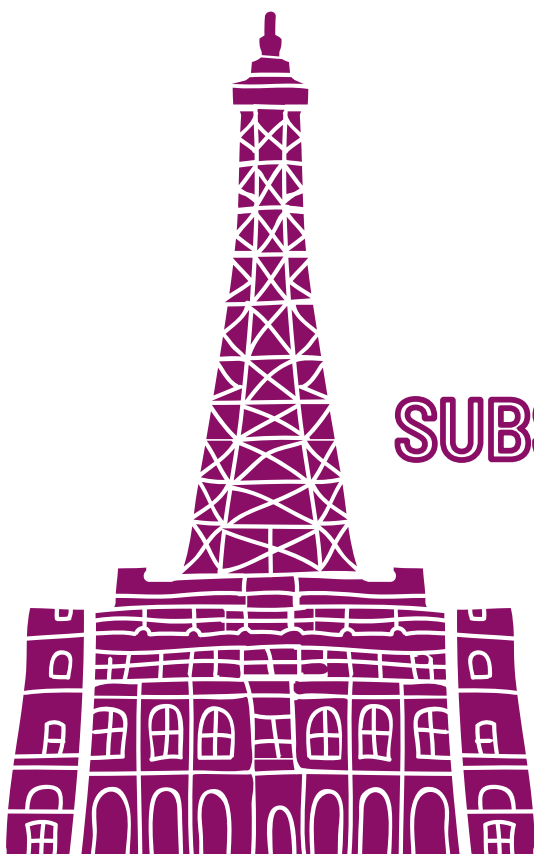


ADOLESCENT ALCOHOL, DRUG AND SEXUAL HEALTH TEAM

SUBSTANCES TOOLKIT



Blackpool Council

ADOLESCENT SERVICE

This toolkit is aimed at those who are supporting young people who are at risk of, or is using illegal substances.

It includes resources that anyone can complete with a young person, whether you are a professional, relative, friend. You do not need to be a Substance Misuse expert to use this resource

If you need more help and support or you feel that the needs of the young person are greater than your skill base then please contact the Adolescent Service Drug, Alcohol and Sexual Health Team on 01253 474280

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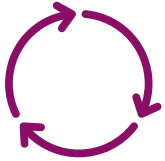
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Why do young people take drugs?

There are lots of reasons young people take drugs, below are some of them.
Which ones apply to you?



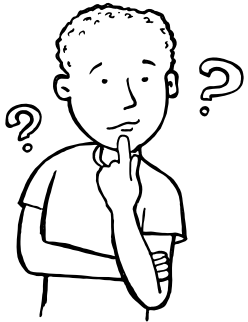
Enjoyment

Often people take drugs because they find it enjoyable. They might like the way it makes them feel, or how they see the world. Some might like feelings of excitement, increased confidence or the connections they make with others.



Environment

Some people may live in areas where there are high levels of unemployment and poor housing. There may also be a lack of facilities for people to use. We know that in these circumstances drug dealing can grow as a form of income. In these environments it may be that stress, boredom, lack of job opportunities can lead to people using drugs.



Curiosity & Experimentation

Some people are just curious and want to experiment with different experiences. Their peers may use drugs and want to know what it feels like.



Self Medication

Sometimes people use drugs as a way to escape the stresses of life. It includes those who want to forget about traumatic experiences. People can also use drugs to deal with depression, anxiety and other health issues.



Rebellion

For some young people, taking drugs can be a way of pushing back on authority figures or it may be associated with a cultural belief.

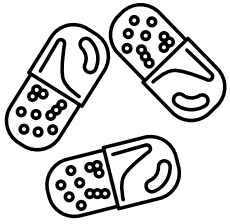


Pressure from Others

Some young people will use drugs to fit in with their peers, even if this is something that they do not want to do. Being around others who are using drugs or alcohol can make people feel like they have to join in.

