

**What Makes The Difference?
TOOLS and RESOURCES**

NAME OF TOOL/RESOURCE: Hull Drug & Alcohol Support Service Information.

NAME AND REGION OF AGENCY/ORGANISATION THAT DEVELOPED THIS TOOL/RESOURCE:

Street Wise Hull Drug & Alcohol Support Service for Young People developed in partnership with Hull City Council and Hull Citysafe.

Purpose and Brief Description of Tool/Resource:

To provide professional information about the aims and objectives of services to reduce the risk of young people under to the risks and vulnerability associated with drug and alcohol use, and to reintegrate or maintain them within mainstream services.

Publication Date: 2002.

Contact details for further information about this tool/resource

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Evidence for the effectiveness/ impact of this tool/resource

Positive impact of this tool/resource:

Unknown.

step wise

A drug and alcohol support
service for young people

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STEPWISE Aim and Outcomes

To reduce risks and vulnerability associated with drug and alcohol use amongst young people under 19 who live in Hull and to re-integrate or maintain those young people within mainstream services.

To work with parents, professionals and the wider community to enable young people to reach their full potential.

We have five key outcome areas:

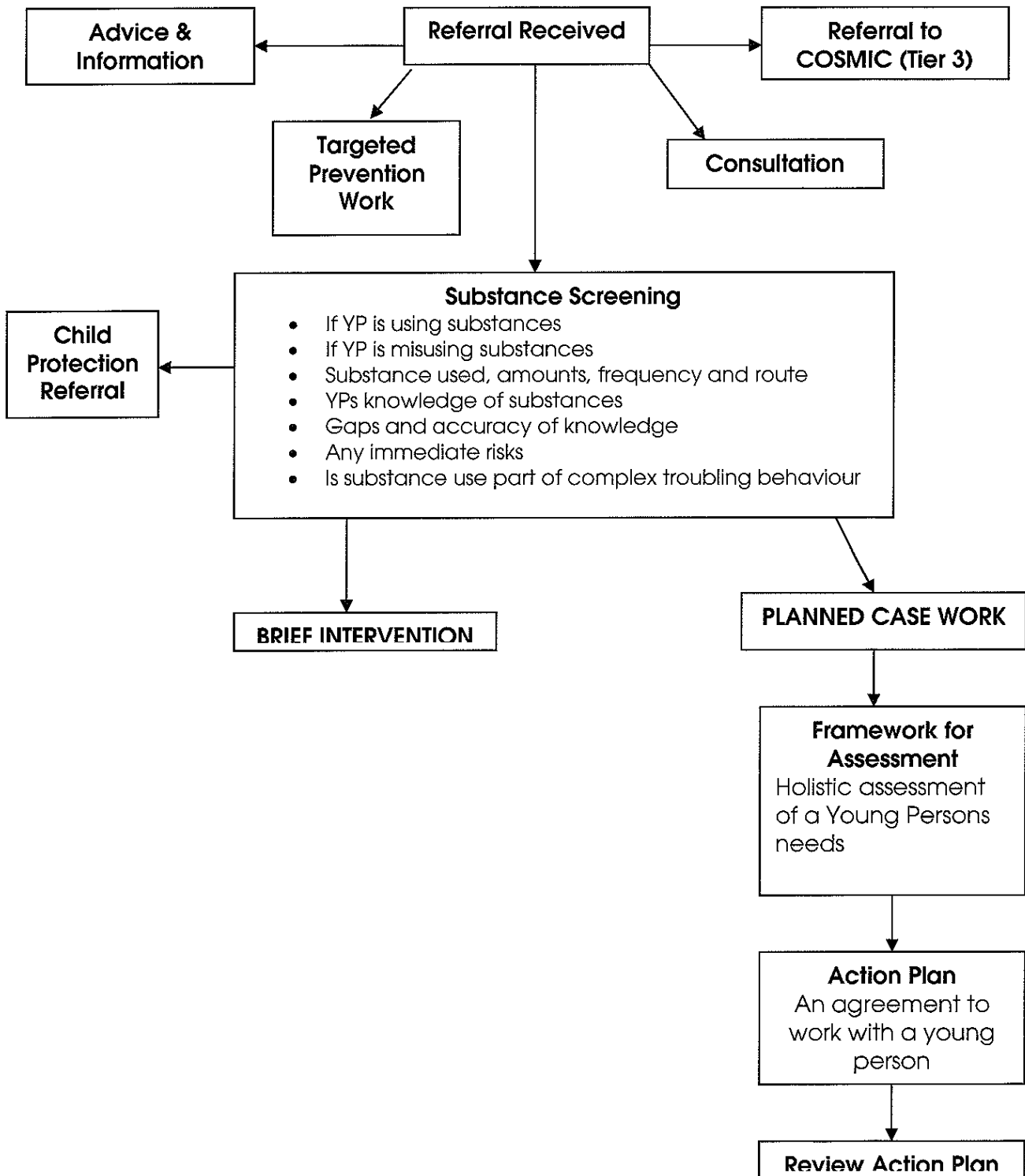
1. Reducing drug use;
2. Reducing the physical harms associated with drug users;
3. Improving the psychological well being of young drug users;
4. Improving the family and social relations of young drug users;
5. Encouraging the up-take of other social care, health and education services.

