



Drug Education, Counselling and Confidential Advice

Part of  Sandwell  
Children's Trust



Drug Education, Counselling and Confidential Advice

# What is DECCA?

**The DECCA Team is the alcohol and drug service for young people aged 18 and under in Sandwell, in the West Midlands.**

We cover:

- Universal Offer – primary and secondary schools
- Proactive Outreach – alternative providers, working with identified groups
- Treatment – goal setting, counselling, working with partners, bespoke approaches and substitute prescribing



Drug Education, Counselling and Confidential Advice

## Alcohol and drug use, and mental health and emotional wellbeing

- We are often asked, do all young people (YPs) who use alcohol and drugs have mental health/emotional wellbeing (MH/EWB) issues?
- For some that is an easy question to answer, as they are already engaged with (MH/EWB) services when they are referred to our service
- But for many YPs this information is unclear at the start of their treatment with us
- So what do we do...



Drug Education, Counselling and Confidential Advice

# Treatment

- 1:1 structured therapeutic support – holistic care planned interventions including substitute prescribing using Sandwell Treatment Effectiveness Model (STEM)
- Harm minimisation sessions delivered to vulnerable YPs tailored to their specific needs
- Carry out screening and assessment of all YPs either referred in, self referred or referred via court – even those known to (MH/EWB) services



Drug Education, Counselling and Confidential Advice

## **Assessment and screening –**

We use a tool that has been used by Youth Justice Services since 2003 –  
validated model

# The Mental Health Screening Questionnaire for Adolescents

15

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

SCORING SYSTEM FOR SECTIONS A and C:

(0 – No; 1 – Sometimes; 2- Yes, Often)

## SECTION A: ALCOHOL USE

SCORE (0 – No; 1 – Sometimes; 2- Yes, Often)



Do you think alcohol takes over your life and is out of control?

Do you feel depressed, angry or anxious if you are not drinking?

CLIENT'S TOTAL SCORE

## DRUG USE

SCORE (0 – No; 1 – Sometimes; 2- Yes, Often)



Do you think your drug use takes over your life and is out of control?

Does the thought of not using make you worried, angry or depressed?

CLIENT'S TOTAL SCORE

## DEPRESSION

SCORE (0 – No; 1 – Sometimes; 2- Yes, Often)



Do you feel really miserable or sad?

Do you dislike yourself or your life?

CLIENT'S TOTAL SCORE

## TRAUMATIC EXPERIENCES (PTSD) e.g. serious accidents, abuse, assaults

SCORE (0 – No; 1 – Sometimes; 2- Yes, Often)



Do you have currently flashbacks of past upsetting events which you can't stop?

Do you have powerful memories of past upsetting events, which make you feel unwell, scared or angry?

CLIENT'S TOTAL SCORE

ANXIETIES/EXCESSIVE WORRIES/STRESS

SCORE (0 – No; 1 – Sometimes; 2- Yes, Often) **16**



Do you have panic attacks e.g. overwhelming fear, heart pounding, breathing fast and stomach churning?

Do you feel worries/scared for long periods of time?

CLIENT'S TOTAL SCORE

SELF-HARM

SCORE (0 – No; 1 – Sometimes; 2- Yes, Often)



Do you harm yourself? E.g. cut yourself or take overdoses\*

Do you think about harming or killing yourself?\*

\* If YES, full interview

CLIENT'S TOTAL SCORE

RECOMMENDATIONS

0/1 no problem

2 Consider repeat

3 or 4 Consider full interview

Talk to line manager!

Referral to Point of Access!

SECTION B: More questions for the young person to answer (yes/no questions)

Have you ever had treatment for any of the issues that we have talked about (prompt: depression, PTSD, anxiety, drug or alcohol use, self-harm)? YES/NO

Have you ever seen a GP/counsellor/therapist or other professional about any of these? YES/NO

Have you ever taken tablets/medication related to your behaviour or how you were feeling? YES/NO

RECOMMENDATIONS: if YES answers to any of these questions Consider full interview

**SECTION C:** The following questions are based upon your observations and other information that you may have obtained from a teacher/parent/person who knows the young person well

SCORE (0 – No; 1 – Sometimes; 2- Yes, Often)

**ADHD/HYPERACTIVITY**

SCORE (0 – No; 1 – Sometimes; 2- Yes, Often)

ADHD/  
HYPERACTIVITY

Does the young person have longstanding and severe over-activity and impulsive behaviours more than you would expect?

Does this over-activity and impulsive behaviour occur at all times and in all settings?

CLIENT'S TOTAL SCORE

**PSYCHOTIC SYMPTOMS**

SCORE (0 – No; 1 – Sometimes; 2- Yes, Often)

PSYCHOTIC SYMPTOMS

Does the young person appear unduly preoccupied/suspicious or frequently misinterpret situations?

Does the young person have odd behaviours or appear to respond to voices or see things that are not there?

CLIENT'S TOTAL SCORE

**RECOMMENDATIONS**    0/1 no problem    2 Consider repeat    3 or 4 Consider full interview

Talk to line manager!

Referral to Point of Access!

