

Warrington Borough Council Warrington Youth Service

Early Help Division

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Who Uses Drugs?



Defining Drug Use

Drug use falls into 3 broad categories:

- Experimental
- Recreational
- Dependant

What does this mean...

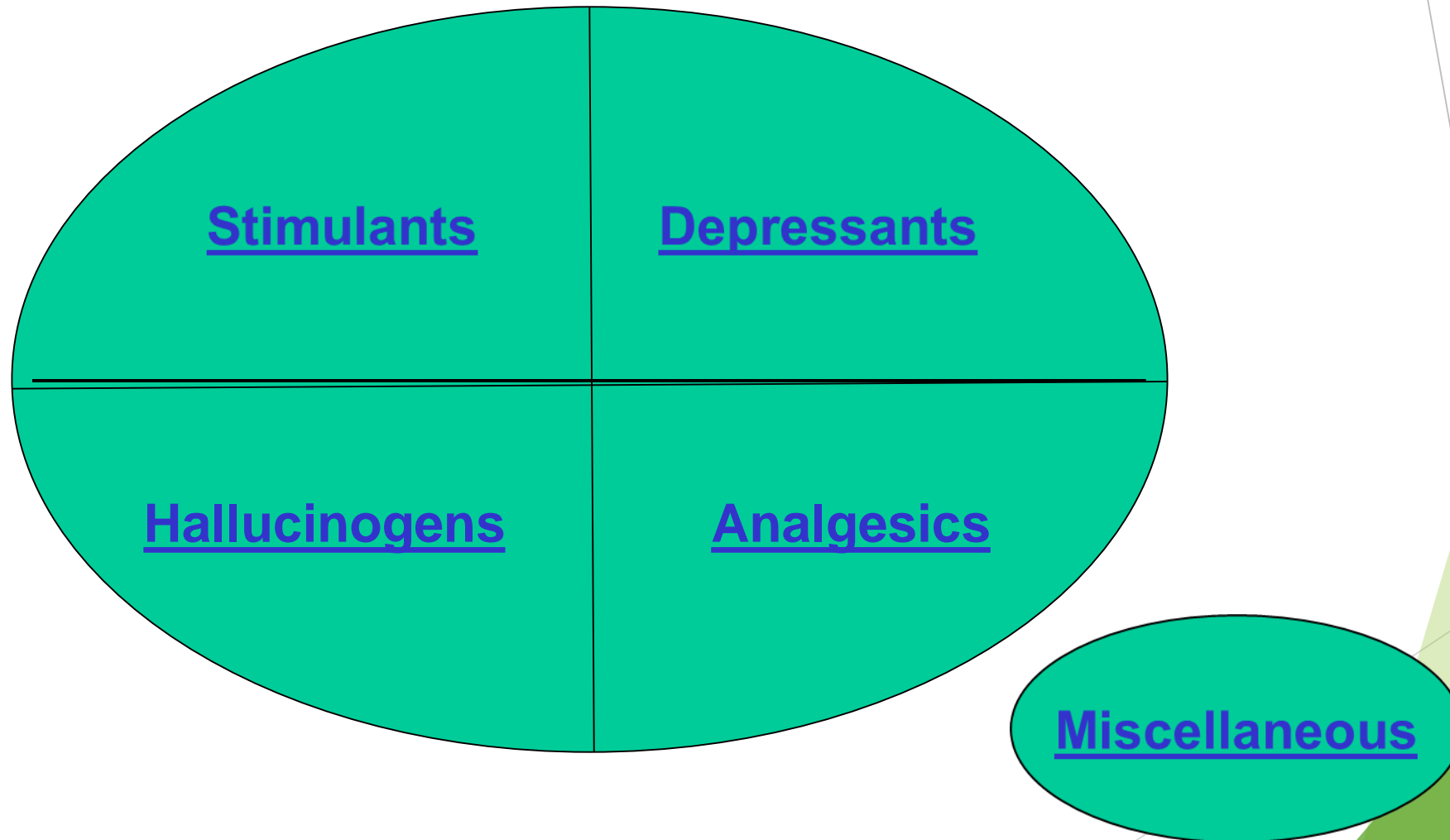
Risk associated with the stages of use

- ▶ There are many drivers behind young people's choices to take drugs
- ▶ At each stage there risk increasing as young people transition through stages
- ▶ We work on a primary / secondary intervention model
- ▶ There is more research based evidence on the longer term effects of substance misuse on young people

DRUG CATEGORIES



DRUG CATEGORIES



STIMULANTS

- Stimulants are drugs that cause the body to speed up, increasing breathing and heart rate, as well as blood pressure.
- Tend to have psychological effects of making people feel more confident and able to deal with stress.
- Physically they enable people to access their stored energy reserves and undergo prolonged physical activity without feeling the effects until the drug begins to wear off.

