significant range of expertise that we hope the Inquiry will draw on across its deliberations. This includes expertise in relation to:

- alcohol and other drug treatment service system planning
- harm reduction effectiveness
- drug laws and their impacts on health
- evidence synthesis on social determinants of health and the dynamic interplays between determinants, risk factors, and experiences of health harms at the individual, family and community levels.

Before making some specific comments addressing the Terms of Reference, we wish to highlight some key concepts and common misperceptions about health and alcohol and other drugs:

- There is not an inevitable relationship between the consumption of alcohol or other drugs and health harms (Nutt, King, and Phillips 2010, Rehm et al. 2017). The health harms vary by type of substance (Nutt, King, and Phillips 2010), and while the primary health harm is the development of a substance use disorder, this occurs for the minority of people who consume alcohol or drugs (for example, about 10% for alcohol, 23% for heroin and 17% for cocaine, Wagner & Anthony, 2002)
- There is higher consumption of alcohol and other drugs amongst groups of people with high socioeconomic status (SES) and this is a global phenomenon (Degenhardt et al. 2018).

- However, harms are unequally distributed while low SES groups consume less, they experience greater harms from AOD use. High SES is protective of harms (Collins 2016, Spooner and Hetherington 2004).
- A spectrum of responses at a population level AND at an individual level is required (UNODC and World Health Organization 2018).
- This spectrum includes preventing or delaying the commencement of alcohol or drug use, preventing the transition to more harmful consumption, responding to and reducing the harms associated with consumption i.e. harm reduction, and providing treatment (World Health Organization 2019). In addition to thinking about interventions on a spectrum, we also need to be mindful of health harms associated with policies, for example harms experienced due to criminalisation of drug use (Cohen et al., 2022; DeBeck et al., 2017; Moskalewicz et al., 2020) and health harms associated with poor commercial regulations of legal substances (Rychert and Wilkins 2016, McCambridge, Mialon, and Hawkins 2018, Casswell et al. 2016).
- The term 'recovery' is not consistent with the evidence showing the journey in and out of substance use over a lifetime. One does not 'recover' from asthma or diabetes which both require a (life)long commitment to behavioural changes and in many cases medications. The same is true of AOD.
- The majority of people who have developed a substance use disorder take many treatment
 episodes before changing their relationship with substances. For example it may take 30 or
 more quit attempts to cease nicotine consumption (Chaiton et al., 2016). This means that we
 need to think about AOD treatment in the context of each treatment episode making a
 contribution on the journey towards overall wellbeing.
- Australia's primary response to illicit drugs is law enforcement rather than health. Our research has shown that in 2021/22 (most recent data available) of all government money spent on illicit drugs, 64.3% is spent on law enforcement, 27.4% on treatment, 6.7% on prevention and 1.6% on harm reduction (Ritter et al. 2024).

In order to address the Terms of Reference for the Inquiry, significant research evidence is required.

In assessing "a) ...whether current services across the alcohol and other drugs sector is delivering equity for all Australians, value for money, and the best outcomes for individuals, their families, and society" we firstly note the evidence showing that there is simply not enough AOD treatment in Australia. The number of people in need of alcohol and other drug treatment far outweighs the availability of treatment. Estimates of treatment need and utilisation show only a quarter to half of those in need of treatment receive treatment in any one year (Ritter, Chalmers, and Gomez 2019). We have just recently developed new estimates (under review) and would be pleased to provide the Committee members with those details.

In order for AOD treatment services to meet need, deliver equity, value for money, and best outcomes, a significant review of the current AOD treatment service system and its funding arrangements (including the problem of federalism) needs to be addressed. These issues were highlighted in our 2014 Commonwealth commissioned review of the Australian AOD treatment service system (Ritter at al., 2014). This is now 10 years old (and remains the only comprehensive independent analysis of the issues raised by the Inquiry's Terms of Reference). We do not know how the system has changed, whether value for money is being achieved, and whether structures and processes can be enhanced in order to deliver equity and best outcomes. **We recommend that the**

Committee commission an updated analysis which builds on the 2014 report, and includes analyses of equity, value for money and outcomes.

