

WHAT IS SWITCH?

Switch is WCADA's young person's substance misuse service. It provides support and advice to young people aged 25 and under, living in the Neath Port Talbot area, who are at risk of, or already engaging in risky behaviour involving the use of Alcohol and Drugs. This service also provides support to young people affected by someone else's substance use (hidden harm), e.g. a family member, carer or friend.

All of The Switch services are free and confidential and focus on empowering young people to make the right choices through the provision of up to-date information and advice on substances and the risks involved in their use.

The Switch service offers: one to one support, group interventions, group awareness sessions and diversionary activities. You can find out more about these intervention on the next pages.



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ONE TO ONE SUPPORT SESSIONS

One to one support sessions can be offered to young people who are at risk of, or already engaging in risky behaviour involving substances. We also provide one to one sessions to young people affected by a someone else's substance misuse i.e a family member or loved one (hidden harm).

One to one support sessions can take place at a variety of different settings including: our treatment agencies, youth clubs, schools or alternative education establishments etc. We can also deliver support sessions at a young person's home if required and appropriate.

One-to-one session for young people who are at risk of, or are already engaging in risky behaviour involving substances, will focus on:

- ▶ Helping the young person to identify their substance misuse issues and the risks associated with their substance use.
- ▶ The completion of substance misuse diaries to identify and monitor substance misuse patterns and triggers.
- ▶ Providing the young persons with harm reduction advice tailored to their substance misuse behaviours and the substances used.
- ▶ Providing support and advice around the young person's patterns of use and associated behaviours, to enable the young person to plan and work through their own identified recovery goals.
- ▶ Complete emotional and behavioural work with the young person to help them identify and communicate their emotions and thoughts in a more positive and solution focused manner.
- ▶ Help the young person to develop and maintain a recovery plan that focuses on utilising positive support networks as well as emotional and behavioural tools. These tools promote their recovery and minimise relapses back into problematic behaviours.

One to one sessions for young people affected by someone else's substance use, will focus on:

- ▶ An assessment of the young persons needs and risks associated with their situation.
- ▶ The development of a care plan that is discussed and agreed by the young person. Careplans will focus on addressing the young person's needs and reducing/removing identified risks to their health and well-being.
- ▶ Providing a safe and confidential environment in which the young person is comfortable and able discuss their concerns and goals.
- ▶ Liaising with social services and other professionals to ensure the best care is provided to the young person.
- ▶ Exploring the young persons' interests to help provide, identify and signpost to, a wider range of activity programs to develop self esteem, build positive relationships and improve social skills.

GROUP AWARENESS SESSIONS

Group Substance awareness sessions can be delivered in a variety of different settings, including youth clubs, PSE sessions in school, Collage well-being days and community events etc. These awareness sessions can be delivered on any substance/s or substance related topic.

We can offer these sessions on both weekdays and weekends during the day or evening time. Sessions are usually an hour long but can be adapted as needed. All awareness sessions are tailored to the groups age, ability and needs.

If you are a school in the Neath-Port Talbot area, we suggest that you book in the following sessions for the suggested year groups. This will ensure that your students are receiving the same information on substances as other students in the area, that there will be no duplication of sessions, and that the information on substances will be pitched correctly for their age and social development.

Year 6: Tobacco and caffeine

Year 7: Alcohol and Aerosols (Volatile substance abuse)

Year 8: Basic drug awareness session focused on legality and associated risks

Year 9: In depth Alcohol awareness session focused on Harm Reduction advice

Year 10: In depth Drug awareness session focused on trending drugs in the locality and harm reduction advice

As we promote the empowerment of young people and their ability to make positive choices when provided the correct information, we will sometimes provide harm reduction advice around the use of substances within these sessions, this advice will be provided in an age appropriate manner with the overarching message that the misuse of substance is often illegal, dangerous and will always carry risk.

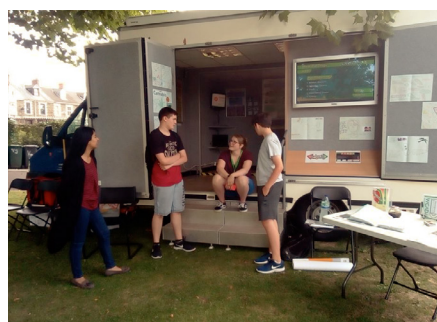
THE MOBILE INFORMATION UNIT (DRUGS BUS)

The Mobile information unit (AKA Drug Bus) is a great resource for raising awareness around alcohol and drugs within the community. The Drug bus is equipped with video display to enable prevention and awareness raising films to be run, a touch screen interactive drug box, replica drugs display cases and a variety of interactive displays, posters and leaflets on specific drugs and key subjects.

