

# PLATFORM



## Platform Annual Report 2013-14



## Introduction

Platform Young Peoples' Drugs Service in Leeds focuses on allowing young people up to the age of 18 to make an informed choice about their lifestyle and seek help regarding substance and alcohol use.

Alongside delivering a wide range of one-to-one interventions and group work, we have also seen the development of the first out-patient clinic in Leeds for young people presenting at A&E due to alcohol related problems.

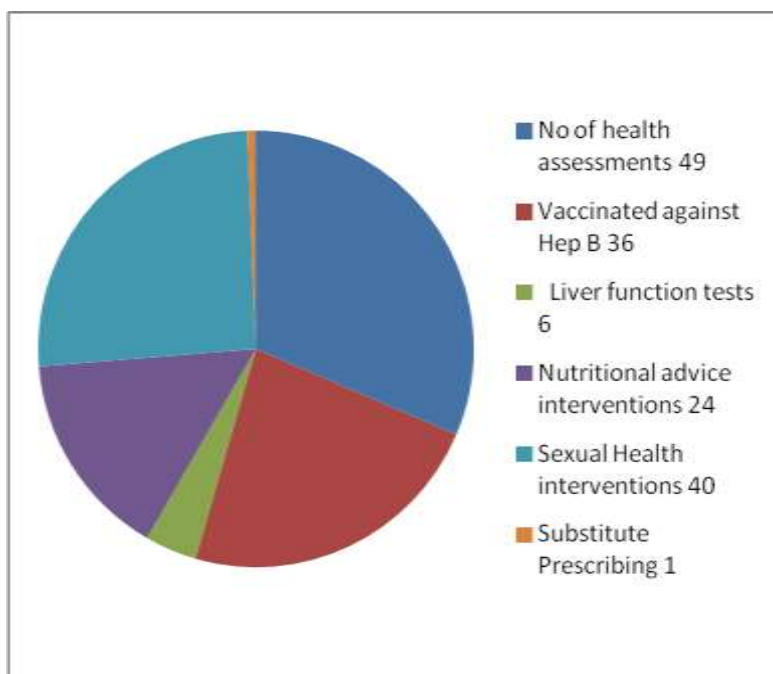


## Community Team

In the last year Platform have worked with 134 young people, 98% of whom successfully completed their treatment journey in a planned way. Of these 92% (124) stated they were cannabis users, a significant majority of which reported daily use of cannabis.

Nearly 70% (93) received an intervention around their use of alcohol. These figures bear out the national data for young people accessing drug treatment, the majority are seeking support for cannabis and alcohol related issues. Close to a quarter of young people in the last year reported some level of use of cocaine (24% = 32), the patterns around cocaine use varied significantly from less than monthly to several days of use per week.

There appeared to be a decrease in the amount of M-cat (Mephedrone) users presenting for treatment, with only 17% (23) of young people in service stating they had used it. The downward trend of ketamine use continued this year, with only 4% (6) of young people reporting any use. There has also been an emerging trend in the later part of this year, start of the New Year, around young heroin users attending the service which we are pro-actively engaging with.



### Service user/Customer feedback info

- 81% rated the service as between 7-10 out of 10
- 94% stated the service had met their expectations
- 95% stated that they had increased their knowledge of harm reduction
- 97% stated they could now make an informed choice about their drug use

### Prevention Team

The prevention team continues to build new and existing relationships with alternative education providers across the city. We have delivered a number of groupwork sessions and programmes to targeted groups attending these providers. We continue to have a presence in pupil referrals units, Silc's as well as mainstream schools. There has been an observable increase in referrals over the year for one to one interventions for brief advice for those young people using alcohol and cannabis.

### Choices project

The Choices project continues going from strength to strength, with a continual positive working relationship with the Leeds Community Drug Project, schools, social services and the family intervention project. This year has seen an increase in referrals, inter-agency working, and interventions with families. Choices also provides, school holiday activities for those young people involved in the project. The project has also produced a specialist resource kit for professionals to use when working with young people affected by parental substance use.

### Training to Professionals

Platform offers a number of training opportunities to professionals. The training packages offered ranged from the Alcohol Identification & Brief Advice Training, Basic drugs Awareness training, workshops on legal highs, cannabis, solvents, stimulant drugs and bespoke training to children's homes, cluster staff, schools, college staff, student ambassadors and housing organisations. In total 295 professionals received training from Platform from April 2013 to March 2014.



### Alcohol Campaign & Competition

In October and November 2013. Platform, Leeds City Council Public Health Team, ran an alcohol competition/campaign with Leeds City College. The aim of the campaign was to increase students awareness of the potential risks associated with excessive alcohol use. Platform worked with the college to provide tutors with an alcohol resource in the form of 'Who wants to be a millionaire' quiz which was delivered across the college sites in alcohol awareness week in student tutorials.

The college was also provided with 15,000 alcohol leaflets to also be distributed throughout the college sites in alcohol awareness week. Following on from the awareness campaign students under the age of 25 were given the opportunity to enter a competition to design an alcohol campaign to highlight risks to other fellow students. Two entries devised by four students were selected as winners of the competition. An awards event to celebrate the students input and to present each student with an I-Pad mini followed, with the prizes presented by Counsellor Mulherrin. We were also delighted to see that the students chose to bring their family members along to witness their success.

