

Norwich Prison Young Offenders Institute (YOI) has two YOI CARAT team workers, Fran Keen, YOI team leader and Liz Coleman, YOI project worker.

Both women have been in post since October 2003 and have helped the YOI CARAT service to gain recognition. They have successfully increased their workload and set up new substance and alcohol awareness relapse prevention and harm reduction groups.



Although still developing, the team has been running separately from the Adult CARAT Team since the beginning of November 2004. The YOI CARAT service will mirror the adult version but will be structured to have more relevance and be more accessible to the age group concerned.

The YOI team have very good relationships with both staff and clients and have gained welcome support from other agencies within the YOI. By working solely on the YOI site and being based in the building, the service is expected to increase and develop in accordance with their clients' needs. Working with young offenders is a challenge but ultimately the aim is to raise awareness of the help, support and advice that the CARAT service can provide. It equips young offenders with information and knowledge about the potential risks of substance misuse to themselves and others and can motivate them to help themselves whilst in prison and on release.

Fran and Liz have gained a lot of positive feedback about the help they have given to their clients and have even had some success stories with young men managing to turn their lives around on release. With the team now increasing in manpower, resources, time and stature, hopefully they will also be able to help more individuals.

## NEW at Norfolk DAAT



Nigel Munro, Service User Involvement Co-ordinator

Nigel has been in post for 2 months and has been meeting people working in different services and explaining his new role of implementing the User Involvement Strategy within the contracts of the treatment services across the Norfolk region. Over the next few months Nigel will be setting up user groups where they don't exist at present and eventually would like to see groups feeding back to a central forum where they can network and support each other. If you wish to find out more please contact Nigel on 01603-677577 ex.301, Mobile: 07796194169 or email [Nigel.munro@norfolk.gov.uk](mailto:Nigel.munro@norfolk.gov.uk)



Jen Meade, Drug Interventions Programme Manager

Jen joined Norfolk DAAT at the end of September. Her background is in the Probation Service where her most recent role was as Manager of the Substance Misuse Team in Nottinghamshire. Jen will be managing the Drug Interventions Programme (DIP), previously known as CJIP, which is expected to go live in Norfolk in the New Year. The programme encourages drug-misusing offenders to enter and remain in treatment and will knit together a number of existing services to provide a seamless, coordinated service for offenders. Jen will manage a small team of staff based in Dereham, who will have a case coordinating and tracking role. They will also act as a single point of contact for professionals. For more information contact Jen at the DAAT on 01603 677571.

### New Substance Misuse Youth Workers at T2

T2 has recruited four new Substance Misuse Youth Workers. Three joined in September, Gaynor Betts works in Broadland and is based at the NYCS Sprowston Resource Base; Brian Morton covers Great Yarmouth and is based at the NYCS Havenbridge House Base and Aiden Bond who is joining Clare Gibbons, covering the South Norfolk area and is based at the Matthew Project. The fourth, Lynsey Edgeller, joined in November and is working alongside Liz Riseborough in the King's Lynn area and is based at the NYCS King's Lynn Resource Base. Derek Hewis, T2 Manager said "Each of them came to T2 with a wealth of experience and various qualifications and we welcome them to the busy and dedicated T2 team."

# DAAT news

News from the Norfolk Drug & Alcohol Action Team Winter 2004/05 Issue 6

## Norfolk DAAT to host 2nd Young People's Substance Misuse Conference

Norfolk DAAT is hosting the second Norfolk Young People's Substance Misuse Conference on the 31<sup>st</sup> January 2005 at the UEA Sportspark. The main themes will be:

- The needs of children whose parents misuse drugs and/or alcohol
- The outcomes of the recently completed Norfolk Young People's Substance Misuse Needs Assessment
- Links between drug and alcohol use and sexual health.



last year's conference

The day will be made up of presentations by speakers plus workshops and the opportunity to network. For more details and information please contact Anne-Louise Schofield on (01603) 677563 or Svetlana Hannah on (01603) 577573.

### In this Issue:

- ▶ Think Safe Drink Safe
- ▶ Matthew Project Youth Team
- ▶ Young People's Substance Misuse Needs Assessment
- ▶ Drug Education in Norfolk Schools
- ▶ YOI CARAT Team
- ▶ New Posts at Norfolk DAAT & T2

Many parents are concerned about their children becoming involved in drugs and alcohol and feel that they don't know enough to be able to offer advice and guidance.

Norfolk DAAT has produced a leaflet for parents and carers, it gives a basic guide to drugs and alcohol and guidance about discussing these issues with young people.