The bus can be hired (for free) to attend community events or for more structured session within schools. The structured sessions last 30 Minutes and the bus can take 15 people per session. If you wish to book Contact us on 01639 630630 or e-mail brettjames@wcada.org



Drugs Bus Displays



Drug Bus at Community event



Drug Bus Session

DIVERSIONARY ACTIVITIES - THE DOMINO PROJECT

The DOMINO project is available to any young people aged 11-25 who are at risk of/or are already misusing substances. This project focuses on building up young people's support networks and self-esteem through their engagement in group activities with other young people in similar situations. These group activities are always supervised and monitored by two members of the switch team to insure safety. Transportation to these activities can be provided when needed.

Currently the DOMINO project offers:

- ▶ Weekly youth nights
- ▶ Weekly football sessions (run in partnership with Swansea city AFC)
- ▶ A variety of one off and short period activities
- ▶ A summer timetable of activities run during the summer holidays



Football session run every Monday



Summer Project: LazerZone



Summer Project: Oakwood park



Domino: Zorb football event

HOW TO REFER INTO SWITCH SERVICES:

Parents, Carers and any professionals working with young people, can refer a young person into any of the above services by completing the young person's referral form provided and e-mailing it to brettjames@wcada.org.

Please be aware that young people aged 18 and over wishing to access one-to-one support around their substance misuse issues will need to have an AADAS assessment before accessing Switch one-to-one service. Please call us on 01639 633630 to find out how to get an AADAS assessment.

To gain a more detailed understanding of Switch worker roles and referral pathways please see our referral pathways table found on page 5. Contact details for Switch workers can be found on page 6.

If you have any further queries please feel free to call 01639 630333 and ask to speak to a member of the Switch team or e-mail brettjames@wcada.org, for more information.

REFERRAL PATHWAYS

NON-CRIMINAL JUSTICE COMMUNITY SERVICES

TEAM LEADER & YOUNG PERSONS TRANSITIONAL WORKER

Brett James

(age range - Young People aged 11-25 years)

Referrals for young people aged under 18 year accepted from any source including self-referrals.
Referrals for young people aged under 18 years accepted from any source including self-referrals.

Referrals for young people aged 18-25 years will only be accepted from the single assessment service - AADAS.

YOUNG PERSONS DOMINO DIVERSIONARY ACTIVITIES WORKER

Claire Millar

(Age range - young people aged 11-25 years)

Referrals accepted from any source including self-referrals.

YOUNG PERSONS HIDDEN HARM WORKER

Zoë Davies

Age range - young people aged 11-18 years).

Referrals accepted from any source including self-referrals.

YOUNG PERSONS PREVENTION AND EDUCATION WORKER

Laura Hancock

(Age range - young people aged 11-18 years)

Referrals for both 1-1 and group awareness sessions accepted from professionals within comprehensive school's colleges, and other education providers

PHASE PROJECT

OUT OF HOURS WORKER

Rachel Thomas

&

ENGAGEMENT WORKER

Matthew Thomas

(Age range - 10-25)

Requests for group awareness sessions Accepted from agencies and professionals working with Children and Young People

Referrals for 1-1 support sessions will be accepted for the SPOC team.

CRIMINAL JUSTICE SERVICES

LEAD YOUNG PERSONS SUBSTANCE MISUSE WORKER

Fay Oates

(Age range - young people aged 10-18 years)

Referrals received directly through Western Bay Youth Justice and Early Intervention Service.

YOUNG PERSONS SUBSTANCE MISUSE WORKER

Shanza Mahmood

NAME	ROLE	BASE	TELEPHONE & MOBILE	E-MAIL
BRETT JAMES	Team Leader & Young Person's Worker	Neath 15 WCADA Treatment agency 15 Victoria Gardens, Neath, SA11 3AY	01639 633630	brettjames@ wcada.org
CLAIRE MILLAR	Domino – Diversionary activities worker	Neath 15 WCADA Treatment agency 15 Victoria Gardens, Neath, SA11 3AY	01639 633630 07969658000	clairemillar@ wcada.org
LAURA HANCOCK	Young Persons prevention and engagement worker	Neath 15 WCADA Treatment agency 15 Victoria Gardens, Neath, SA11 3AY	01639 633630 07969658706	lhancock@ wcada.org
ZOE DAVIES	Hidden Harm worker	Neath 15 WCADA Treatment agency 15 Victoria Gardens, Neath, SA11 3AY	01639 633630 07969657671	zoedavies@wcada. org
MATTHEW THOMAS	PHASE Engagement worker	Neath 15 WCADA Treatment agency 15 Victoria Gardens, Neath, SA11 3AY	01639 633630 07969658597	matthewthomas@ wcada.org
RACHEL THOMAS	PHASE out of hours worker	Neath 15 WCADA Treatment agency 15 Victoria Gardens, Neath, SA11 3AY	01639 633630 07823414723	rachealthomas@ wcada.org
FAY OATES	Youth Offending Service substance misuse team leader & worker	Western Bay justice and early intervention service Ceramic way, Port- Talbot	01639 885050	f.oates@neath- porttalbot.gov.uk
SHANZA MAHMOOD	Youth Offending Service, substance misuse worker	Western Bay justice and early intervention service Ceramic way, Port- Talbot	01639 885050	s.mahmood@ neath-porttalbot. gov.uk