The dangers of using drugs

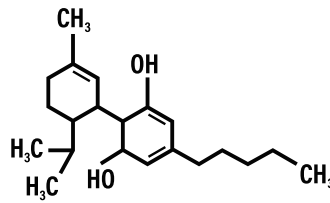
Dangers to using drugs include the type of drugs, a persons physical characteristics and where they use the drugs



How much



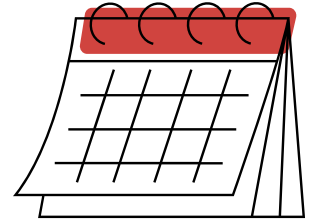
Mix of drugs



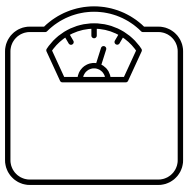
Purity



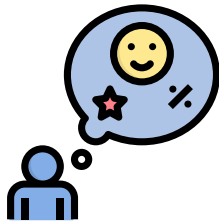
How its taken



How often



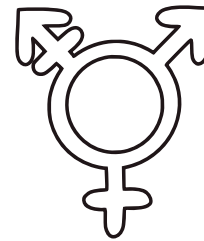
Weight



Expectation



Health



Gender



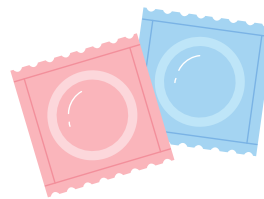
Energy Levels



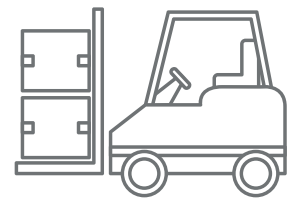
Clubs



Remote places



Sexual activity



Driving or using machinery



Death



Increased risk of accidents



Sexually Transmitted Disease/Infection



Addiction & Withdrawal

Building Discrepancy

This task is designed to help you think about the outcomes of using drugs

My career, school, college life will be affected....

If I continue using

Four horizontal sliders, each with a black dot at the far left end. The sliders are arranged vertically and are currently empty.

If I stop using

Four horizontal sliders, each with a black dot at the far left end. The sliders are arranged vertically and are currently empty.

My relationships with family and other loved ones life will be affected....

If I continue using

Four horizontal sliders, each with a black dot at the far left end. The sliders are arranged vertically and are currently empty.

If I stop using

Four horizontal sliders, each with a black dot at the far left end. The sliders are arranged vertically and are currently empty.

Building Discrepancy

This task is designed to help you think about the outcomes of using drugs

My money will be affected.....

If I continue using

Four horizontal sliders, each consisting of a rounded rectangle with a black dot on the left side. The sliders are arranged vertically. The top slider has a black dot at approximately 10% of the width. The second slider has a black dot at approximately 20%. The third slider has a black dot at approximately 30%. The fourth slider has a black dot at approximately 40%.

If I stop using

Four horizontal sliders, each consisting of a rounded rectangle with a black dot on the left side. The sliders are arranged vertically. The top slider has a black dot at approximately 10% of the width. The second slider has a black dot at approximately 20%. The third slider has a black dot at approximately 30%. The fourth slider has a black dot at approximately 40%.

My health will be affected.....

If I continue using

Four horizontal sliders, each consisting of a rounded rectangle with a black dot on the left side. The sliders are arranged vertically. The top slider has a black dot at approximately 10% of the width. The second slider has a black dot at approximately 20%. The third slider has a black dot at approximately 30%. The fourth slider has a black dot at approximately 40%.

If I stop using

Four horizontal sliders, each consisting of a rounded rectangle with a black dot on the left side. The sliders are arranged vertically. The top slider has a black dot at approximately 10% of the width. The second slider has a black dot at approximately 20%. The third slider has a black dot at approximately 30%. The fourth slider has a black dot at approximately 40%.

Cost/Benefit



What behaviour would you like to change?

