The new Hertfordshire Families and Young People’s Service (which replaced AFDASH on April 1st 2019) has been running for 11 months now and we’d like to take the opportunity to remind you what support we offer to young people with drug and alcohol issues and their families and how you can refer to us.

WHAT SERVICE DO WE OFFER?

We offer free treatment for young people under 18 years-old and young adults up to the age of 25 who are having issues with drinking or drug use. Our service is free and confidential, and we also work with the families of these young people.

We offer:

- Comprehensive assessment and care-planning for young people
- One-to-one interventions with a recovery worker
- Advice and education on drugs of all types, including image-enhancing drugs (i.e. Steroid) and new psychoactive substances (i.e. Spice)
- Signposting for counselling and additional mental health support
- Substitute prescribing and/ or detox, where appropriate
- Sexual health support, stop smoking support and additional signposting to other health services
- Family, friends and carers support – help to identify and respond to risks, set boundaries and improve drug knowledge
- Information and support for professionals working with young people and their families

Our staff include:

- **Resilience workers**: deliver one-to-one therapeutic interventions for young people using drugs/ alcohol on an outreach basis (home visits or at Youth Offender Support, Targeted Youth Support, CMHT & YC Hertfordshire sites)
- **Family workers**: hidden harm work with families where substance use is present amongst the parents/ carers and may be affecting the young person

How to refer to Spectrum FYP

- Anyone can refer themselves for treatment via the online form on our website found [here](#)
- Professionals, family, friends and carers can refer a young person, with their consent using this [form](#).

More information and contact details

For more information visit our website [www.changegrowlive.org](http://www.changegrowlive.org) or our service page at: [bit.ly/SpectrumYouth](http://bit.ly/SpectrumYouth)

Alternatively call our single-point-of-contact **0800 652 3169** or email [Herts@cgl.org.uk](mailto:Herts@cgl.org.uk)
Spectrum FYP coronavirus response update 08-04-2020

Here’s an overview on how our Families and Young People’s team are operating during the current situation. We are still accessible via phone (0800 652 3169) and email (Herts@cgl.org.uk) during our normal opening hours so please keep in touch!

Our resilience workers are…

1. Still offering the same level of support to young people with drug/alcohol issues – like most services, this is being conducted over the phone
2. Providing some (limited) face-to-face support to young people on prescribed medication – our hubs in Hatfield, Stevenage, Watford and Hertford are still open to facilitate this, where needed
3. Checking-in with the young people they support, completing service user plans with them and providing workbooks via email

Our family and hidden harm workers are…

1. Still doing their regular check-ins with young people who are at an appropriate age to participate in telephone calls
2. Conducting check-ins with parents via phone, if the child isn’t old enough to do this

Please note:

• We are looking at ways to avoid disruption caused by a reduction in face-to-face contacts e.g. Whatsapp, Zoom, other video calling options
• More vulnerable young people are being contacted more regularly, with prescribed clients being contacted twice weekly
• We are still taking referrals for resilience workers and assessing over the phone
• Hidden harm referrals are being held by the team leader on a tracker until a time when support can be effectively delivered

Other resources:

• Our coronavirus page for under-21s: www.changegrowlive.org/advice-info/coronavirus/people-under-21
• We have a list of apps and websites to help people with drug or alcohol problems here: www.changegrowlive.org/advice-info/alcohol-drugs