

CASUS Service Bulletin 2

**Children's & Young People's
workforce in Cambridgeshire:**



**Cambridgeshire and
Peterborough**
NHS Foundation Trust

Cambridgeshire Child and Adolescent Substance Use Service (CASUS) provides information, support and specialist treatment in Cambridgeshire around drug and alcohol use to young people under 18 years of age and their families. CASUS is a NHS team that specialises in working with young people who have developed problematic or harmful use of substances. We see young people at school, college, GP surgery, community club, our office or at home.

Alcohol and drugs include all legal substances prescribed and over the counter medications, as well as solvents/volatile substances and illegal substances. It does not include tobacco.

CASUS can offer young people:

- Sessions about drugs and alcohol to those who have been identified as vulnerable i.e. at risk and/or using substances. These can be in education or community settings.
- Brief intervention packages (one to three sessions) with a young person requiring short term work including screening, targeted education and personalized feedback. This may be in response to a single incident or substance related concern.
- An informal "meet-and-greet" visit prior to referral to the team.
- Comprehensive assessment of substance misuse needs, including mental health assessment, care planning, and long-term support.
- Interventions including mentalization and cognitive behavioural work, motivational interviewing, relapse prevention, physical health assessment, family work, harm reduction, detoxification and specialist prescribing.
- Support and information to parents/carers and concerned others regarding young people's drug and alcohol use.

CASUS can offer professionals:

- Screening tools that will assist in identifying a young person's need for substance use information, targeted education and/or referral for specialist interventions.
- Structured consultancy to support professionals in addressing drug and alcohol use in their work with young people. This can include provision of resources, telephone support and informal supervision.
- Attendance at relevant strategic groups such as, team-around family meetings and mapping meetings.
- Training for your team, where a local need or substance misuse related issue has been identified
- Multi-disciplinary Training sessions delivered by CASUS on drug and alcohol use are provided via Cambridgeshire and Peterborough Safeguarding Board
<http://www.safeguardingcambspeterborough.org.uk/children-board/professionals/training/>

April 2019

CPFT supports the **HeadtoToe Charity** – visit www.HeadToToeCharity.org for details on how you can help



HQ Elizabeth House, Fulbourn Hospital, Cambridge CB21 5EF
T 01223 219400 F 01480 398501 www.cpft.nhs.uk



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Referral Criteria

- Young person is under 18 years of age
- Young person is resident in Cambridgeshire
- Young person has a drug or alcohol related need or concern
- Young person has agreed to meet with CASUS

How to refer

Referrals can be made using Early Help Assessment or the CASUS Referral Form. Young people can also refer themselves over the phone.

CASUS Referral Forms can be downloaded from our website. <http://www.cpft.nhs.uk/casus/howtorefer>

TO CONTACT CASUS:

Email: casus@cpft.nhs.uk

Telephone: 01480 445316 (Monday-Friday 9am-5pm)

Web: <http://www.cpft.nhs.uk/casus>

WHO TO CONTACT IN A CRISIS:

First Response Service: 111, option 2 for mental health crisis advice, 24 hours

Young Person's GP: This is a reasonable first port of call if there are not immediate signs of medical crisis

A&E/999: If there is a medical emergency (overdose, fitting, acute suicidality, or acute withdrawal signs)

Frank: 0300 123 660 / text 82111. www.talktofrank.com 24-hour drugs advice

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