



## How we can help with issues around substance use

An Information Sheet for Young People

### Islington Young People's Drug & Alcohol Service (IYPDAS)

IYPDAS offers support by a trained Substance Misuse Practitioner. You will be given one-to-one support and true evidenced-based information on substances. We can extend our support by exploring your experiences to provide in-depth support with a customised care plan that covers various harm reduction strategies.

### How we will work together

**Your Initial Session:** We will meet you in person and to talk about our service offer and the sessions available to you. This will be an opportunity for you to ask questions and discuss your concerns in an informal way. We will also discuss confidentiality and information sharing and sign an agreement on what we can do with your information.

**Follow-Up Sessions:** We will carry out a brief assessment with you to help us understand your circumstances. We will be non-judgemental in our approach and may ask some personal questions to understand your experience of substance use. Our aim will be to encourage you to think about how we can make your sessions useful.

Your sessions can include these topics:

Basic Drugs Education

- Looking at what substances are and what they do.
- Grouping the categories of substances according to their actions.

Drugs and the Law

- Looking at the classification of substances and their consequences.
- Raising awareness around the wider issues and its impact.

Harm Minimisation

- Looking at the risk and effects of using substances.
- How to reduce the impact on body and mind.

### Continuing support after your sessions

After your sessions have ended, you may feel like you would like to continue with support. Please consider self-referring to the following YCSMAS service which may help you to reflect more on your experiences and feelings.



### TYS Youth Counselling

TYS Counselling offers support given by a trained Therapeutic Counsellor. Counselling is not the same as giving advice or telling you what to do! Instead, a counsellor helps you to look at and understand the issues that worry you. And whilst respecting your own values, lifestyle & choices, the counsellor & you can work together towards making any choices or changes that you feel are right for you.

### Confidentiality

Anything that you tell our YCSMAS practitioners or counsellors **will not be discussed with anyone else** (other than with a supervisor, manager or our team within 'peer supervision' sessions) **without your permission**. That includes parents, teachers, social workers or anyone else. The only time that this would not apply would be in extreme cases if your practitioner or counsellor thought that you or another person were at risk. If it became necessary to break confidentiality, we would always try our best to talk it through with you first.

**To self-refer to IYPDAS or TYS Youth Counselling, ask more questions or log a complaint:**

**Send email to:**

[YCSMAS@islington.gov.uk](mailto:YCSMAS@islington.gov.uk) or

**call us on: 0207 527 5099**

# YCSMAS

Youth Counselling and Substance Misuse and Alcohol Service (YCSMAS) is a free, confidential and integrated team that incorporates the TYS Counselling with Islington Young People's Drug and Alcohol Service (IYPDAS).