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changing futures

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**SERVICE INFORMATION  
FOR PROFESSIONALS**

ID122.2

## Young People's Team



**01604 633 848**

**[YPNorthamptonshire@aquarius.org.uk](mailto:YPNorthamptonshire@aquarius.org.uk)**

## CAN YP Team – Brief introduction

CAN YP Team is the specialist substance misuse service for young people in Northamptonshire.

We are funded by Northants Drug and Alcohol Action Team (DAAT)

This document has been designed to assist CAN staff and other professionals to develop good working relationships in the interest of young people. It sets out the services offered by CAN Young People's Team and provides a framework within which services can operate effectively. It offers information relating to substance misuse to enable professional working with young people feel more confident in engaging them with this issue. The document also includes advice on making referrals to CAN and what you should expect from that process.

### Northampton-based, operating countywide

**We have an Admin base at:  
81 St Giles Street, Northampton NN1 1JF**

We are able to see young people at this office if necessary but will always endeavor to find venues close to the young person. We usually see young people in schools, youth counseling offices as well as on occasions in their own homes. We offer a county wide service.

Please call our team of professionals who will be happy to help with your enquiries.

All permanent staff have undergone enhanced DBS checks.

### Other Services you may find useful:

FRANK:	<a href="http://www.talktofrank.com">www.talktofrank.com</a>	helpline: 0800 776600
SERVICE SIX:	<a href="http://www.servicesix.co.uk">www.servicesix.co.uk</a>	helpline: 03332 400716
KYI (Kettering Youth Information)		01536 510089
The LOWDOWN	01604 634386	helpline: 01604 622223
TIME2TALK:	01327 706706	text line: 07765210869

## CAN Young Peoples Team – Service

CAN Young Peoples Team is a free, confidential drug and alcohol service for young people under the age of 18 and their families/carers in Northamptonshire. CAN YP Team aim to provide information, education, advice and treatment to young people in relation to drug and alcohol misuse.

### Who can access can YP team?

- A young person who is using but would like to reduce the harm caused
- A young person who would like to reduce their drug use or stop
- A young person who needs an opiate substitute prescription (methadone, subutex)
- A young person who needs support into inpatient detox for alcohol dependency

### What do we offer?

- **1:1 Confidential and voluntary service to young people. Information, education and harm reduction advice around drug and alcohol use. Structured 1:1 care planned treatment/ interventions.**
- **Family work.** With the young persons permission we can deliver brief family interventions or more structured family work.
- **Complex Needs.** WE have a worker who sits within RMC and liaises with CAMH regarding young people misusing substances and who have mental health issues.
- **A&E clinic.** We offer an outpatient clinic to all young people who attend A&E with a drug or alcohol related injury or illness. Referrals are made by A&E staff to the clinic.
- **Relapse work and Aftercare.** We will support young people leaving Youth Offending Institutes to prevent relapse.
- **Group information, education and harm reduction sessions for targeted groups.** Provided on request at various outreach venues throughout Northamptonshire including; Schools; Pupil Referral Units; Complimentary Education Centre's; Hostels; Children's Homes.
- **Exploitation prevention and awareness work.** Awareness raising sessions on exploitation for vulnerable groups and one to one work with young people at risk of or being exploited in the sex industry. Our worker works as part of **RISE**. The new multi agency service for young people at risk of or being exploited into the sex industry. We also have a parent support worker who works with the parents of young people who have been referred to RISE.
- **Joint work with Youth Offending Service** and the Police. YOS have dedicated Drug and Alcohol workers who have clinical supervision through CAN.
- **Advice for professionals** concerned about a young person and appropriateness of referral.
- **Professional training sessions** are available on a quarterly basis and are free for any professional working with young people in this county. Please contact us for more information.

## CAN YP Team

CAN YP Team are a specialist service that is offered countywide, however, to link in with Area Based Working practice we have a dedicated worker for each area. As we are such a small team, there will be times when workers will cover other areas. We will be unable to attend ALL of the Early Help Forums but will do so when necessary.

