



HAMPSHIRE & ISLE of WIGHT SUBSTANCE MISUSE TREATMENT SERVICES DIRECTORY

YOUNG PEOPLE'S SERVICES

NAVIGATION TIPS:

1. Use the links in the Contents table (page 2) to go directly to a service or section, then use the green back button in the bar at the bottom of the screen to return to the Contents, OR
2. Open the Bookmarks tab to the left of the screen and use the links in that panel to go to any page.

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Using Substance Misuse Treatment Services in Hampshire & the Isle of Wight

This directory is designed to inform the general public and service providers about what services are available in their area and to describe what each service offers. The full directory is divided into the four areas of **Hampshire** (coordinated by the Hampshire Drug & Alcohol Action Team), the **Isle of Wight** (the Isle of Wight Safer Community Partnership), **Portsmouth** (the Safer Portsmouth Partnership) and **Southampton** (the Substance Misuse Action Group Southampton City Council). These coordinating organisations are responsible for commissioning the services in each area. Referral systems vary by area and contacting an Open Access Service is usually best. **This version contains the Young People's services only.**

For each geographic area the directory is divided into two sections, **Open Access Services** and **Specialist Services**.

Open Access Services: These services can accept referrals or self referral. Some services may prefer a telephone contact first (see contact details). By their nature they are open access so that people can gain advice, information, support or access to other's services quickly and confidentially.

Specialist Services: These agencies will require referral and assessment prior to anyone receiving a service. Local arrangements are in place for accessing specialist services through a triage assessment, which is designed to give quick access to an appointment and assist people to receive services based on individual

needs. Contact the local Open Access Services or ring the Specialist Service for further details.

The two, county-wide, **Mobile Needle Exchange Services** are listed at the beginning of the **Hampshire** section.

The final sections in the full directory are for **Residential Services** and **Young People's Services**.





Residential Services often have a broader catchment area than other local services. These cover two types of service:

In-patient detoxification services: These can be stand alone services or part of a service that also offers rehabilitation programmes. All in-patient detox facilities require a comprehensive assessment and a referral, from a Specialist Service and/or the in-patient service. Access is also dependent on eligibility criteria and funding.

Residential rehabilitation programmes: These services offer intensive and structured treatment programmes, based on different philosophies. All require referral and assessment. Local authority social services departments currently initiate access to residential rehabilitation programmes. Treatment is paid for by community care funding and supplemented by other funding. Private in-patient and rehabilitation services accept self referral and treatment for those self funding or using private medical insurance.

Young People's Services are generally open to young people aged between 12 and 18, although some services will accept people upto the age of 25. These services are divided into Universal, Early Intervention and Treatment categories. More information on these categories is given in each sub-section.

Key to Services (4 pages)

	<p>Aftercare Activities</p>		<p>Assessment & Care Planning</p>
<p>Aftercare is a package of support that is put in place for clients when they leave structured treatment (after the end of their care plan), or for offenders when they leave or complete community sentences, or are released from prison (remand or sentenced). The aim of aftercare is to sustain treatment gains and further develop community reintegration. Aftercare may include drug-related interventions, open access relapse prevention or harm reduction. It may also include non-drug related support such as housing, access to education, generic health and social care.</p>		<p>A two-way process between a service user and an assessor to establish immediate and longer terms needs, and develop a care plan of actions to meet those needs. Comprehensive assessment aims to determine the exact nature of the client's drug and alcohol problems, and co-existing problems in the other domains of health (mental and physical), social functioning and offending. Assessment may be conducted by more than one member of a multidisciplinary team, because different competencies may be necessary to assess different areas of client need. Assessment should be an ongoing process rather than a single event.</p>	
	<p>Community Prescribing</p>		<p>Complementary Therapy</p>
<p>This involves the provision of care-planned specialised drug treatment, which includes the prescribing of drugs to treat drug misuse. The range of community prescribing interventions can include:</p> <ul style="list-style-type: none"> • Stabilisation on substitute opioids, including dose titration • Prescribing for a sustained period to substitute illicit drugs (maintenance prescribing) • Prescribing for withdrawal from opioids (community detoxification) • Prescribing to prevent relapse • Stabilisation and withdrawal from sedatives • Detoxification from alcohol where appropriate • Treatment for stimulant users, which may include symptomatic prescribing 		<p>Offered in both community-based and residential drug services providing a range of complementary therapies including: auricular acupuncture, homeopathic medicines and teas, visualisation, shiatsu and reflexology. Therapies are reported to help with the withdrawal and relieve stress. Staff providing these therapies should hold appropriate qualifications.</p>	

Key to Services (continued)



Counselling

Counselling is defined by the British Association of Counselling as “providing an opportunity for the service user to work towards living in a way he or she experiences as more satisfying and resourceful”. This activity takes place within a deliberately undertaken contract with clearly agreed boundaries and commitment to privacy and confidentiality. It requires explicit and informed agreement. Staff should be adequately trained and hold qualifications to provide counselling. It is important that people requesting counselling should find out about the philosophy/approach being offered as counselling can vary depending on a person's training. Counselling services usually offer service users a choice of counsellor. The assessment interview is a good time for service users to check out what counselling involves prior to starting.



