

Identifying & Referring Young People for Drug & Alcohol Use

*for professionals
working with young people*



Ground Rules

Take responsibility for your own learning, actions and reactions

Listen and respect each other's views

Speak for yourself, not others and please be honest and open

Confidentiality - who we see and what's said here, stays here

Do not be afraid to respectfully challenge one another by asking questions, but please refrain from personal attacks

If lost, ask for directions

Mobiles off or on silent please!



Definitions

Drug any chemical substance that affects the processes of the mind or body.

Substance alcohol, illegal drugs, illicit prescription drug and volatile substances.

Use the consumption of a drug that does not cause any perceptible immediate harm.

Misuse the use of a substance that harms health or social functioning.

When Should I Refer?

- Young people aged 11-17 years
- Concerns/suspected use of drugs and/or alcohol, e.g. change in appearance, mood, peers or y/person talks a lot about drugs.
- Young Person reports they are using drugs and/or alcohol
- There has been a substance related incident
- History of using substances
- Those young people who are in the vulnerable groups
- Identified family members who misuse substances

Vulnerable Groups

- Young offenders
- Mental health problems
- Looked after children
- Exclusees, truants, those not at school
- Substance misusing parents
- Disrupted family life
- Homeless
- Sex workers

Early Warning Signs

- Family problems
- Friends who use drugs
- Change in friendship group
- Borrowing / stealing money
- Lack of interest in physical appearance
- Regular, excessive tiredness
- Lack of appetite
- Low achievement
- Truancy
- Mood Swings

What do we offer?

Targeted Prevention

- Drugs Education
- Individual Support
- Group work
- Staff Training
- Drop-ins
- Outreach
- Advice & Information

Specialist Treatment

- Therapeutic Interventions
- Care Planning
- Harm Reduction
- Links to Substitute Prescribing
- Links to Needle Exchange
- Intensive Support/Transitional
- Link to Detox & Rehab

Referral Pathways

All options will require consent from the Young Person

Brief Intervention

- Young person receives a triage assessment and risk assessment
- 1 session offered focusing on harm reduction and education
- Ideal for low level or resistant young people

Targeted Intervention

- Young person receives a triage assessment and risk assessment
- Up to three sessions focusing on harm reduction, education and risky behaviours
- Ideal for young people who are unsure what they would like to achieve but acknowledge their use is impacting on their life.
- Ideal for young people who are affected by another's use.

Comprehensive Intervention – Structured Treatment

- Young person receives a triage assessment, comprehensive assessment and risk assessment
- Up to twelve sessions offered with follow up contact three months after discharge
- Personalised treatment plan based on a CBT approach
- Outcome star and care plan devised with the young person
- Ideal for those that wish to reduce or stop their substance misuse.

Group work

- Targeted group designed to suit your needs
- Examples are general drug awareness, cannabis specific, alcohol specific and party drugs
- Ideal for 2-12 students

* Flexibility around sessions offered can be discussed on a case by case basis

Options for you and your team

- Tailored Substance Misuse Training
- Topics include general drug awareness, cannabis specific, New Psychoactive Substances (previously known as 'legal highs' and identifying and referring young people for drug and alcohol misuse.
- If training is required we will require a minimum of four weeks notice

Introducing the service to a Young Person

- Sell the service appropriately (words such as ‘treatment’ and ‘counselling’ might scare the young person)
- Organise an initial 3-way meeting with the drugs service
- Provide the young person with some of the service literature
- Seek advice from Young Addaction Havering

A Guide to Engaging Young People

DO

- Explain confidentiality
- Listen
- Use open questions
- Be informed
- Try to understand
- Empathise
- Focus on the person's needs not just the drug
- Be realistic

DON'T

- Judge or criticise
- Condone illegal use
- Be entirely negative
- Jump to conclusions
- Overreact or get angry
- Be shocked
- Use slang terms that you are you are unsure of
- Talk it through while someone is intoxicated

Thank You For Listening

If you have any queries or would like to refer a young person to our service we can be contacted by the following methods;

Telephone: 07717768801 or 07717527246

Email: rachel.cannon@havering.gov.uk or david.perceval-broadfield@havering.gov.uk

Post: Elm Park Children's Centre

Diban Avenue

Elm Park

RM12 4YH

Groupwork request; david.perceval-broadfield@havering.gov.uk

A direct 1:1 referral can be made using the following link. Please state in the positive factor section which option the Young Person has agreed to e.g. targeted intervention;

https://online.havering.gov.uk/officeforms/Yah_referrals.ofml

We look forward to hearing from you