



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

An Oifig Náisiúnta don Chuimsiú
Sóisialta
Rannóg Cúram Príomhúil
Feidhmeannacht na Seirbhíse
Sláinte
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25th July, 2017

Deputy Peadar Tóibín, TD
Dáil Eireann
Kildare Street
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PQ 33842/17

* To ask the Minister for Health the services available in each county for teenagers that use drugs or that have a drug addiction.

Dear Deputy Tóibín,

The Health Service Executive has been requested to reply directly to your above Parliamentary Question which you submitted to the Minister for Health for response. I have examined the matter and the following outlines the position:

In general, drug treatment goals for under 18 year olds initially focus on reduction of immediate harm, addressing psychosocial and interpersonal factors which perpetuate substance use and then to try to move towards abstinence. Specific policy and clinical governance issues for under 18s include consideration of the young person's ability to consent to treatment and competence (or capacity to consent) and involvement of those with parental responsibility.

The following is an overview of available information on services for under 18 year olds per CHO:

CHO 1

Donegal

1 HSE youth counsellor for County Donegal has been reinstated on a full time temporary position. The youth counsellor provides assessment, 1:1 counselling, signposting and onward referral for the youth population. The youth counsellor also provides support and guidance to parents and families whom are concerned about a young person's use / misuse. The HSE youth counsellor also provides a service to young people who are affected by parental substance misuse. The HSE North West refers young person's requiring Tier 4, residential treatment, to the Aislinn Adolescent Residential Addiction Centre in Kilkenny when required.

A range of programmes for young people in Donegal are also provided through the following services:

Jigsaw, Donegal is a partnership between HSE and Headstrong. Jigsaw Donegal is a youth mental health initiative supporting 15-24 year olds in County Donegal. It is a primary health care model offering free direct access, drop in services and brief intervention. Youth substance misuse is addressed within the context of an overall assessment. Referral pathways to Tier 3 under 18 year old services have been established.

The LOFT is a Youth Project & Health Cafe managed in partnership with Donegal Youth Service and Foroige. The LOFT is open to all young people aged between 12 and 18 years old. Funding for the project is provided by the HSE.

The LOFT is a place where young people can avail of a wide range of facilities. Group work programmes delivered are as follows: health information and education, drop-in centre, listening ear service, learn new skills, entertainment events and meet with friends.

The North West Regional Drug Task Force provides funding to Foroige to employ one Youth Drug & Alcohol Education worker in Co Donegal.

Alcohol Forum delivers a range of programmes for young people and families such as *Streetwise for Life*, a drug and alcohol awareness programme for 6th class and 1st year students. Families Matter, a division of the Alcohol Forum is the central provider of the Strengthening Families Programme (SFP) in the Northwest. SFP targets a whole family approach to family skills interventions for children aged from 6 to 17 years old. The Alcohol Forum's Youth and Family Liaison worker is the Northwest Hidden Harm project lead in partnership with the HSE and the Child and Family agency. The Alcohol Forum also delivers a community mobilisation initiative that targets reducing alcohol consumption and provides specialist awareness raising courses to schools and colleges.

Sligo/Leitrim/South Donegal & West Cavan

The Alcohol & Substance Misuse Counselling Service is a Tier 3, specialist community based service. There is one dedicated Young Person's Addiction Counsellor Post. The counsellor provides counselling advice and information service to young people (up to the age of 18yrs), and their parents and/or guardians in relation to problematic alcohol and/or illicit drug use. The HSE refers young people requiring Tier 4, residential treatment, to the Aislinn Adolescent Residential Addiction Centre in Kilkenny when required.

The HSE Sligo/Leitrim area provides a range of options available to young person's requiring tier 2 services as follows:

The Crib is health advice café for young people aged 14 – 25 years old in Sligo Town operated by Foroige. This is a youth sign-posting and engagement service designed to encourage young people to access health services.

