



BARNLSLEY
Metropolitan Borough Council

Young People's Substance Misuse Service

Aim of Service

‘The aim of specialist substance misuse interventions is to stop young people’s drug and alcohol use from escalating, to reduce harm to themselves or others and to prevent them becoming drug or alcohol-dependent adults. Specialist substance misuse interventions should be delivered according to a young person's age, their levels of vulnerability and the severity of their substance misuse problem, and should help young people become drug and alcohol-free.’

Public Health England – NDTMS 2018

Why young people might get involved with substances

Enjoyment - they enjoy the short-term effects

Excitement - risk taking

Poor self-image

As a declaration of independence

Adventure

Peer influence - their friends use them

Lack of boundaries

Boredom

Curiosity - they are curious about the effects

Anger, hurt or rejection

Self medication

Relaxation

Inaccurate information about the effects

Availability

What happens when a referral is made?

- Screening - Referral into service
- Assessment / Alcohol Audit
- Risk assessment and Risk management Plan
- Support plan
- Young Person's Outcome Record (YROR)
- Competency Assessment
- Young Person's contract

How we work with young people



Confidentially

Therapeutically

Young Person Centered

Non Judgmental

Care Plan focused

Multi agency approach

Solution focused

Treatment

“Young People’s specialist substance misuse treatment is a care planned medical, psychosocial or specialist harm reduction intervention aimed at alleviating current harm caused by a young person’s substance misuse.”

- **YP Harm Reduction** Routinely used in early stages where there is risky substance behaviour
- **YP Pharmacological** We rarely use this modality, only use this if we have organised a prescribed detox or substitute medication for the young person’s substance misuse.
- **YP Psychosocial** To be used throughout the journey, as soon as you start working with a client to change behaviour (Engagement phase through to control phase)
- **Structured Family Interventions** – working with family members as part of the young person’s treatment plan
- **YP Multi agency** - Demonstrating working with other professionals from other agencies

Approaches used by practitioners

- Motivational Interviewing – to use to motivate client's to want to change behaviour. WANT To change
- Cognitive Behaviour Therapy (or CBA) – to enable clients to make connections to actively change behaviour by focussing on how their thoughts and feelings impact on their behaviour. HOW to change.
- Solution-focused brief therapy (SFBT) places focus on a person's present and future circumstances and goals rather than past experiences. In this goal-oriented therapy, the symptoms or issues bringing a person to therapy are typically not targeted.

Service offer

- A & E clinic
- Transitions (Human Kind / Custody/ Probation / Out of Area - Other treatment service)
- Discharge processes
- Excellent relationships with partner agencies such as YOT, MST, 0-19, Police, Hospital, ETE providers, Private providers of care homes, Schools, GP's, NDTMS, PHE.
- Monthly Service User group
- Training to professionals (CYP wider workforce)
- Consultation to all professionals around any young person
- 'Champion roles'

Service Offer

- Clinical Audits – Service improvement plans
- Whole Family Approach – supporting parents
- Deliver Sexual Health Interventions
- CAMHS link workers / Dual Diagnosis
- Targeted groups
- Attendance at meetings for YP (CIN/CP/TAC/CPM)



What drugs are young
people using in Barnsley?



Any Questions?