Drug Intervention Programmes

Drug Intervention Programmes provide an end-to-end service (enhanced Tier 2) for drug users who are within the criminal justice system. The DIP teams provide a range of support services through the various stages of the justice system and beyond:

- police custody
- courts and probation
- prison
- referral to treatment
- throughcare and aftercare

Special measures for children and young people are also being implemented.



Hepatitis B Vaccinations

Preventing the spread of blood-borne diseases is a major goal of drug treatment services and a major contribution to individual and public health. A range of services which may be offered, including some or all of the following:




- health screening for blood-borne infections to identify needs and problems
- explore issues relating to health resulting from substance use/misuse and identify ways of achieving a healthier lifestyle
- assess risk behaviours associated with drug and alcohol use and provide interventions that will help prevent further harms and consequences, eg. advice and education on hepatitis B & C and HIV
- provide access to testing for hepatitis B & C and HIV
- provide access to hepatitis B vaccination
- provide a comprehensive pathway of care for those who require healthcare relating to blood-borne diseases





Housing Support

Whereas, many services will provide basic information and referral for housing issues, full housing support is a specialised service to provide or identify suitable living accommodation for people with a history of drug or alcohol misuse. Housing may be provided within a hostel, through supported accommodation or within a residential treatment setting.















Key to Services (continued)

	Information & Support		In-patient Detox
<p>Drug and alcohol (substance misuse) related advice and information interventions should provide appropriate advice and accurate, up-to-date information on a range of substance misuse related issues, including:</p> <ul style="list-style-type: none"> • information about different drugs and their effects • advice about stopping misuse of drugs and alcohol • information on how to reduce the potential harm from drug misuse (eg. safer injecting, reducing overdose risks, etc) • how and where to access help for drug problems • how and where to access help for other problems (eg. housing, sexual health) 		<p>Inpatient interventions usually involve short episodes of hospital based (or equivalent) drug and alcohol medical treatment. This normally includes 24-hour medical cover and multidisciplinary team support for treatment such as:</p> <ul style="list-style-type: none"> • Medically supervised assessment • Stabilisation on substitute medication • Detoxification from illegal and substitute drugs • Specialist inpatient treatments for stimulant users • Emergency medical care for drug users in crisis <p>Inpatient drug treatment should be provided within a care plan with an identified keyworker. The care plan should address drug and alcohol misuse, health needs, offending behaviour and social functioning where appropriate.</p>	
	Needle Exchange		One to One Work
<p>Needle exchange facilities are located in open access (Tier 2 services), or community pharmacies (Tier 1). Sometimes needle and syringe exchange services are also provided in mobile vans, especially in rural places. Needle and syringe exchange schemes offer a range of injecting equipment as well as a service for the disposal of used equipment. In addition, staff offer harm minimisation or risk reduction advice and information. Some needle exchange service also offer on-site vaccination programmes for Hepatitis B. The service can also act as a point of referral into other services.</p>		<p>One to one work can have a different interpretation between services, so it is important that service users clarify what is being offered. Generally one-to-one is not counselling. It usually involves a member of staff being allocated as a key worker. Their role is to meet with the service user regularly, check progress against the care plan, provide advice and information; and give general support e.g. letters to housing etc. In some services staff may also be expected to do all the therapeutic work, this could include; motivational work, lapse/relapse prevention, coping skills and behaviour change work. Some services may also work within a philosophy, eg. harm reduction or abstinence, this is important to check when engaging with a service.</p>	

Key to Services (continued)

	Outreach Programmes		Structured Group Work
	<p>Outreach work is a method of delivering interventions in settings external to a service's usual site. The aims of outreach work are:</p> <ul style="list-style-type: none"> • to provide services to those unable or unwilling to access site-based services, including 'hard to reach' groups such as young people, black and minority ethnic communities, women, the housebound (eg. because of physical or psychological illness) and those living at distance from services (eg. in rural areas) • to provide health education opportunities for drug misusers not currently accessing site-based services • to provide harm minimisation/risk reduction services to drug misusers not currently accessing site-based services (eg. needle exchange, provision of condoms) • to make initial contact with drug misusers to facilitate referral to site-based services <p>Services can include the provision of advice and information, brief interventions, sterile injecting equipment and, in some instances, care-planned counselling.</p>		<p>Usually offered as part of a programme of defined activities for a fixed period of time. Service users usually attend the programme according to specified attendance criteria, and follow a set timetable that will include group work, covering psychosocial interventions, educational and life skills activities. Some service users may attend as a follow-on or precursor to other treatment types, or may be attending as part of a criminal justice programme supervised by the probation service, or community rehabilitation. Group work is normally run in community based services, set in centres that have been specifically designated for the programme (purpose-built or converted) and have rooms designated for specific parts of the programme (eg. group work, life skills etc).</p>

