

## SPECTRUM FAMILIES AND YOUNG PEOPLE'S SERVICE

The new **Hertfordshire Families and Young People's Service** (which replaced AFDASH on April 1<sup>st</sup> 2019) has been running for 5 months now and we'd like to take the opportunity to remind you what support we offer to young people with drug and alcohol issues and their families and how you can refer to us.

### WHAT SERVICE DO WE OFFER?

We offer free treatment for young people **under 18 years-old** and young adults **up to the age of 25** who are having issues with drinking or drug use. Our service is free and confidential, and we also work with the families of these young people.

#### We offer:

- Comprehensive assessment and care-planning for young people
- One-to-one interventions with a recovery worker
- Advice and education on drugs of all types, including image-enhancing drugs (i.e. Steroid) and new psychoactive substances (i.e. Spice)
- Signposting for counselling and additional mental health support
- Substitute prescribing and/ or detox, where appropriate
- Sexual health support, stop smoking support and additional signposting to other health services
- Family, friends and carers support – help to identify and respond to risks, set boundaries and improve drug knowledge
- Information and support for professionals working with young people and their families

#### Our staff include:

- **Resilience workers:** deliver one-to-one therapeutic interventions for young people using drugs/ alcohol on an outreach basis (home visits or at Youth Offender Support, Targeted Youth Support, CMHT & YC Hertfordshire sites)
- **Family workers:** hidden harm work with families where substance use is present amongst the parents/ carers and may be affecting the young person
- **Targeted worker:** works with partners to identify emerging substance misuse trends in specific areas and settings

### How to refer to Spectrum FYP

- You can download our screening tool (plus [guidance](#)) to help determine the level of support a young person you are working with may require [here](#)
- Anyone can refer themselves for treatment via the online form on our website found [here](#)
- Professionals, family, friends and carers can refer a young person, with their consent using this [form](#).

### More information and contact details

For more information visit our website [www.changegrowlive.org](http://www.changegrowlive.org) or our service page at: [bit.ly/SpectrumYP](http://bit.ly/SpectrumYP)  
Alternatively call our single-point-of-contact **0800 652 3169** or email [Herts@cgl.org.uk](mailto:Herts@cgl.org.uk)