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Standard Operating Protocol

1. Purpose

The purpose of this Standard Operating Protocol (SOP) is to outline the process and standards for the delivery of T3 specialist treatment interventions for children & young people in relation to their substance use and misuse.

Public Health England defines T3 treatment as:

“Young people’s specialist substance misuse treatment is a care planned medical, psychosocial or specialist harm reduction intervention aimed at alleviating current harm caused by a young person’s substance misuse”


2. Scope

These treatment protocols have been designed for use by ReFRESH that work directly with children and young people following a comprehensive assessment and as part of a planned package of care and support. In order to support a young person to change their pattern of substance misuse, it may be important to provide parents, family and significant others with support.

Young people must be able to access each of the following three young people’s structured specialist substance misuse treatment interventions. Interventions include social and health care interventions, all of which are important and complement each other in reducing harm caused by a young person’s substance misuse.

3. Procedure

A comprehensive specialist substance misuse assessment should be completed in order to determine a young person’s needs which include the *Young People’s Treatment Outcome Record (YPOR)* and the *Young People’s Outcome Star* which needs to be completed at every treatment start and exit. A care plan should be developed which sets out the young person’s goals to meet their needs, what actions will be taken to achieve these goals, including a range of interventions to be provided, and details of

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when the care plan will be reviewed. The specialist substance misuse care plan should be developed in collaboration with other practitioners that maybe involved in a young person's care and should be coordinated by a 'lead professional'.

All of the treatment interventions provided will require additional competencies for the worker and delivery within a governance framework including appropriate supervision.

Psychosocial Interventions

Psychosocial interventions are structured care planned interventions which may be delivered alone or in combination with other interventions with national and local guidance (see section 4). The type of psychosocial intervention should be selected on the basis of the problem and treatment need of the specific young person guided by the available evidence base of effectiveness.

Psychosocial Sub-Interventions	Definition
Cognitive and behavioural interventions	<p>A talking and solution-focused therapy that focuses on understanding the roots of problem behaviour. It can help young people to develop coping mechanisms for modifying and reducing such behavior, and promotes rational belief as a way of achieving change and health.</p> <p>This includes where young people develop abilities to recognize, avoid or cope with thoughts, feeling and situations that are triggers to substance use. Focus on coping with stress, boredom and relationship issues and the prevention of escalation of harm, including relapse prevention CBT.</p> <p>For those with limited co-morbidities and good social support, young people are offered individual cognitive behavioural therapy.</p>
Motivational interventions	A brief psychotherapeutic intervention. For substance misusers, the aim is to help individuals reflect on their substance use in the context of their own values and goals and motivate them to change. Motivational interviewing and Motivational Enhancement Therapy are both structured forms of motivational interventions.
Structured family interventions	Interventions using psycho-social methods to support parents, carers and other family members to manage the impact of a


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	young person's substance misuse, and enable them to better support the young person in their family. This includes work with siblings, grandparents, foster carers etc. This is a structured family intervention and does not include brief advice and information. NOTE: family work should only be reported to NDTMS when a young person who is a member of the family is currently accessing services for specialist substance misuse interventions and should be reported using the young person's attributors.
Multi-component programmes	Not currently available – multi component programmes may include multidimensional family therapy, brief strategic family therapy, functional family therapy or multi-systemic therapy.
Contingency management	Substance misuse specific contingency management provides a system of positive reinforcement / incentivisation to make substance misuse specific behavioural changes or prevent escalation from harm.
Counselling	A process in which a counselor holds face to face talks with a young person to help him or her solve a problem, or help improve that person's attitude and behaviour (relating to substance misuse)

Specialist Harm Reduction

Care planned substance misuse specific harm reduction is not brief advice and information; this intervention must be delivered as part of a structured care plan. Specialist harm reduction interventions should include services to manage those at risk of, or currently involved in:

- ***Injecting*** – these services could include needle exchange, advice and information on injecting practice, access to appropriate testing and treatment for blood borne viruses.
- ***Overdose*** – advice and information to prevent overdose, especially overdose associated with poly substance use, which requires specialist knowledge about substances and their interactions.
- ***Risky behaviour associated with substance use*** – advice and information to prevent and/or reduce substance misuse related injuries and substance misuse related risky behaviour.

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Pharmacological Interventions


These are substance misuse specific pharmacological interventions which includes prescribing for detoxification, stabilization and symptomatic relief of substance misuse and well as prescribing of medications to prevent relapse. All pharmacological interventions will be delivered by the Compass clinic.

Young People's Multi-Agency Working

Multi agency working lists work done by the substance misuse provider with other services needed in the young person's care package. This work includes facilitating access to the service, arranging appointments or making referrals to the service, working directly with the service in joint case reviews and liaising with the service to discuss the whole needs of a young person.

This intervention type is non-structured and should support other specialist substance misuse interventions ***If a young person receives just this intervention type they will not be classed as 'in treatment' This intervention (modality) can only be opened in conjunction with other intervention(s).***

<i>Multi Agency Working Sub Interventions</i>	<i>Definition</i>
Education/Training	Such as Connexions, NEET, colleges, PRUs, academies, schools, training service
Employment/volunteering	Such as job centre, school careers advisor, voluntary placement coordinator
Housing	Such as a housing advisor, housing association, local council
Generic family support	Support delivered by another family service, not psychosocial family work delivered by this service. Such as FIPs, child protection, safeguarding, troubled family teams, other family services.
Generic parenting support	For the young person as a parent supporting them in parenting their child
Peer support / mentoring	Refers to initiatives consisting of peer supporters and peer mentoring
Mental Health	Such as CAMHS, emotional wellbeing, children and young people's Improving Access to Psychological Therapies programme (IAPT)
Offending	Such as Youth Offending Teams, Youth Justice liaison and diversion schemes


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Multi Agency Working Sub Interventions	Definition
Health	Such as GP, Dentist, School Nurse, BBV Nurse
Sexual health/ pregnancy	Such as sexual health or family planning clinics
Meaningful activities	Such as sports, positive leisure
Disability Services	Services designed to support young people or young people affected by disability
Behavioural services	Services designed to support young people with behavioural difficulties
Young carers	Services designed to support young people who are a carer including support groups
Youth services	Including integrated and targeted youth support services
Children's social care	Including teams working with looked after children, children in need, child protection, leaving care teams

4. References

This SOP is provided in accordance with the following guidance:

- Revised CAF Guidelines
- Fraser Guidelines
- NTA guidance on the Assessment of Children and Young People
- National Treatment Agency (2007) *Assessing young people for substance misuse*. London: NTA
- Department for Education and Skills (2009) *Common Assessment Framework for Children & Young People: A Practitioners Guide*. London: DfES
- Department of Health, Department for Education and Employment and Home Office (2000). *Framework for Assessment for Children in Need and Their Families*. London: DH
- Department of Health (2007) *Drug Misuse and Dependence: UK Guidelines on Clinical management*. London: Department of Health

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- Department of Health and National Treatment Agency (2009) *Guidance for the Pharmacological Management of Substance Misuse among Young People*. London: DH
- NICE (2007) Public Health Guidance 4 Guidelines including community-based interventions to reduce substance misuse among vulnerable and disadvantaged children & young people.
- NICE (2001) Alcohol Guidance