

## One Minute Guide to safeguarding children with parents with Substance Use Disorders

### What do we mean by Substance Misuse?

Substance misuse occurs when a person becomes dependent on the use of drugs and/or alcohol, or their use has a harmful effect on the individual, family members and/or their community. It can lead to the individual having health issues or problems at work, school, or home. This is sometimes known as Substance Use Disorder (SUD).

Many adults who misuse substances also suffer from mental health problems, which is described as Dual Diagnosis or Co-occurring Conditions or and there may be several agencies, from both Adult and Children's Social Care, who are working with the family.

### What is a drug?

A drug is any substance (with the exception of food and water) which, when taken into the body, alters the body's function either physically and/or psychologically. Substance misuse refers to both illicit drugs (e.g. Cannabis, Ecstasy, Cocaine etc.) and those that may be legal (e.g. alcohol, prescription drugs and solvents).

Drugs are sometimes used recreationally for their effects on the central nervous system.

Common drugs 'of abuse' include Alcohol, Cannabis, Opiates (Heroin and other prescription drugs), Amphetamines, Cocaine, Crack Cocaine, Novel Psychoactive Substances (including SPICE/ syn-thetic cannabinoids).

### Why do people use drugs? Adapted from information sourced at <https://adfam.org.uk/>

- Some people find the experience of altering their perceptions **fun**
  - They might enjoy the feelings of excitement and confidence which some drugs and alcohol can bring.
- Some people use drugs/alcohol as a **means of escape**.
  - Some people use substances to forget about their problems.
- Some people may experience **peer pressure** or find themselves in a situation where substance use seems quite ordinary.
  - For example, many people first misuse alcohol as part of a friendship group where others are drinking.
- Most people experiment with drug/alcohol use in some way, at some point in their lives.
  - Trying drugs/alcohol is often a way of experimenting with the adult world so can be common among young people.
- Some people move from this **experimental** use to **regular use**, what is sometimes called '**recreational**' drug use, as part of their lifestyle.
  - There are risks associated with this, but most people come to little harm. Many people in the UK use alcohol in this way.
- Some people regularly misuse drugs/alcohol in '**binges**' where they deliberately take large quantities of something, typically with many others, to have fun or as a release from the stresses and strains of everyday life.
- Some people develop a physical or psychological dependency on drugs, this is sometimes known as addiction.



## **What are the risks to the child?**

National Serious Case Reviews and Domestic Homicide Reviews have identified domestic abuse, parental mental ill health and substance misuse as significant factors in families where children have died or been seriously harmed. Where all three issues are present, they have been described as the 'toxic trio'.

Whilst many parents who use and misuse substances care for their children well, substance use can consume a great deal of time, money and emotional energy, which may impact on the capacity to parent a child and can put the child at an increased risk of neglect and emotional, physical or sexual abuse, either by the parent or because the child becomes more vulnerable to abuse by others.

Children's physical, emotional, social, intellectual and developmental needs can be adversely affected by their parent or carer's use of substances.

## **How can the risks be reduced/ addressed?**

All agencies need to work together in order to safeguard children and promote their wellbeing. It is important not to generalise or make assumptions about the impact on a child of parental/carer substance use.

It is, however, important that the implications for the child are properly assessed, including their vulnerability, physically and psychologically, from the neglect they may experience or the negative impact of witnessing parental substance use or its consequences.

- Assess the parent's capacity to meet the child's needs, focussing on the impact on the child.
- If concerns are evidenced
- A referral to the Multi-Agency Safeguarding Hub (MASH) should be made in line with the local LSCBs referrals procedure should be made: [Hampshire](#), [Isle of Wight](#), [Portsmouth](#), [Southampton](#).
- Practitioners from Adult Services, or other relevant agencies, should work in collaboration with Children's social care.
- If a woman is using substances problematically whilst pregnant, a referral to Children's Social Care should be made.
- Specialist Substance Use Services should be invited to attend and provide information to any meeting concerning the implications of the parent/carer's substance use for the child.
- When a decision to end involvement with a parent/carer who misuses substances, or a child who is living with a parent/carer who misuses substances, other services who are working with the family, must be consulted before the case is closed.

[More details here](#)

[http://4lscb.proceduresonline.com/southampton/p\\_ch\\_par\\_misuse\\_subs.html](http://4lscb.proceduresonline.com/southampton/p_ch_par_misuse_subs.html)

## **Services for people with Substance Use Disorders**



### **Portsmouth Recovery Hub**

Recovery Hub provides access to a wide range of support for people experiencing problems with their substance use. The service is open access so appointments are not necessary— people can just come in and speak to a member of staff who will be able to help them access the support they need.

