

Psychosocial interventions — structured

Psychosocial interventions are structured care planned interventions delivered by staff with the appropriate competences. These interventions may be provided alone or in combination with other interventions and should be provided in accordance with Drug Misuse and Dependence: UK guidelines on clinical management (DT & devolved administrations, 2007), also known as "clinical guidelines" or "orange book".

Cognitive and behavioural interventions

A talking and solution-focussed therapy that focuses on understanding the roots of problem behaviour. It can help young people to develop coping mechanisms for modifying and reducing such behaviour, and promotes rational belief as a way of achieving change and health. This includes where young people develop abilities to recognise, 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. For those with limited co-morbidities and good social support, young people are offered individual cognitive behavioural therapy.

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 (including family therapy)

Interventions using psychosocial methods to support parents, carers and other family members to manage the impact of a 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 if and when a young person who is a member of the family receiving family work is currently accessing services for specialist substance misuse interventions and should be reported using the young person's attributors.

Multi component programmes

Multi component programmes may include multidimensional family therapy, brief strategic family therapy, functional family therapy or multi-systemic therapy. Interventions that look at the individual, family, peer group, school and social networks associated with young person's problems. They use evidence based solution focused interventions, such as strategic family therapy and CBT. (Those with significant co-morbidities and or limited social support are offered multi-component programmes). This approach can be delivered by a range of professionals; it should only be recorded if the specialist substance misuse provider is contributing to the delivery of the intervention.

Contingency management

Substance misuse specific contingency management provides a system of positive reinforcement / incentivisation to make substance misuse specific behavioural changes or prevent escalation of harm.

Counselling

A process in which a counsellor 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).

Pharmacological interventions — structured

These are substance misuse specific pharmacological interventions which include prescribing for detoxification, stabilisation and symptomatic relief of substance misuse as well as prescribing of medications to prevent relapse. **No sub-intervention review required.**

Specialist harm reduction — structured

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 and after a full assessment of the young person's substance misuse and risks. Specialist harm reduction interventions should include services to manage those at risk of, or currently involved in injecting, overdose and risky behaviour associated with substance use. **No sub-intervention review required.**

YP multi-agency working — non-structured

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 the young person.

This intervention 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"**.

Education / training

Such as Connexions, NEET, colleges, PRUs, academies, schools, training services.

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 involvement / mentoring

Refers to initiatives consisting of peer supporters and peer mentoring.

Mental health

Such as CAMHS, emotional wellbeing, children and young people's 'NHS Talking Therapies for anxiety and depression (NHS TTad)'.

Offending

Such as youth offending teams, youth justice liaison and diversion schemes.

Health

Such as GP, dentist, school nurse, BBV nurse.

Sexual health / pregnancy

Such as sexual health or family planning clinics.

Meaningful activities

Such as supported sports, positive leisure.

Disability services

Services designed to support disabled 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.

Smoking cessation

Specific stop-smoking support has been provided by the treatment service, and/or the individual has been actively referred to a stop smoking service for smoking cessation support and take-up of that support is monitored. Suitable support will vary but should be more than very brief advice to qualify as an intervention here. It will most commonly include psychosocial support and nicotine replacement therapy, and will be provided by a trained stop smoking advisor.