To order contact the Health Information Leaflet Service on 01603 307208 or download a copy from the DAAT website: [www.nordat.org.uk](http://www.nordat.org.uk)

## Tier 1 Strategy Document – questionnaire

*One year on we want to know what you think!*

A year has passed since we produced and distributed the tier 1 strategy document 'Young People Drugs and Alcohol: What should I do?'. The aim of the strategy was to provide professionals working with young people with advice and guidance, on how to identify children and young people who may have a drug and/or alcohol related need and, when necessary, how to refer on appropriately, enabling those young people to receive expert advice, information, counselling or treatment.

Now we want to know how or if the strategy document has achieved its goals and what else the DAAT partnership can do to make sure that the guidance is implemented within agencies which work with children and young people.



To help us find out, we are enclosing a questionnaire with this edition of DAAT News and if you received a copy of the strategy document will you please complete the questionnaire and post it back to Anne-Louise Schofield at Norfolk DAAT by the 7<sup>th</sup> January 2005.

### It's official - The NORDAT website launch

We are officially launching [www.nordat.org.uk](http://www.nordat.org.uk) the Norfolk Drug and Alcohol Action Team Partnership's new website on Tuesday 11<sup>th</sup> January 2005 between 10am and 11.30am, at the Top of the Terrace, Norwich City Football Club, Carrow Road, Norwich.

The website contains information on the work of the DAAT and online details of substance misuse agencies around the county. The website hosts the DANOS (Drug and Alcohol National Occupational Standards) software which has been developed by the DAAT and is there to assist with the ongoing development of the substance misuse workforce across Norfolk.

For more information contact Sophie Smith at Norfolk DAAT.



## THINK SAFE DRINK SAFE

A new campaign to encourage Norfolk's 16 to 21 year olds to stay safe on a night out during the festive season is being launched by Norfolk's Drug and Alcohol Action Team, in association with its partner agencies.

### Your guide to a safe night out

**D**rugs and alcohol don't mix  
**R**emember to look after your mates  
**I**f in doubt ask a police officer  
**N**ever leave your drink unattended  
**K**now your limit - drink slow and steady  
**S**afe sex - carry a condom  
**A**rrange your journey home early on  
**F**lashing money invites thieves  
**E**njoy a safe night out

Produced by the Norfolk Crime and Disorder Reduction Partnership

15,000 "Think Safe – Drink Safe" cards will be distributed in early December, through agencies that work

with young people and on five particular nights in December the card will be given out by Norfolk Police and participating pubs and clubs in Norwich, Great Yarmouth, Kings Lynn, Thetford, Attleborough, Dereham, Fakenham, Cromer and Diss. Daniel Harry, CDRP Liaison Officer at Norfolk DAAT said: "The card is small enough to fit in a wallet or pocket but large enough to list useful contact numbers and to convey simple but important safety messages. If the post campaign evaluation shows the card has been a success, it is likely to be the forerunner of other themed campaigns throughout the year."

If you have ideas for future campaigns, or if you would like to discuss any issues relating to this campaign and the night-time economy in general, then please contact Daniel Harry, the DAAT CDRP Liaison Officer, by e-mail at [daniel.harry@norfolk.gov.uk](mailto:daniel.harry@norfolk.gov.uk).

## Young People's Substance Misuse Needs Assessment

Last Autumn, we commissioned the Research and Service Development Centre (RSDC), to carry out an assessment of young people's substance misuse needs.

Young peer researchers were recruited and trained by the RSDC team to complete a series of focus groups across the county. The researchers were also involved in collating the findings of the focus groups and writing the final report which covered young people's views on issues such as the availability of substances within Norfolk, the possible impacts of substance use, young people's knowledge of existing services and ideal service provision.

The final report has been agreed by the DAAT Young People's Joint Commissioning Group and an executive summary will soon be available on the DAAT website [www.nordat.org.uk](http://www.nordat.org.uk). It will be the role of the Young People's Needs Assessment Steering Group to make recommendations and take forward developments based on the findings of the research.

## Drug education in Norfolk schools

Anna Simms, Barry Gibson and Richard Price play key roles in our local schools, educating and supporting children, teachers and parents about drugs. They offer strategies to help deal with drug use, both as a preventative measure and in circumstances where a problem has been identified.



### Working with the Police

**Richard Price is the Drugs Co-ordinator for Norfolk Constabulary.** He works in conjunction with many agencies, through the Drug and Alcohol Action Team and provides a criminal justice perspective on projects under development. A background in policing means that Richard is able to provide a realistic overview of young people's drug use and the substances available to them at any time. He takes this knowledge into schools and talks to young people about drug issues. Richard said: "I have provided substance awareness training to the community for many years and am currently working with Anna Simms to support parents of children in Primary Schools and with Barry Gibson, the Schools Drug Advisor for the Local Education Authority in our High Schools".

