



The  
Children's  
Society

# Our services

## The Childrens Society

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# EYPDAS

Essex Young People's  
Drug and Alcohol Service



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# Minimising the risk from harm

As a project of The Children's Society East, our Essex Young People's Drug and Alcohol Service (EYPDAS) works in partnership with Open Road to deliver a county-wide all age substance misuse service.

EYPDAS provides community-based substance use assessment, treatment and recovery interventions.

EYPDAS works specifically with children, young people and young adults aged 24 years or under, and in a range of settings including: homes, schools and other appropriate community venues (for children and young people only) or the partnership satellite bases in North, Mid, South and West Essex.

## **Our aim**

To minimise the risk from harm, and improve the wellbeing, life chances and opportunities of children, young people and young adults who are identified as having a dependence on one or more substances.

## **How we do it**

- Young people participate in a screening and comprehensive assessment of their needs and risks. From this, an appropriate care plan is designed, agreed and implemented
- Young people may engage in a range of structured and semi-structured interventions including brief and solution focused therapies, one to one work and a blended virtual offer. Our treatment interventions cover four key elements including harm reduction, self-care, managing change and relapse prevention
- Targeted groups are offered for both over and under 18's. Under 18's are normally identified within a school setting, but groups can be offered for those outside of schools. Over 18's are given the opportunity to attend the Recovery Pathways Group either face to face or virtually
- Young People are supported in ongoing recovery through signposting, referrals and transitions to other relevant services and organisations. This may include supporting additional or ongoing psychosocial and/or health needs or goals e.g. support from the Active Families Team or Futures in Mind for mentor and positive activities.

### Who we collaborate with

To ensure the varied needs of individual clients are met, we work in collaboration and partnership with a number of other organisations and services including:

- STARS for substitute prescribing
- 'Sharp' for intensive community rehabilitation programmes
- Forward Trust for structured, intensive support and counselling
- The Youth Offending Service, Probation and Full Circle, to support clients within the Criminal Justice Service
- Essex Arc (Phoenix Futures) for young people over 18 who are either solely using alcohol or using alcohol alongside other substances

- Other teams within The Children's Society East
- Other statutory services and localised voluntary sector organisations including: Social Care, EWMHS, education, health and accommodation providers.

### Sustained recovery

Throughout the young persons treatment journey with us, we support young people in areas of their lives that positively impact their on-going recovery as a step down from treatment. Whether that be in brushing up their C.V, applying for college or finding a positive activity that they can engage with.

For our over 18 year old clients this may involve referrals into Futures in Mind for mentoring or the opportunity to take part in activities designed to develop skills and build confidence.

Our over 18 year olds are also encouraged to attend peer support groups in the community, such as AA, NA and CA.

For our under 18 year old clients, positive activities are explored as part of an ongoing care plan, with the option of being referred to one of our volunteer mentors who support with relapse prevention, confidence building and practical tasks, such as college applications.

# Support bridge.

Clients of any age across the substance use treatment system can be referred into the NEET Worker (Not in Education Employment or Training) who acts as a bridge between client and training, education and/or employment opportunities. After assessing the client's needs, the worker tailors a bespoke package working at the clients pace, giving them as many options as possible in order to achieve their goals.

This may be done using different platforms such as online/phone coaching, signposting to relevant agencies and 1:1 coaching support in the community. Whether communicating better with agencies such as the Job centre or wanting to access a course delivered by the Princes Trust, the NEET worker will work alongside the client to find the best route to meet their needs.

Young People up to age of 18 can also access support and mentoring. This would usually be towards the end of their intensive engagement with our worker. The support may include relapse prevention, attending appointments, meeting for a coffee and activities looking to boost confidence. Through discussion between the young person, their worker and the mentor; clear objectives and a plan of what is to be achieved, (within a given time frame), will be set out.

# Referrals.

All referrals are centralised and can be made via **Choices.Referrals@childrenssociety.org.uk**

We take referrals direct from individuals requiring support, plus parents/carers or any professional working with someone aged 24 years and under, where drug or alcohol use is a concern. However, referrals are only accepted if the individual child, young person or young adult has provided their consent.