Using or doing - Rate the importance where 1 is not important and 10 is very important

Benefits (Rewards/Gains)

Costs (Risk and Disadvantages)

Using or doing - Rate the importance where 1 is not important and 10 is very important

Benefits (Rewards/Gains)

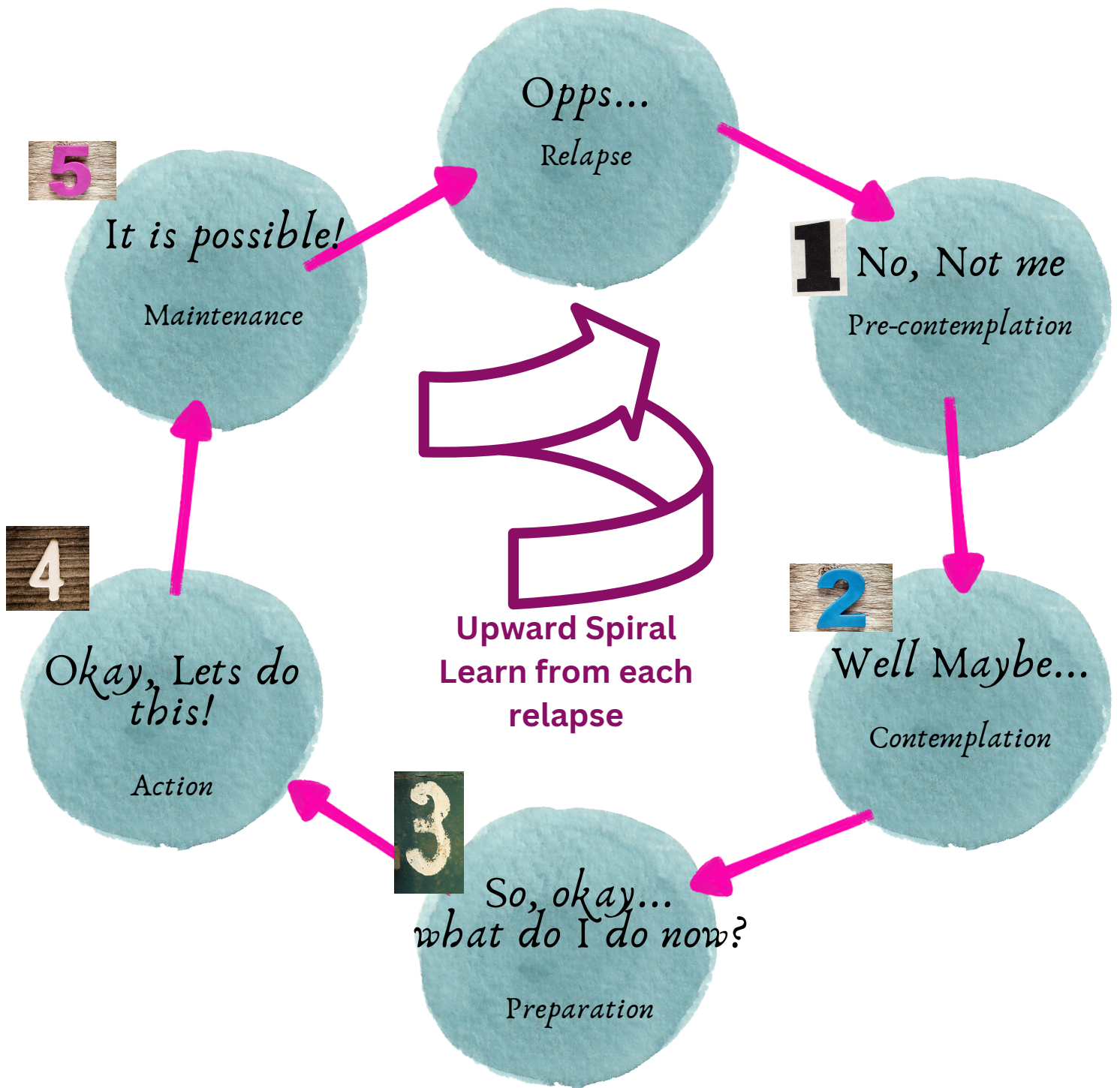
Costs (Risk and Disadvantages)



Think about the costs and benefits and discuss with your worker.