Foroige and North Connaught, Youth Community Service deliver a range of direct access services to young people across the Sligo/Leitrim area inclusive of individual and group work alcohol and drug awareness programmes. The North West Regional Drug Task Force provide funding to Foroige to employ two Youth Drug & Alcohol Education workers in the Sligo/Leitrim area

Regarding CHO 1 **Cavan Monaghan**, an outreach drug awareness service is being provided by Cavan Drug Awareness, which is a HSE DATF funded service. There is an identified need for a specialist under-18 treatment service. A proposal is currently being prepared to undertake a review to establish the specific needs for Addiction Services in Cavan/Monaghan, the outcome of which will be progressed in the context of resources being made available

CHO 2

The HSE Regional Drugs Service - Galway, Mayo and Roscommon is a specialist community based addiction service providing direct access counselling, support and treatment for those aged 14 years and upwards. Tier 4 services can be provided where appropriate by Child and Adolescent mental health services or adult mental health services.

A range of programmes for young people are also provided through the following services:

The Youth Health Initiative in the GAF: The GAF is health advice café for young people aged 14 – 25 years old operated by Foroige in Galway city. This is a youth sign-posting and engagement service designed to encourage young people to access health services.

NO 4 (Augustine ST) is a direct access youth homeless counselling service in Galway city operated by Galway Diocesan Youth service.

Jigsaw Galway/Roscommon is a partnership between HSE, Mental Health Ireland and Headstrong. Jigsaw Galway is a youth mental health initiative supporting 12-25 year olds in Galway city and county. It is a primary health care model offering: free direct access, drop in services and brief intervention. One of the target areas is youth substance misuse and to date; one third of those accessing services have presented with drug and alcohol issues. HSE West is supporting similar developments in Mayo.

The Western Regional Drug Task force (WRDTF) Family Support

The WRDTF and the HSE are developing family support groups across the region to help family members living with addiction. See www.wrdatf.ie for the Western Region DATF Family Support Strategy 2017-2020.

CHO 3

The Drug and Alcohol Service currently works with young people aged from 14 to 25 years olds and their parents and/or guardians who present with problematic alcohol and/or illicit drug use. This service is provided through Clare, Limerick and North Tipperary services and in the regional Primary Care Drug Assessment Unit which works with young people (predominantly over 18 years old) in relation to opiate misuse.

The HSE funds a dedicated counsellor working with young people in Limerick Youth Service. The Mid Western RDTF and HSE fund a dedicated families and young people service (Community Substance Misuse Team) working in the region. Premises for the Jigsaw Project have been secured and the full clinical team should be in place from April 2017 – with the project becoming operational after that.

CHO 4

Service provision for the treatment of Alcohol and other substance misuse amongst under 18 year olds is available in a number of settings. Community based counsellors are located throughout the region and provide first point of contact and initial assessment and referral if needed.

Arbour House (outpatient) Substance & Alcohol Misuse Service, St Finbarrs Hospital, Cork is a Tier 3 specialist centre working with clients, families and professionals. Arbour House works with young people from the age of 12 to 22 years. They work from an inclusive framework and have established long standing working relationships with both statutory and voluntary agencies throughout. This enables them to work from a co-constructed client centred perspective. The service provides evidence based approaches such as Cognitive Behavioural Therapy,

Motivational Interviewing, Reality Therapy, Rational Emotive Therapy, and Community Reinforcement Approach (CRA), Adolescent Community Reinforcement Approach (ACRA) and Community Reinforcement Approach Family Training (CRAFT).

The following services are provided to clients, families & professionals: initial consultations and assessments, comprehensive assessment, medical assessments & treatment, psychological assessment & treatment, case management, outpatient substance free treatment in the form of individual and group programmes, harm reduction programmes, family support and Strengthening Families Programmes, community based brief intervention programmes, referral to inpatient treatment, aftercare and information sessions and research.

Cara Lodge Residential Treatment Centre is run by a Matt Talbot Services and has a service agreement with the HSE Southern Area to provide residential treatment to boys under 18 years old who have drug and alcohol problems with coexisting psychosocial issues. The centre caters for six boys at any given time.