NAME	JOB TITLE	AREA WORKING	CONTACT NUMBERS	
Ali Mills	Service manager	Countywide	01604 633848	07790 838713
Abbie Conway	Exploitation Prevention Worker	Countywide	01604 633848	07540 124254
Debra Greenham	Exploitation Parent Support Worker	Countywide	01604 633848	07946 541354
Laurence Scott	Senior Practitioner	Kettering, Corby	01604 633848	07876 441714
Andy Ijewsky	Drug and Alcohol Worker	Daventry, South Northants	01604 633848	07958 754676
Laura Wood	Drugs and Alcohol Worker	Northampton, Daventry	01604 633848	07939057536
Claire Iweka	Drug and Alcohol Worker	Wellingborough, East Northants	01604 633848	07702 712610
Anthea Spence	Drug and Alcohol Worker	Wellingborough, East Northants	01604 633848	07968 405768
Mica Falkner	Drugs and Alcohol Worker	Northampton, Wellingborough	01604 633848	07958 617584
Zoë Church	Drug and Alcohol Worker	Northampton	01604 633848	07540 124256
	Youth Participation Worker	Countywide	01604 633848	

Should you have any queries, please do not hesitate to contact us on a generic email for CAN YP Team presented below or by phone. Please leave your contact details and we will get back to you as soon as possible. We are always happy to help and support you.

CAN YP Team email:

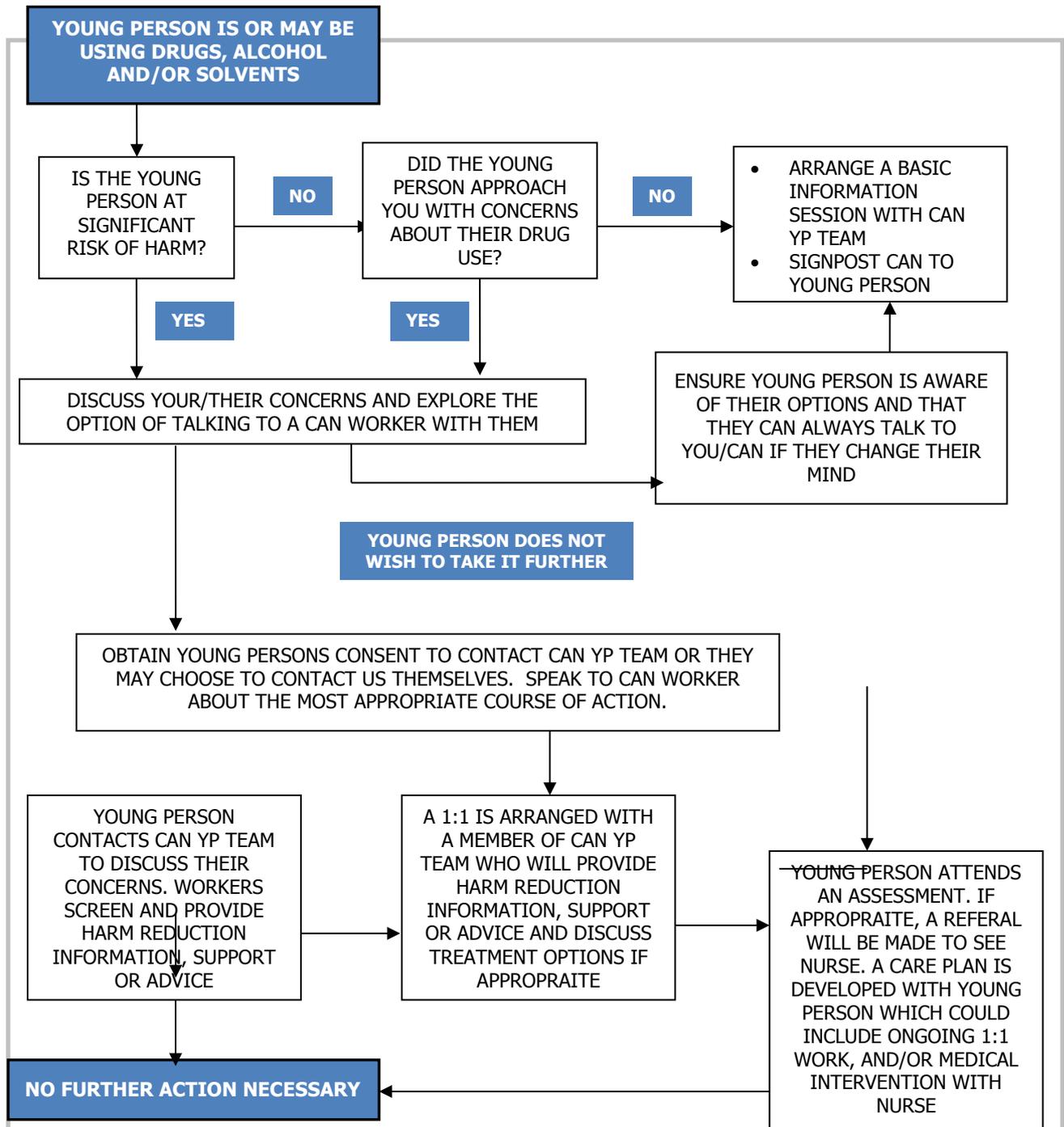
[YPNorthamptonshire@aquarius.org.uk](mailto:YPNorthamptonshire@aquarius.org.uk)