**"NEXT STEP" INSTRUCTIONS:** Repeat - screening tool in 4-6 weeks or if a significant change or event occurs; Full Interview - Referral to designated health worker for full interview

Is a referral to mental health services needed? (✓)

Yes     No     Already Engaged     Refused

If Yes, who is making the referral?

---

Signed: \_\_\_\_\_





Drug Education, Counselling and Confidential Advice

# Our clients

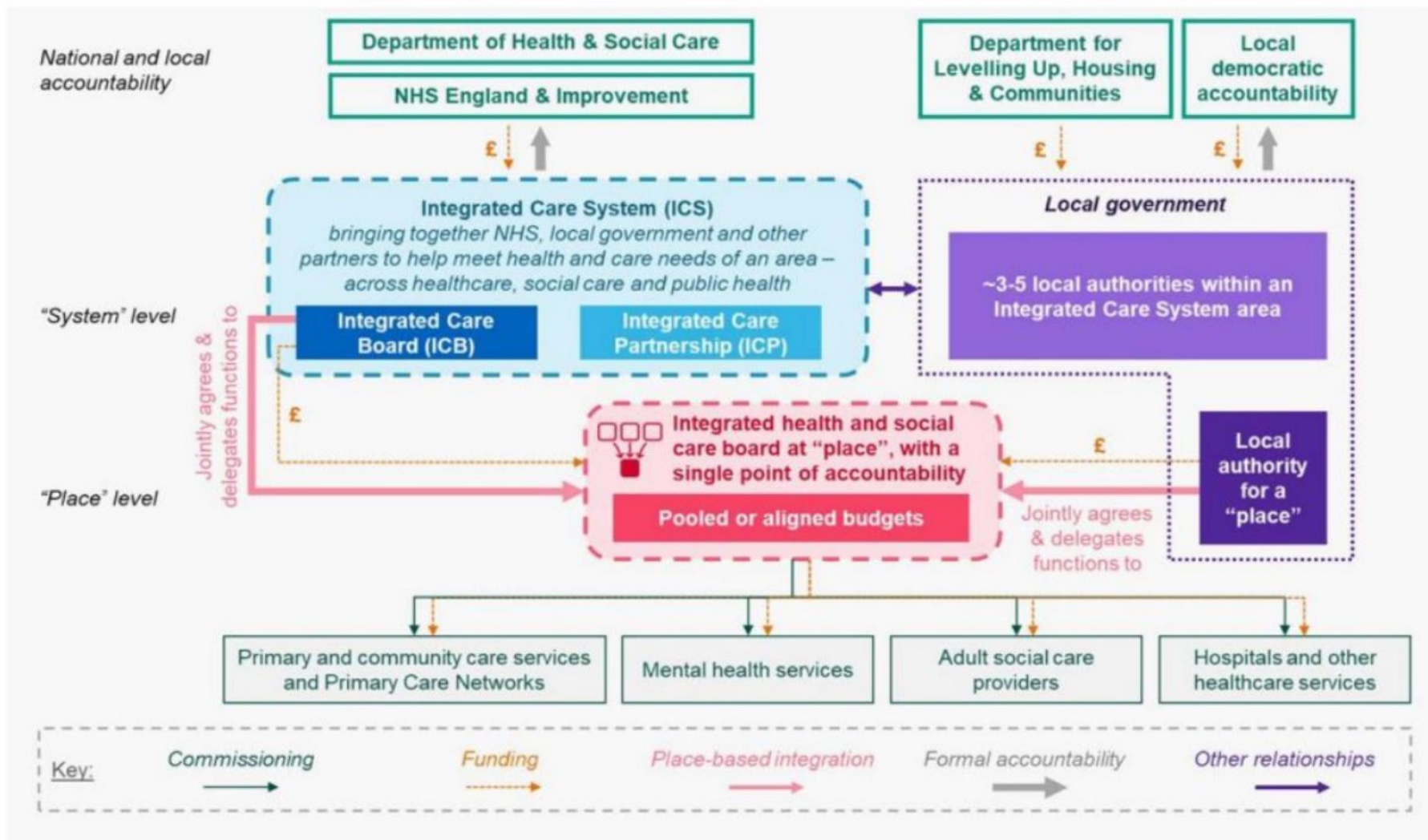
- Those that use to self medicate to address their (MH/EWB)
- Those that use to try and mask (MH/EWB) issues
- Those that use, that then causes them wider issues with their (MH/EWB)
- In short use does not solve (MH/EWB) issues for clients



Drug Education, Counselling and Confidential Advice

# Our best advice

- If your client is known to (MH/EWB) services then create a link with them
- Create a link with (MH/EWB) whether you have clients with them or not! – that way if you need them at some point then it should be much easier for you; evidence
- Screen all your clients to establish their (MH/EWB) needs – if they are identified you can then factor this in to your work and make appropriate referrals where needed
- I think we all work with ‘the client’, not the alcohol or drug use – so, (MH/EWB) doesn’t have to be scary, it’s just another aspect to who they are





Drug Education, Counselling and Confidential Advice

**Any questions?**