Matt Talbot Services also provide a non residential service in Trabeg Lawn, Douglas, Cork. This includes an assessment and day treatment service. The organisation also provides an occupational skills programme known locally as the YES Project.

CHO 5

The majority of under 18 year olds are supported through community based drugs initiatives and supported by the HSE drug education officers. Where required, substance misuse counselling is available in each county. These services provide evidence based approaches such as Motivational Interviewing, Brief Interventions, Community Reinforcement Approach (CRA) and Adolescent Community Reinforcement Approach (ACRA).

In general, rehabilitative pathways for under 18 year olds include referral to: substance misuse education, harm reduction (where appropriate), brief intervention, therapeutic intervention, psychology service/referrals for under 18 year olds, referral to residential treatment and referral to other appropriate support services such as social work and/or child and Child and Family Service (Mental Health).

Tier 2 services for under 18 year olds in the South East: Tier 2 services which provide support, education and awareness programmes are run by the Frontline Project in Waterford, Drug Education Workers and Community Based Drug Initiative (CBDI) workers in all counties in the South east. Tier 2 open access drop-in clinics are run in all counties.

Tier 3 Services for under 18 year olds in the South East: A tier 3 counselling service for more chaotic drug users is available through the community counselling services. Where possible counselling for under 18 year olds is provided within youth appropriate settings.

Tier 4 Services for under 18 year olds in the South East: Residential detox and rehabilitation services are provided in the Aislinn Centre. Aislinn provide a four bedded detox facility and a 12 bedded 6 week rehabilitation programme. They also provide aftercare and family support services.

Sessional psychology services are now available through the Substance Misuse services for young people who have complex psychological needs. There are 28 workers accredited in the Community Reinforcement Approach Family Training (CRAFT) within the Southeast.

Wexford: Community Drugs Outreach Workers are the first point of referral in County Wexford. In Wexford town, a multi-agency adolescent specific open access clinic is now open. This service

provides an inter-agency service to adolescents to screen, assess and provide appropriate interventions to young people and families affected by alcohol and/or drug use. The Wexford service has also developed particularly strong links with the paediatric services in Wexford General Hospital.

South Tipperary: The Substance Misuse Service South Tipperary facilitates a drop in clinic for under 18's every week in the Clonmel Clinic. This service provides a free confidential service with no appointment necessary and facilitates brief intervention and referral pathways as outlined by NDRIC best practice guidance. Drop-in Clinics in Carrick on Suir, Tipperary Town, Cashel and Cahir also facilitate under 18 year olds and their parents on a weekly basis. A debriefing meeting is facilitated every two weeks with the full SMS team to discuss referrals and rehabilitative care planning for under 18 year olds. The SMS has facilitated discussions on substance misuse issues arising for young people with education and youth service providers in the South Tipperary Community Care areas. Complex cases for U18's are managed through a shared care case management process with CAMHs, the SMS, TUSLA and other relevant agencies.

Carlow/Kilkenny: The Substance Misuse Service and Carlow Youth Service provide support to under 18 year olds. Although there is no substance misuse drop in service specific for under 18 year olds provided by the Substance Misuse Service, Carlow Youth Service provide a Youth Drop in Carlow Town and Tullow. Assessment identifies whether it is more appropriate for the young person to be seen in a youth setting and young people are referred to the Community Based Drugs Initiative worker within the youth service for substance misuse issues. Under 18 year olds can also attend Open Access accompanied by a parent.

Waterford: The Frontline project in Waterford works specifically with young people who engage in drug use and their families aged 12 to 23 years. Individual support for adolescents is offered by Community Based Drug Initiative Workers in the Youth service. The Substance Misuse Service provide a Tier 3 counselling service based in Squashy couch.

CHOs 6 and 7

There are a number of young persons programmes which are specifically developed to target and provide support and treatment for young people.

The HSE employs a dedicated Consultant Psychiatrist with special interest in adolescent Addiction in CHOs 6 and 7.