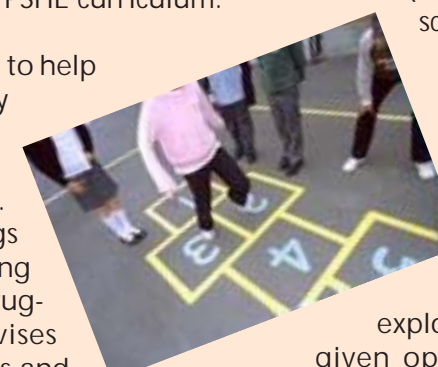
### The role of the School Drugs Adviser (SDA)

**Barry Gibson is a School Drugs Adviser with Norfolk County Council's Education Advisory Services team.** Barry works directly with teaching staff, providing teacher training in basic drugs awareness and planning drug education for children and young people. He also advises and supports schools and pupil referral units on drug policies and teachers who are undertaking the national PSHE certification process.

Barry represents the LEA on DAAT young people's groups and works with agencies like the Police, Norfolk Healthy Schools, NYCS, Connexions, The Matthew Project, T2, the Norfolk Alliance Against Tobacco (NAAT) and others. He also maintains the section of the Norfolk ESINET website which offers guidance, support and information on drug education in schools. A major part of Barry's work revolves around the Department for Education and Science Drugs guidance to schools, which outlines what schools must deliver in educating children and young people about drugs.

The guidance is broken down into key stage groups, ensuring that children receive age appropriate education. Schools are also encouraged to include discretionary topics, covering issues which are most likely to affect behaviour, as part of the PSHE curriculum.

In Norfolk, free teaching resources, to help support the delivery of good quality drug education, have been sent to all primary schools and teaching packs offered to all high schools. Schools should also have a drugs policy, including a section outlining how the school will manage any drug-related incidents and Barry advises schools about writing their policies and makes sure that they access the free training available to help them produce a policy that meets the guidelines.



### Norfolk Healthy Schools

"Norfolk Healthy Schools is a partnership between health and education. Becoming a healthy school is voluntary and schools identify their own targets", writes Anna Sims, Norfolk's primary drugs education worker.

Schools are supported by the Healthy Schools Team which provides training and advice. Healthy schools aim to involve the whole school community and give consistent messages and schools are encouraged to plan sustainable changes. They can choose to work in the following areas • Emotional health and well being • Citizenship • Drug education • Healthy eating • Safety • Sex education • Physical education.

### Supporting schools with drugs education

Teachers are given help to plan drug education in their schools through ideas for activities and lessons and suggesting suitable resources. Schools are encouraged to find out what the children know (or want to know) before they plan their scheme of work.

Drug education is taught within the context of PSHE (personal social and health education) and at primary level children are given opportunities to develop life skills as well as being given appropriate and relevant knowledge. They are also encouraged to express and explore their own attitudes and opinions and given opportunities to think about choices and consequences as well as risk. Role-play and circle time is used to discuss strategies for dealing with difficult situations and children discuss who they can go to for advice and support and how to develop confidence to express their own views.



**The Matthew Project Youth Team has a reputation for being innovative and exciting.** "Last year we came into contact with over 17,000 young people under 21." writes Graeme Stewart, Youth Team Manager. "Our work is supported by a number of organisations. We don't say 'drugs are wrong' but encourage people to think about the risks of using drugs and alcohol and to develop skills for handling risky situations. We give advice in ways young people appreciate and engage with".

**In Schools:** We target all of Norfolk's educational establishments, offering assemblies, lessons and drama workshops. Most of this work is carried out by James & Juliet: their drama based assemblies provoke a great deal of interest from the young people involved. Lessons are based around the National Curriculum and our skilled youth workers make them interactive and enjoyable.

**Outreach:** 'Voicebox', The Matthew Project caravan, tours the county, visiting schools, youth clubs, parks and other informal settings. It is a convenient and safe place for young people to talk openly about the issues they face around drug and alcohol use. Most of our outreach work, undertaken by Bruce, Graeme and Youth Team volunteers, is about harm minimisation, helping young people understand the risks involved with certain behaviours.

**Training:** Last year, we trained workers from YMCA,

NACRO and the Foster Carers Association. We give an overview of drugs and help them identify drugs and associated paraphernalia. We explore the issues which affect young people and provide information about services that can help them.

**Club Worker:** Sophie joined us in September and works in liaison with Operation Enterprise, the Crime and Disorder Reduction Partnership, the SOS bus and staff from local pubs and clubs. She gives information and harm minimisation messages to young people aged 14 to 19 who she meets on Prince of Wales Road and Riverside, helping them to make choices and avoid becoming victims of crime.

**In future:** We want to turn a double-decker bus into an exciting venue for young people, equipped with PCs and Playstations. The bus will provide a place for young people to get information and advice and talk to caring and professional workers.