Key to Logos

	Aftercare Activities		Housing Support
	Assessment & Care Planning		Information & Support
	Community Prescribing		In-Patient Detox
	Complementary Therapy		Needle Exchange
	Counselling		One to One Work
	Drug Intervention Programme		Outreach Programmes
	Hepatitis B Vaccinations		Structured Group Work

YOUNG PEOPLE'S SERVICES

UNIVERSAL SERVICES (Tier 1)

Universal services are the first line of help and support for young people and parents/carers with concerns or problems associated with drugs and alcohol. Examples of Universal Services are GP's, Teachers, Youth Workers and Connexions Advisors. Young people and parents/carers with questions or concerns about drugs or alcohol can seek information or advice from any of these sources.

The purpose of generic and primary care (Universal) services is to ensure universal access and continuity of advice and care to all young people. Tier 1 services are mainstream services for young people concerned with education improvement and maintenance of health, educational attainment, identification of risks or child protection issues, eg. GP, Teacher, Youth Worker, Connexions Advisor. They will also provide advice and information about substances as part of a general health improvement agenda and screen those with vulnerability or difficulties in relation to substances.

Additional information on these services can be obtained from:

South Central Connexions
www.connexions-southcentral.org

Hampshire County Youth Service (Hampshire Children's Services)
www.youth.hants.gov.uk

It's Your Choice



AIMS

A free and confidential, information and advice service for young people.

STATUS

Charity

TARGET GROUP

Young people aged 12-25 years with particular focus on young people looked after, young people leaving care, young offenders, school excludees, children of drug using parents and homeless young people.

MODELS OF PRACTICE

- Information and advice for young people
- Practical help and support
- Health promotion
- Targeted drug education
- One-to-one support (brief interventions)
- Referral to diversionary activities

YOUNG PEOPLE'S SERVICE UNIVERSAL(Tier 1) (Anyone can call or attend these services)

OPENING HOURS

Totton:

Monday 2.00pm – 5.00pm

Tuesday & Friday 2.00pm – 5.00pm

Thursday 2.00pm – 8.00pm

Fordingbridge:

Thursday 3.00pm - 5.00pm

Holbury:

Tuesday 2.30pm – 5.00pm

CATCHMENT AREA

New Forest

CONTACT DETAILS

Totton:

It's Your Choice, 37 Salisbury Road,
Totton, SO40 3HX

Fordingbridge:

The Pavillion in The Recreation Ground,
(opposite the Skate Park) Fordingbridge

Holbury:

Colors Youth Centre, Long Lane, Holbury

Tel: 0800 515819

Email: itsyourchoice@tiscali.co.uk

Safe in Sound



AIMS

To raise awareness of the risks associated with substance use, reduce harm and promote the health, safety and enjoyment of people using entertainment venues. The project aims are met through a range of activities including:

- Teams of outreach volunteers distributing harm reduction information at music/dance events.
- Offering help and reassurance to those in crisis.
- Sign posting people to other local and national services.

STATUS

Voluntary

TARGET GROUP

Recreational drug users at local night time entertainment venues.

MODELS OF PRACTICE

- Harm reduction outreach project
- Confidential and non-judgmental

YOUNG PEOPLE'S SERVICE
UNIVERSAL (Tier 1)
(Anyone can call or attend these services)

OPENING HOURS

Office hours:

Monday - Friday 9.00am - 5.00pm

CATCHMENT AREA

Southampton

CONTACT DETAILS

Safe in Sound, c/o Southampton Voluntary Services,
Voluntary Action Centre, Kingsland Square,
St. Mary's Street, Southampton, SO14 1NW

Tel: 023 8021 6031

Fax: 023 8022 2929

Email: r.kurn@southamptonvs.org

Websites: www.safeinsound.org

www.southamptonvs.org.uk

www.knowledge2.org.uk

EARLY INTERVENTION SERVICES (Tier 2)

Access to Early Intervention Services may be through referral from a Universal Service (GP, Teacher, Youth Worker, Connexions Advisor) but any young person can contact these services directly for help and advice.

Early Intervention Services are youth orientated services offered by practitioners with some drug and alcohol experience plus youth specialist knowledge. The aim and purpose of this type of service is to be concerned with the reduction of risk and vulnerabilities, and the reintegration and maintenance of young people into mainstream services.

D.A.S.H.

(Drug. Alcohol. Support. Health.)