How can you achieve the same outcomes/feelings in a different way? List them below and think about what help you might need to achieve them

The Cycle of Change



Where are you?

The Cycle of Change - what does it mean?

Pre-contemplation

I do not need to change my behaviour

Contemplation

Something needs to change

Preparation

I am getting ready to make the change

Maintenance

I have developed new positive habits

Action

I am actively trying to make changes

Re-lapse

I have fallen back into old patterns of behaviour

Remember, re-lapse is a part of recovery - don't beat yourself up!

How to I cope?



Coping strategies are the emotions, thoughts and behaviour that we use to help us manage changes in our lives. These can be positive/healthy or negative/unhealthy

Examples of positive/healthy coping strategies	Examples negative/unhealthy coping strategies
Talking about your problem	Over eating
Using friends and other support networks	Self-harm
Mindfulness and relaxation activities	Aggression
Seeking professional help	Drug and/alcohol use
Exercise	Sleeping too much or too little
Healthy eating	Stopping activities that you enjoy

“Katie is being bullied at school by some other girls in her year. She feels sad and alone and uses alcohol to help her manage her emotions. The alcohol numbs her pain temporarily, but does not stop the bullying.”

Scenarios

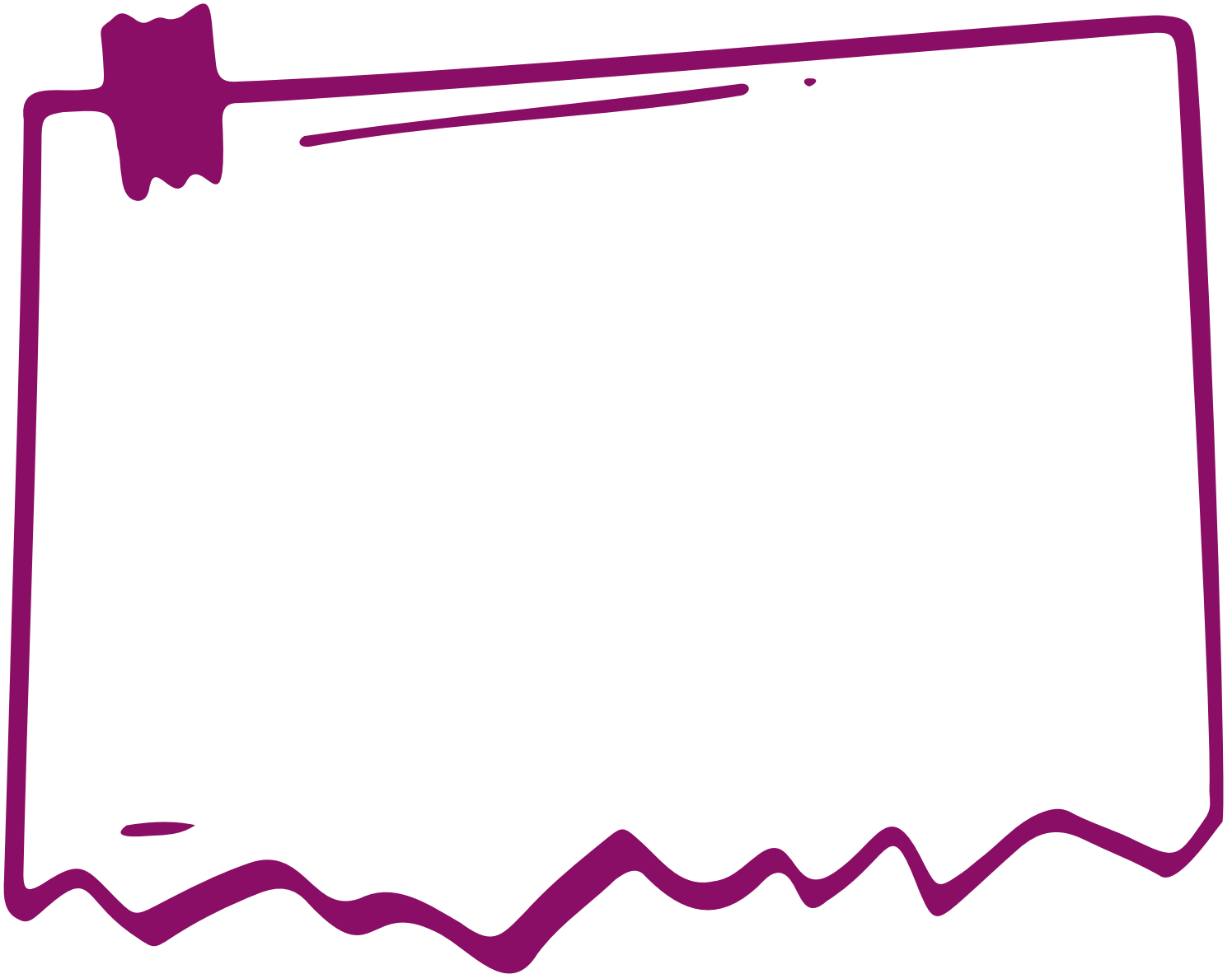
“Jason is getting ready to sit his exams at school. He is working really hard and is very anxious about about how well he will do. He has been using cannabis to manage his anxiety. This helps now but will cause problems in the longer term”

