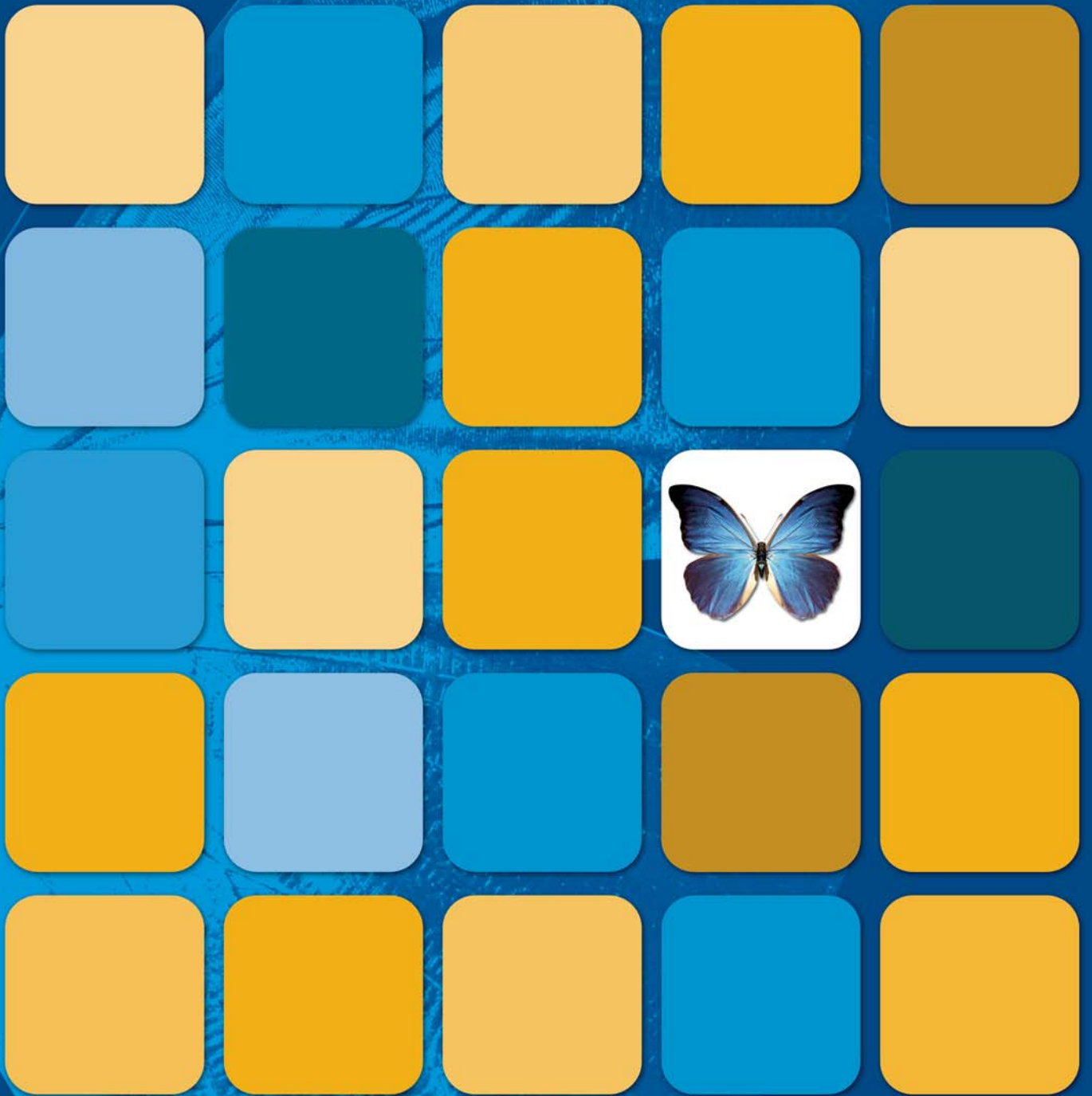


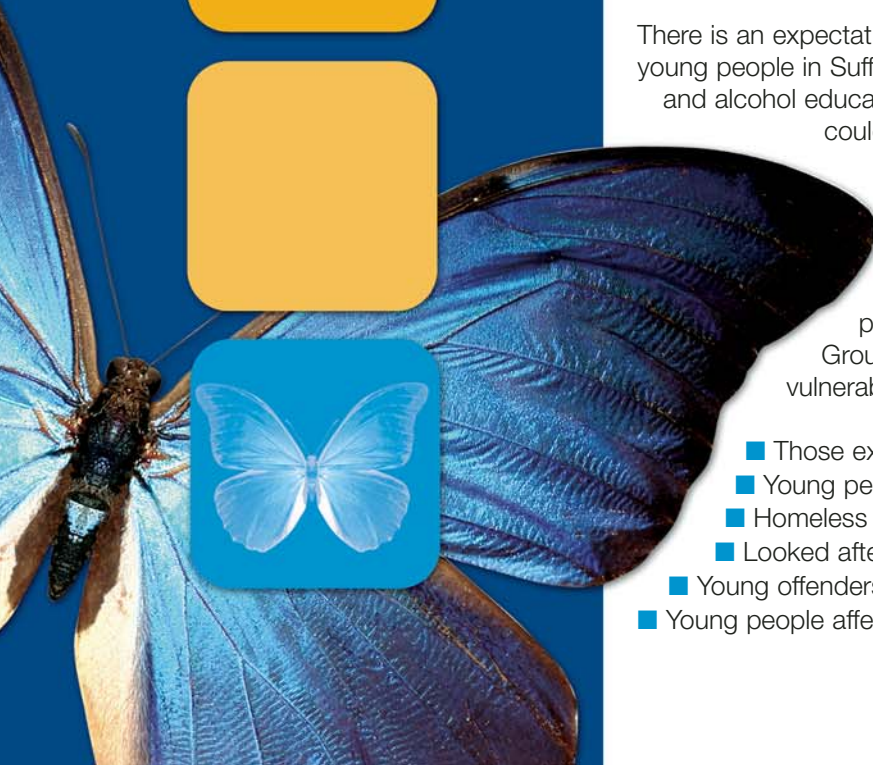
norcas youth service



norcas

To reduce the harm to individuals, and thereby to society at large, from the misuse of drugs and alcohol.

NORCAS Youth Service



Our Mission *'To reduce the harm to individuals, and thereby to society at large, from the misuse of drugs and alcohol'.*

NORCAS youth service is a confidential countywide drug and alcohol service, which works hard to maintain its accessibility to all young people aged 19 years and under. The team works with all of its clients using a **Harm Reduction Model**. Through a **Care Plan Approach** our workers will help a young person identify small achievable goals to enable them to reduce the risk associated with the use of drugs, alcohol and/or volatile substance abuse. We will provide a young person with **factual information** enabling them to make informed choices about their lifestyle. For more information regarding harm reduction visit www.ukhra.org/harm_reduction_definition.html

The Team

NORCAS Youth Service is a small team that delivers a specialist countywide service. The team is based in three locations within the County; Ipswich, Bury St Edmunds and Lowestoft. Each location provides a service that caters for both urban and rural isolated young people. In addition to the outreach service NORCAS has three substance misuse workers seconded into Suffolk Youth Offending Service.

Function

The team provides a person-centred service that is accessible and inclusive to all children and young people who have specific needs relating to substance misuse in Suffolk.

There is an expectation that all agencies working with children and young people in Suffolk should be equipped to deliver a basic drug and alcohol education awareness programme. All young people could potentially be at risk of developing drug and alcohol problems. But some young people may have particular 'risk factors' in their lives, which may cause them to be especially vulnerable to developing problems with their drug or alcohol use. Our priority is to work with these young people. Groups of young people who may have particular vulnerability include:

- Those excluded from school, or at risk of being excluded
- Young people involved in the sex industry
- Homeless young people
- Looked after young people, or those leaving care
- Young offenders
- Young people affected by parental or carer's substance misuse.

Tiers of Intervention

Drug and alcohol services are tasked to deliver services in a tiered model of delivery. NORCAS Youth Service is responsible for the delivery of Tiers 2 and 3 in Suffolk as outlined below.

- TIER 1:** Universal, generic and primary services providing front line, first response to young people
To have a clear understanding of effective routes of referral to specialist services
- TIER 2:** First line specialist services, including proactive outreach and targeted prevention
