



BUILDING RESILIENCE TO MINIMISE RISK IN SOUTH TYNESIDE

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AIM OF PRESENTATION

Share the Risk and Resilience model
for South Tyneside.

Demonstrate the model through
practice.



IN SOUTH TYNESIDE WE RECOGNISE AN OPTIMISTIC, EMOTIONALLY RESILIENT CHILD IS FAR MORE LIKELY TO LIVE A SUCCESSFUL, ENRICHED LIFE.

- ❖ Model based on prevention and early identification
- ❖ Acknowledges strong links with emotional health and wellbeing to risk taking behaviour e.g. Substance misuse, sexual health and offending
- ❖ Recognises individuals needs may change
- ❖ Builds on existing resilience programmes e.g. SEAL, PENN



A TIERED APPROACH

- ❖ A tiered approach will ensure children, young people and families have access to a variety of interventions and services
- ❖ Early identification of risk via locally developed screening tools
- ❖ Risk and Resilience education programmes across all young people's services
- ❖ Core standards of working practice for each level are being developed to ensure consistency.



Level	Intervention	Core Standard	CAF
1 Universal	This level includes interventions which are available to all and is where the vast majority of children and families will have their needs met. There are no specific problems regarding emotional, physical or developmental progress.	Deliver Risk and resilience education programmes (RRE) in schools, colleges and youth settings. Deliver Emotional Health and Wellbeing programmes to all young people e.g. SEAL / PENN in schools. Promoting 'Resilience Therapy Magic box' as the underpinning principles of our work. All staff to receive training in early identification of risk and use of locally developed toolkits.	1
2 Progressive Universalism	Tailored interventions targeted towards groups that have particular characteristics or circumstances that place them at additional risk requiring a more intensive focus.	All interventions at Level 1 but more intensive and targeted at those groups at greater risk of risk taking behaviour e.g. NEET, LAC, YOS, live in hotspots areas. Deliver targeted PENN & TAHMS programmes to young people who are most likely to engage in risk taking behaviour. Provide family support regarding parenting and parenting programmes e.g. Matrix, Speakeasy.	2
3 Targeted / Individual	Young people or families have been identified which require individual interventions in relation to emotional, physical or developmental needs.	A key aspect at this level is early identification and intervention by professionals who have more knowledge / skills in recognising risk taking behaviour e.g. sexual health / substance misuse. The needs led intervention will be provided by the 'Risk and Resilience Team'.	3
4 Multi Agency / Complex	Children, young people and families where there is a high risk of emotional, physical or developmental harm. They require a full assessment of need and coordinated intervention from specialist and often multi-agency services.	Provide holistic specialist assessment for young people and their families who are at risk which leads to a planned package of care and treatment where appropriate. This intervention will require care coordination where multiple needs have been identified.	4

SCREENING TOOL AND EARLY IDENTIFICATION OF RISK

SUBSTANCE MISUSE



defining the terms

DRUG

The term 'drug' is used to refer to any psychotropic substance including illegal substances, illicit prescription drugs and volatile substances (e.g. solvents, gas and glue).

SUBSTANCE

Young people's drug use is often linked together with alcohol use, drugs and alcohol together, are collectively termed 'substances'.

DRUG USE

The consumption of a drug by a young person, when the term 'use' is contrasted with 'misuse', 'use' means the consumption of a drug that does not cause any perceptible immediate harm – even though it may carry some risk of harm.

DRUG MISUSE

Use of a drug or combination of substances, that harms health or social functioning – either dependant use (physical or psychological) or use that is part of a wider spectrum of problematic or harmful behaviour.

VULNERABLE GROUP

Young people are at increased risk of drug misuse if they belong to certain groups and this risk increases if there is membership of more than one group.

PROTECTIVE FACTORS

Increase a young person's resilience to the development of drug misuse problems.

RISK FACTORS

Increase the likelihood that drug misuse will occur.

Matrix Young People's Service

7 Burnow Street
South Shields
Tyne & Wear
NE33 1PP

Tel: 0191 4975637
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MATRIX

screening tool guidance

GUIDANCE FOR INFORMING ASSESSMENT OF ADDITIONAL NEEDS ASSOCIATED WITH SUBSTANCE USE

The Matrix screening tool will help people make decisions about how to respond to a young person's substance use issues.