To obtain a referral form you can telephone the Single Point of Contact on **0844 4991 323**, our office on **01245 493 311** or find it online at **www.childrenssocietyeast.org.uk** and clicking on 'EYPDAS':

## Get involved

If you would like more information or are interested in volunteering with or supporting our service, either as an individual or organisation, please contact us on **01245 493 311**.

114 Springfield Road, Chelmsford, Essex CM2 6LF  
**01245 493 311**

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# Family Support



# Delivering Family Support Groups

The Children's Society deliver Family Support Groups across Essex for families and friends affected by the alcohol or drug use of somebody close to them.

## How we do it

Groups are run in both the daytime and evening and take place in areas where the highest concentration of referrals is located.

Any person interested in attending is welcome to attend any group they can travel to.

Our groups are led by a professional facilitator who provides attendees with

information and education on addiction and the physical, mental and emotional effects.

## Our aim

The aim of the Family Support Groups is to empower the families and friends who live with another's addiction; either by giving them tools to support that person or facilitating them to create a set of rules that allow both the user and their family to

have clear objectives and an overview of a healthy new relationship.

The Family Support Group operates a 8 week programme with modules that include:

- Boundaries and consequences
- Positive Behaviour
- Drug awareness education
- Appropriate support of users
- Addiction information

- Coping and distraction techniques

The Family Support Group can be accessed via submission of our referral form only. This can be completed by the family member/friend themselves or by a professional. Groups will be small and allow access to additional one to one support before, during and after completion of the course.

All course attendees must be over the age of 18.

## Referral

To obtain a Referral form or discuss in further detail please contact:

- **Jules Gray**  
Family Co-ordinator  
on **01245 493 311**

114 Springfield Road, Chelmsford, Essex CM2 6LF

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# Active Families Together



# Encouraging healthy activities

Active Families Together is an exciting project that is part of the Children's Society East – Working in partnership with Sport England and Active Essex in the Mid and West quadrants.

The project works with families that live in Mid or West Essex and are engaged with The Children's Society and/or those agencies we work closely in partnership with; with a view to encouraging the families to participate in healthy activities together.

## Our mission

To try and encourage family members to spend more time together in a positive way, so that it enables them to develop a healthier culture of shared interests and activities that they can continue with independently once the intervention has finished.

## Why we do it

It's all about creating stronger bonds and connections, rebuilding trust and developing better communication in a natural way.

The aim of the programme is to encourage families to become both physically and emotionally healthy and active.



# CHHAT

**Community Hidden Harm  
Awareness Team**



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# Supporting young carers

As a project of The Children's Society East, our service works across Essex with young carers aged 8-19 years who are affected by parental/familial substance use or parental/carer mental health issues.

## **Our aim**

To help identify, provide support to, and improve the physical, mental and emotional wellbeing of young carers.

We address a number of target areas including emotional or physical abuse, domestic violence, neglect, social exclusion and isolation, truancy and/or underachievement at school, as a consequence of a parent or other significant family member using illicit drugs, alcohol, prescription medications or parental/carer mental health issues.

Our engagement with young carers covers early to high intervention needs. We also support cases of historical parental substance use, where the young carer may, or may not still be residing with their parent, but continues to be affected by the experience.

Through engaging in the project young carers will:

- Feel supported and informed
- Be more resilient
- Begin to understand addiction
- Look at safety planning
- Understand what Kinship care is
- Be better equipped to cope with challenges, achieve their goals and improve their life chances.

## **How we do it**

- Initial assessments and care planning
- One to one support
- Group sessions
- Activity days
- Mentoring support
- Multi-agency working and liaison with other professionals.

### We are supported by

- Countywide awareness raising, information dissemination and distribution
- Hidden Harm training for professionals to support the identification of young people and equip professionals with the skills and knowledge to support young carers
- Detached outreach sessions
- Young carers forums
- Volunteers, including trained volunteer mentors
- Our partnership working with other voluntary and statutory agencies, including education, social care and child and adolescent mental health services.

