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.

Prevention of Use

Definition:

Any policy, programme, or activity that is (at least partially) directly or indirectly aimed at preventing, delaying or reducing alcohol/drug use, and/or its negative consequences such as health and social harm, or the development of problematic alcohol/drug use. (EMCDDA, 2011)

Description:

Positive / informed choices, refrain from use, delay onset of use, lower risk of use, reduce harm

Occasional Drug Use

Definition:

The use of alcohol/psychoactive substances to 'have fun',usually in social settings. (EMCDDA, 2002)

Description:

curiosity, testing out, semiregular use, socialising aspects e.g. partying

Risky/Harmful Use

A pattern of alcohol/substance use that causes damage to health. The damage may be physical or mental, or has resulted in behaviour leading to harm of others.

(ICD11 Example)

Description:

Intoxication, heavy episodic use, increased; frequency / level / hazardous patterns of use, harm to health / wellbeing e.g. A&E presentation, vulnerable to offending behaviour

Dependence

Definition:

A repeated powerful motivation to engage in a purposeful behaviour that has no survival value, acquired as a result of engaging in that behaviour, with significant potential for unintended harm (EMCDDA, 2013)

Description:

Frequent / daily use, more isolated, use inappropriate to time and place, primary focus, negative impact on health/wellbeing, may be indicative of other issues such as trauma

Intervention

Highland Substance Awareness: Prevention and Education Framework, family education & awareness raising, generic positive/diversionary activities, promote positive choices, Public awareness, whole population approaches, Drug education and prevention, Highland Mental Wellbeing, Peer Education, Planet Youth Model, Parental Programmes, School and Community Approach to Preventing and Reducing Substance Use among Young People in Highland

Busting myths, Alcohol, Tobacco and Other Drugs - A Parents Guide, parenting support, parenting skills, brief interventions (page 36), harm reduction, counselling

Motivational Interviewing to support Health Behaviour Change (page 7), family therapy, HADP Quality Support and Recovery, Highland Alcohol and Drug Advice and Support Service (HADASS)

Support

Universal Services

Schools, GPs, NHS Awkward Moments, Sexual Health Clinics, Wave Highland, Highlife Highland, Choices For Life, Counselling services are available to those over 10, via all Highland schools – contact individual schools for information, Kooth, Just Ask

General Services

Barnardos, A&E Protocol, Primary
Mental Health Workers Service,
Calman Trust, school nurses (contact
via local school),

Specialist Services

Action for Children, Youth Action
Team, Drug and Alcohol Recovery
Service (16-17 not in education),
CAMHS, Drugs & Alcohol — NHS
Highland CAMHS, Crossreach

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 <u>Family Team</u> and in line with the <u>Highland Child Protection Guidance</u>.