The tool is divided into sections designed to assess risk factors regarding:

- Substance use/type
- Social situation
- Health
- Age of young person

Without a comprehensive knowledge of substances it is sometimes difficult to make a distinction between use or misuse.

The following guidance will help in completing the tool; further help can be obtained from the Matrix service if required.

Health Services
Drug Action Team
**TACKLING
DRUGS
CHANGING
LIVES**

completing the matrix screening tool

The Matrix Screening Tool should be completed when:

- There is a substance related incident
- There is a disclosure or suspicion of substance use

When completing the form you should tick the most appropriate boxes, if in doubt do NOT tick. Once you have finished, write the total score in the final box and refer to the table on the back page.

A score of 10 or under should not automatically require a referral. Support and advice can be given by the person completing the Screening Tool, however further help can be sought from the Matrix service.

General leaflets and information can be obtained from various sources e.g. FRANK, HIT and Lifeline. Websites are also a good knowledge base, examples of which are:

- www.talktofrank.com
- www.mindbodysoul.gov.uk
- www.lifebytes.co.uk
- www.teenagehealthfreak.org
- www.jonnylonglife.com
- www.ypmatrix.org

If you think that the answers the young person is giving do not reflect their true situation and scores lower than expected please feel free to speak to a Matrix member of staff who will advise you on the appropriate action.

The Matrix Service also offers support for young people whose lives are affected by someone else's substance use. If you are aware of someone who may need this service please give them our Matrix leaflet or telephone us to make a referral. You will not need to complete the screening tool in this instance.

things to consider

Being excluded from school, or having a parent with problematic drug use are both known to increase the risk of a young person developing a drug problem.

Other factors are also associated with increased risks of young people developing problems with drugs, while some factors are correlated with protection from risks of drug problems. The risk and protective factors are shown in the following table.

VULNERABLE GROUPS	RISK FACTORS	PROTECTIVE FACTORS
Homeless	Chaotic home environment	Strong family bonds
Looked after children	Parents who misuse drugs or suffer from mental illness	Experiences of strong parental monitoring with clear family rules
School truants	Behavioural disorders	Family involvement in the lives of children
Pupils excluded from school	Lack of parental nurturing	In education, employment or training
Abuse within the family	Inappropriate and/or aggressive behaviour	Strong bonds with local community
Young sex workers	School failure	A caring relationship with at least one adult
In contact with Mental Health & Criminal Justice system	Poor coping skills	Social support systems
Children of parents with drugs problems	Low commitment to learning	
	Friendship with deviant peers	
	Low socio-economic status	
	Early age of first drug use	
	Being labelled as a drug user	

SCREENING TOOL



what to do next

SCORE	ACTION
1 - 10	<p>Provide universal support e.g. Drug education, information and advice including website addresses</p> <p>If you think this score does not reflect the true situation, speak to a Matrix worker for advice on 0191 497 5637</p>
11+	<p>Facilitate a referral to the Matrix service</p> <p>Things to consider:</p> <p>The young person should be given Matrix information</p> <p>The young person should be fully involved in the referral and give their consent</p> <p>It's good practice to involve parents/carers in discussions about the referral</p> <p>Young people and families can self refer if preferred</p> <p>A copy of the completed screening tool should accompany the referral to the Matrix</p>

If you are concerned a child is in danger or there are Child Protection issues, refer to your Child Protection Policy.

For queries or further help with completing this toolkit please refer to your Screening Tool Guidance or do not hesitate to contact a member of the Matrix team who will be happy to help.

MATRIX

South Shields
Drug Action Team
**TACKLING
DRUGS
CHANGING
LIVES**

screening tool

Not to be used as a questionnaire

Although many young people will try drugs/alcohol at some time, most do not progress beyond experimentation.

The Matrix screening tool is designed to help if you have concerns about a young person regarding their drugs/alcohol use. The main purpose is to identify appropriate interventions and indicate when specialist advice should be sought.

