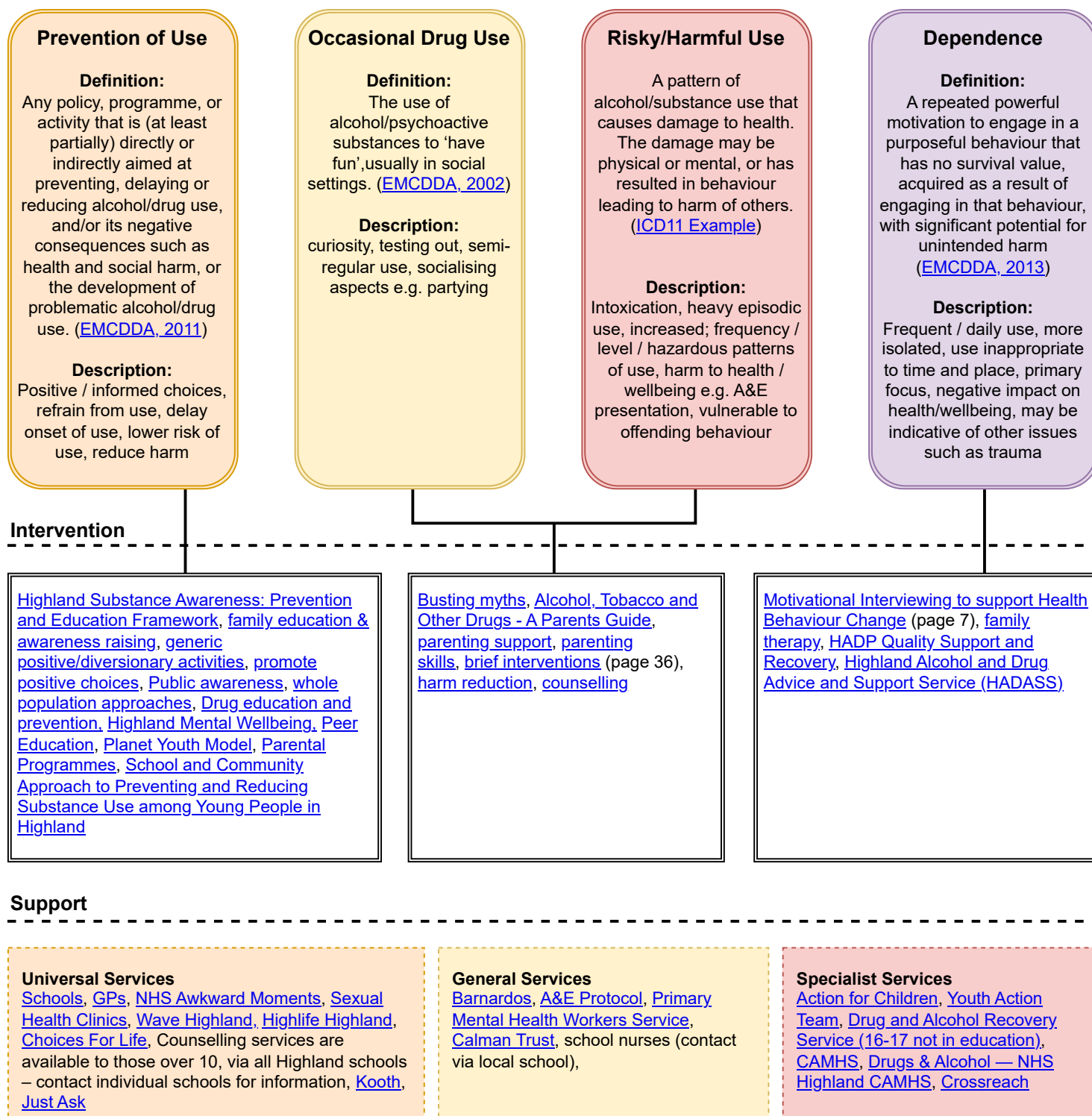


The Prevention and Intervention Model is a non-clinical resource highlighting various stages of substance use, corresponding interventions, and suggested support avenues for each stage. Please note that not every person will go through each stage, and stages can be multidirectional.

There are various risk factors that increase likelihood of problematic alcohol and drug use, including adverse childhood experiences, and experiencing health inequalities. Addressing root causes of these issues and establishing trauma-informed culture and practice are necessary.

There are a number of protective factors that reduce the risk of problematic alcohol and drug use, including attachment and supportive relationships with parents / carers. Fewer people (including young people) are using drugs and drinking alcohol. The majority that do, do not develop dependency. However, those who use drugs or alcohol problematically are likely to be vulnerable and experiencing a range of problems, of which substance use is one. The pathway has been established to clarify available resources in Highland: highlighting any gaps in provision that may need to be met. Following consultation on the pathway, thanks are expressed to both colleagues and partner agencies who provided their support. However, if you would like to suggest any improvements, please do get in touch.



Young people who use substances will generally be doing so non-problematically or occasionally and in the majority of cases will not be considered to be placing themselves (or consider themselves) at risk of significant harm. However for some young people, drug or alcohol use may indicate increased levels of vulnerability or risk, particularly where this use has become problematic for them and/or those around them. Young people in this situation need support.

If there are concerns that a young person may be at risk of significant harm then a discussion should take place with a Practice Lead in the local [Family Team](#) and in line with the [Highland Child Protection Guidance](#).