Discuss these scenarios with your worker. Think about:

- What could the consequences be from the unhealthy coping strategy?
- What healthy coping strategies could they use?
- What barriers might there be, preventing them from using health coping strategies?

Over to you...

Tell me about a problem you are dealing with at the moment



Now, lets talk coping strategies

My unhealthy coping strategies

Consequences of these strategies

Healthy strategies I could use

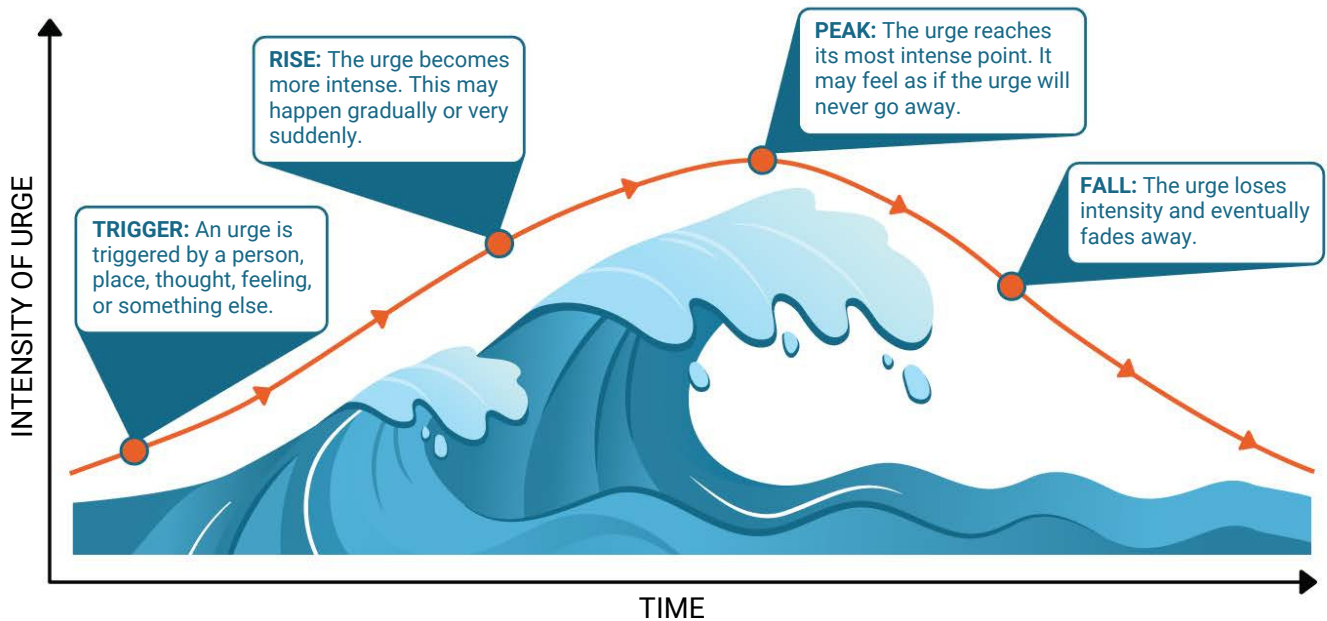
What would be good about using these?