# Referrals.

We take countywide referrals directly from children and young people, carers or any professional working with a child/young person or family, where there is a someone aged 8-19 years affected by another person's substance use or parental/carer mental health issues.

Please ensure that the young person being referred is aware of the referral. Children under 13 years require parental consent.

To obtain a referral form you can contact **01245 493 311** or go online to **[www.childrenssocietyeast.org.uk](http://www.childrenssocietyeast.org.uk)** and click on 'CHHAT'.

Where young people are misusing substances themselves please refer them to EYPDAS, again either using the phone number above or following the online link **[www.childrenssocietyeast.org.uk](http://www.childrenssocietyeast.org.uk)** and click on 'EYPDAS'.

### Get Involved

If you would like more information or are interested in volunteering with or supporting our service, either as an individual or organisation, please contact us on **01245 493 311**.

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# Norfolk Tenancy Support



# Supporting Young People's tenancies

The Children's Society are commissioned to deliver a Tenancy Support Service aimed at Looked After Children aged between 15 and 19, who are looking to transition to semi-independent accommodation or independent living.

## Information for Professionals

- We deliver an 8 session course about managing tenancies and daily living skills
- The course aims to develop young people's life skills and knowledge to find and maintain a tenancy
- The course will cover employability, budgeting, relationships, tenancy agreements and developing better communication
- Participants receive a certificate on completion of the course as evidence of their learning
- Referrals are accepted from workers in LAC, After Care and UASC Teams

## The course covers

- Employability
- Budgeting
- Tenancy agreements
- Managing relationships
- Wellbeing
- Maintaining a home and tenancy
- Developing better and positive communication

## Find out more

Please contact the Norfolk Manager on **07734 396678** or email

**NorfolkTenancySupport@childrenssociety.org.uk**

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# Safe

in Essex

Mid, North, South & West Essex



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# Helping young people understand risks

As a project of The Children's Society East, our service provides information, early intervention and support to children and young people aged 10-18 years, who are identified as at risk of, or already engaging in low-level risky behaviour.

## Our aim

Our team works to help young people understand risks and make safer choices. We aim to raise awareness and prevent the escalation of further risky behaviours, helping young people to become more resilient and able to manage future risks.

We address a number of target areas:

- E-safety
- Peer pressure and bullying
- Drugs, alcohol and smoking awareness
- Gangs, trafficking and exploitation
- Risky sexual behaviour and sexual health
- Developing and maintaining healthy relationships
- Managing difficult emotions including stress and anger
- Self-esteem and resilience
- Anti-social behaviour and crime

## How we do it

- Run the Risk: a personal development and resilience program
- Other targeted group programmes for young people in education and other youth settings
- Workshops
- Mentor Support
- Peer Support
- Key work for young people and families

We work with young people at the earliest possible point of intervention, before risk taking behaviours escalate and prior to any involvement by statutory services.

# Referrals.

Requests for help are accepted from any agency and/or individual working with a child, young person or family.

To make a support request please contact: **01245 493 311** or go online to **[www.childrenssocietyeast.org.uk](http://www.childrenssocietyeast.org.uk)** and click on 'Safe in Essex' or email us direct at **[FIFreferrals@childrenssociety.org.uk](mailto:FIFreferrals@childrenssociety.org.uk)**

## Get Involved

If you would like more information or are interested in volunteering with or supporting our service, either as an individual or organisation, please contact us on **01245 493 311**.



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# C.A.R.E.

(Children At Risk of Exploitation)



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# Specialist support for victims or at risk of CE

The CARE team provides specialist support across Essex to children, young people, and adults aged 8-24 years who are victims or at risk of Child Exploitation (CE); and are not willing, or able, to engage with statutory services.

## How we do it

- One to one intensive support

Individual therapeutic work with children and young people to provide support and understanding to ensure they receive a needs led service which is trauma informed. Helping them to move forward, increase their emotional wellbeing and keep them safe.

- Targeted group work sessions

Groups of young people, who an organisation has identified to be at risk of child exploitation, will have access to our 8 week targeted group work provision.