In order to "**b**). Examine the effectiveness of current programs and initiatives across all jurisdictions to improve prevention and reduction of alcohol and other drug-related health, social and economic harms, including in relation to identified priority populations and ensuring equity of access for all Australians to relevant treatment and prevention services" a systematic approach to evidence synthesis is suggested. There are multiple topics and areas deserving of in-depth consideration by the Inquiry. We present overleaf one abbreviated example each for:

- Effectiveness of interventions: harm reduction interventions
- Priority populations: people in prison
- Equity of access: people in Western Sydney

This only begins to show the kind of evidence synthesis required across multiple prevention, harm reduction, and treatment initiatives, priority populations, and equity of access. We recommend that the Committee determine the key knowledge gaps and areas of inquiry and commission systematic reviews of the evidence.

The attention to factors outside the health system that have major impacts on health outcomes (terms of reference c) Examine how sectors beyond health, including for example education, employment, justice, social services and housing can contribute to prevention, early intervention, recovery and reduction of alcohol and other drug-related harms in Australia") is welcomed. In particular we wish to highlight the significant effects of criminalisation of personal drug use (and possession for personal use) as key factors outside the health system with major impacts on health outcomes and equity for Australians. We have conducted research on multiple aspects of the Australian drug laws (some details are provided in the Addendum materials) and we recommend that the Committee consider the interplay between health harms and the criminal justice system.

We look forward to being able to assist the Committee with this important inquiry.

Yours sincerely,

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Addendum material

Effectiveness of interventions: Harm reduction interventions

Two well evidenced harm reduction interventions that we would like to draw the committee's attention to are drug checking and supervised consumption rooms. Drug checking provides the opportunity for people to check for contaminants in their drug supply prior to consumption, while also providing opportunity for a health and education intervention. Evidence has found drug checking services can influence behaviour change, minimise harm and has the potential to reduce mortality (Giulini et al. 2023). Supervised consumption rooms provide a space for people to use illicit drugs under the supervision of trained staff. They are well evidenced to save lives and connect people engaged in high-risk drug use practices with health and other social services (Levengood et al. 2021). The Medically Supervised Injecting Centre in Sydney has been operating for over 20 years and in that time has safely supervised over 1 million injections and over 10,000 overdoses without a single death on site (Day et al. 2022). There are also opportunities for Australia to roll-out other highly effective harm reduction interventions such as short-acting supervised injectable opioid treatment (which we have been trialling with Uniting NSW.ACT and St Vincent's Hospital Sydney through an NHMRC grant (FOpIT).

Priority populations: people in prison

There is currently a serious and inequitable gap in the provision of harm reduction and prevention services in prisons that are exposing people to unnecessary and lethal risks. People in prison have high levels of drug and alcohol use compared to the general Australian population, including rates of injecting drug use (Dolan, Rodas, and Bode 2015, Fazel, Yoon, and Hayes 2017). Despite this, and Australia being a signatory to the Mandela Rules (that require healthcare in prisons to be equivalent to that in the community), a number of key harm reduction interventions are not available to people in prison. As a result, people in prison experience much higher rates of blood-borne viruses than the general public, including hepatitis C and HIV, and are at risk of overdose and highly-complex injecting-related injuries and disease such as septicaemia (Merrall et al. 2010, Colledge et al. 2020). Of note: there are no programs operating anywhere in Australia that provide access to new and sterile injecting equipment and no drug consumption rooms, there is a lack of access to condoms in Queensland prisons, needle cleaning agents in (at least) South Australia and Tasmania, and access to naloxone is absent or limited in most jurisdictions as prison guards do not routinely have access to it — meaning that naloxone is restricted based on the availability and operating hours of medical centres and staff (Simpson et al. 2023, Harm Reduction in Prisons Working Group 2023, AIVL 2024).

Equity of access: people in Western Sydney

Geography is an important factor determining the effectiveness of harm reduction programs. In Sydney, analysis of National Coronial Information System data 2006-2015 identified that Western Sydney had the second highest rate of overdose deaths outside of inner Sydney (Dertadian and Tomsen 2020). Research has also shown that distance from established harm reduction services such as needle syringe programs and the medically supervised injecting centre in Sydney impede service engagement (Yates 2023) and people sleep rough to remain close to services and avoid the risks of encounters with police that come with travelling on public transport and/or longer distances (Dertadian and Tomsen 2022). Older research also suggest that higher risk drug use practices result from fears of police detection in areas of Western Sydney that have seen intensive policing practices (Maher and Dixon 1999, Maher and Dixon 2001). In addition to distance and fear of police detection, both geographic stigma (Dertadian, Caruana, and Maher 2023) and cultural stigma (Ho and Maher