### **Brief Advice Clinic - Leeds General Infirmary**

Platform launched their Brief Advice Clinic at Leeds General Infirmary in March 2014. Platform has worked closely with Leeds Teaching Hospital Trust over the last year to set up the clinic. The clinic runs on a Monday and Wednesday evening 6pm to 8pm in the Jubilee building within Leeds General Infirmary. The clinic is for any young person aged under 18 years of age who has had an admission to the Accident & Emergency department related to their alcohol and/or drug. Parents and carers are also encouraged to attend the clinic for help, support and guidance.

### **Stable Change**



‘Stable Change’ took place over the summer holidays over 5 sessions. For young people taking part the aim was to be able to reach their substance use goals through learning to care and ride horses. Six young people attended and 5 received certificates of level 1 progressive riding.

The programme will help to:

- Learn new ways of dealing with problems
- Overcome fears
- Learn how to trust and respect others and themselves
- Build relationships and communication skills

By learning these skills, we hope that young people will be more likely to reduce, control and stop their substance use by:

- Improving relationships
- Achieving a qualification
- Developing future goals and determination to succeed
- Reduce crime through developing better coping skills and problem solving
- Improve health
- Improve self-belief



### **Feedback included:**

“I will take away a lot of positive thoughts I also came away with a lot of positivity that I can give up cannabis for good”

“Made me realise I don’t need to smoke cannabis during the day and if I had a hobby I don’t think I would smoke as much”

“Made me stop in sometimes”

“The last stable change helped me to achieve my goal and even stop using cannabis because the lady who raised the money made me realise lifes too short and cannabis is the easiest drug to come off and it is better to come away from cannabis now because it is very easy to get addicted to worse drugs”

“I don’t think I would have give up smoking cannabis if I wouldn’t of done this programme”

Platform criminal justice team



Platform provides substance misuse support to young people working with the Youth Offending Service. We deliver work directly to young people on statutory orders and support prevention cases to access Platform’s community team. We have workers based in each of the three YOS area teams.

We maintain positive relationships with the secure estate and ensure in cases where clients are entering or leaving custody, a smooth transition of treatment takes place. Through effective substance misuse treatment Platform supports the YOS’ goals of reducing risk of re-offending, reducing client’s vulnerability and reducing risks to the public.



As well as delivering one to one treatment with YOS clients, we offer consultation to our YOS colleagues and support the wider team around substance misuse issues and training.

In the past year we have delivered practice forums around Motivational Interviewing, Novel Psychoactive Substances (legal highs) and have trained YOS staff to deliver Information and Brief Advice (IBA) around alcohol.

YOS has a dedicated pool of volunteers who receive training via Platform which is always well received.

*“I’ve seen a couple of the volunteers this morning and they spoke very positively about the session!*

*I think it’s fair to say the evaluations are excellent.” - Karol Thornton. Volunteers Co-ordinator Leeds YOS*

Eastmoor Secure Children’s Home



Platform has increased provision to 3.5 days a week. This has enabled us to complete CHAT assessments with residents to better assess their needs. Platform then offers a range of psychosocial interventions to best support the client.

The Platform worker is fully embedded into the Eastmoor health team and treatment is delivered in a joined up way. We provide support and consultation to the wider staff team around substance misuse issues and trends and this is a valuable resource for workers to draw on. As well as one to one provision Platform delivers universal and targeted group work within this setting.

[CQC](#)



This year we were inspected by the Care Quality Commission, who assessed Platform against five outcomes (Respecting and Involving people who use services; Care and welfare of people who use services; Safety and suitability of premises; Requirements relating to workers; and Complaints) and were found to have met all the standards. This is the third year we have been inspected and are proud of our record of continuing to deliver a high quality service.



Breaking News!!

DISC has continued to develop their staff, and during the last year four project workers were trained by a consultant psychologist in using the principles and approaches of a Multi-Systemic Therapeutic (MST) model to support the delivery of family interventions and to further develop the quality of service young people can expect and to improve the treatment outcomes. There is a good evidence base that MST type approaches support people to maintain the changes they have made in treatment, meaning that recovery is ultimately more sustainable.

We have also seen two new members of staff join the established community treatment service. Platform has taken on an apprentice admin to support our current administrator. They will benefit from on the job training and will be supported by Leeds City College to complete a Diploma in Administration. We have also seen a new nurse start with Platform.



#### Looking Forward

As we move on into the next year we are excited about many of the opportunities that lie ahead. The two most striking being the development of a partnership with the adult harm reduction service to deliver a needle exchange for steroid users, Platform's presence will create a better service for those under the age of 18 who attend. This will enable young people to receive a comprehensive assessment of their needs, engage in psychosocial interventions, meet with the nurse for a thorough health check, including sexual health and hepatitis testing, and the chance to receive hepatitis B immunisations.

We have also begun the process of creating a dedicated young adult team to work with 16-24 year old non-opiate/crack users to support the transition of young people into adult services where necessary. This team will sit within Platform.