Associated Problems

▶ Stimulants

- Heart Seizures
- Psychological dependence
- Fatigue
- Depression
- Mental health issues

Signs

Dilated pupils
Restlessness
Hyperactivity
Loss of appetite
Weight loss
Sweating

STIMULANTS

COCAINE	AMPHETAMINES	MDMA
CAFFEINE	CRACK	NICOTINE

DEPRESSANTS

- Depressants are drugs that act on the central nervous system to depress neural activity, slowing the body down.
- In smaller quantities, their effect is usually psychological i.e. lowering inhibitions.
- In larger doses, depressants are likely to have a pronounced physical effect causing loss of co-ordination, depressing breathing and in some cases causing death.

Associated Problems

Depressants

- Physical addiction
- Danger of overdose
- Neo-natal abnormalities
- Lower of inhibitions
- Risk taking behaviour
- Method of use

Signs

Dilated Pupils
Disorientation
Sluggishness
Slurred speech
Confusion
Slow pulse/breathing

DEPRESSANTS

ALCOHOL	TRANQUILLISERS	ROHYPNOL
Solvents (Gas/Glue/ Aerosols)	CANNABIS	XANAX

ANALGESICS

- These drugs have a pain killing effect
- They vary vastly in potency and strength
- They can be effective for different types of pain
- They can be naturally produced or synthetic

Associated Problems

Analgesics

- Physical addiction
- Psychological addiction
- Tolerance/Withdrawal
- Danger of overdose
- Method of use

Signs

Slurred speech
Poor concentration
Confusion
Drowsiness
Memory problems

Analgesics

HEROIN	OPIUM	KETAMINE
ASPRIN/ CODINE	METHADONE	NITROUS OXIDE (MILD)

HALLUCINOGENICS

- Hallucinogens are drugs whose effects are almost exclusively psychological, having little if any physical effect
- Often causing profound effects on perceptions of the outside world
- Many hallucinogens are found in nature, particularly in the form of fungi

Associated Problems

Hallucinogens

- Short-lived psychotic episodes
- Concentration/driving impairment
- Paranoia
- Anxiety
- Environmental Dangers (Train lines, roads, cars, buses)

SIGNS

- Euphoria
- Enlarged Pupils
- Paranoia
- Panic/Fear
- Insomnia
- Nausea / Vomiting
- Extreme hunger / Loss of appetite

HALLUCINOGENS

LSD	MAGIC MUSHROOM	KETAMINE
MDMA	CANNABIS	

Current situation locally

- Current trends in the South Area
- Greater exposure regarding access to drugs and drug use
- Influences of social media / Darkweb (purchasing)
- Increase and reporting in use of; MDMA / LSD / Cannabis / Nitrous oxide / Xanax
- There are reports of an increase in Aerosol use

Self / Set / Substance

The actual effect of a drug on an individual involves a complex relationship between **AT LEAST** 3 factors:

- Mind-set, mood and the expectations of the person the user
- Environment or setting in which the drug is used
- Type and amount of drug taken

Brief Intervention

What is it?

- A short, purposeful, non-confrontational, personalised conversation with a individual about an issue related to alcohol, and drug use.
- Brief interventions generally last 5-20 minutes
- The purpose is to assist the individual to make a connection between their behaviour and any associated risks or harms.