Tel: **01604 633848**

## Referral Route

CAN YP TEAM staff will be happy to explain and talk you through the referral process and offer advice if needed.

Before referring a young person it is **imperative that their consent is obtained**. Please be mindful of confidentiality. CAN is a confidential service, however, if the young person consents, information may be shared with their keyworker or other professionals.



**Need a referral form? Please send e-mail to: [YPNorthamptonshire@aquarius.org.uk](mailto:YPNorthamptonshire@aquarius.org.uk) to request one.**

**Please send referrals securely via Egress or use [can.yp.northampton@fellowship.cjsm.net](mailto:can.yp.northampton@fellowship.cjsm.net)**

# SUBSTANCE MISUSE in adolescence questionnaire

(SMAQ; SWADI, 1997)

If you are unsure about whether a young person you know needs help with their substance misuse or they are telling you everything is ok you can use this questionnaire with the young person and it may help highlight if there are any concerns.

Answers with a "yes" score 1, and answers with a "No" score 0. A total score of 5 or more is a strong indication a further detailed assessment may be needed.

1. Are the effects of the drug more important to you than the thrill or adventure of using?
2. Do you have a favourite drug?
3. Do you ever use alone?
4. Do you use to suppress feeling sad, bored, lonely, confused or anxious?
5. Are you thinking a lot about drugs and drug use?
6. Do you plan your day to make sure you can use?
7. Do you need to use more to get high now than before?
8. Do you feel depressed, irritable or anxious if you do not use?
9. Do you crave for or "miss" your favourite drug?

# CANNABIS – INFORMATION FOR PROFESSIONALS

CAN YP TEAM have found that over the last few years more young people are accessing the service having experienced problems with their Cannabis use. However, there is still much confusion as to how problematic it can be, when to refer and who can offer support to anyone wishing to address this issue.

## What is a “problem”?

A lot of people think that because Cannabis is not physically addictive you cannot develop a problem with it. However, having a problem is not just about a physical addiction. It's about both physical and mental health, lifestyle and motivation, relationships, money, living situation, whether a young person is able to go to school or work. Cannabis is also psychologically addictive. People trying to give up find that their dependence on it to have fun, relax and socialise leads to cravings when they are not using. Also, Cannabis is still illegal so young people face the risk of a criminal record if they get caught.