What will stop me using these healthy strategies?

Urge Surfing

Urge surfing is a technique for managing your unwanted behaviors. Rather than giving in to an urge, you will ride it out, like a surfer riding a wave. After a short time, the urge will pass on its own.

This technique can be used to stop or reduce drug and alcohol use, emotional reactions such as “blowing up” when angry, gambling, and other unwanted behaviors.



How to Practice Urge Surfing

1. Acknowledge you are having an urge.
2. Notice your thoughts and feelings without trying to change or suppress them.
Note: It is normal to feel some discomfort during an urge.
3. Remind yourself...

It is okay to have urges. They are natural. Some discomfort is okay. I don't have reactions to addictions and habits. to change it.

An urge is a feeling, not a “must.” I can have this feeling and choose not to act. An urge is temporary. Like any other feeling, it will pass on its own.

Other Skills

Managing Triggers

Use coping skills to reduce the power of triggers. Know your triggers ahead of time, and have a strategy or skill prepared for each one.

Examples: deep breathing if stressed, eating if hungry, leaving a location if it is high risk

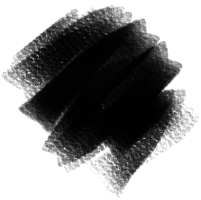
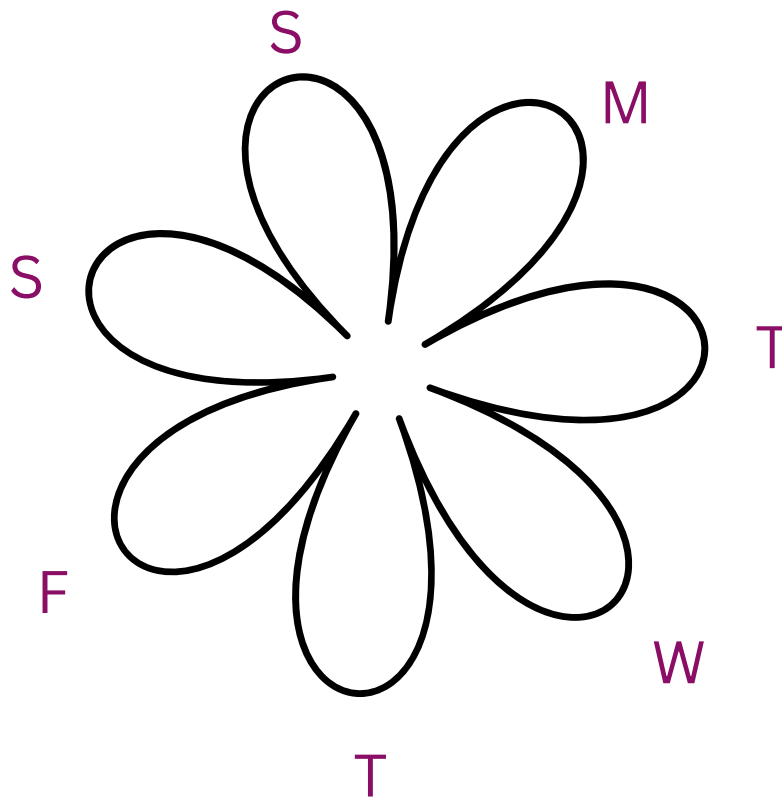
Delay & Distraction

Do something to take your mind off the urge. Every minute you delay increases the chance of the urge weakening on its own.

