**Family Practitioners – Adolescent Service What do we do?**

If you have completed a PSHE session and some brief intervention and still have worries about a young person you can refer into our service for:

**Targeted 1:1 Substance Misuse Support (SMU)**

Psychosocial, non-clinical support, for young people misusing substances

* The cycle of change,
* Harm reduction,
* Managing cravings,
* Distract and delay,
* Distraction techniques,
* Discuss aspirations and positive activities,
* Relapse prevention,
* General awareness (inc. CCE)
* Consequences, effects, health implications
* The team can facilitate access to clinical support including, prescribing, community and residential detox and rehabilitation. This includes targeted work

**Targeted 1:1 Sexual Health Support (SH)**

Psychosocial, non-clinical support, for young people at risk of poor sexual health outcomes and in need of support with contraception and or STI screening and healthy sexual relationships. The team can facilitate access to clinical support and complete targeted work around

* STI’s and contraception (including clinical support where appropriate)
* Consent and the law
* Healthy relationships; qualities of a consensual healthy relationship,
* CSE & grooming, ok/not ok behaviours, recognising abuse, delay, power and control, challenging behaviours,
* Online safety.

**Referral pathways**

**Substance Misuse & Sexual Health Support Referrals (young person must give consent and be Gillick/Fraser competent) please seek parental consent and young person consent and use the following link.**

**Partner under 18's** Link to Blackpool Families Rock Request for Support Hub should be made using the online form [www.blackpool.gov.uk/familiesrocksupport](http://www.blackpool.gov.uk/familiesrocksupport)

**However, support can still be accessed without parental consent. If no safeguarding concerns please support the young person to self-refer (do not compete self-referral as professional as this will be declined and delay support for the young person)**

**Any questions or queries please contact:**

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