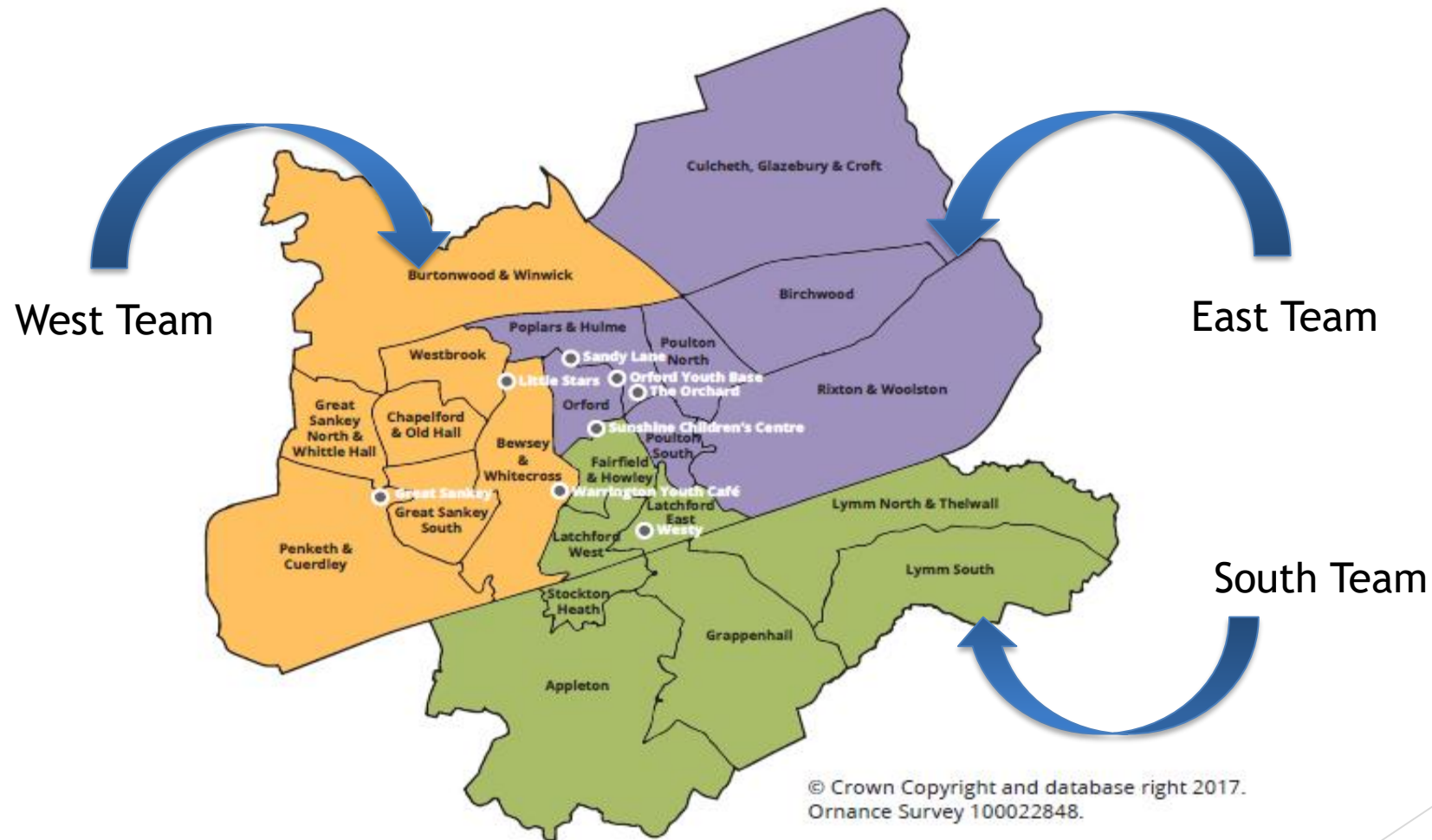
When carrying out a brief intervention.....

- Its okay not to know everything about drugs, prepare when possible using good quality information e.g. FRANK/Drugwise and if you do come across something in your discussion you don't know, admit it, say you will find out.
- Young people might know more than you about the drugs but that doesn't mean they understand or have thought about the risks and harms, that for you to support them to explore.
- You can support young people to stop taking drugs but by giving them support, you are helping them to gain the skills, knowledge and confidence to make informed decisions.
- That young people understand that asking for help is part of life, we all do it, that's why we have support services.
- If you feel unsure about anything then contact us and well do our best to help.

What advice can you give if it all goes wrong

- ▶ In case of an emergency call 999 immediately, this could save a life.
- ▶ Stick with your friends and look after each other.
- ▶ If you or a friend has had enough call it a night. Get home safe.
- ▶ If you or a friend get into difficulty call for help and or an ambulance. Tell the ambulance crew / paramedic everything you have taken; this could save a life.
- ▶ Supporting young people to understand how to act in a situation could equip them with the confidence to deal with difficulties without panicking.

The Youth Service is made up of 3 teams



Our Core Offer

Schools Work – Level 2

- The Youth Service is commissioned to deliver Risky Behaviour Programme to High Schools across Warrington.
- The Youth Service delivers a programme of workshops to young people in Year 7 and Year 10 of High School.
- The workshops focus on addressing 'risky behaviours' such as substance misuse, smoking, drugs and alcohol
- All Youth workers are trained to deliver sexual health interventions.

Open Access – Level 2

- Drop In Sessions within our targeted locality areas
- Young people can make friends and discuss issues that are important to themselves.
- The aims of the sessions are to develop a young person's confidence, self-esteem, communication and social skills.

Targeted Group Work (Referral Only)

Level 2 / Level 3

- Dependent on need, a young person can be referred into a targeted group session.
- The aim is to bring like-minded young people together to build their resilience and confidence and talk about issues that are important to them.

One-to-one casework

Level 2 / Level 3

- Qualified Youth Workers will work with a young person to assess their needs and to develop an action plan for support.
- Youth workers can support with low level (level2) emotional and mental health needs and signpost to specialist services when required.
- Youth work staff can also support young people with substance misuse issues (Level 3) as part of the commissioned service.