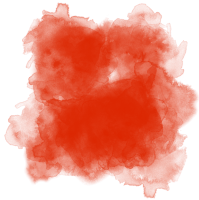
Examples: go for a walk, listen to music, call a friend, read a book, practice a hobby

Mood Diary

Colour the petals a colour that reflect your mood on each day



Sad



Angry



Happy



Meh



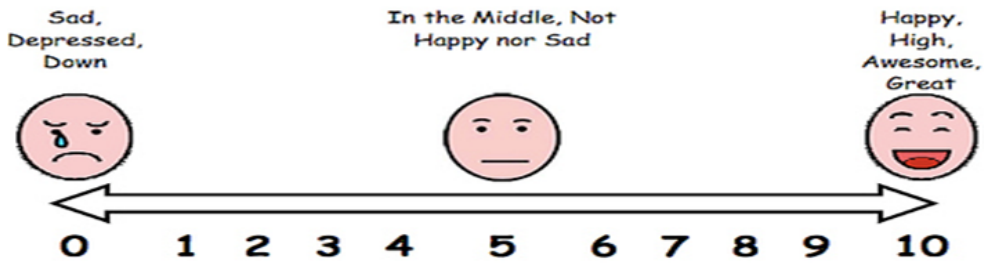
Positive

Be creative! Use the colours you want and tell us what they mean below

MOOD

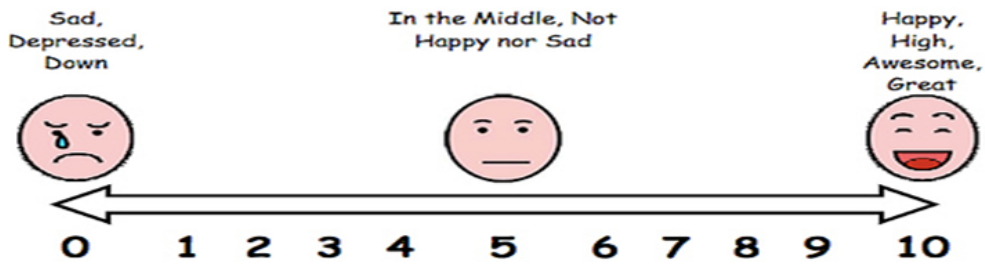
Mood Diary

Monday



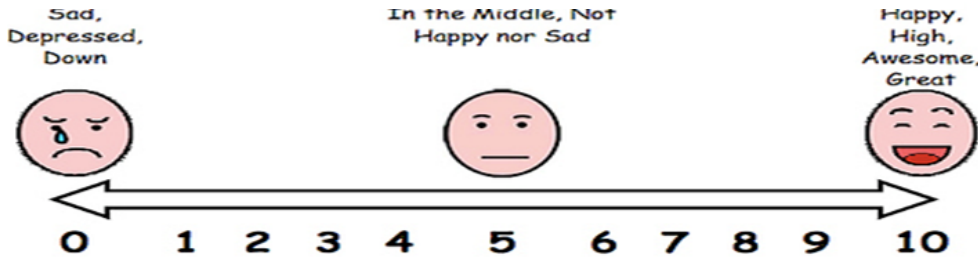
Good things/bad things today

Tuesday



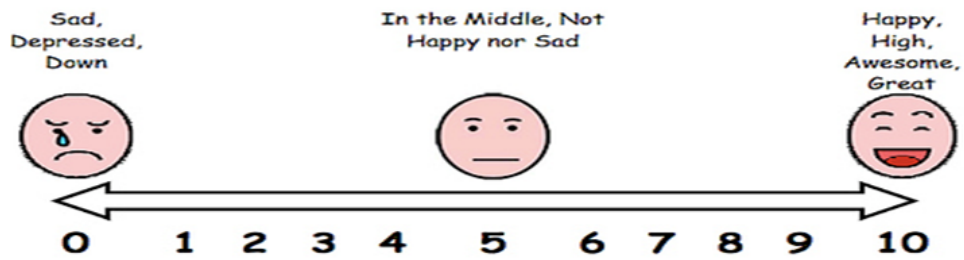
Good things/bad things today

Wednesday



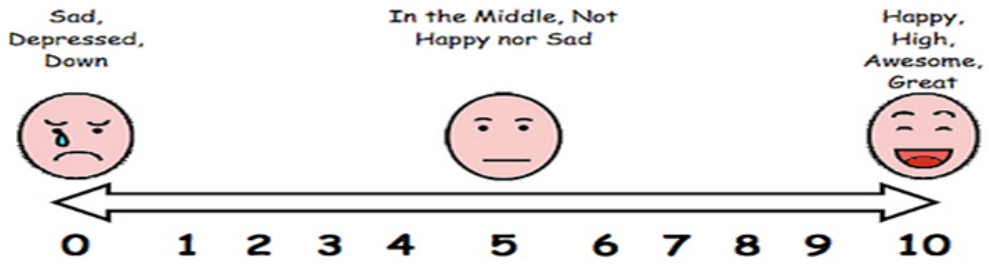
Good things/bad things today

Thursday



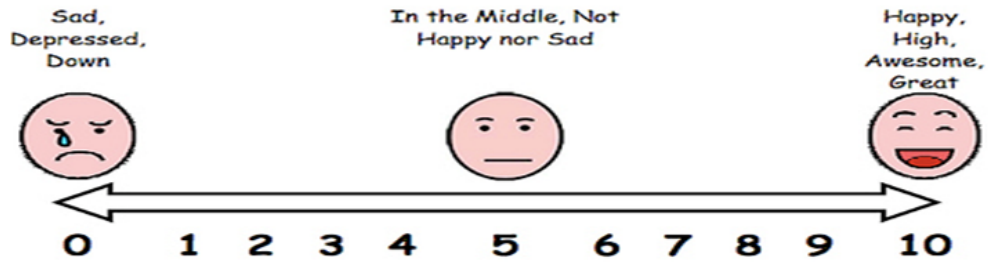
