

Appendix B - Proposed changes to Kent Adult Drug and Alcohol Service Specifications:

- 1.1 Refining pathways for 18-25 year olds so it is clear which service supports this cohort, depending on their circumstances; adult services should be supporting any individuals who are physically dependent on alcohol or using opiates. The choice of the person accessing the service should also be respected, should an individual prefer to be seen by the young persons' service, wherever clinically possible.
- 1.2 Inclusion of trauma-informed principles. Although we ask services to work in a trauma informed way, we don't often provide examples of what we expect this to look like in practice. This could include:
 - 1.2.1 The use of therapeutic tools e.g. Grounding, Soothing, Coping and Regulating Cards; Signs of Safety 3 Houses tool
 - 1.2.2 Using visual metaphors to respond to stress and trauma
 - 1.2.3 Utilising the 'Human Givens' approach
- 1.3 Specific pathways for children impacted by someone else's substance use. Adult and young persons services working together to identify these young people, develop pathways, and deliver joint interventions, thus expanding the impact on families.
- 1.4 A requirement for providers to engage with appropriate research projects; the substance use landscape will change over the life of the contract and it is important that services respond flexibly and are able to adapt.
- 1.5 Define the requirement for Quality Improvement Leads that work in conjunction with other providers and across the system to ensure learning is shared and embedded.
- 1.6 Clearly set out the offer for vulnerable groups, including the need for women-specific groups, particularly amongst those who may have experienced trauma.
- 1.7 Define pathways with criminal justice, including police, probation and prisons; a high proportion of people who access the service will come into contact with criminal justice and it is vital that a joined-up support offer is available.
- 1.8 Outline the need for improved tier 4 pathways; tier 4 services include inpatient detoxification and residential rehabilitation. There is a need for Kent services to have a uniform approach and to ensure vulnerabilities are accounted for, such as those who are rough sleeping.