- Parenting support (provided by Barnardo's)

Advice and guidance for parents and carers, enabling them to provide safe environments within the family context. We also provide group and one to one support, peer led groups and telephone support.

### Services for professionals in Essex

We deliver training around child exploitation and AMBIT to support professionals to identify young people at risk of exploitation. We also offer consultation and the sharing of resources to support the delivery of exploitation work by others.

If you believe a child or young person is at risk of exploitation for any reason, you may wish to make a referral. Referrals are accepted from any agency and/or individual working with a child, young person or family.

Please note we may ask if contact has first been made with Essex Police and Essex Social Care to ensure that safeguarding concerns are managed through the appropriate channels.

If you have intelligence regarding a current or previous child sexual exploitation risk you should contact Essex Police by phoning **101**, the number for non-emergency police inquiries.

### Referrals

To make a support request please contact the CARE Service Manager on **01245 493 311** or go online to **[www.childrenssocietyeast.org.uk](http://www.childrenssocietyeast.org.uk)** and click on 'CARE' or email us direct at **[CSE.referrals@childrenssociety.org.uk](mailto:CSE.referrals@childrenssociety.org.uk)**

## Partners.

Agencies we work alongside include:

- Essex Police OC Triage Team - to support intelligence gathering and referral pathways
- Youth Offending Teams
- Social Care
- Family Operations
- ECC Involvement Team
- Family Solutions
- Education
- Health
- EWMHS
- Gang Prevention Service
- Core members of MACE
- Essex Rape Crisis Partnership
- Substance Misuse Treatment System

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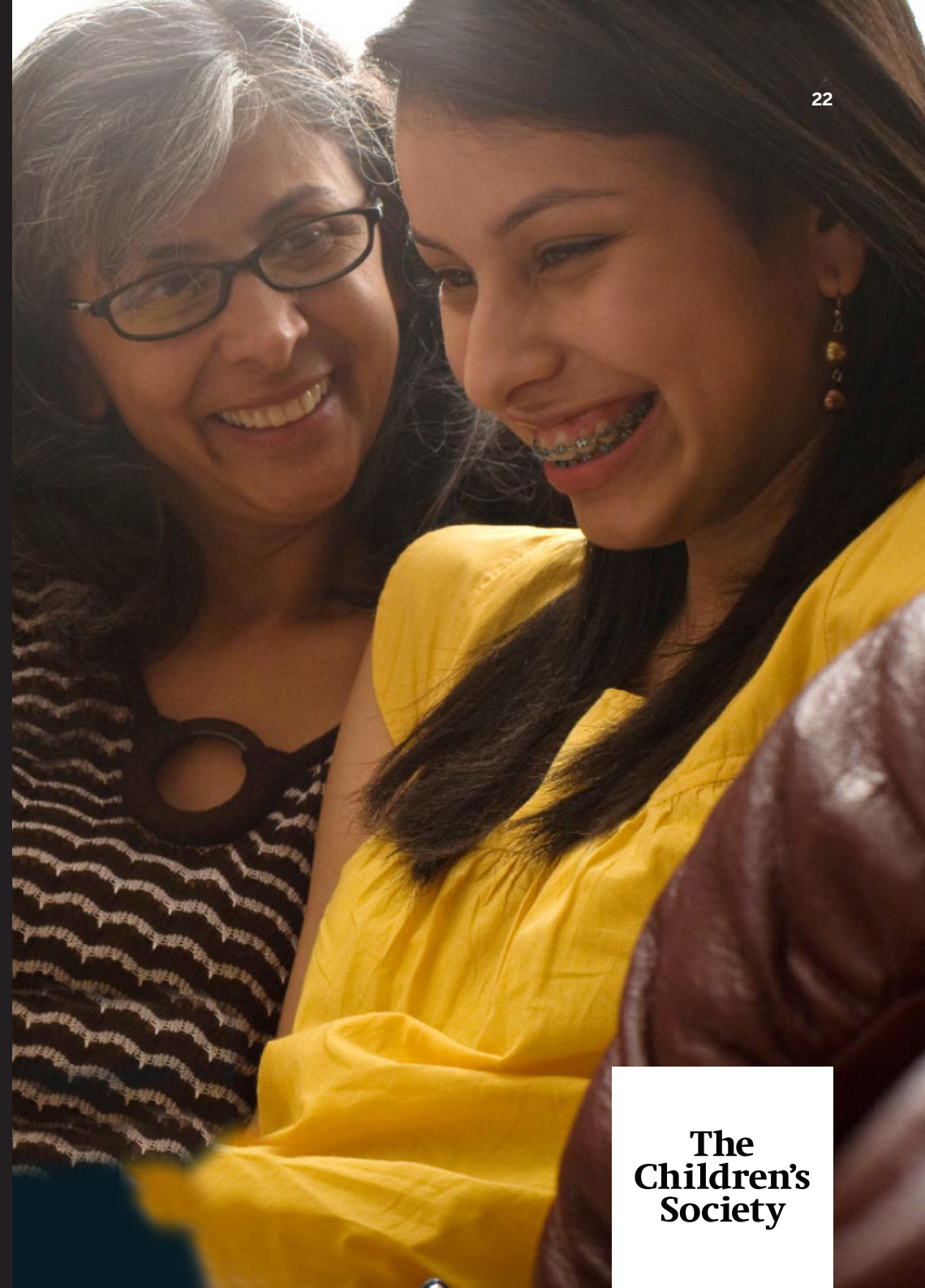
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# Inside Out