Good things/bad things today

Friday



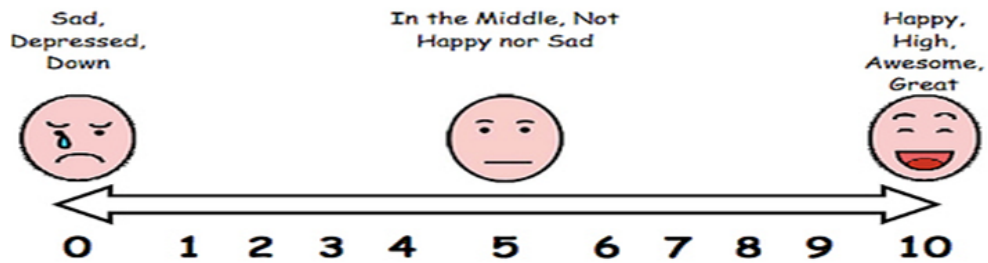
Good things/bad things today

Saturday



Good things/bad things today

Sunday



Good things/bad things today

MOOD

SUBSTANCE DIARY

Tell us what you took, how much, who with, where ,how you felt before and how your felt after

Week commencing

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTE

Substance Misuse & Sexual Health Support Referrals:

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

Partner referrals 18-24 years www.blackpool.gov.uk/partnerrefer

self-refer via www.blackpool.gov.uk/selfrefer



Follow this link for harm reduction Information sheets

<https://www.drugwise.org.uk/factsheets-and-infographics/>