The **National Drug Treatment Centre** provides a young persons programme, which covers both South & North Dublin. The programme adopts a holistic approach that addresses their physical, psychological, emotional and social needs. The programme is supported by a dedicated, highly skilled and experienced multidisciplinary team in collaboration with external agencies. This programme is designed to meet the complex needs of young drug users with opiate dependence under 20 years of age, many of whom are homeless. The programme offers the following services: medical treatment services, therapeutic services, specialist medical services, psychiatric and general medical assessment, sexual health clinic, liaison midwifery services, and counselling. The programme is person-centred and individualised through a key-worker / care plan process. Family participation in the young person's treatment is encouraged and facilitated.

Programmes for young people are also available through the following services:

The Youth Drug & Alcohol (YoDA) Service in Tallaght provides a multidisciplinary treatment service to adolescents with drug and alcohol problems from LHO area Dublin South-West and Dublin South.

The Adolescent Addiction Service in Bridge House provides a dedicated treatment service to LHO Area Dublin West.

The HALO service provides a multidisciplinary treatment service to adolescents with drug and alcohol problems from Co Kildare & West Wicklow.

There are also some dedicated adolescent addiction programs run by certain Local Drugs Task Forces. These include **the Ciall project** for adolescents from Dublin 12 and **The STARR project** which provides treatment to some under 18s in Dublin 10.

In **Bray**, the Bray Community Drug Team (BCAT), in partnership with the HSE (Consultant Psychiatrist in Yoda) has commenced an under 18s service.

The Youth Prevention Programme is based at Ballyogan Family Resource Centre, funded by the Dun Laoghaire drug and alcohol task force. It provides on-site and outreach support for young people aged 12-18 years. The services deals with young people experiencing problems with drug and alcohol abuse, family problems, social and emotional difficulties, bullying, school attendance, etc. It covers the whole county of Dun Laoghaire-Rathdown.

CHO 6 is represented on the Children's Services Committee in Wicklow and is centrally involved in the development of a Jigsaw (Young Persons Mental Health) service which will be based in Dublin City Centre.

Mental Health Services for young persons in East Wicklow are provided by Lucena Services under service level agreement with the HSE.

CHO 8

Louth Meath

A Clinical Nurse Specialist delivers the substance misuse service for under 18 year olds. An Under 18's Substance Abuse Counsellor is in post since August 2016. The programme to be developed will be based on Yoda and SASSY.

The HSE also refers to Aislinn, Ballyragget, Co Kilkenny Tier 4 services and the young peoples' programme in the National Drug Treatment Centre for more intense psycho-social supports when required.

The HSE works in partnership with statutory and HSE funded youth services and schools with a view to ensuring that the needs of young people are catered for within existing resources.

Midlands Area – Longford/Westmeath/Laois/Offaly

Extern, funded by HSE CADS (Community Alcohol & Drug Service) and the Midlands Regional Drug & Alcohol Task Force (MRDATF), supported by Longford/Westmeath Education & Training Board (L/W ETB) provide an U18 Drug & Alcohol Prevention & Treatment Support Service for the Midlands area - U18 service is defined as those who are Under 18 years to include those in second level education.

The service provides support and treatment to under 18's who are experiencing difficulties in relation to their drug and/or alcohol use themselves or are affected by drug and/or alcohol misuse within their families. The service also provides education, information and support to service users and their families and supports the delivery of a range of education and prevention programmes in line with best practice to the community, voluntary and statutory sector.

If required, U18's can be referred to a Consultant Psychiatrist with a special interest in adolescents. The team consists of dedicated project workers for each county with cross cover as required, a Family Therapist and U18's Addiction Counsellor and all of the midlands team is directed by a Service Co-ordinator.

Once the service user reaches 18 years, there will be a smooth transition to our Over 18 (O18) treatment and support services provided by MQI and/or the CADS Team

Residential treatment is provided where appropriate upon assessment. Young people attending the U18 services are referred to either CAMHS or YAMHS where appropriate as well as other appropriate U18 services across the statutory/community & voluntary services.