## Why should young people access a drug service?

A majority of CAN YP TEAM service users solely smoke Cannabis. They may be suffering from mood swings and find that they are having more arguments at home and in extreme circumstances are at risk of becoming homeless. Some may be finding it hard to concentrate and keep up with their schoolwork. Young people who are regularly getting stoned and turning up under the influence run the risk of temporary and permanent exclusions. Friendship groups may have changed where a young person no longer hangs around with the same peers and chooses instead to hang around with other users. They may have become involved in petty crime. Living in hostels, our young people may have found that their Cannabis use has escalated and their tenancy is at risk. All of the above mean that a young person's drug use is no longer a personal issue but that which involves family, friends, schools, employers, housing and the police.

## What does CAN YP TEAM do?

Telling a young person that they may develop mental health problems or become a dependent drug user in the future doesn't do enough to inform them of the immediate risks. It is often quite hard for young people to imagine themselves in these situations when they may know people who have smoked for years without it becoming too much of an issue. Instead CAN YP TEAM aims to look at their quality of life; what they are currently gaining from their drug use - feeling relaxed, something to do, not getting angry - and therefore try and look at what could be changed in their lives to make it less stressful.

When setting goals we aim to be realistic. Some young people may only want to cut down but in doing so they are introduced to a service which focuses on their needs. Drug diaries and relapse prevention plans mean that they have a greater chance of achieving their goals. Once these goals are achieved they may feel more confident about stopping altogether.

## When Can You Refer?

If you suspect that a young person is smoking Cannabis talk to them about a possible referral. CAN YP TEAM can meet with them informally to provide an introduction to the service. Once you have spoken to the young person you can call CAN YP TEAM or email/fax the enclosed referral form (details provided on page 1).

## Alcohol – Information for Professionals

Alcohol is viewed by many as a more socially acceptable drug, but that's not to say it is any less harmful than other drugs. Alcohol is a depressant, which means it slows down your body's responses in all kinds of ways. Just enough can make you feel good but too much and you'll have a hangover the next day! In addition, research with young people shows that they are less susceptible to the symptoms of a hangover than older people. Alcohol misuse and binge drinking is becoming more common with young people and CAN young peoples team are working with more young people around their alcohol misuse than in previous years.

**Below is a list of risks you can talk to young people about if you are concerned about their drinking. There is also a list of practical tips which may be useful.**

### Risk

- One drink too many can leave you feeling out of control and behaving differently – like slurring your words, losing your balance, being aggressive and vomiting.
- Psychological and physical dependence on alcohol can creep up on you. The more you drink on a regular basis, the more your tolerance gradually increases, so you may find you'll need more alcohol to gain the same effects. In other words, you may seem to be getting better at holding your drink when really it is a sign of a developing problem.
- Serious overindulgence can lead to alcohol poisoning which could put you in a coma or even kill you. Alcohol is toxic to the body; it depresses the brain stem, which is responsible for life processes such as breathing, heartbeat, and the swallowing reflexes.
- Alcohol causes and contributes to all kinds of problems in Britain, such as personal injury, violent crime, domestic violence and road traffic accidents.
- Long-term use of alcohol can lead to illnesses such as liver damage, stomach cancer and heart disease.

### Practical tips

- If you are looking to cut down why not alternate alcoholic drinks with non-alcoholic ones.
- If you're drinking alcohol with high units try swapping it for drinks with less.
- Start an alcohol diary to keep tabs on how much you are drinking.
- Make a list of the things you enjoy doing that doesn't involve alcohol.
- To avoid getting drunk, try to eat before you go out and avoid mixing drinks.
- If you're drinking to deal with problems, talk to someone. Alcohol can mask the problem for a short period but when you sober up the problem is still there and may seem a great deal worse.
- Although it is important not to leave your drinks unattended or accept drinks from strangers as they may be spiked, it is also very important not to get too drunk as you can become an easy target for sexual or physical assaults or a target for robbery. If you are drunk, make sure you stay with friends and try not to walk home alone.
- If you want to cut down but still want to hang out with your friends who drink, arrange to meet them later than usual, delaying your 1<sup>st</sup> drink but also make arrangements to leave earlier than usual - if possible before you have had too much.

