
Young People's Substance Misuse Strategy

Document Control

Document Ref:		Date Created:	04.10.17
Version:	1	Date Modified:	
Revision due			
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Owning Service			

Change History

Version	Date	Description	Change ID
0.1			
0.2			

This Strategy is not for publication externally

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1. Foreword

The National Drugs Strategy 2017 aims to reduce the health, social and economic harms caused by drugs and the threat they pose to individuals, communities and societies. The strategy identifies young people's substance use as a distinct problem. The majority of young people do not use drugs and most of those that do are not dependent. But drug or alcohol misuse can have a major impact on young people's education, health, family life and long-term life chances. Young people's services are configured and resourced to respond to these particular needs and to offer the right support as early as possible. Services need to respond to emerging trends and adapt accordingly.

The substance misuse strategy in West Berkshire ties in with the priorities of the Health and Well Being Board and Children's Delivery Group priorities by:

- Reducing alcohol related harm across the district for all age groups
- Supporting residents to stop smoking and reduce substance misuse
- Promote the emotional health and wellbeing of young people including young carers
- Preventing suicide and self-harm for adults and young people
- Closing the gap to improve the outcomes of our vulnerable and disadvantaged children

The Strategy identifies key priorities for services:

- Reducing demand by building confidence and resilience in young people
- Building recovery by offering evidence based treatments
- Restricting Supply by enforcement and regulation
- Note: within this strategy, substance misuse is used for brevity to include all substances and alcohol.

2. Executive Summary

West Berkshire Council continue to have a policy to reduce all illicit and other harmful drug and alcohol use and increase the rate of young people recovering from their dependence.

To achieve this, the local authority have set up a co-ordinating group including members from Public Health, Children and Family Services, the Youth Offending Team, Thames Valley Police, West Berkshire Emotional Health Academy, Education services, Trading Standards and the provider of a commissioned service to support the policy. Young people are also consulted on their experience of using services.

The actions in this strategy focus on prevention, treatment and restricting supply. They are comprehensive and will ensure that there is good collaborative working, services are evidence based and the young people are at the heart of all provision.

Through this strategy, West Berkshire will aim to provide the best possible outcomes for young peoples' future health and wellbeing.

3. Introduction

In order to achieve West Berkshire's aim of supporting young people's future health and wellbeing, the substance misuse strategy group have reviewed current UK guides on national commissioning and best practice.

In addition, there are European Quality Standards on harm reduction for young people. They advise that all provision should be sustainably funded, ethical, involve good communication and stakeholder involvement and ensure development of the staff working in the field.

In addition, provider services should be relevant to the young people, evidence based, effective and feasible. They should also consider the different types of substances relevant to harm reduction-legal and illegal drugs, alcohol, volatile substances, over-the-counter and prescription medicines and new psychoactive substances.

There are four key aspects to prevention:

- Universal-education of young people should be skills based so that the young people can address peer pressure and be confident in their interactions with others.
- Selective-identify vulnerable families and those living in poor social conditions
- Indicated-address individual traits and psychopathology
- Environmental-target social norms such as acceptable levels of alcohol use

The Strategy will continue to draw on the latest national research whilst also developing local knowledge and research through audit and innovative practice.

The substance misuse strategy group are committed to providing the best support for young people and their families using the most up to date evidence and guidance. This is reflected in the actions listed in this strategy.

3.1 Purpose

This strategy comprises three main themes:

- **Reducing demand:** Health promotion, harm reduction and prevention; preventing young people from becoming alcohol or drug dependent, reducing the amount young people drink to safer levels and reducing drug related harm.
- **Building recovery:** Treatment; Commissioning and delivering evidence based drug and alcohol treatments to offer the best chance of recovery
- **Enforcement and Regulation:** Restricting supply and tackling alcohol and drug related crime and anti-social behaviour.

3.2 Vision

To prevent and reduce the harm that misusing alcohol and drugs has on the young people, families and the wider community. We want to enable all young people affected by drug and alcohol misuse to be able to access evidence based treatments for recovery, working collaboratively with all relevant agencies.

