

Bath & North East Somerset Council

MEETING/ DECISION MAKER:	Economic and Community Development Policy Development & Scrutiny Panel Committee	
MEETING/ DECISION DATE:	29th May 2014	
TITLE:	Young People's Substance Misuse Services – Project 28	
WARD:	All	
AN OPEN PUBLIC ITEM		
List of attachments to this report: None		

1 THE ISSUE

1.1 This is a briefing paper on the work of Project 28 (the local young people's substance misuse service) as requested by members of the Economic and Community Development PDS Panel.

2 RECOMMENDATION

2.1 Members are asked to note the good work carried out by Project 28 and the very successful outcomes it achieves for young people in Bath and North East Somerset.

3 RESOURCE IMPLICATIONS (FINANCE, PROPERTY, PEOPLE)

3.1 Project 28 is funded through Council resources with a small contribution from the Police and Crime Commissioner.

4 STATUTORY CONSIDERATIONS AND BASIS FOR PROPOSAL

4.1 The Government's Drug Strategy (2010) and subsequent Review (2012) states that the focus for all activity with young people who misuse substances should be preventing the escalation of use and harm, including stopping young people from becoming drug or alcohol dependent adults. For those very few young people who develop dependency, the aim is to become drug or alcohol free.

- 4.2 Although young people rarely develop a dependency, the Strategy recognises that for some young people, drug and alcohol misuse can have a major adverse impact on their education, health, family relationships and long-term chances in life. As a result, the needs of young people who misuse substances can be wide-ranging and substance misuse services are expected to work closely and collaboratively with other agencies to provide young people comprehensive packages of care, as early as possible.
- 4.3 The Strategy also notes that patterns of drug use amongst young people are changing. Encouragingly rates of alcohol and drug use have fallen amongst young people by around a third in the last decade. Cannabis and alcohol are the most commonly used substances (and this is the case locally), and there is continued evidence that young people are using new psychoactive substances, also known as 'legal highs'.
- 4.4 Young people's substance misuse services in Bath and North East Somerset have been commissioned to address young people's needs as outlined in the Drugs Strategy (2010).

5 THE REPORT

- 5.1 Project 28 commissioned by the People and Communities, Children's Service.
- 5.2 The current contract is delivered by DHI (Developing Health and Independence) and runs to 31st March 2016. Work is underway to review the existing service specification; this will include a detailed needs analysis which will inform the next commissioning cycle (2016-2019).
- 5.3 The overall aim of Project 28 is to enable young people to address their substance misuse issues and live healthier lives.
- 5.4 Project 28 offers an open access, centre based service with outreach. It operates from 28 Southgate Street.
- 5.5 Its staff team consists of 1 full-time manager, 2.8 keyworkers, 1 transition worker and 1 full-time equivalent alcohol worker.
- 5.6 The team delivers the following services:

(a) Specialist treatment

The staff team is able to deliver a range of interventions including psychosocial interventions, specialist harm reduction, motivational interviewing, family work and family therapy.

These interventions are delivered to young people by key workers as part of a care planned approach.

The young people needs are often very complex and, in addition to their substance misuse, many face a whole range of other difficulties such as family relationship breakdown, unsettled housing situations, educational challenges, financial problems and even sexual exploitation. To address such wide ranging issues effectively, keyworkers have to work very closely with other agencies to develop multi-agency plans for young people.

In the 12 months to 31st December 13, 141 young people received specialist treatment.

(b) Daily drop-in (Monday – Friday 1-4pm, with extended opening on Tuesday to 7pm)

The drop-in service is very well used and enables the staff team to work with young people, individually and in groups, responding to a wide range of issues such as drugs, alcohol, sexual health and healthy living. The drop-in also allows any young person who is seeking help to be seen very quickly. There are no long waits for a service.

(c) Diversionary activities

Young people in specialist treatment are able to access a range of diversionary activities including; the music room, 'gym, swim and sauna' passes, zumba, 5-a-side football, boxing and fishing.

(d) Group Work

A services users' group meets monthly to involve young people in the design and delivery of the service and there is also a regular young carers' group which supports young people living with substance misusing parents or relatives (between 8 and 12 young people attend)

(e) Targeted Outreach

Staff deliver street based outreach sessions right across Bath and North East Somerset. These sessions are targeted at 'hotspots' as identified at anti-social behaviour meetings. Outreach work is also carried out at the Hub in Midsomer Norton and in Youth Centres in rural areas. In the last quarter (Jan – March 2014), the outreach team engaged 254 young people. When time allows, staff also run educational workshops in schools and colleges to provide harm reduction information and advice and to raise awareness of the project. In the last quarter, 454 young people attended workshops.

(f) Training for the children workforce

Staff also deliver regular drugs awareness training to the children's workforce, (46 professionals last quarter).

(g) Transitions Work

The project employs a dedicated worker to assist young people to make a smooth transition to adult services when they reach 18.

5.7 Data collected through the National Drug Treatment Monitoring System (NDTMS) shows that Project 28's approach achieves really good results.

2012-13 figures show 32 out of 61 young people (52%) left treatment at Project 28 drug free and in total 59 out of 61 young people (97%) either left drug free or as an occasional user (i.e. their use had reduced).

The data for 2013-14 which, at the time of writing, is only available for the first three quarters of the year, suggests this success continues, with 54 out of 55

young people (98%) leaving treatment drug free or as an occasional user. This compares to a national figure of 79%.

5.8 The positive outcomes highlighted above are also very much supported by feedback from young people, parents and professionals. Below are some recent comments from young people.

'I think the gym passes help me to stop thinking about cannabis and lets me get energy out and chill out it makes me feel like I am doing something in my day rather than smoking weed' (young person aged 15)

'Meeting Project 28 makes me think healthy' (young person aged 16)

'When I am at project I don't think about smoking weed cus you're not allowed to' (young person aged 14)

5.9 Drink Think

Over the years Project 28 has also been involved in a number of research projects and innovations which have attracted funding from outside the Local Authority. One such project is Drink/Think which aims to address the harms associated with binge drinking via the use of an alcohol screening and brief intervention tool aimed at young people.

The tool enables professionals to identify a young person who may be at risk from their alcohol use, using a simple screening question and then supports them to have a conversation with young people about the risks/harms associated with their drinking. Young people are then invited to make a plan to reduce these risks.

The Drink/Think project currently employs 2 part-time workers who train local professionals to use the intervention, as well as offer some specialist treatment services to young people who misuse alcohol.

Evidence gathered so far indicates the tool works well and can change young people's drinking behaviour. In the last year 255 young people have been screened for risky alcohol use, 157 have received a brief intervention and 105 report they have either reduced the amount of units drunk per week or frequency of drinking episodes.

Work is currently underway with Bristol University to undertake more research into the tools effectiveness and to consider how to mainstream its use across local services.

6 RATIONALE

Not applicable.

7 OTHER OPTIONS CONSIDERED

None

8 CONSULTATION

This paper is for information rather than consultation

9 RISK MANAGEMENT

A risk assessment related to the issue and recommendations has been undertaken, in compliance with the Council's decision making risk management guidance.

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Background papers	<i>None</i>
Please contact the report author if you need to access this report in an alternative format	