

Flintshire

Young People's Drug & Alcohol Team



Supporting and Educating Young People around Substance Misuse

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- Our new Mobile sports stadia
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Wise UP on CANNABIS



What is it?
What are the effects?
What are the risks?
The Law - legal or illegal?
Signs and Symptoms

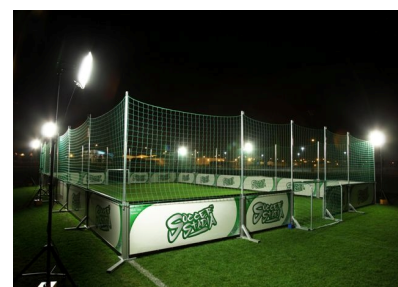
**Read
more about
Cannabis on
page 2**

Welcome to
Flintshire Young
People's Drug
and Alcohol
Team's second
newsletter.

NEWSFLASH

Coming up in September will be an exciting volunteering opportunity with YPDAT and the Youth Justice Service to become part of a mentoring scheme with young people. Watch out for more info in the local press, newsletters, notice boards and the infonet.

For more info contact Alan or Mark on 01352 701125



Flintshire YPDAT and YJS launched a new mobile sports stadia earlier this year. The stadia which is available to partner agencies to make use of will be used to combat drug and alcohol use in communities as well as anti social behaviour. This will offer young people diversionary opportunities through sport and leisure. For more information on how to book the stadia or make a referral contact Alan Williams or Mark Parry on 01352 701125

Alan.williams@flintshire.gov.uk
Mark.parry@flintshire.gov.uk

What is it?

Cannabis is a plant that grows in many parts of the world

Is it known as anything else?

Dope, skunk, marijuana, weed, pot, ganja, rocky, hash, puff and sensimilla among many others

How is it taken?

Usually smoked mixed with tobacco but can be ingested orally or baked in cakes.

What are the effects?

Intended – Relaxation, euphoria, hilarity

Side – Anxiety, Paranoia, confusion, low blood pressure, short term memory loss, increased appetite (munchies)



Cannabis Resin

What are the Risks?

Habit forming, paranoia, laziness, damage to lung tissue. Resin can be cut with other substances to bulk it out (e.g. Boot polish, plastic, animal dung)

Legal Status

Currently Class B under the misuse of drugs act (taken from www.dan247.org.uk)



Signs and Symptoms of possible Cannabis Use

If someone is intoxicated by Cannabis, he or she may have balance problems and have trouble walking. Their eyes may appear red and bloodshot and he or she may exhibit memory difficulties. When the early effects fade, over a few hours, the user can become hungry and later sleepy. Also look out for burn holes in clothes, lack of motivation, a lack of interest in activities, moodiness and requests for money with nothing or little to show for it.

(these can be present when using other substances as well as alcohol and not just applicable to Cannabis)



Flintshire YPDAT recently launched a young people's drop in called **SPACE**. **SPACE** provides a free, fun and challenging environment for young people to socialise together whilst at the same time offering positive diversionary activities. **SPACE** aims to offer an informal drugs and alcohol education programme. This provides opportunities for young people to acquire knowledge, understanding and skills which enable them to consider the effects of drugs and other substances on themselves and on others. It enables them to make informed and responsible decisions about the dangers of substances within the context of a healthy lifestyle.



SPACE also aims to ensure that;

- Young people, particularly the most disadvantaged, participate in positive leisure time activities that support their personal and social development.
- Young people have access to information, advice and support services from within places they feel comfortable
- Young people benefit from improved health and well-being
- Young people become involved in community activities

The drop in is open every Thursday 6:30 - 9:00pm for young people aged 14 and over. So far the drop in has proved very popular with over 20 young people attending most Thursday evenings. A NEET (Not in Education, Employment or Training) group will commence on Wednesday afternoons 2:00 - 3:30 starting 27th July 2011. A young people's health related drop in will run on Monday's 4:30 - 6:00pm starting Monday 12th September 2012.

(SPACE is located below YPDAT's Buckley office in the town centre)

Meet Gavin

Who are you?

My name is Gavin Markham-Jones I am employed by CAIS and seconded to the Flintshire YPDAT. I have been in post since July 2009.

Tell me about what you do

I work on the one to one treatment element of the YPDAT. This means that I offer therapeutic interventions to young people who are experiencing issues around their drugs and alcohol use. We are the only referral based service in Flintshire for young people with an identified drug or alcohol issue.

So what interventions do you offer to young people?

Following a holistic assessment we offer young people an individually tailored intervention plan that can include:-

- Education
- Harm Reduction
- Motivation to change
- Reduction programmes
- Relapse Prevention

We also offer young people the opportunity to undertake Alternative Therapies & diversionary activities such as a DJ Skills course

Who can refer to your service?

We accept referrals from practitioners working for any agency, teachers, GP's, parents & most importantly young people themselves

What is your referral criteria?

- The young person is under the age of 18
- The young person has given their consent to the referral
- There are concerns present about drug & alcohol related issues

So what will happen after I have made a referral?

The referral will be discussed at our weekly health panel to see whether it will be accepted. If the referral is accepted I would contact you to discuss it further & offer the young person an appointment within 5 working days of the referral being allocated to me at health panel.

Where do you see young people?

I am very flexible with where I will see young people. I will meet with a young person anywhere they feel comfortable, as long as it is an appropriate location, this could be

- At their home
- In school/ college
- Any multi-agency building
- We also have a room below our office in Buckley.

DAN 247

A free and bilingual telephone drugs helpline providing a single point of contact for anyone in Wales wanting further information or help relating to drugs or alcohol. The helpline will assist individuals, their families, carers, and support workers within the drug and alcohol field to access appropriate local and regional services

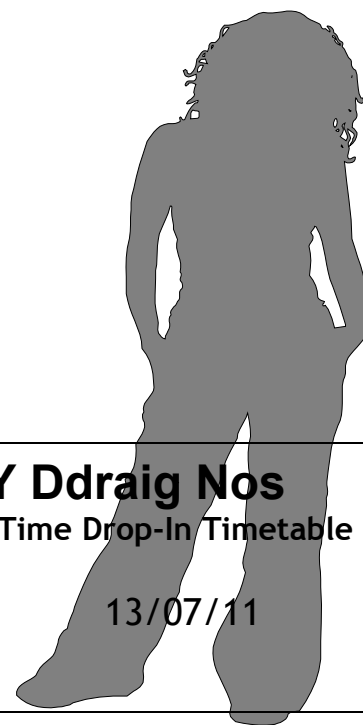


0800 6 33 55 88

Services available include:

Initial assessment to establish an individual's needs

- Referral to local and regional drug and alcohol services
- Information on drugs and alcohol, and their effects
- Information and contact details for local GPs, needle exchanges, dentists and other associated health services
- Information on other suitable help lines
- A wide range of brief interventions including motivational interviewing, harm reduction and overdose management



Night Dragon / Y Ddraig Nos
School & Colleges Lunch Time Drop-In Timetable
John Summers High 13/07/11

How long do you work with young people?

It all depends on what issues the young person is experiencing. It maybe that a young person may only require one or two sessions or they may need a much longer intervention

How can I refer?

- e-mail: ypdat@flintshire.gov.uk
- phone: 01244 551477/ 07798882380
- fax: 01244551485
- 2 Padeswood Road, Buckley. CH7 2JL