

To request a referral form:



Speak to a young peoples Recovery Worker

Or



Email:  
[CPG.FoundationsAdmin@nhs.net](mailto:CPG.FoundationsAdmin@nhs.net)

You can also access our website via:



[www.ads-uk.org/index.php](http://www.ads-uk.org/index.php)

or



[www.careplusgroup.org/services/foundations](http://www.careplusgroup.org/services/foundations)

Further Information Available At:

**FRANK**

Friendly, confidential drugs advice

[www.talktofrank.com](http://www.talktofrank.com)

**Are you worried about a young person using substances under the age of 19 and living in North East Lincolnshire?**

Contact can be made with the service on **01472 571200**

or

text on **07903870967**

Or

email us - details can be found on the opposing page.

Direct referrals are accepted from professional bodies or support agencies, as well as directly from

**Young People's Service**

**Tel: 01472 571200  
Mobile: 07903870967  
Fax: 01472 571117**





## WHO ARE WE

We work with all types of substances, including solvents, stimulants, alcohol and legal highs. All support is personalised and is done in partnership with the young person.

### Support includes:

- One-to-one targeted work
- Holistic care planning and interventions
  - Alternative therapies
  - Substitute prescribing
  - Clinical Support
- Assertive outreach - working in an environment comfortable for that individual
  - Multi-agency working
  - Relapse prevention
  - Harm reduction
- Working with the family
- Access to education, training and employment

We believe in a recovery focused approach. We work with families and young people to support them along this path.



## YOUNG PEOPLE'S DRUG AND ALCOHOL SERVICE

We offer a specialist service for children and young people under the age of 19 with alcohol and substance misuse problems.

Young People can speak to a worker about their own or someone else's drug and/or alcohol use or just to find out further Information.

Regular sessions for support can be offered and they will be given a key worker who they will see every time (except in exceptional circumstances).

Foundations is led by a Consultant Psychiatrist specialising in addictions. This means young people are offered the highest quality service and support that is needed in helping them stop or control drug and alcohol use.



## NEXT STEPS

- Contact will be made with the young person by a recovery worker within 5 working days of receiving the referral.
- The young person would then be met by a recovery worker at a time and place comfortable to them to complete a needs assessment.
- This helps to find out what support the young person wants and needs.
- The young person will then be allocated a key worker who will work with them throughout their recovery journey.



## FOUNDATIONS