



# Substance misuse - Advice and guidance

## **Barnardo's Flintshire Services - family support**

Barnardo's Flintshire Services has a range of family support services aimed at preventing or reducing the impact of substance misuse on families and the local community. They work in partnership with other agencies to improve outcomes for children, young people and families.

### **Eligibility criteria**

The services are available to families in Flintshire.

### **Referrals**

Barnardo's Flintshire Services operates an open referral system and the office is open from 9am-5pm, Monday to Friday. All children, young people and families who are referred are offered an initial assessment by an experienced member of staff.

### **Services provided**

We provide a range of services including:

Stars Project (for children aged 5 to 10 affected by parental substance misuse)

Street Level Project (for young people aged 11 to 19 affected by parental substance misuse)

Families Matter Project (for parents who are experiencing problems with substance misuse)

Flintshire Strengthening Families Pilot SFP 10-14 (for families in Flintshire with a young person aged 10-14)

To compliment this wide range of services our Opportunity V Project supports young people including service users to take up a variety of volunteering opportunities across Barnardo's Flintshire Services.

### **Contact details**

Address: The Old Baths, Mold Road, Buckley

Telephone number: 01244 551246

Fax number: 01244 551239

E-mail address: [sarah.matthews@barnardos.org.uk](mailto:sarah.matthews@barnardos.org.uk)

# Community Drug and Alcohol Service

The Community Drug and Alcohol Service aims to reduce the risks and damage caused by drugs or alcohol to individuals, families and the local community. They work in partnership with other agencies to improve the health and social welfare of service users by offering treatment and care.

## Eligibility criteria

The service is available for over 18s who are concerned about their drug and/or alcohol use.

## Referrals

The Community Drug/Alcohol Service operates an open referral system and is open from 9am-5pm, Monday to Friday. All service users who are referred are offered an initial assessment by an experienced member of staff.

## Services provided

We provide a range of services including:

- Assessment
- Harm reduction advice
- Needle syringe exchange
- Information and advice on treatment options
- One-to-one structured care planning
- Substitute prescribing
- Community detoxification
- Support to access inpatient detoxification
- Assessments and support to access residential rehabilitation
- Structured counselling
- Hepatitis C screening
- Hepatitis B vaccination
- Auricular acupuncture
- Signposting and onward referrals to other agencies.

To compliment our wide range of services we have a support service, to assist service users in accessing training opportunities, supporting with housing issues, providing replacement activities and helping service users to live independently

## Contact details

Address: Deeside Counselling Centre, Rowley's Drive, Shotton, Flintshire CH5 1PU

Telephone number: 01244 831798

Fax number: 01244 816920

# Drug Interventions Programme & Foundations

ARCH Initiatives Drug Interventions Programme (DIP team) & “Foundations” Supporting People Project

## Drug Interventions Programme

The Drug Interventions Programme (DIP) is a key part of the government’s strategy for tackling drugs and reducing crime.

The programme, often known as DIP, involves identifying Class A drug misusing offenders as they go through the criminal justice system and putting into action a range of interventions to deal with their behaviour, getting them out of crime and into treatment and other support. This begins at an offenders first point of contact with the criminal justice system and continues through the journey that can include custody, court, sentence, treatment and beyond into resettlement.

## Referrals

Referrals can be made via referral form (available upon request), telephone or self referral.

Please contact office base directly should you wish to refer into the service or arrange a specific appointment time and date for assessment.

## Services provided

Structured psychosocial interventions (1:1 work)

Access and referral to rapid prescribing services

Harm reduction interventions

Overdose management

Crack interventions

Brief intervention for alcohol

Life skills support

Accommodation support

Advice and guidance

Signposting and onward referrals to other support agencies/services were appropriate.

Client drop in service available on Wednesday 4pm till 5.30pm & Friday 1pm till 3pm.

## Foundations

Foundations is delivered in partnership with Flintshire County Council Supporting People Department and ARCH Initiatives, Substance Misuse Services. ARCH Initiatives is a registered substance misuse charity, providing a range of substance misuse support services.

Foundations is an intensive floating tenancy support service operating within Flintshire designed to provide support to offenders and substance using offenders who are experiencing difficulty sustaining their tenancy or who need assistance to find accommodation and an intensive support package to maintain it. This project aims to assist service users to establish the foundations they require in order help reduce their offending and substance use through sustainable accommodation support.