- TIER 3:** Specialist substance specific interventions and assessment leading to a planned package of care and treatment
- TIER 4:** Short period of accommodation in crisis Inpatient / day psychiatric or secure unit to assist in detoxification

What we offer

We offer a range of different services. These are provided after a specialist assessment followed by individual care planning. They include:

- Specialist assessment and individual care planning
- Harm reduction advice and guidance
- Advice and information to parents, carers, and professionals
- Access to community prescribing
- Access to detoxification in a residential setting

We offer the above services in a variety of settings across Suffolk.

The techniques used include:

- Structured 1-1 interventions
- Solution focused counselling
- Targeted group work sessions

What we don't offer

We do not deliver tier 1 interventions. These universal services involve drug education and prevention for the general population are delivered by schools, youth clubs, and connexions services etc. These interventions are delivered through drug education lessons and activities, via the P.S.H.E. curriculum and other prevention activities.



Referral Process

We have two referral mechanisms:

- Our own referral form.
- The Suffolk DAAT 'Dust' screening Tool. This is a short assessment tool which then enables us to assess the urgency of need.

Both of the above referral forms should be completed and then sent by either fax or post to our Lowestoft office. We can accept referrals by telephone if you are able to give us all the relevant information to complete the referral form.

NORCAS youth service actively encourages self-referral by young people either by telephone or in person.

Following a referral

After a referral, a Care Coordinator assesses the client's needs and allocates them to a worker in our team taking into account the information given on the referral form. This worker will then make contact with the client and the referrer (as appropriate) and arrange an initial appointment.

At the initial appointment our worker will undertake a specialist assessment, explain our confidentiality policy and discuss our protocols for information sharing. Following this meeting a care plan is developed with the client based on their individual needs.



How to contact us

Please contact our Lowestoft Office in the first instance (we also have offices in Ipswich and Bury St Edmunds).

NORCAS
10-12 Regent Road
Lowestoft
Suffolk
NR32 1PA

Telephone: 01502 513444
Fax: 01502 562777
E-mail: youth@norcas.org.uk
Website: www.norcas.org.uk

NORCAS Youth Service is happy to offer informal information, advice and support to any professionals, parents and young people via the contact details above

NORCAS is an independent provider of drug and alcohol services across East Anglia. NORCAS Youth Service in Suffolk is funded by Suffolk Drug Action Team: www.suffolkdat.org.uk.



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