AIMS

D.A.S.H. Drug, Alcohol, Support and Health Southampton is a working partnership between Portsmouth City PCT and No Limits. Operating within Southampton City for 18yrs and under; at tier 3 and tier 2 Outreach. Offering comprehensive assessment, treatment, substitute prescribing, home detoxification as well as needle exchange and a tier 2 outreach service.

The service can be accessed for referrals directly as well as via the three No Limits centres and nine drop-in sessions in Schools and collages throughout the City

STATUS

Partnership of the Portsmouth City PCT and No Limits.

TARGET GROUP

Young people 18 and under experiencing difficulties associated with the effects of alcohol, drugs or solvents. Residing in Southampton city.

YOUNG PEOPLE'S SERVICE

TREATMENT (Tier 2 & 3)

(Referral from a Universal or Early Intervention service may be required. Self referral is allowed in some cases.)

MODELS OF PRACTICE

Open access

- Integrated care pathways
- Counselling
- Family support
- Group work
- Medical, health and social care assessment
- Advice and information
- Substitute prescribing

YP Needle exchange

- Drug screening
- Onward referral
- Joint working with other services
- Advice and information

(continued)

D.A.S.H. (Drug. Alcohol. Support. Health.)



OPENING HOURS

City Centre:	Monday	11.00am- 5.00pm
	Tuesday	11.00am- 2.00pm
	Wednesday	2.00pm- 8.00pm
	Thursday	2.00pm- 5.00pm
	Friday	11.00am- 2.00pm
	Saturday	10.00am- 1.00pm
Shirley:	Monday	11.00am- 2.00pm
	Tuesday	2.00pm- 8.00pm
	Wednesday	2.00pm- 5.00pm
	Thursday	11.00am- 5.00pm
	Friday	11.00am- 2.00pm
Sholing:	Monday	2.00pm- 5.00pm
	Wednesday	2.00pm- 5.00pm
	Friday	2.00pm- 2.00pm
	Tuesday & Thursday	Closed

There are a variety of satellite clinics at schools and young peoples' projects throughout the city. Out of hours appointments are also available by arrangement. All interventions are by arranged appointment with the young person in their own home or a young person friendly venue.

YOUNG PEOPLE'S SERVICE TREATMENT (Tier 2 & 3)

(Referral from a Universal or Early Intervention service may be required. Self referral is allowed in some cases.)

REFERRALS

Open access and triage at the three No Limits city shops and a variety of satellite centres

CATCHMENT AREA

Southampton City

(See separate entry for E's Up services in Portsmouth City)

CONTACT DETAILS

Postal Address: D.A.S.H., 406 Portsmouth Road, Southampton, Hampshire SO19 9AT

Tel: 023 8022 4224

No Limits City Centre: 24a Bernard Street, Southampton, SO14 3AY

Tel: 023 8022 4224

No Limits Shirley: 278 Shirley Road, Southampton, SO15 3HL

Tel: 023 8051 1051

No Limits Sholing: 406 Portsmouth Road, Southampton, SO19 9AT

Tel: 023 8043 5000

Website: www.es-up.org.uk

www.nolimits-southampton.org.uk

www.DASHsouthampton.co.uk

Eastleigh Young Carers



AIMS

To provide support, information and advice to carers where a loved one, friend or relative relies on them for their emotional and physical well-being.

STATUS

Charity

TARGET GROUP

Young people aged 13-18 years whose parents are using drugs or alcohol. Can work with young people aged over 18 if they are in full-time education.

MODELS OF PRACTICE

- Information and advice for young people
- Practical help and support
- Health promotion
- Assertive, proactive outreach
- Targeted drug education
- One-to-one support (brief interventions)
- Diversionary activities
- Training for professionals

YOUNG PEOPLE'S SERVICE
EARLY INTERVENTION (Tier 2)
(Anyone can call or attend these services)

OPENING HOURS

Monday - Friday 10.00am – 5.00pm

CATCHMENT AREA

Eastleigh

CONTACT DETAILS

Wendy Walsh
Eastleigh Young Carers
16 Romsey Road
Eastleigh
SO50 9AL
www.1community.org.uk

Tel: 02380 902404
Email: wwalsh@1community.org.uk
Website: www.1community.org.uk

Home-Start Meon Valley



AIMS

To promote the welfare of families with at least one child under 5 years of age. Volunteers offer regular support, friendship and practical help to families under stress in their own homes to prevent family crisis and breakdown.

STATUS

Charity

TARGET GROUP

Families where there is a child aged under 5 years and where there is parental substance misuse.

