

## **Appendix B – Addaction Intervention Details**

### **RisKit-**

RisKit is a multi-component risk reduction programme for young people who are vulnerable to risk taking behaviour including drug and alcohol use, early and unprotected sex and offending. Addaction deliver this service to 14-16 year olds in Kent schools who have been assessed as vulnerable to risk taking behaviours. The course consists of 8 sessions and will address risk taking behaviour and how young people can be supported to reduce these behaviours.

### **Early Intervention Groups-**

Early Intervention Groups build therapeutic relationships with young people over a sustained period in one-to-one and group settings, reducing risks, exploring peer influences, and building resilience. Addaction also work with other agencies to meet the identified needs of group members; for example, inviting sexual health services into groups where young people have highlighted unsafe sexual practices.

These interventions have been proven to be highly effective at reducing exclusions and helping young people cope with low level substance misuse. Addaction accept requests for group work from a variety of sources including youth hubs, community safety partnerships and education settings.

### **KYDIS-**

The Kent Youth Drug Intervention Scheme (KYDIS) was introduced in September 2012 to provide an alternate means of dealing with young people under the age of 18 who were found in possession of class B or C drugs only, with no long-term history of drug abuse. The programme aims to reduce the likelihood of these young people adopting a criminal lifestyle by diverting them from the criminal justice process.

Once the criteria are met along with voluntary engagement from the individual concerned, they can be referred to the KYDIS programme. During the course of the programme the young person will receive one-to-one interventions with Addaction where they can access support, education on illegal drugs and the law, and prevention of drug misuse and harm minimisation advice. Once police have received confirmation of attendance from Addaction, the associated crime report is finalised as a 'Community Resolution with Restorative Justice'. Should the young person fail to engage or need to be dealt with via more formal means, then a 'Youth Caution / Youth Conditional Caution' would be initiated.

### **Structured Treatment-**

Structured treatment is the main delivery mechanism for Addaction with individuals who have substance misuse issues. Each service user will receive an induction, risk assessment and management plan, a Teen Star wellbeing care plan and a My Journey Guide work booklet as part of their treatment. This is complemented by Breaking Free Online, a free smartphone app which young people can use during and in-between sessions to maintain their motivation. Each young person will be given an allocated

worker to help them manage their substance misuse and help them progress along their treatment journey. Each client's treatment will be tailored to the needs of the individual and the difficulties they are facing. Addaction will liaise with other agencies when required to meet the needs of the client. Young people remain in treatment on average between 12-14 weeks.

## **Partnership Parenting programme**

The Partnership parenting programme works one on one with parents or family members to help them both receive advice and support whilst ensuring they know how to support their relative going through treatment.

### **The Partnership Programme aims to:**

- deliver interventions that work with family members to promote the entry and engagement of drug and/or alcohol users into treatment
- to support the joint involvement of family members and the young person in the treatment plan
- deliver interventions aimed to support family members by equipping them with knowledge and skills.

The Partnership Programme has three stages; Voice, Skill and Mediation and is split into 3 sessions with the young person's worker.