

Overview

For this standard you need to support children or young people who use alcohol or other substances by enabling them to adopt safe practices, providing care and support following an episode of substance use and supporting individuals' efforts to reduce harm or cease substance use. This standard relates to substances which may include prescription and over-the-counter medicines, controlled or currently legal drugs, and new psychoactive substances. Users of this standard will need to ensure that practice reflects up to date information and policies.

Support children and young people who use alcohol or other substances

Performance criteria

You must be able to:

1. communicate with the child or young person and those involved in their care in a way that is appropriate to their age, understanding, developmental capacity and preferences
2. identify and respect the child's or young person's privacy, confidentiality, rights and wishes
3. clarify and confirm with the child or young person and those involved in their care, the information which may need to be shared with others within the boundaries of confidentiality
4. explain the risks to the child or young person from the substances taken and the methods used in a manner, and at a level and pace appropriate to them
5. offer individuals guidance, support and advice on ways in which methods of substance use and activities affected by it can be practised more safely
6. support children and young people who wish to use substances, equipment and other materials to do so in a manner which is appropriate and consistent with their right of choice
7. encourage and support the child or young person to discuss their circumstances and history of substance use and use this information to plan and provide appropriate support and assistance
8. give support and assistance to contact people who can help where children and young people ask for further information and advice which is beyond your role
9. ensure your actions to support children and young people who have used substances are consistent with your agreed role and agency policies and procedures
10. make the child or young person aware that you are available and willing to help
11. ensure your actions to support children and young people are appropriate to the substance used, the effect which the substance has had and the condition of the individual
12. encourage children and young people who have made a commitment to reduce substance use to review their reasons for doing so
13. identify and explore the effects of the child or young person's choice on their daily life and any difficulties which they might have in a supportive manner
14. identify accurately and discuss in detail strategies and methods for alleviating difficulties encountered by the child or young person
15. offer support to the child or young person in a manner which respects their individual rights and choice, and is appropriate to their needs and is realistic within the limits of the resources available

16. assist the child or young person to review their progress in reducing substance use, assess their achievements and identify opportunities for improvement
17. produce records and reports that are clear, comprehensive, and accurate, and maintain the security and confidentiality of information

Knowledge and understanding

You need to know and understand:

1. legal, organisational and policy requirements relevant to your role and the activities being carried out
2. legislation relating to the supply and use of substances, and to particular individual groups and how these affect your role and responsibilities
3. the nature, extent and boundaries of your work role and its relationship to others in your own and other organisations
4. the roles of other practitioners working with children, young people and families and how they relate between and across agencies
5. the importance of effective multi-agency working
6. the ethical issues, legal requirements and good practice guidelines on consent, including capacity issues and consent for children and young people
7. the principle of confidentiality and the implications for your practice
8. how to recognise and respond to the signs of injury, abuse or neglect and your responsibility in relation to raising concerns with the appropriate person or agency
9. local systems, procedures and protocols for safeguarding children, young people and vulnerable adults
10. the principles of equality, diversity and anti-discriminatory practice and how they are applied
11. the duty to report any acts or omissions in care that could be detrimental to the child or young person
12. the rights of children and young people to make decisions for themselves and to take risks in the context of their own lives, taking into account issues of capacity and your professional responsibility
13. how to engage with and communicate effectively with children and young people, and those involved in their care
14. the need for communication to be modified for different contexts and cultures, including the age, vulnerability, understanding, developmental capacity and communication needs and preferences of the child or young person and those involved in their care
15. the ways in which children and young people communicate non-verbally and through behaviour, as well as through language, and how different forms of behaviour can be interpreted
16. the importance of adopting a child/young person centred approach
17. the conditions and issues affecting children and young people in your area of practice and how they can inter-relate
18. child and young people's development, including emotional, physical, and

Support children and young people who use alcohol or other substances

- social how they affect one another
19. how the behaviour needs of children and young people may affect others
 20. the effect of parenting capacity, family, environment and cultural influences on the health and wellbeing of children and young people
 21. the factors that contribute to the risk of harm to children and young people
 22. the different forms of substance which children and young people might use, how they are used and their likely effects
 23. the risks involved with substance use both in the short and the long term
 24. harm reduction strategies, how and why these may differ from individual to individual
 25. the consequences and effects of substance use and the subsequent needs of the child or young person following substance use
 26. factors that influence children and young people to use substances and how these may be inter-related or combined
 27. reasons why children and young people decide to reduce or cease substance use
 28. the range of potential effects of reducing or ceasing substance use upon relationships, life-style, recreation and leisure activities, physical and emotional health
 29. the type of difficulties that are likely to arise in attempting to cease or reduce substance use and strategies and methods for alleviating them
 30. emergency aid for situations where the substance causes a health emergency
 31. methods of supporting children and young people at times when they have used substances
 32. methods of supporting children and young people depending on their age, understanding and development, taking into account their family and social context
 33. how to assist children and young people to make assessments of their progress and how you can offer views in a supportive manner
 34. ways of supporting children and young people who are seeking to reduce or cease substance use
 35. why the child or young person should be supported to talk through their circumstances and history of substance use
 36. why the child or young person should be supported to contact others for further advice and assistance and the forms which such support and assistance might take
 37. the importance of assisting children and young people to meet their own needs and requirements after the effects of the substance have worn off and ways of doing this
 38. why it is important to review with children and young people their reasons

Support children and young people who use alcohol or other substances

for deciding to reduce or cease substance use and the motivational effects of this

- 39. how attitudes relating to substance use may differ
- 40. the guidance that is available for your own practice and where to access this
- 41. current issues, research evidence based practice relevant to your role
- 42. local sources of health and well-being information, advice and support for children and young people, and those involved in their care
- 43. the importance of keeping full and accurate records, and how to do so in line with organisational requirements

Support children and young people who use alcohol or other substances

External Links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB4 Enablement to address health and wellbeing needs

Support children and young people who use alcohol or other substances

Developed by	Skills for Health
Version Number	1
Date Approved	January 2015
Indicative Review Date	January 2020
Validity	Current
Status	Original
Originating Organisation	Skills for Health
Original URN	SFHCS33
Relevant Occupations	Health Professionals
Suite	Children and Young People's Health Services
Keywords	Drugs; alcohol; substance; misuse; abuse; commissioning