

# FWD

A free drug and alcohol  
service for under 25s



## Young People substance misuse service



FWD

 Camden



# “Together we can achieve... moving FWD as one”

Engagement Motivation Independence

FWD is a specialist young person's substance misuse service within the Integrated Youth Support Service (IYSS), aligned with the Youth Early Help. FWD offers preventative, targeted and treatment services to raise awareness, increase knowledge and reduce harm caused by substance misuse amongst young people. FWD uses innovative partnership model of service delivery that reflects Camden Council's ongoing commitment to provide quality services that are sensitive and responsive to the needs of young people, their carers, families and the community. FWD recognises the importance of responding holistically to young people, by providing integrated services to those who are at risk or have substance misuse problem. FWD is delivering services across a range of community settings, providing education, prevention and early intervention services to ensure young people in Camden are supported to address their problem, stay safe and thrive. In addition, FWD offer training for professionals and parents to raise their awareness of the impact of substance misuse and how to access support services.

**Eugene Griffin, Head of Service**



An effective service for promoting Health and wellbeing in young people in Camden underpinned by the principles of **“Every Child Matters”**.

FWD is committed to improving the health and wellbeing of Camden’s young people in, providing evidence-based prevention and early intervention that include:

- Individualised psychosocial intervention.
- A structured targeted educational programme that has been tailored to address substance misuse for a range of key stages.
- Structured psychosocial recovery groups for young people.

**FWD offer interventions that address young people’s concerns. They focus on:**

- Developing self-esteem and resilience.
- Increasing confidence to make informed decisions about risk taking behaviour associated with substance use.
- Providing impartial and up to date information on drug use, alcohol and smoking.
- Increase knowledge around how mental health and emotional wellbeing can be impacted by substance misuse.

## Individualised psychosocial intervention

Young people often present for drug treatment with a myriad of health and social problems. FWD provide Tier 2 and 3 interventions on an individualised basis. FWD takes a holistic and client centred approach when developing the care package with young people.

### Tier 2 – Prevention and Early Intervention

FWD Tier 2 interventions are open access and targeted at engaging those children and young people who are particularly vulnerable to substance misuse. For example, those in the care system, homeless young people, those affected by parental substance misuse, those at risk of sexual exploitation, those known to Camden Youth Offending service, Youth Early Help, Camden social services, PRU's Children in need/ subject to a child protection plan or those who have been excluded/ persistently truanting from education.

Interventions include:

- Assessment and risk management for Brief intervention
- Access to diversionary activities
- Information and advice
- Harm reduction

### Tier 3 – Psychosocial Intervention and Treatment

FWD Tier 3 is specialist psychosocial interventions with a strong therapeutic alliance, targeted at children and young people who have substance misuse problems and other social and emotional issues.

The aim is to reduce the harm to the young person through a programme of interventions and care management package.

FWD provides Tier 3 treatment services such as:

- Comprehensive assessment
- Psychosocial interventions
- Review of programmes and care plans
- Referral to needle exchange and substitute medication services
- Referral to Tier 4 services.

FWD work in a multi-disciplinary manner to ensure young people are provided with a holistic care package.



## Wellbeing and me

A bespoke and tailor-made six-week targeted programme for educational settings to work with young people who are at risk of substance misuse. This can be young people who are directly affected by parental substance misuse, peer substance misuse or misusing substances themselves.

The programme aims to educate young people on the risky behaviours associated with substance misuse looking at themes of grooming, peer pressure, drug dealing, the laws and consequences around substance misuse.

The programme is designed to increase the confidence of young people to make better informed choices and help build resilience.



## Introduction to moving FWD

This group is a structured recovery group which starts at the first stage of the cycle of change, pre-contemplation and contemplation. During this stage most young people may experience ambivalence towards accessing support.

### The group will focus on

- Pattern of thoughts that maybe holding young people back from accessing support.
- Impact of current trending substances on the physical/emotional and mental health.
- The wider impact and consequences of substance misuse.
- Harm reduction interventions aiming to reduce drug-related harm.

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This group will be facilitated using Motivational Interviewing, and evidence based psychosocial interventions to help young people move from pre-contemplation/contemplation into the next stage of the cycle of change which is decision/action.

## FWD Journey

FWD Journey is a structured recovery group designed to support young people who are at the stage of Decision/Action in the cycle of change. During this stage Atkin (2009) identifies this stage as the one where “people believe they have the ability to change their behaviour” in order to overcome their addiction.

### The Group will focus on:

- Increasing awareness of how emotions can be part of misusing cycle.
- Understanding individual patterns associated with previous misuse of substance.
- Becoming more aware of the consequences of misusing.
- Identifying and becoming more aware of triggers.
- Increase understanding of how to cope with triggers and craving when they occur.
- Understanding the dangers associated with ‘euphoric recall’.
- Raise awareness of personal repeated mistakes so they can identify them in the future.
- Develop coping strategies for potential risky situations.

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This group will be facilitated using Motivational Interviewing, and evidence-based psychosocial interventions to help young people move from the stage of action into maintenance and relapse prevention.

## FWD and beyond

FWD and beyond is a structured relapse prevention group designed to support young people who are at the last stages of the cycle of change, maintenance and relapse prevention. During this stage young people will acquire skills for avoidance of temptation to fall back into bad habits and strengthen their will-power to build resilience against the problems they may be struggling with.

### The Group aims to:

- Increase awareness of decision making that can lead to lapse and relapse.
- Patterns of thinking of how justifications can be used to set up lapse or relapse.
- Increase awareness of people and places that may help or hinder their recovery.
- Understand the need for continued support and identify gaps in different types of support.
- To increase self-esteem and positive thinking.
- Planning for the future.

This group will be facilitated using Motivational interviewing, and evidence based psychosocial interventions to help young people enable to move beyond recovery services.



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The session I attended with FWD gave me the confidence as a parent to be able to talk to my daughter about my concerns around her cannabis use. I can now support her without my anxieties getting in the way. **Mother to a 16 year old.**

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My FWD worker supported me in changing my ways, me and mum don't argue anymore. **S.S. 16 years old.**

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FWD has helped me give up using drugs, now I have a job and that's thanks to my FWD worker believing in me and not giving up on me. **Anonymous 17 years old.**

“

Attending FWD workshop for professionals has given me the knowledge I needed to be able to support the young people I work with. **Teacher**

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Big up FWD for helping me see light at the end of the tunnel. **Anonymous 15 years old.**

“

FWD work has taught me how to value myself and respect others. **Dylan 17 years old.**

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## **For more information on FWD please contact:**

### **FWD Young people's substance misuse service**

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For general enquiries contact

**Fwd@camden.gov.uk**

For referrals contact

**Fwd.referral@camden.gov.uk**

FWD manager

Jaheda Ali

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### **Youth Early Help**

The Youth Early Help (YEH) Service in Camden aims to ensure young people stay safe and be healthy, remain in education, training or employment, become resilient and play a positive role in their communities. It is voluntary service offering young people access to a wide ranging social and personal development opportunities including accredited programme through a network of youth project across the borough. In addition, one to one support is offered to vulnerable and at risk young people and their families by a team of highly experienced youth and family case manager.

For more information on Youth Early Help Services, please email:

**youthearlyhelp@camden.gov.uk**