



Wellbeing Student Resource

Substance Use/Misuse

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November 2019

Substance Use/Misuse

Overview

Substance use/misuse can have an impact on young people's lives - for some it is experimental and short term use, while for others it is more long term and can cause some problems for them.

Firstly, it's important to recognise that as young people grow and develop through their teenage years, experimentation around substances can be involved, and will not always develop on to further issues. For education providers it's vital to keep an eye on the impact that substance use is having and provide education and support if issues arise. This might involve external support if they feel that a young person is going beyond experimentation and putting themselves or others at risk.

A young person doesn't need to be addicted to alcohol or drugs to have a harmful relationship with them. Alcohol and drug use can be thought of as a spectrum, ranging from use that is occasional and low risk (in the case of alcohol for example) to use that is out of control and which can have serious effects on someone's physical and mental health.

People often think they should only get help for their drug or alcohol use if it's affecting their day-to-day life. In fact, many people use alcohol or drugs in a 'high functioning' way and are able to continue with their normal routine, such as going to school, work or college. If not recognised harmful substance use could have a big impact on a young person's life and future.

An open and non-judgemental forum for discussion around issues such as substance use is vital in education. This gives room for young people to talk through any questions/concerns or issues they may have - as many questions about drugs and alcohol either get

answered incorrectly by peers or not answered at all.

It is important that all members of a school community (staff, volunteers, parents / carers and pupils / students) have a good understanding of drugs and alcohol and the impact they can have on young people and their families, relationships and their future.

Other people's substance misuse can also have an impact on young people, and Sheffield has a strategy to ensure these young people are supported. It's always important to consider how someone else's substance use can affect a young person as it can have far reaching effects if left unrecognised.

Good Practice

Think about how you can incorporate Drugs and Alcohol information and education in:

- curricular or non-curricular activity.
- your code of conduct and school policies.
- PHSE provision.
- sex and relationship education or your equivalent.

Local Resources

The Safeguarding Children Board's procedures that apply to all organisations working with Children and Young People in Sheffield can be found here:

<http://www.safeguardingsheffieldchildren.org/sscb>

- These include sections on children and young people using substances or living with substance use.

Training for professionals around substance use is available free of charge from The Corner, this includes basic drug awareness and Novel Psychoactive Substance information. Please visit www.thecornersheffield.com for more details.

Bite size and full length training from Sheffield Children's Safeguarding Board is available also:

- Please see the SCSB Website for more details: Specific policies for Schools and colleges can be provided from the local young people's substance misuse service, The Corner:
- This includes a drugs policy for school s - including New Psychoactive Substances (NPS)

A screening toolkit has been created in Sheffield to support workers to assess a young person's substance use and decide the most appropriate support required:

- The Screening Toolkit is available through The Corner – please contact the service for more details.

Good Practice Resources

NICE Guidance Substance misuse interventions for vulnerable under 25s (NICE 2007):

<https://www.nice.org.uk/guidance/ph4/chapter/1-recommendations>

NICE Interventions to reduce substance misuse among vulnerable young people evidence update April 2014 (NICE 2014):

<https://arms.evidence.nhs.uk/resources/hub/1034184/attachment>

Resources for Young People

<http://www.talktofrank.com/>

<http://knowthescore.info/>

<http://www.crew2000.org.uk/>

<https://www.lookoutzone.co.uk/default.aspx>

<http://www.drugsand.me/>

Educational Toolkits

<http://mentor-adepis.org/preventing-cyp-mental-health-problems/>

<http://www.starsnationalinitiative.org.uk/content/activities-and-resources>

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Local Offers and Providers

Provider	What they offer	Cost	Contact details
The Corner	<p>Sheffield has a specific substance misuse service for Young people called The Corner (cgl), they provide a wide range of support for young people and professionals:</p> <p>The Corner is a free and confidential drug and alcohol service for young people aged 10-18 in Sheffield. They offer advice and support to young people in the Sheffield area who are experiencing problems with drugs and alcohol.</p> <p>One-to-one work for young people who want support around their substance use</p> <p>Targeted Group Work for vulnerable young people in SheffieldBespoke drugs and alcohol training for professionals working with young people in Sheffield.</p> <p>Telephone advice and consultation for young people and professionals.</p> <p>We offer specific telephone advice, 1-2-1 support and group work for concerned parents and carers.</p> <p>Group work sessions which are age appropriate and individual one-to-one work, both of which include creative activities, education, problem solving and confidence building.</p>	Free	<p>0114 275 2051</p> <p>thecorner.sheffield@cgl.org.uk</p> <p>www.thecorner sheffield.co.uk</p> <p>www.thecorner sheffield.com</p>
Kooth	Online counselling support for 11-18 year olds in Sheffield.	Free	Register online: www.kooth.com
Door 43 (Youth Information Advice and Counselling Service)	Direct access to a range of emotional wellbeing and practical support for young people age 13-25 with a counselling offer and wellbeing café with activities and support open 5-7pm on Tuesdays	Free	<p>(0114) 201 2774</p> <p>Door43@sheffieldfutures.org.uk</p> <p>43 Division Street open Monday – Friday 9am - 5pm and Saturday 9.30am - 12.30pm</p>