If a referral has been identified from the screening tool, please complete a Matrix referral form. If a priority has been identified please telephone us with the client details before sending the form. Completed forms should be forwarded to:

Matrix Young People's Service

7 Burrow Street

South Shields

Tyne & Wear

NE33 1PP

Tel: **0191 4975637**

Fax: 0191 4975690

A Matrix worker will contact you to confirm receipt of the referral.

Non drug related issues may come to light as a result of completing this form. In such cases seek information and support from relevant agencies.

WORKING TOGETHER

young person's details

Name: _____ Male Female

Address: _____

Postcode: _____

DOB: _____

Staff Name: _____

Date: _____

Complete the form by ticking the most appropriate responses, if in doubt do **NOT** tick. Once you have finished refer to the scoring table overleaf.

AGE

- 1 16 & Over
 2 13-15
 3 10-12
 4 Under 10

SOCIAL SITUATION (Tick all that apply)

- 1 Concerns or issues at home
 2 Temporary / insecure accommodation
 3 Living in care / hostel / homeless accommodation
 4 Homeless / living rough / in custody
- 1 Truancy/at risk of school exclusion – drug or alcohol absences from work/education - unemployed
 2 School excluded
 3 Suspected criminal activity or inappropriate / unsafe sexual activity
 4 Known criminal activity or commercial sex / abusive sexual relations

SUBSTANCE TYPE (Tick all that apply)

- 2 Amphetamines
 2 Cannabis
 2 Alcohol
 4 Cocaine
 4 Crack
 4 Ecstasy
 4 Heroin
 4 LSD
 4 Magic Mushrooms
 4 Solvents / Gas / Aerosols
 2 Other(s) - Include misuse of prescribed drugs. Score 2 each

DRUG USE

- 1 Tried once or twice
 2 Use Occasionally
 4 Use once or twice a month
 6 Use most weeks
 8 Use daily
 10 Injecting

ALCOHOL USE

- 1 Use Occasionally
 2 Use most weeks (less than 14 units)
 4 Use most days (more than 2 units a day)
 6 Drinks more than 8 units in a session
 8 Use with loss of self awareness or aggression

HEALTH (Tick all that apply)

- 2 Signs of poor physical health
 2 Erratic behaviour / mood swings / withdrawn
 6 Persistent low mood / self harm
 8 Suicidal thoughts

TOTAL SCORE

CASE STUDIES



CASE STUDY ONE

Lisa is 13 years old and attends school, she informs you that to fit in with friends she has tried sniffing gas a couple of times in the local park.

They mess about a lot but Lisa says that the boys in the group are very protective towards her and keep a close eye on what she does.

Last night Lisa's mum found an empty aerosol in Lisa's room. She is going to be grounded for two weeks. Lisa's mum is supportive.



CASE STUDY ONE RESPONSES

Lisa – score 7 Not a referral for Specialist Provision

- ❖ Speak to her regarding the risk factors and concerns around behaviour
- ❖ Provide factual advice and information and offer support to Lisa regarding perceptions of peers/self esteem (resilience therapy Magic Box – basics, belonging, learning, coping, core self)
- ❖ Talk with parent about minimising the risk i.e. – not having aerosols around the house/use pump sprays
- ❖ Assess if additional support is needed for the family



CASE STUDY TWO

Gavin is 16 and drinking 5 litres of strong cider most days.

He lives with his mum and dad but his relationship with them has broken down.

There is a good possibility of him being thrown out of the family home due to his erratic behaviour and being accused of stealing

He hasn't been able to afford any cider today and he looks very ill and tearful.



CASE STUDY TWO RESPONSES

Gavin - score 11-15 Referral

- ❖ Assessment of need – Resilience Therapy Magic Box – basics, belonging, learning, coping, core self
- ❖ Support Gavin in accessing specialist provision through clear referral pathways.
- ❖ Assess if additional support is needed for the family
- ❖ Know what to do to respond to Gavin's immediate physical/emotional needs



**WE HOPE YOU HAVE FOUND
OUR PRESENTATION USEFUL**

**THE RICHNESS OF THIS
WORKSHOP HAS BEEN DUE
TO YOUR CONTRIBUTION**

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