2008) have been shown to shape the effectiveness and reach of harm reduction and support practices for Western Sydney residents generally, and culturally and linguistically diverse residents specifically. Intersections of geography, cultural background, and other factors such as gender and sexuality (Robinson et al. 2020) shape drug use and the effectiveness of interventions for particular areas and communities. Empirical research is needed to explore how specific patterns of use and attitudes can lead to more tailored interventions for particular areas and communities (Munot et al. 2008), with specific focus on areas of intersecting cultural stigma around AOD use (Douglass, et al., 2023).

Equity of access to relevant treatment and harm reduction services must consider both the above identified factors and the political context which frustrates attempts to address these issues. One example is the expansion of supervised consumption rooms. Supervised consumption rooms provide a space for people to use illicit drugs under the supervision of trained staff. They are well evidenced to save lives and connect people engaged in high-risk drug use practices with health and other social services (Levengood et al. 2021), see above. Efforts to establish a second consumption facility in Liverpool, where there is an identified need (as above, (Dertadian and Tomsen 2020)) were not supported by local and state government representatives who denied the evidence-backed nature of the intervention and indicated preference for demand and supply reduction alternatives (Tomsen and Yates 2017). Access limitations to treatment services and harm reduction services such as consumption rooms have also been identified in regional areas of NSW (Howard 2020). The NSW Government has rejected recommendations to establish drug consumption services to address local need (NSW Government 2022). Availability and access to harm reduction services is crucial to ensuring equity, and alignment with the National Drug Strategy's three pillared harm minimisation approach (Department of Health 2017).

Justice and health harms

Criminalisation of drug use and possession does not deter use (Scheim et al., 2019; Weatherburn & Jones, 2001), causes significant harms to people who use drugs, and disproportionately impacts more marginalised groups (Teperski & Rahman, 2023; Cohen et al 2022). Criminalisation of drug use causes stigma and discrimination (Lancaster et al 2018; Lloyd, 2013), deters help-seeking (van Boekel et al 2013; Benfer et al., 2018) and prevents implementation of sensible and evidence-based health and harm reduction interventions (such as drug checking) (The Lancet, 2023; Csete et al. 2016). It increases the risk of harmful practices and health harms including overdose for a range of people and contexts (e.g. people who inject drugs and during high visibility policing operations at music festivals) (Malins, 2019; Lancaster et al., 2019), has a negative effect on HIV prevention and treatment (Baker et al. 2020), and those arrested and charged with drug use offences can experience ongoing social harms including dislocation and exclusion from job markets, education and financial products (Cohen et al., 2022).

Our (DPMP) recent work shows the significant variation in the responses to drug possession across Australia (O'Reilly and Ritter 2024). Whilst all jurisdictions have a non-criminal response (e.g., diversion programs, cautions, and civil penalties) available for cannabis and other illicit drugs, these programs vary significantly by the response available, the eligibility criteria, and the extent of their use (O'Reilly and Ritter 2024). Many people are still charged with drug possession offences and suffer the consequences of criminalisation (IDDR, 2022). We support health-based interventions in response to drug use as opposed to police and criminal interventions.

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The scope for the justice system to support a reduction in alcohol and other drug related harm include:

- Greater diversion from the criminal system for drug use including the removal of criminal
 penalties for use and possession. Whilst states and territories are largely responsible for the
 criminal offences and responses to drug use and possession, we note that since 2005 the
 Commonwealth Criminal Code Act 1995 also includes drug possession as an offence. As a
 result, states and territories seeking to change their laws about drug use and possession for
 personal use are faced with the added complexity of navigating the conflict of
 Commonwealth and jurisdictional law.
- Greater provision of, and access to, quality, evidence-based AOD treatment, prevention and harm reduction in prisons (for people who are sentenced and people on remand) including therapeutic programs (e.g. individual counselling), needle cleaning agents, needle exchange programs, medically supervised injecting rooms and naloxone (Harm Reduction in Prisons Working Group, 2023).
- Greater continuity of care between prison and community including better access to supported transition arrangements (Schwartz et al., 2020).

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