STEPWISE works from a harm reduction perspective, which means that we work with young people to minimise the harms from drug use for young people who use drugs. We also work with young people when they want to cut down their drug use as well as those who want to stop using altogether. Wherever possible, we aim to negotiate a package of care with the young person, in consultation with the referrer concerned, whilst still maintaining client confidentiality.

STEPWISE is a service for young people aged 19 and under and their family and friends, who have concerns about their own or worried about someone else's drug or alcohol use. The work of StepWise can be broken down into three main aspects of activity:-

- o **Prevention Work** - To provide a variety of drug education programmes, targeted at vulnerable / at risk young people, in a variety of settings.
- o **Brief Interventions** - to provide one to five sessions aimed at reducing use or providing harm minimisation work. This could incorporate screening, advice and information, goal setting, signposting to other services, education/awareness work etc.
- o **Planned Case Work** - To provide individual care packages for young drug users. We recognise that no single treatment is appropriate for all individuals (interventions work in different ways for different people at different times).

StepWise Interventions



StepWise Interventions

Screening – a brief initial assessment to identify substance related needs. The screening aims to provide enough information for a worker to judge:

- a young person's knowledge of drugs, alcohol and solvents
- if the young person takes drugs, alcohol or solvents
- if the young person misuses drugs, alcohol or solvents
- if the young person is in immediate danger
- if substance use is part of complex troubling behaviour
- unusual behaviour for that age group in relation to their substance use.

Advice and information - to young people, their families and other professionals.

Consultation – to support professionals in their work with young people.

Diversionary approaches - helping young people access sport and leisure activities as a diversion from drug or alcohol use.

Preventative approaches -

- Risk/harm reduction approaches
- Motivational Counselling approaches these currently include relapse prevention, goal setting, motivational interviewing and anxiety management.
- Befriending

Low threshold interventions – by providing a regular contact point for young people through 'drop-ins', which provides a minimal level of support and the opportunity to provide education and advice.

Support/referral into COSMIC (The Tier 3 Service)

Young people may require specialist substance misuse services. After screening StepWise may work jointly or remain in contact to support a young person once they exit or enter tier 3 services.

Planned Case Work – after screening and if a young person wants on-going support from a StepWise Social Worker an assessment is undertaken based on the assessment framework. An action plan is agreed with the young person, which is reviewed regularly to measure progress. Planned intervention work might include advice, information,

relapse prevention work, information and education, diversionary and preventative approaches, family support and general management issues and counselling, addressing lifestyle issues.

Targeted prevention work – education and awareness sessions are generally offered to groups but are also delivered to individuals and sibling groups. This work is particularly focused at children and young people who are assessed as being vulnerable or at risk. The DfES describes vulnerable young people as: homeless, looked after, school truants, excluded pupils, sexually abused, young people of parents with problematic drug use, working men/women, and young people in contact with mental health services and the criminal justice system.

Prevention work is done in a variety of different settings such as Pupil Referral Units, Schools, children's homes and voluntary sector youth groups. Please see our 'Information for Drug Prevention Work' booklet.

We work in a way that will inform young people of the different aspects of drugs, both legal and illegal. Our aim is to empower young people to make decisions from factual information and also look at the myths and stereotypes as well. This is done by using group work activities and we try to make it fun and informal. The drug prevention programmes can be adapted to various groups to meet their needs and can be aimed at many different levels of knowledge. Many young people we work with have special education needs and we are able to work in a variety of ways to make the programmes available to suit these different needs.

STEPWISE also provides help, advice and support for parents whose children use drugs or alcohol, whether or not the child or young person is involved with STEPWISE

We can offer you the following in a confidential, understanding and non-judgmental way:

- Face to face support.
- Telephone Support.
- Advice and information.
- Help to access other agencies.

How to refer

We take all referrals and work requests over the phone.

The Tier Model

The Health Advisory Service (1996, 2001) established and has now revised a four-tier model, which describes how local provision for young people's substance use should be organised. The key to effective provision within this structure is early identification of substance use, and integrated services across the tiers. The four tier infrastructure model was based upon the model used by Child and Adolescent Mental Health Services (CAMHS).

Tier 1 - Generic and Primary Services to ensure universal access and continuity of advice and care to all young people. Tier 1 services are mainstream services for young people concerned with education improvement and maintenance of health, educational attainment, identification of risks or child protection issues. They also provide advice and information about substances as part of a general health improvement agenda and screen those with vulnerability or difficulties.

Tier 2 - Youth Orientated Services (STEPWISE & YOT) offered by practitioners with some drug and alcohol experience and youth specialist knowledge. The aim and purpose of this tier is to be concerned with reduction of risk and vulnerabilities, of reintegration and maintenance of young people in mainstream services.

Tier 3 - Specialist Service (COSMIC) that works with complex cases requiring multi-disciplinary team based work. The aim of tier 3 is to deal with complex and often multiple needs of the child or young person, and not just with the particular substance problems.

Tier 4 Residential Services providing very specialist medical forms of intervention for young people with complex care needs. Short-term substitute prescribing, detox and treatment or respite care away from home. Care may be offered in residential units, enhanced fostering and supported hostels.