Service Information Booklet

Believe in children

Barnardos’s Cymru

Conwy and Denbighshire Children & Young People’s Substance Use/Misuse Service
Who are we?
We are a team of experienced children and young person workers who specialise in the field of substance use and misuse. We offer information, advice, support and professional specialist interventions to children and young people aged 11-25 years around their own or somebody else’s substance use and misuse. We offer a friendly, non judgemental, confidential service, working on a one-to-one and for group basis, in a range of settings.

The service also provides professional training on substance use/misuse to all agencies/schools/organisations.

What do we do?
We have four branches / tiers to our service:

- Universal Prevention (Tier 1)
- Prevention and Early Intervention (Tier 2)
- Structured Treatment (Tier 3)
- Hidden Harm

We work with children and young people across the counties of Conwy and Denbighshire and we have an office base in Denbigh.

The Universal Prevention Service (Tier 1)

Within this tier, we focus our efforts on working with schools and any other groups, organisations, clubs, societies and locations where young people may meet up.

We enable any person who works directly with young people (e.g teachers, youth workers, Girl Guide leaders, Urdd leaders) to confidently deliver substance misuse education by increasing young people’s knowledge and understanding of the effects, risks and consequences of legal and illegal substances; enable and enhance young people’s decision making skills so that they can reach their full potential and focus on developing young people’s assertiveness.

What do we do?
Develop, disseminate and implement evidence based substance misuse education and prevention programmes.

Offer training and support to teachers and community-based youth workers on delivery of substance misuse education, which includes the following:

- Delivery of demonstration lessons for staff to observe
- Development of adoptable and useable lesson/session plans,
- Development and dissemination of resources to support the delivery of the lesson/session plans.
Ensure that there is a substance misuse prevention programme in all secondary, including specialist, schools in Conwy and Denbighshire, which includes the following:

- An evidence based approach.
- Involvement of young people in the design and delivery of the programme.
- Interactive methods of education.
- Age and developmentally appropriate and culturally sensitive programmes.
- Linked to the PSE framework and the Welsh Baccalaureate.
- Complementary to existing substance misuse education programmes within schools including the School Liaison Programme and Choose Life project.

For those that are persistent truants or are excluded from school, innovative community based approaches to delivering substance misuse education will be developed in partnership with existing community based youth projects.

Offer support to all schools in dealing with school based substance related incidents.

Offer one-to-one or group support to parents/carers on a needs led basis.

Offer training to School Governors.

What we hope to achieve

We hope to:

- Increase teacher and youth worker confidence to deliver substance misuse education.
- Increase teacher and youth worker knowledge of substance misuse.
- Increase teacher and youth worker confidence to deal with substance misuse incidents.
- Increased awareness in teachers and youth workers of different approaches that can be used to deliver effective substance misuse education.
- Increase young people’s knowledge of the physical effects, risks and consequences of legal and illegal substances.
- Increase young people’s knowledge of the psychological effects, risks and consequences of legal and illegal substances.
- Increase young people’s knowledge of the social impact of illegal and legal substances.
- Support parents to feel more confident and informed in their parenting role, with supporting their child.
The Prevention and Early Intervention Service (Tier 2)

In this Tier two service, we work particularly closely with the Tier three Structured Treatment Service. We focus our work on ensuring that children and young people are kept safe. We aim to reduce the number of children and young people admitted to accident and emergency due to substance use. We also work to reduce drug and alcohol related offending and anti-social behaviour incidents among children and young people. Our overall aim is to increase children and young people’s awareness of the harm associated with substance use so that they in turn can keep themselves safe.

What do we do?

We offer a number of approaches within the Prevention and Early Intervention Services:

- Proactive Outreach - in partnership with current youth outreach services.
- Information and advice to children and young people, parents and other professionals.
- Harm reduction advice – including: safer consumption of substances and relapse prevention information.
- A number of brief interventions such as: motivational interviewing; drink and/or drug diaries; identify triggers leading to relapse.
- Holistic assessments of young people’s needs.
- Onward referrals for structured treatment.
- Onward referrals to other relevant agencies.
- Diversionary activities to reduce risk factors and build resilience.
- Drug and Alcohol Awareness Sessions.
- Prevention of escalation.

What we hope to achieve

We hope to:

- Reduce or prevent substance use.
- Reduce offending behaviour.
- Reduce anti-social behaviour.
- Reduce drug and/or alcohol related admissions to A&E.
- Improve social functioning.
- Improve physical and mental health.
The Structured Treatment Service (Tier 3)

We provide specialist substance misuse treatment to young people allowing them to: reduce their drugs/alcohol use OR become drug/alcohol free. We also work to reduce the harm associated with the use of substances by young people.

Our efforts are also focused on reducing substance-related offending behaviour, and supporting young people to increase their quality of life. We aim to be a highly accessible and available service to those with complex and chaotic needs.

What do we do?

We proactively engage young people who use substances. We can offer a comprehensive assessment, considering the nature and pattern of their substance use, and other presenting issues. We aim to include parents or carers in this process where appropriate.

We can offer information and advice on substances and their effects to: children and young people; parents; and other professionals.

We offer comprehensive harm reduction advice and work closely with other professional agencies such as specialist sexual health workers and harm reduction service.

Our work is underpinned by cognitive and behavioural approaches which includes motivational and relapse prevention work.

We also offer support to enable young people to access other appropriate services.

What we hope to achieve

We hope to:

- Reduce substance use
- Reduce offending behaviour, or the risk of offending behaviour
- Increase psychological health
- Increase physical health
The Hidden Harm Service

Within this element of the service we aim to reduce the harm caused to children and young people by parental or carer substance use. We enable the children of substance users to safely express their thoughts and feelings about their circumstances as well as increase their awareness of substances and substance use.

What do we do?
The Hidden Harm Service offers a range of interventions, such as:

- Providing a comprehensive assessment of need considering the needs of the whole child, their family and the wider environment.
- Working closely with adult treatment services to ensure the needs of the child are considered and appropriately met.
- Working closely with children and families services to ensure both services compliment and work in partnership.
- Offering targeted prevention interventions with a focus on increasing confidence, self-esteem, resilience and problem-solving skills.
- Providing group work and one-to-one work.
- Providing opportunities for self-expression, through fun diversionary activities.
- Providing drug and alcohol education sessions.
- Supporting access to mainstream services, including GP’s and Dentists.
- Identify any young carers and make appropriate onward referrals to young carers’ services.
- Supporting access to other relevant specialist services including CAMHS and school counselling.
- Monitoring the needs of service users who are unsuitable for the service or the service is unable to meet their needs.

What we hope to achieve

We hope to:

- Increase children and young people’s confidence.
- Increase children and young people’s self-esteem.
- Build children and young people’s resilience.
- Increase children and young people’s awareness of the physical and mental effects of substances.
- Increase children and young people’s awareness of the risks associated with using substances.
- Ensure that every child/young person receiving a service from us is registered with a GP and a dentist.
Supporting our work
The success of our service is dependent on strong and effective relationships with partner services and organisations and the community; we welcome your contact and comments.

We aim to build open, honest and effective partnerships which are mutually beneficial and work to improve outcomes for children, young people and their families across Conwy and Denbighshire.

How to contact us
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