## **Referrals**

Referrals can be made via Foundations referral form (available upon request), telephone or self referral. Please contact office base directly should you wish to refer into the service or arrange a specific appointment time and date.

## **Services provided**

Support and navigation into accommodation

Mediation between landlord and tenant

Negotiation around rent arrears and support to establish budgeting, payment plans and supported access to Welfare Benefits organisations locally

Onward referral for enhanced wraparound support needs to address offending or substance use

Regular and intensive one-one support to maintain tenancies, resolve disputes and encourage the development of independent living skills

Opening times

Monday – Friday 9am-5pm (Wednesdays 9am-7pm)

## **Contact details**

Address: 10-12 Salisbury Street, Shotton, Flintshire CH5 1DR

Telephone number: 01244 845 920

Fax number: 01244 836 483

E-mail address: [info@archinitiatives.com](mailto:info@archinitiatives.com)

Website address: [www.archinitiatives.com](http://www.archinitiatives.com)

# Harm Reduction Service

The Harm Reduction Service is a confidential service providing information and advice to people who use drugs and alcohol.

## Services provided

Hepatitis B vaccinations  
Safer Injecting advice  
Overdose prevention sessions, including CPR training  
Needle syringe exchange  
Break the cycle advice  
HIV/Hepatitis B/Hepatitis C information  
Safer sex/sexual health information & free condoms  
Family planning advice  
Advice to men who have sex with men in public places  
Advice regarding sexual orientation  
We don't 'keywork' or carry a caseload or do counselling.

We do offer brief interventions which are time-limited & harm reduction focused. We can signpost or refer to other agencies if this is appropriate.

We recognise that not everyone who uses drugs wants to give up, so our aim is to educate and enable drug users to be as safe and healthy as possible.

We are concerned about the spread of HIV, Hepatitis B, Hepatitis C and other serious blood-borne infections and want to prevent this from happening. We also want to prevent the spread of sexually transmitted infections such as Gonorrhoea, Syphilis, Chlamydia and Genital Warts.

## Naloxone training for Opiate users

We provide overdose training and 'take home' Naloxone packs to educate and empower drug takers to intervene in an overdose situation, with the aim of saving lives. Regular group training sessions for service users and staff are available and places can be booked through the Community Drug & Alcohol Teams.

## Did you know?

The Harm Reduction Team works from a mobile unit in a range of locations throughout the Flintshire and no appointment is necessary, just drop in. Please contact us for details.

## Contact details

Address: Deeside Counselling Centre, Rowley's Drive, Shotton, Flintshire, CH5 1PU  
Telephone Number: 01244 818513 / 07881 858529 (Hayley Davies, Team Leader)  
Fax number: 01244 816920  
E-mail address: Carry.Burton@wales.nhs.uk

## Motivational Enhancement Service

The Motivational Enhancement Service delivers interventions which are aimed at individuals who are concerned about their level of drug or alcohol use. The service offers a series of brief discussions aimed at helping to motivate people to change their drug or alcohol use.

The service is delivered in hospital settings and at community clinics in Flintshire by staff coming from backgrounds in nursing and psychological practices.

The Team also offers further optional discussions that look at the relationship between drug or alcohol use and current and future lifestyles.

The purpose of these sessions is also to increase motivation to change use by encouraging individuals to understand the impact substance use has on achieving future lifestyle goals.

### Eligibility criteria

The programme is for all residents in Flintshire over the age of 18 years who are concerned about their use of substances.

### Referral details

To access this service please telephone 0845 06 121 12.

### Contact details

Address: Grove Park House, 11 Grove Park Road, Wrexham LL12 7AA

Telephone number: 01978 367030

Fax number: 01978 367039

Email address: [enquiries@cais.org.uk](mailto:enquiries@cais.org.uk)

Website Address: [www.cais.co.uk](http://www.cais.co.uk) (new window)

## Needle Syringe Exchange Service

The Needle Syringe Exchange (NSE) is designed to protect drug takers, their partners and their communities from HIV, Hepatitis B and C and other blood-borne infections. The service is available to all injecting drug users where you see this logo.