MODELS OF PRACTICE

- Information and advice for young people
- Practical help and support
- Health promotion

YOUNG PEOPLE'S SERVICE
EARLY INTERVENTION (Tier 2)
(Anyone can call or attend these services)

OPENING HOURS

Monday - Friday 10.00am – 5.00pm

CATCHMENT AREA

Winchester

CONTACT DETAILS

Tracey Mickiethwaite
Home-Start Meon Valley
Wickham Community Centre
Mill Lane
Wickham
Hampshire
PO17 5AL

Tel: 01329 836935

Email: organizer@homestart-meonvalley.org.uk

Website: www.homestart-meonvalley.org.uk

Moving On Project



YOUNG PEOPLE'S SERVICE
EARLY INTERVENTION (Tier 2)
(Anyone can call or attend these services)

AIMS

To provide a confidential counselling, information and support service to young people.

STATUS

Charity

TARGET GROUP

Young people aged 11-25 facing difficulties.

MODELS OF PRACTICE

- One-to-one counselling support (brief interventions)

OPENING HOURS

Monday 4.00pm - 8.30pm
Tuesday 12.30pm - 6.30pm
Wednesday 9.30am -12.30pm
Thursday 11.00am - 3.30pm

CATCHMENT AREA

Fareham & Gosport

CONTACT DETAILS

Julia Carter
Moving On Project
X-Perience, Trinity Street
Fareham, Hampshire
PO16 7SJ

Tel: 01329 822331
Email: Julia.a.carter@hants.gov.uk

No Limits

Youth Information, Advice & Counselling Service



AIMS

To offer a caring, supportive environment where young people can explore issues which are affecting their lives. To provide accurate and up to date information relevant to young peoples' needs. To enable young people to solve problems and make informed decisions.

STATUS

Voluntary

TARGET GROUP

Young people aged between 13 and 25 in Southampton.

MODELS OF PRACTICE

- Flexible, non-judgmental, free, confidential and young people friendly
- Using approaches that are educative, participative and empowering
- Harm Minimisation
- Solution focused
- Humanistic counselling approach
- Assessments and Tier 2 service

YOUNG PEOPLE'S SERVICE EARLY INTERVENTION (Tier 2) (Anyone can call or attend these services)

OPENING HOURS

Southampton City:

Monday	11.00am	- 5.00pm
Tuesday	11.00am	- 2.00pm
Wednesday	2.00pm	- 8.00pm
Thursday	2.00pm	- 5.00pm
Friday	11.00am	- 2.00pm
Saturday	10.00am	- 1.00pm

Shirley:

Monday	11.00am	- 2.00pm
Tuesday	2.00pm	- 8.00pm
Wednesday	2.00pm	- 5.00pm
Thursday	11.00am	- 5.00pm
Friday	11.00am	- 2.00pm

Sholing:

Monday	2.00pm	- 5.00pm
Wednesday	2.00pm	- 5.00pm
Friday	2.00pm	- 5.00pm

**See next page for Catchment Area
& Contact Details**

No Limits

Youth Information, Advice
& Counselling Service



YOUNG PEOPLE'S SERVICE
EARLY INTERVENTION (Tier 2)
(Anyone can call or attend these services)

CATCHMENT AREA
Southampton

CONTACT DETAILS

Southampton City:

24a Bernard Street, Southampton, SO14 3AY

Young People Tel: 023 8022 4224

Office Tel: 023 8023 6237

Fax: 023 8023 6138

Shirley:

278 Shirley Road, Shirley, Southampton, SO15 3HL

Young People Tel: 023 8051 1051

Office Tel: 023 8077 8448

Fax: 023 8077 8448

Sholing:

406-408 Portsmouth Road, Southampton, SO19 9AT

Young People Tel: 023 8043 5000

Office Tel: 023 8043 4455

Fax: 023 8043 4455

Email: advice@nolimits-southampton.org.uk

Website: www.nolimits-southampton.org.uk

Off the Record



AIMS

To provide a confidential counselling, information and support service to young people.

STATUS

Charity

TARGET GROUP

Young people aged 11-25 facing difficulties.

MODELS OF PRACTICE

- One-to-one counselling support (brief interventions)

YOUNG PEOPLE'S SERVICE
EARLY INTERVENTION (Tier 2)
(Anyone can call or attend these services)

OPENING HOURS

Monday – Wednesday 3.00pm - 9.00pm
Thursday - Friday 1.00pm - 3.00pm

CATCHMENT AREA

Havant

CONTACT DETAILS

Theresa Wade
Off The Record, 138 Purbrook Way
Leigh Park, Havant
Hampshire PO9 3SU

Tel: 023 9278 5999

Email: theresaw@off-the-record.org.uk

Website: www.off-the-record.org.uk

The PRISM Network

Processing Referrals Involving Substance Misuse



AIMS

Early intervention service for secondary school age pupils using substances.

STATUS

Statutory

TARGET GROUP

Young people aged 10-16 year. Any secondary school age pupil using alcohol, illegal substances or solvents.