3.3 Partnership

The following individuals or groups will all contribute to partnership working:

- Service users and their families or carers
- West Berkshire Public Health Team
- West Berkshire Youth Offending Team
- West Berkshire Healthy Schools Lead
- Education Representative
- Thames Valley Police
- Public Protection Partnership - Trading Standards
- West Berkshire Children and Family Service
- Service Providers-The Edge, Swanswell
- Community Alcohol Partnership
- West Berkshire Emotional Health Academy
- Berkshire Healthcare Foundation Trust
- Royal Berkshire NHS Foundation Trust
- Berkshire West Clinical Commissioning Group (Lead GP)
- Faith Groups (relevant to the strategy)
- Third Sector Groups (relevant to the strategy)

The geography of West Berkshire requires partnership working with other Local Authorities and other relevant groups who may be invited to attend as required.

4. Priorities

Within the key strategic priorities of reducing demand, building recovery and enforcement and regulation, West Berkshire priorities are:

- Provide accessible and appropriate information in a number of formats including social media.
- Support the provision of high quality PSHE education in schools.
- Ensuring young people with multiple vulnerabilities or a high risk of substance misuse-related harm get extra support.
- Work collaboratively with all partners to address substance misuse hot spots.

5. Objectives

A. Reducing demand by building confidence and resilience in young people through health promotion, harm reduction and prevention

1. Support the provision of high quality age appropriate PSHE education in schools.
2. Engage with the community to raise awareness and promote prevention.
3. Provide accessible and appropriate information in a number of formats including social media.
4. Ensure Young people at increased risk of harm are being targeted, with the aim of strengthening their resilience.
5. Identify and screen those with vulnerability to substance misuse and identify those with difficulties in relation to substances.

6. Embed advice and information concerning substances, within a general health improvement agenda.
7. Offer youth oriented services by practitioners with drug and alcohol experience and youth specialist knowledge.
8. Provide professional guidance to the children's workforce offering training to discuss drugs, alcohol and smoking with young people.
9. Give young people access to accurate, relevant and timely information about the health harms of alcohol, drugs and tobacco.
10. Schools to equip children and young people with the knowledge, skills and attributes to keep themselves healthy and safe, and prepared for life and work, through the effective delivery of PSHE adopting an evidence-based 'whole school approach' to prevention.
11. Parents and carers are offered information and advice to enable them to support their children to stay safe from harm in the context of the Family Safeguarding Model.
12. Ensure National resources that provide information (FRANK) and build resilience (Rise Above) are used as part of the local approach to prevention.

B. Building recovery by offering evidence based treatments

1. Commissioning and delivering evidence based drug and alcohol treatments to offer the best chance of recovery.
2. Ensure substance misuse addressed across the wider children's agenda: at the Children's Delivery Group, Local Safeguarding Childrens Board, Health and Well Being Board, Youth Offending Team management boards and across Children and Family Services.
3. Ensure policies and protocols in place that cover information sharing with parents and carers and with other agencies.
4. Ensure young people's specialist substance misuse services is open at accessible times, in a central locations but also travels to all areas in the district to meet young people.
5. Ensure the service provider actively engages with young people who miss appointments or stop attending, evaluating why young people engage or fail to engage, and responds to the findings by adapting services.
6. Ensure the service provider uses appropriate technology to engage, maintain contact and follow-up young people where appropriate.
7. Ensure a full range of evidence-based treatment available to young people in need that vary in intensity and duration according to changing needs, reflecting changes in their risk and resilience.
8. Ensure there is a coordinated, whole-system approach to meet the complex needs of people who use drugs including better access to physical and mental healthcare.
9. Ensure workers are trained and supported to identify risk and undertake assessments for pregnant young women, teenage mothers and young fathers who are accessing alcohol and drug use services.
10. Ensure staff are skilled in building therapeutic alliances with young people.