### The following equipment is provided free of charge:

Needles and syringes (available in a range of different sizes)

Swabs

Stericups

Condoms

Sharps boxes

Citric acid sachets

Recklessly discarded needles and syringes are potentially a serious hazard so it is important that all used equipment is returned to the NSE in the sharps boxes provided.

### Contact details

Address: (managed from) Deeside Counselling Centre, Rowley's Drive, Shotton, Flintshire, CH5 1PU

Telephone number: 01244 818513

Mobile number: 07771 960441

Fax number: 01244 816920

E-mail address: Carry.Burton@wales.nhs.uk

### Flintshire NSE outlets

Harm Reduction Team, Tel: 01244 818513

Community Drug & Alcohol Team, Deeside Counselling Centre, Rowley's Drive, Shotton Tel: 01244 831798

### Community Pharmacies

- S E John, Albert House, High Street, Bagillt, Tel: 01352 761236
- Lloyds Pharmacy, 13-14 The Precinct, Buckley, Tel: 01244 550910
- L Rowland & Co, Dee View, Church Street, Connah's Quay, Tel: 01244 818434
- Wepre Pharmacy, 113 High Street, Connah's Quay, Tel: 01244 812197
- Lloyds Pharmacy, 29 Church Street, Flint, Tel: 01352 732739
- L Rowland & Co, Coleshill Street, Holywell, Tel: 01352 719100
- Hughes Pharmacy, 11 Daniel Owen Precinct, Mold, Tel: 01352 753393
- Tesco In-Store Pharmacy, Ponterwyl, Mold, Tel: 01352 897400
- Speed's Pharmacy Ltd, 7 The Square, Mercia Drive, Mynydd Isa, Tel: 01352 759030
- H A Crook, 23 Chester Road East, Shotton, Tel: 01244 830047

# The Phoenix Group - alcohol support

The Phoenix Support Group meets regularly to provide support for adults in Flintshire with alcohol problems.

This group provides a friendly, free, safe and confidential environment in which to share experiences and problems, and to offer support and information. The groups mission is to aid and support people who are suffering with alcohol dependency and to liaise with service providers with the aim of improving service delivery and access.

## Contact details

Address: c/o10-12 Salisbury Street, Shotton, CH5 1DR

Contact Number: 07733501427

## Referrals

New members are welcome upon the recommendation of a Key worker or a recommendation by an existing group member. For more information call the above number or speak to your key worker.



# Young People's Drug and Alcohol Team

The main aim of the Young People's Drug & Alcohol Team (YPDAT) is:

'To minimise the impact of drug, alcohol and substance related harm on young people, their families and the community, through education, care, on-going support and prevention; to enable them to lead healthy and crime-free lives.'

The YPDAT provides a comprehensive service to the young people of Flintshire, divided into three key areas of activity, as follows:

Universal – offering young people in Flintshire drug and alcohol education / awareness information and advice so that they can make safe life choices now and in the future, in schools and youth clubs and other settings.

Targeted – providing targeted education / awareness information to young people with increased risk and less resilience of becoming involved in substance use / misuse in a range of settings, including outreach work.

Specialist – a referral based service to provide one-to-one treatment aimed at those young people with an identified substance misuse problem

## Eligibility criteria

The Specialist Service is available for under 18s who are concerned about their drug and/or alcohol use.

## Referrals

Referrals can be made by any agency working with a young person with the young person's consent, or by young people themselves or their families.

## Services provided

We provide a range of services on a 1-1 basis including:

Assessment

One-to-one structured care planning

Motivational Interviewing

Harm reduction advice

Relapse prevention

Exit strategies

Healthy lifestyles

Auricular acupuncture

Alternative therapies

Information and advice on treatment option

Joint work with the Adult Community Drug & Alcohol Team

Signposting and onward referrals to other agencies.

To compliment our wide range of services we offer support, to assist service users in accessing training opportunities, supporting with housing issues, providing replacement activities and helping service users to live independently

## Contact details

Address: 2 Padeswood Road, Buckley, CH7 2JL

Telephone number: 01244 551477

Fax number: 01244 551485

E-mail address: [lesley.a.bayley@flintshire.gov.uk](mailto:lesley.a.bayley@flintshire.gov.uk)

## Useful link(s)

Young Flintshire (new window) is an interactive website that aims to help you get all the things you are entitled to as a young person in Wales. [www.youngflintshire.co.uk](http://www.youngflintshire.co.uk)