MODELS OF PRACTICE

- Information and advice for young people
- Practical help and support
- Health promotion
- One-to-one support (brief interventions)
- Specialist advice and consultation to school staff on the management of pupils with substance related problems

YOUNG PEOPLE'S SERVICE
EARLY INTERVENTION (Tier 2)
(Anyone can call or attend these services)

OPENING HOURS

Monday – Friday 9.00am – 4.00pm

CATCHMENT AREA

Hampshire

CONTACT DETAILS

The PRISM Network
c/o Jayne Joyce, Ashburton Court East,
The Castle, Winchester,
Hampshire SO23 8UG

Tel: 01962 846386

Email: jayne.joyce@hants.gov.uk

Remix



AIMS

A free and confidential, early intervention information and advice service for young people.

STATUS

Charity

TARGET GROUP

Young people aged 12-18 years with particular focus on young people looked after, young people leaving care, young offenders, school excludees, children of drug using parents and homeless young people.

MODELS OF PRACTICE

- Information and advice for young people
- Practical help and support
- Health promotion
- Targeted drug education
- One-to-one support (brief interventions)
- Referral to diversionary activities

YOUNG PEOPLE'S SERVICE
EARLY INTERVENTION (Tier 2)
(Anyone can call or attend these services)

OPENING HOURS

Monday – Friday 9.00am – 5.00pm

CATCHMENT AREA

Winchester

CONTACT DETAILS

Remix, 1 Swan Lane,
Winchester, SO23 7AA

Tel: 01962 868852

Email: winremix@hotmail.co.uk

Website: www.winremix.org.uk

Winchester Young Carers Project



AIMS

To provide support, information and advice to carers where a loved one, friend or relative relies on them for their emotional and physical well-being.

STATUS

Charity

TARGET GROUP

Young people under 18 whose parents are using drugs or alcohol.

MODELS OF PRACTICE

- Information and advice for young people
- Practical help and support
- Health promotion
- Diversionary activities
- Training for professionals

YOUNG PEOPLE'S SERVICE
EARLY INTERVENTION (Tier 2)
(Anyone can call or attend these services)

OPENING HOURS

Monday - Friday 10.00am - 5.00pm

CATCHMENT AREA

Winchester district

CONTACT DETAILS

Ben Hogbin
Winchester Young Carers Project
The Winchester Centre, 68 St George's Street
Winchester, SO23 8AH

Tel: 01962 848039

Email: office@wycp.org.uk

Website: www.wycp.org.uk

Winchester Youth Counselling



AIMS

To provide a free, confidential counselling service to young people.

STATUS

Charity

TARGET GROUP

Young people aged 11-25.

MODELS OF PRACTICE

- Brief interventions
- Short term counseling
- Therapy group.
- Use of psychodynamic techniques.
- Members of the British Association of Counselling and Psychotherapy

YOUNG PEOPLE'S SERVICE
EARLY INTERVENTION (Tier 2)
(Anyone can call or attend these services)

OPENING HOURS

Monday	9.30am - 1.30pm
Tuesday	9.30am - 4.30pm
Wednesday	9.30am - 2.00pm
Thursday	9.30am - 4.30pm
Friday	9.30am - 1.00pm

CATCHMENT AREA

Winchester district

CONTACT DETAILS

Winchester Youth Counselling. Jubilee House,
1-3 Swan Lane, Winchester, Hampshire SO23 7AA

Tel: 01962 820444

Email: 14-25counselling@btconnect.com

TREATMENT SERVICES (Tier 3)

Access to Treatment Services is often through referral from another service (a GP or an Early Intervention Service) but young people and parents/carers can contact these services directly to discuss their situation and seek help and advice.

Treatment Services are young people's specialist drug services, and other specialised services, that work with complex cases requiring multi-disciplinary, team-based work. The aim of Tier 3 services is to deal with the complex and often multiple needs of children or young people, and not just with the particular substance problems. Tier 3 services also work towards reintegrating and including the young person into their family, community, school or place of work.

Tier 3 services will also provide referral to specialist medical forms of treatment (Tier 4) where appropriate.

Catch22 24/7 Hampshire



AIMS

Catch22 24/7 provides a young people's specialist substance misuse service which offers comprehensive assessment, individualised packages of care, intervention and treatment based on the needs of children and young people. The Service works from two bases in Fareham and Basingstoke and anyone can refer, including young people themselves.

STATUS

Charity

TARGET GROUP

Young people aged 19 and under who are experiencing problems with drugs and/or alcohol or solvents.

MODELS OF PRACTICE

- 24/7 Emergency Referral & Crisis Line
- A confidential service for young people aged 19 and under
- A prompt response before their motivation falters and problems get worse
- A harm-reduction approach which informs young people about the effects of drug and alcohol misuse and the risks involved

YOUNG PEOPLE'S SERVICE

TREATMENT (Tier 2 & 3)

(Referral from a Universal or Early Intervention service may be required. Self referral is allowed in some cases.)