11. Ensure substance misuse staff are qualified and competent to deliver the interventions they provide and that these are regularly assessed and updated.
12. Ensure substance misuse staff have a good understanding of young people's use of new psychoactive substances and new emerging substances in their area.
13. Ensure staff are appropriately trained in; identifying child sexual exploitation and abuse, sexual health and unplanned pregnancy and are referred to other sexual health services when necessary.
14. Ensure emotional support and supervision for staff members.
15. Develop appropriate pathways and protocols, for example - hospital care pathways are in place for young people presenting to A&E, mental health (CAMHS & EHA) pathway, sexual exploitation and school exclusion pathway.
16. Ensure interventions are appropriate to the age and development of young people, using 'You're Welcome' standards to provide a clear framework for ensuring services locally meet the needs of young people and improves access, particularly with vulnerable and at risk groups.
17. Work with young people to reduce risks and vulnerabilities, working to re-integrate and maintain young people in mainstream services.
18. Deal with complex and multiple needs of young people and not just with the particular substance problems in multi-disciplinary manner.
19. Ensure young people with multiple vulnerabilities or a high risk of substance misuse-related harm get extra support. This includes young people affected by child sexual exploitation and abuse, parental substance misuse, experiencing domestic violence, early problematic misuse, class A users, looked-after children, those with a mental health problem, those not in education, employment or training, and those involved in crime.
20. Ensure interventions include evidence-based psychological (motivational interventions, cognitive behavioural interventions, relapse prevention and structured family interventions), psychotherapeutic or counselling-based techniques to help young people change their behaviour and lifestyles, and to improve their coping skills.
21. Ensure young people receive age-appropriate advice and information on: blood-borne viruses, sexual and reproductive health including local chlamydia screening, condom provision, early pregnancy testing and unbiased pregnancy options advice, overdose, health harms and reducing risky behaviour and stop smoking services.
22. Ensure mechanisms are in place to support the parent or carer's involvement in the assessment, care planning and delivery of interventions as appropriate.
23. Ensure young people who are given custodial sentences have a seamless service between community and prison based services. Supporting continuity of care for those entering, transferring within or leaving the young people's secure estate, including a referral to a specialist service nearest the young person's home and a pre-release contact with a professional to encourage the young person to engage with the service after release.
24. Ensure provision for the very small number of people, with a need for intensive interventions, which could include short-term substitute prescribing, detoxification and places away from home.

25. Ensure a transition policy is in place that sets out roles and responsibilities between young people and adult services. Making sure that young people who have reached the upper age limit of the service, but don't need to move to adult services are informed how to access adult services later if they need to.

C.Enforcement and regulation; restricting supply and tackling alcohol and drug related crime and anti-social behaviour

1. Public Protection Partnership (Trading Standards) and Thames Valley Police to work in partnership to prevent underage sales and proxy sales.
2. Action to be taken against premises that regularly sell alcohol to people who are underage or making illegal purchases for others.
3. The local authority to work with young people to undertake test purchases to ensure compliance with the law on underage sales for alcohol, tobacco and e-cigarettes.
4. Ensure all enforcement and regulation staff working in harm reduction are appropriately trained.
5. Provide intelligence based Responsible Retailer training to those selling alcohol.
6. Support Thames Valley Police to take enforcement action regarding 'County Drug Lines' through the provision of intelligence.

6. Implementation and Governance

West Berkshire's actions and target outcomes and actions to deliver the strategic priorities will be set out in the substance Misuse Harm Reduction Action Plan. The Service Level Agreement with providers reflects the aims and objectives of the strategy.

The strategy group will be accountable to the Health and Wellbeing Board and report on targets and any developments relating to the strategy, which will be reviewed annually.

Commissioners will support and develop quality governance structures for drug treatment. The governance structures must be clearly linked to local safeguarding procedures for children and vulnerable adults and give consideration to the specialist care that some service users require. Compliance with relevant clinical guidelines is also a vital component of quality governance.