Young Persons Drug and Alcohol Service

- Warrington Young Persons Drug and Alcohol Service is commissioned by Public Health and delivered by Warrington Youth Service.
- The Young Persons drug and alcohol service offers specialist support to young people age 13-19yrs with problematic drug and alcohol misuse.

‘ a more targeted approach is needed for those most at risk of misusing drugs and to tackle threats of new types of drug misuse’

Home Office 2017 Drug Strategy

- Qualified Professional Youth Workers are trained to deliver person centred treatment. These evidence based approaches respond to the frequent changes in young people’s drug and alcohol use. Youth workers use bespoke 1-1 interventions to strengthen young people’s resilience to substance misuse.
- Youth workers deliver psycho -social interventions to develop positive relationships with young people to explore substance misuse and focus on recovery.

Warrington Youth Persons Drug and Alcohol Team

How do we delivery Level 3 Drug and Alcohol Support to young people?

DANOS
Standards
Framework

Psycho -
social
interventio
n

Focus on
Recovery

Time bound

Bespoke
Care
Plans

Safeguard

Young persons Drug and Alcohol Support Screening Tool

Young Person's Drug and Alcohol Support Screening Tool

This screening tool should be completed with the young person to determine the risk and protective factors that will form an assessment.

About you

	Yes	No
In the past 3 months have you got so drunk or under the influence of drugs/substances that you don't know what you are doing?		
Do others worry about your substance use?		
Have you in the last 3 months had unprotected sex whilst drunk or under the influence of drugs/substances?		
Do you drink heavily more than once in the week?		
Does your behaviour whilst being drunk or under the influence of drugs and substances cause you any problems?		

If you have answered **NO** to all of these questions then you do not need to continue with this screen.

If you have answered **YES** to any questions then please continue.

Substance/Drug means any drug not prescribed to you by a doctor including:

- Alcohol
- Crack
- Solvents (gas/glue)
- NPS (spice/K2)
- Cannabis
- LSD
- Heroin
- Nitrous oxide
- Cocaine
- Amphetamines
- Poppers
- Tranquillisers/anti-depressants
- Ecstasy
- Ketamine
- Prescribed drugs

- **'Regularly'** means 3 or more days a week
- **'Occasionally'** means a few times a month
- **'Rarely'** means less than once a month

Question	Regularly	Occasionally	Rarely	Never
1. How often do you use any drugs/substances or alcohol?	4	3	1	0
2. How often do you use drugs/substances or alcohol because you are unhappy?	6	4	2	0
3. How often does using drugs/substances affect your relationships and friendships?	4	2	1	0
4. Do you spend more on drugs/substances or alcohol than you can afford?	3	2	1	0
5. Do you use heroin, crack cocaine or solvents?	30	30	30	0
6. Do you inject any substance?	30	30	30	0
7. Do you use cocaine /ketamine / MDMA?	20	16	10	0
8. Do you use NPS?	20	16	10	0
9. Do you use more than one drug/substance or alcohol?	10	6	4	0
10. Do you use drugs/substances or alcohol when you are alone?	6	4	2	0
11. Does using drugs/substances or alcohol affect your ability to cope with school /work or everyday life?	3	2	1	0

Continued overleaf

Multi - Agency Request for Services Form

PLEASE NOTE THIS FORM CAN ONLY BE OPENED USING INTERNET EXPLORER AND NOT GOOGLE CHROME



The Integrated Front Door

- The Integrated Front Door provides practitioners and members of the public with advice, information and support about the services available for children, young people and families who may be vulnerable and/or at risk.
- The Integrated Front Door aims to help practitioners to deliver the right help to the right children, young people and families at the right time, as well as supporting practitioners to work in an integrated way with children, young people and their families.

When to use this form

If you believe there is an immediate risk of harm, please contact the **Police** on **999** before alerting the MASH Team.

If your request is urgent and outside of normal working hours (09:00 to 17:00), please contact the **Emergency Duty Team** on **01925 444400**.

If you want to know more information about services, organisations, events and activities for children, young people and families, please visit the Families Information Service Directory at www.warringtonchildren.org

When completing this form, please provide as much information as possible to enable us to deal with your request quickly. The following section **MUST** be completed.

In relation to Warrington's Levels of Need Framework, is your concern (**please tick one box only**):

Early Help – Level 2 additional needs of Warrington's Levels of Need Framework – **consent needed**

Early Help – Level 3 complex needs of Warrington's Levels of Need Framework – **consent needed**

Referral

- ▶ Speak to a Youth Worker
- ▶ 01925 443131
- ▶ External Partners / Agencies = MARS
- ▶ Internal within Social Care = Request for Early Help Form
- ▶ Self refer via Orford Youth Base
- ▶ earlyhelpfrontdoor@warrington.gov.uk

HELP LINES / INFORMATION

- A list of organisations and contact details are available on a handout at the front of the hall.

Thank you

ANY QUESTIONS