- Individually tailored help based on an assessment of each young person's needs
- Help for the family so they're better able to support the young person
- Access to prescribing and needle exchange services
- Access to alternative therapies

OPENING HOURS

Monday – Friday: 9.00am – 5.00pm

All interventions are arranged by appointment with young people either in their own home, or at a venue of their choice.

CATCHMENT AREA

Hampshire (excluding Portsmouth and Southampton)

CONTACT DETAILS

Fareham: Unit 1 Delme Court, Maytree Road,
Fareham Hants PO16 0HX

Basingstoke: The Square, Basing View
Basingstoke, Hants, RG21 4EB

Tel: 0845 4599405 Freephone: 0800 5999591

Fax: 0844 2640771

Email: 247hants@catch-22.org.uk

Website: www.catch-22.org.uk/247

D.A.S.H.

(Drug. Alcohol. Support. Health.)



AIMS

D.A.S.H. Drug, Alcohol, Support and Health Southampton is a working partnership between Portsmouth City PCT and No Limits. Operating within Southampton City for 18yrs and under; at tier 3 and tier 2 Outreach. Offering comprehensive assessment, treatment, substitute prescribing, home detoxification as well as needle exchange and a tier 2 outreach service.

The service can be accessed for referrals directly as well as via the three No Limits centres and nine drop-in sessions in Schools and collages throughout the City

STATUS

Partnership of the Portsmouth City PCT and No Limits.

TARGET GROUP

Young people 18 and under experiencing difficulties associated with the effects of alcohol, drugs or solvents. Residing in Southampton city.

YOUNG PEOPLE'S SERVICE

TREATMENT (Tier 2 & 3)

(Referral from a Universal or Early Intervention service may be required. Self referral is allowed in some cases.)

MODELS OF PRACTICE

Open access

- Integrated care pathways
- Counselling
- Family support
- Group work
- Medical, health and social care assessment
- Advice and information
- Substitute prescribing

YP Needle exchange

- Drug screening
- Onward referral
- Joint working with other services
- Advice and information

(continued)

D.A.S.H. (Drug. Alcohol. Support. Health.)



OPENING HOURS

City Centre:	Monday	11.00am- 5.00pm
	Tuesday	11.00am- 2.00pm
	Wednesday	2.00pm- 8.00pm
	Thursday	2.00pm- 5.00pm
	Friday	11.00am- 2.00pm
	Saturday	10.00am- 1.00pm
Shirley:	Monday	11.00am- 2.00pm
	Tuesday	2.00pm- 8.00pm
	Wednesday	2.00pm- 5.00pm
	Thursday	11.00am- 5.00pm
	Friday	11.00am- 2.00pm
Sholing:	Monday	2.00pm- 5.00pm
	Wednesday	2.00pm- 5.00pm
	Friday	2.00pm- 2.00pm
	Tuesday & Thursday	Closed

There are a variety of satellite clinics at schools and young peoples' projects throughout the city. Out of hours appointments are also available by arrangement. All interventions are by arranged appointment with the young person in their own home or a young person friendly venue.

YOUNG PEOPLE'S SERVICE TREATMENT (Tier 2 & 3)

(Referral from a Universal or Early Intervention service may be required. Self referral is allowed in some cases.)

REFERRALS

Open access and triage at the three No Limits city shops and a variety of satellite centres

CATCHMENT AREA

Southampton City

(See separate entry for E's Up services in Portsmouth City)

CONTACT DETAILS

Postal Address: D.A.S.H., 406 Portsmouth Road, Southampton, Hampshire SO19 9AT

Tel: 023 8022 4224

No Limits City Centre: 24a Bernard Street, Southampton, SO14 3AY

Tel: 023 8022 4224

No Limits Shirley: 278 Shirley Road, Southampton, SO15 3HL

Tel: 023 8051 1051

No Limits Sholing: 406 Portsmouth Road, Southampton, SO19 9AT

Tel: 023 8043 5000

Website: www.es-up.org.uk

www.nolimits-southampton.org.uk

www.DASHsouthampton.co.uk

E's Up Portsmouth

Young People's Substance Misuse Service



AIMS

To provide integrated substance misuse treatment involving statutory and non-statutory agencies. To promote a more localised, accessible service to residents allowing them the opportunity to make informed choices.

STATUS

Statutory (part of the Portsmouth & South East Hants Substance Misuse Service)

TARGET GROUP

18 and under.

MODELS OF PRACTICE

- Integrated care pathways
- Counselling
- Family support
- Group work
- Medical, health and social care assessment
- Advice and information
- Substitute prescribing
- Drug screening

- Onward referral

YOUNG PEOPLE'S SERVICE TREATMENT (Tier 3)

(Referral from a Universal or Early Intervention service may be required. Self referral is allowed in some cases.)