The strategy group will ensure there is quality governance framework in place that sets out expectations for:

- appropriate specialist interventions
- quality standards
- risk management
- staff competence
- case load management
- compliance with local safeguarding policies
- compliance with legal requirements
- services to be child-centred and appropriate to the young person's age and maturity and take account of individual vulnerabilities

The National Drug Treatment Monitoring System will be used to report data.
Local data reporting will be provided to Public Health and West Berkshire Local Authority as outlined in the Service Level Agreement

7. Audit and Data

Ensure appropriate outcome measures exist within the Service Level Agreement

The feedback of young people will be sought and used to shape service provision on an ongoing basis

Gather learning from serious untowards events relating to substance misuse, reviewing the processes and practices and make any relevant changes.

Review other data sources related to substance misuse - hospital admissions and school exclusions relating to substance misuse

Use local knowledge and data to support prioritisation within the service provided.

Glossary

Appendices

Appendix A: References

Drug Strategy 2017

<https://www.gov.uk/government/publications/drug-strategy-2017>

Young People's Drug, Alcohol and Tobacco Use: joint strategic needs assessment support pack. Good practice prompts for planning.

<http://www.nta.nhs.uk/uploads/jsnasupportpackpromptsyoungpeople2016-17.pdf>

European Drug Prevention Quality Standards

http://www.emcdda.europa.eu/publications/manuals/prevention-standards_en

Children's Commissioner report July 2017 on measuring the number of vulnerable young people in England

<https://www.childrenscommissioner.gov.uk/wp-content/uploads/2017/07/CCO-On-vulnerability-Overveiw-2.pdf>

National Treatment Agency for Substance Misuse-Young People

<http://www.nta.nhs.uk/young-people.aspx>

Young People's Substance Misuse Needs Assessment

http://www.nta.nhs.uk/uploads/ypssmtp_needs_assessment_2010_11.pdf

Specialist Substance Misuse Services for Young People: A rapid mixed methods evidence review of current provision and main principles for commissioning (PHE January 2017)

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/583218/Specialist_substance_misuse_services_for_young_people.pdf

Advisory Council on the Misuse of Drugs (ACMD) :Prevention of Drug and Alcohol Dependence, Briefing by Recovery Committee February 2015

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/406926/ACMD_RC_Prevention_briefing_250215.pdf

New Psychoactive Substances Resource Pack

<https://www.gov.uk/government/publications/new-psychoactive-substances-nps-resource-pack>

Specialist drug and alcohol services for young People:A cost-benefit analysis

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/182312/DFE-RR087.pdf

Practice standards for Young People with Substance Misuse Problems

<http://www.rcpsych.ac.uk/pdf/Practice%20standards%20for%20young%20people%20with%20substance%20misuse%20problems.pdf>

NICE GUIDELINES

CG115:Alcohol use disorders: diagnosis, assessment and management of harmful drinking and alcohol dependence

<https://www.nice.org.uk/guidance/CG115>

NG64:Drug misuse prevention:Targeted interventions

<https://www.nice.org.uk/guidance/ng64>

PH 28 Looked-after children and young people

<https://www.nice.org.uk/guidance/ph28>

PH 7 Alcohol:school based interventions

<https://www.nice.org.uk/guidance/ph7>

Alcohol use disorders: prevention

<https://www.nice.org.uk/search?q=alcohol-use+disorders%3Aprevention>

Alcohol:preventing harmful use in the community

<https://www.nice.org.uk/Search?q=alcohol%3Apreventing+harmful+use+in+the+community>

Appendix A

References

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PH 28 Looked-after children and young people

<https://www.nice.org.uk/guidance/ph28>

PH 7 Alcohol:school based interventions

<https://www.nice.org.uk/guidance/ph7>

Alcohol use disorders: prevention

<https://www.nice.org.uk/search?q=alcohol-use+disorders%3Aprevention>

Alcohol:preventing harmful use in the community

<https://www.nice.org.uk/Search?q=alcohol%3Apreventing+harmful+use+in+the+community>