CHO 9

HSE Dublin North provides a range of adolescent programmes for young people up to and beyond the age of 18 years who are using heroin and other drugs. These programmes are delivered under the direction of multi-disciplinary teams and individually funded projects. Services are provided free of charge to clients and can be accessed by ringing the addiction centre nearest to the home address of the client for an appointment.

The services provided are as follows: counselling, psychiatric treatment, follow-up service, methadone maintenance, reduction and detox, symptomatic detox, viral screening and viral treatment follow up, vaccinations, access to liaison maternity services, contraceptive Advice, and access to Services. The HSE Northern Area has referred service users to Aislinn Adolescent Treatment Centre on a case by case basis.

Further programmes for young people are also available through the following services:

Crinan Youth Project is a community drug treatment facility. The project provides treatment and rehabilitation for under 21 year olds who have problems with drugs. Treatment includes a three pronged or holistic approach in which medical, therapeutic and social/educational support is provided by a multi-disciplinary team who work closely with the young person and their family.

Talbot Centre is committed to developing supportive relationships with children, young people and their families whose lives have been affected by drug and/or alcohol use in the North Inner City. They continue to focus their work on three levels; Prevention work with children and young people at risk, working with young people using drugs and community development / educational input.

Both of the services mentioned previously have catchment areas based in the Dublin North Central city area.

SASSY (Substance Abuse Service Specific to Youth) team works specifically with clients under 18 years of age with addiction issues and offers counselling, psychiatric assessment, medication and family therapy. The SASSY Team will see people up to their eighteenth birthday if drug and/or alcohol use is causing a negative impact, or if gambling or gaming/internet/porn addiction is a problem. There is no lower entry age cut-off. The service accepts self –referrals and referrals from family or professionals involved. The team consists of a dedicated Child Psychiatrist 0.7 WTE, 2.4 WTE Counsellors and Family Therapist 0.2 WTE. The main clinic is located centrally and there are 5 satellite clinics at Blanchardstown, Ballymun, Balbriggan, Swords and Kilbarrack. Treatments use evidence –based approaches such as Motivational Interviewing, Cognitive Behavioural Therapy, relapse prevention, and psycho-education. The team offers support to other services in the North Dublin area, and engages in significant multi-agency work to ensure comprehensive care-planning. The catchment area covered by the SASSY team is very large comprising of all Dublin North, both city and county, up to the county boundaries.

Young Person's Programme - National Drug Treatment Centre

Young people from all north Dublin and surrounding areas/counties who are opiate dependent can be offered this full treatment programme for opiate dependence at this clinic. The client will be seen at the Young Persons Programme at the National Drug Treatment Centre, where the Child Psychiatrist is the clinical lead treating consultant for young people from Dublin North. This

programme is supported by a separate multi-disciplinary team and is designed to meet the complex needs of young drug users. It includes opiate substitution treatment and psychological and psychiatric treatments.

There are also individual professionals working in other services who work directly with young people who actively use drugs- some have been accredited in ACRA/CRAFT or in motivational interviewing. In particular Foroige, Crosscare and Sherrard Street Youthreach are deserving of a mention in this regard.

Following an addiction staff scoping exercise (Social Inclusion), current under 18 service provision and review of under 18 tier 4 provision additional funding has been approved to purchase additional treatment episodes for under-18 residential treatment and for the employment of 4 Clinical Nurse Specialists and 2 Young Persons Counsellors to complement the CHO multi-disciplinary Tier 3 addiction teams for under-18s in CHO 1, 2, 3, 6.

As per the HSE's Primary Care Operational Plan commitments for 2017, the HSE is currently expanding under 18 services to include employment of 4 Clinical Nurse Specialists and 2 Young Persons Counsellors to complement the CHO multi-disciplinary Tier 3 addiction teams for under-18s across CHO's 1, 2, 3 and 6.

I trust this information is of assistance to you but should you have any further queries please contact me.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Joseph Doyle', written in a cursive style.

Joseph Doyle
National Planning Specialist