- Joint working with other services

OPENING HOURS

Monday - Thursday 9.00am - 5.00pm
Friday 9.00am - 4.30pm

Out of hours appointments are also available by arrangement. All interventions are by arranged appointment with the young person in their own home or a young person friendly venue.

REFERRALS

Self-referral, agency referral or parental referral accepted.

CATCHMENT AREA

Portsmouth City

(See separate Southampton entry)

CONTACT DETAILS

E's Up, 130 Elm Grove,
Southsea, Hampshire, PO5 1LR

Tel: 023 9282 5140 Fax: 023 9229 1614

Website: www.es-up.org.uk

Get Sorted

Young People's Substance Misuse Service



AIMS

To offer a holistic, needs-led service for young people and their families/carers affected by substance misuse.

STATUS

Statutory

TARGET GROUP

Young people under 19 years and transitional work up to 21 years.

MODELS OF PRACTICE

- Assessment and Care Planning
- Information and Support
- Outreach Programmes
- Community Prescribing
- Housing Support
- One to One Work
- Structured Group Work
- Family Support

YOUNG PEOPLE'S SERVICE TREATMENT (Tier 3)

(Referral from a Universal or Early Intervention service may be required. Self referral is allowed in some cases.)

OPENING HOURS

Monday to Thursday	9.00am – 5.00pm
Friday	9.00am – 4.30pm

CATCHMENT AREA

Isle of Wight

CONTACT DETAILS

Get Sorted,
17 Melville Street, Ryde,
Isle of Wight PO33 2AF

Tel: 01983 617660

Email: get.sorted@iow.gov.uk

Website: www.iwight.com/getsorted

OTHER USEFUL CONTACTS

ADFAM

Adfam exists to raise the awareness about, and take actions to alleviate, problems faced by families dealing with drugs and alcohol. They provide a range of information on their website on these issues and where to get help for them.

Tel: 020 7928 8898

Website: www.adfam.org.uk

Al-Anon

Al-Anon Family Groups provide support to anyone whose life is, or has been, affected by someone else's drinking. Al-Anon is a fellowship of relatives and friends of alcoholics who share their experience in order to solve their common problems.

Tel: 020 7403 0888

Website: www.al-anonuk.org.uk

Alcohol Concern

Alcohol Concern works to reduce alcohol related harm, and to increase the range and quality of services available to people with alcohol related problems. A range of information on alcohol related topics is available on their website.

Tel: 020 7928 7377

Website: www.alcoholconcern.org.uk

Alcoholics Anonymous (AA)

AA is an informal society that offers self-help groups across the country. Members will share their experiences and help other group members to recover from alcohol dependence. A 12-step approach is used.

Helpline: 0845 7697 555 or 020 7833 0022

Website: www.alcoholics-anonymous.org.uk

Cocaine Anonymous (CA)

CA is an association of men and women who share their experiences to help solve problems and to recover from addiction. Group meetings are organised and a helpline is also provided. A 12-step approach is used.

Helpline: 020 7284 1123

Email: info@cauk.org.uk

Website: www.cauk.org.uk

DrugScope

DrugScope is an independent centre of expertise on drugs with an aim to inform policy development and reduce drug-related risk. Their

website contains comprehensive access and library services for both the general public and professionals seeking drug-related information.

Tel: 020 79281211

Email: info@drugscope.org.uk

Website: www.drugscope.org.uk

FRANK (formerly the National Drugs Helpline)

FRANK aims to reduce the harm caused by drugs & operates at a national & local level. FRANK offers information, advice & tips, & can direct you to local services, drop-in centres & groups. Will also provide advice & information to drug users, their friends and families.

Helpline: 0800 77 66 00

Website: www.talktofrank.com

Hampshire Users Forum (HUF)

HUF is an independent group of ex- and on-going drug users who meet every three months. Membership is drawn from the Hants & IoW area. The group was set up to allow people involved in similar activities a regular opportunity to get together and share experiences, good practice and learn from each others' mistakes in what is a relatively new thing to most of us. New members are always welcome.

Tel: 023 8021 6009 (ask for Si)

Email: morphin@southamptonvs.org.uk

Methadone Alliance

Provides information and advice to people about methadone and other prescribing treatments. Also provides advocacy and representation to clients where appropriate.

Tel: 020 8374 4395

Website: www.methadone.org.uk

Narcotics Anonymous (NA)

NA is an informal society that offers self-help groups for men and women where drugs have become a major problem. Members meet regularly to help each other stay clean.

Helpline: 020 7730 0009

Website: www.ukna.org

Release

Release provides a range of advice and information services in response to people requiring assistance with matters to do with drugs and the law and human rights. They will also work with professionals and the general public and deliver training.

Helpline: 020 7749 4034

Email: info@release.org.uk

Website: www.release.org.uk