### When can you refer?

If you suspect that a young person has a problem with alcohol talk to them about a possible referral. CAN YP TEAM can meet with them informally to provide an introduction to the service. Once you have spoken to the young person you can call CAN YP TEAM and request a referral form.

# MEPHEDRONE FACT SHEET

## Where does mephedrone come from?

Mephedrone belongs to a group of drugs known as cathinones which are stimulants similar to amphetamine compounds, but they can also have ecstasy-like effects. Cathinone itself is a naturally occurring stimulant found in the khat plant. Cathinone derivatives are currently being sold online and in headshops (a shop specialising in drug paraphernalia) as 'legal highs'. One of these is mephedrone. **All cathinone based drugs are now illegal to possess and are classified as a class B drug.**

## What is mephedrone?

Mephedrone is a stimulant drug with effects similar to amphetamines (speed) and to ecstasy (MDMA) producing euphoria, alertness, talkativeness and feelings of empathy. It can also cause anxiety and paranoid states and risk over-stimulating the heart. It can also over-stimulate the nervous system which can lead to fits. Severe nosebleeds have been reported after snorting. It has also been linked to a small number of deaths. A white or off-white powder, usually sold on the internet as a legal high and described as a plant food or a research chemical not for human consumption.

Reports say that it can be compulsive to use and can create a state of psychological dependence. Some people report an unpleasant come-down after using.

## How is mephedrone consumed?

Mephedrone is usually snorted, but can be swallowed and may be used by other routes.

## Key facts

- Most of the substances categorised as 'legal highs' are considered illegal to sell, supply or advertise for human consumption under medicines legislation because of their effects on the body.
- Just because they are legal to possess, doesn't mean they are safe to consume.
- Legal highs can contain a range of potentially dangerous chemicals and the actual chemical make up of the product can always change. This means there is no certainty over what has been brought or what the effects will be on the body.
- In many cases, the chemicals in legal highs have not been used as drugs before. As a result, there is no data available on their impact on the body.

## Risks

- Anxiety and paranoid states
- Over-stimulation of the heart
- Over-stimulation of the nervous system that can cause fits
- Severe nosebleeds
- Reduced inhibitions or agitation
- Seizures (fit)
- Death
- The risk is increased if combined with alcohol or other drugs.

## Harm Reduction Advice

It is difficult to give HR advice as both the long term effects and excessive use harms are still relatively unknown. The following advice may reduce some of the harms associated with this drug.

- Swallow the drug rather than snort.
- Try not to take more than 1 gram at any one time
- Try not to use more than once per week.
- Do not mix with other drugs including alcohol.
- Do not take other drugs to help with effects of comedown.
- If you feel unwell – go to A&E or seek medical help

## N-Gage Youth Steering Group

N-Gage is a group of like-minded young people who meet fortnightly on Monday evenings. The group is made up of clients, ex-clients and external young people. N-Gage has five core purposes:

- **Creating a youth-orientated service.** We rely on N-Gage to help us create and feedback on marketing, media and most importantly the services we offer young people. A key part of this process is involving young people in the recruitment, interviewing and selection of new members of staff.
- **Training.** We offer training in a variety of areas which are useful to young people (for example, money management).
- **Peer mentoring.** We train young people to be peer mentors to clients, usually supporting them through the period of time after their formal drug or alcohol work has come to an end.
- **You Can.** You Can is a pot of money which is used to enhance the opportunities of clients – for example to pay for music lessons. N-Gage considers all applications to You Can and commission the money accordingly.
- **Peer education.** N-Gage develops education projects that are important and relevant to young people and actively work to campaign and educate their peers in the local community.

For more information, please contact Catherine Clarke (Youth Participation Worker) on **07939 057536**