# A new approach to care for young people

Inside Out is an innovative new approach to improving outcomes and stability for young people in residential care in Essex, Hertfordshire and Norfolk.

## **Our aim**

Is to enable them to return home or successfully 'step down' to less intensive care wherever appropriate and possible. The programme is funded through the Department for Education's Innovation Programme and was piloted in Essex before its roll out in April 2019 into Hertfordshire and Norfolk.

The Children's Society is the lead provider for the programme and works collaboratively with each local authority to achieve positive outcomes for young people on the programme.

This intensive coaching support model promotes resilience and placement stability - working collaboratively alongside children, families, social care practitioners, placement providers and foster carers, enabling a wraparound package of care. The pilot works with young people and their families, keeping them at the heart of the project - working with them rather than imposing interventions on them.

## **Allocated Social Worker**

Will retain their key worker role and responsibility for the care plan. Regular reviews will be held to check on progress, however the most intensive direct work will be undertaken by the coach.

## **Independent Reviewing Officer**

Responsible for agreeing any change to the young person's care plan, monitoring their journey and reviewing the care plan through the LAC Review process.

## **Care Provider/Residential**

Responsible for the young person's day to day care in line with their care plan and placement agreement.

## **The Children's Society**

Responsible for recruiting, training, matching, supporting and supervising the coaches who will work directly with the young people and (as appropriate) their family.

**The programme's aspirations are for young people to:**

- Be stable and safe
- Have, or be working towards, positive relationships with family, carers and peers
- Make positive decisions and achieve their ambitions
- Be better equipped for a successful transition to adulthood
- Be resilient and enjoy good emotional well-being and mental health

**Young people on the programme will:**

- Be a Looked After Child (LAC), either under s20 or s31 of The Children's Act (1989)
- Be in a residential placement - or in exceptional circumstances another kind of placement - with a history of placement instability
- Have a history of placement moves and/or the current placement is at risk of breaking down
- Be aged between 14.5 and 17.5 years at the start of the intervention
- Have the capacity to engage effectively with the programme (young people with severe and complex SEND would not be referred to the programme)



# Referrals.

## Essex

All referrals must come through the Essex County Council Access to Resources team – please contact them if you feel you have a young person who may benefit from this programme.

## Norfolk

All referrals must come through the Norfolk County Council Access to Resources team - please contact them if you feel you have a young person who may benefit from this programme.

## Hertfordshire

Access to Inside Out in Hertfordshire is through the brokerage Accommodation Team (BAT) via the Placement Request Form (PRF).

If you have any questions about the Inside Out programme, you can contact The Children's Society East on **01245 493 311** and ask to speak to a member of the Inside Out team.

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