Address: The Recovery Hub, 44-46 Elm Grove, Southsea, PO5 1JG

Tel: 02392 294573

Opening hours are:

- 9am-5pm, Monday – Thursday,
- 9am-4.30pm on Friday

### **Southampton**

#### **Drug and Alcohol Recovery Service**

“**Getting Help**” Referrals can be made in person or by external agencies using the details below.

**Young People aged 24 years or under: DASH** - Open access advice, information, brief intervention, assessment and care coordination service for young people. The DASH service can give you information, advice, support and counselling and can offer a variety of treatments, including harm reduction and needle exchange. You can learn more about the substance you are using, their effects and risks and learn how to keep yourself safe if using drugs or alcohol.

Telephone: 023 80 224 224

Address: 13 High Street, Southampton, SO14 2DF

Email: [advice@nolimitshelp.org.uk](mailto:advice@nolimitshelp.org.uk)

Website: [www.nolimitshelp.org.uk](http://www.nolimitshelp.org.uk)

**Adults aged 25 years and over: Assessment, Review and Monitoring (ARM) & Structured Interventions Service** - Open access, single point of contact, access advice, information, brief intervention, assessment and care coordination and access to structured interventions.

Telephone: 023 80 71 71 71

Address: 2 The Carronades, New Road, Southampton, S014 0AA

Email: [southampton@cgl.org.uk](mailto:southampton@cgl.org.uk)

Website: <http://www.changegrowlive.org/content/southampton-drug-and-alcohol-recovery-service-dars>

### **Isle of Wight**

#### **Drug and Alcohol Services**

“**Inclusion IOW**” - Inclusion is a national organisation that works with individuals, families and communities who are affected by drugs, alcohol, crime and mental health. Inclusion Isle of Wight provides a range of support for individuals affected by alcohol or drugs living on the Island. The service is free and confidential with a specialist young people’s service for those aged 24 and under and a specialist adult service for those aged 25 and over.

Inclusion Isle of Wight is available to anyone living on the Isle of Wight who is affected by their own or someone else's use. There are 3 parts to the service; a young peoples service supporting those aged under 25, an adult service for those aged 25 and over and a family



and carer support service for those affected by someone else's use. The service is free and confidential. They are available to offer advice, information and take referrals for the service for individuals or professionals.

Phone: 01983 526 654

Email: [inclusion.iow@nhs.net](mailto:inclusion.iow@nhs.net)

Website: [www.inclusioniow.org](http://www.inclusioniow.org)

### **Hampshire**

**Services for children and young people under 25 years are provided by Catch 22 Hampshire 24/7**

Support provided:

- 24/7 emergency crisis line for young people: 0800 599 9591
- specialist harm reduction services
- individual tailored care plans and assessments
- family support
- access to prescribing and needle exchange
- auricular acupuncture
- art therapeutic interventions
- one to one and group interventions within educational settings
- support within the community
- partnership working with agencies in Hampshire

Phone: 0845 459 9405

Email: [247Hants@catch-22.org.uk](mailto:247Hants@catch-22.org.uk)

Website: <https://www.inclusionhants.org/support-for-under-25s/>

**Services for adults 25 years and over are provided by Inclusion Recovery Hampshire**

Support provided:

- Holistic assessment and recovery planning
- Advice and information
- Structured one-to-one support
- Group support and group work
- Medical and prescribing support, including detoxification and replacement therapies
- Health and wellbeing checks and initiatives
- Access to inpatient and residential services
- Community detox's
- Support to reduce the harm associated with drugs and alcohol including abstinence
- Relapse prevention and management
- Peer support and volunteering opportunities
- Access to mutual aid
- Needle syringe programmes (NSP or Needle exchange)
- Blood borne virus (BBV) testing
- Mindfulness, meditation and auricular acupuncture
- Counselling services (bereavement, abuse, substance misuse)

Phone: 0300 124 0103

Website: <https://www.inclusionhants.org/support-for-those-aged-25-and-over/>



## Support for family and carers – Parent Support Link

Providing an integrated family and carer support service to anyone affected by someone else's use of drugs or alcohol including a 24 hour support line, One-to-one support by appointment, Support groups, couples and whole family sessions.

Phone: 02380 399 764

Website: <https://www.inclusionhants.org/family-carers/>