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Introduction

Platform have had an extremely busy and productive year and this report aims to review and celebrate the successes

Platform has grown in size with the introduction of newly commissioned work streams such as the Early Intervention and Prevention (EIP) team and the Choices project. Platform now has a staff team of 23 across Community, Criminal Justice, Harm Reduction, EIP and Health.

Quarter by Quarter we have seen an increase in referrals into Platform and over the year we have had 284 referrals into Platform. The team has also successfully discharge 137 young people from service in a planned way which amounts to 89% of all our discharges for year against our target of 79%

A dedicated and highly skilled and motivated team have not only provided core interventions to young people but have also gone the extra mile by facilitating add on to service such as activity weeks over school holidays for example.

The year has also seen external audits such as the CQC unannounced visit in December which saw platform complimented on successfully complying with the outcomes audited and coming away from the audit with no recommendations

In addition Platform also hosted an Ofsted good practice visit which involved staff and clients evidencing why our project had been selected as an example of good practice. Platform were the first project of its kind to go onto the Ofsted website as an example of good practice and particular recognition was given for the way we are commissioned and its effect on the interventions delivered.

Platform have also attended a number of community events over the last year, such as Leeds Pride, Party in the Park and mini breeze tour which has enabled us to target a large client group as well as forge and strengthen partnership networks.

This report outlines our significant achievements over the year of which Platform feel extremely proud to have been involved in.





On the 20th December 2011, the Care Quality Commission carried out an unannounced inspection of Platform. The review was carried out as part of a schedule of planned inspections. The following outcomes were inspected;

Outcome 01: People should be treated with respect, involved in discussions about their care and treatment and able to influence how the service is run

The inspection found that Platform were meeting this essential standard.

Outcome 04: People should get safe and appropriate care that meets their needs and supports their rights

The inspection found that Platform were meeting this essential standard.

Outcome 13: There should be enough members of staff to keep people safe and meet their health and welfare needs

The inspection found that Platform were meeting this essential standard.

Platform was compliant in all outcomes inspected by CQC and there were no compliance or improvement recommendations to which the inspector commented that he had never had to write a report with no action plan.

The full report can be found on ;

http://www.cqc.org.uk/sites/default/files/media/reports/1-127625199_BARCA-Leeds_1-304029431_Platform_20120119.pdf



Ofsted Good Practice Visit

One of the most *significant achievements* for Platform in the last year was becoming the first project of its type to be formally recognised by Ofsted as an example of *good practice* and on the 20.12.11 Ofsted carried out a good practice visit. It was recognised that the nature of the various *commissioning streams* into one single project created a “one stop shop” for young people to access specialist holistic interventions under one roof.

Ofsted recognised that the benefits of commissioning one service provided consistency and opened up pathways to improving service. Furthermore Platform were *commended* on Complementary responses to drug and alcohol issues that helped avoid duplication across services.

Furthermore, Ofsted recognised that those commissioning the service can have ease of contact with a single provider which has ensured targets can be more effectively agreed and results more readily measured.

During the Ofsted visit, the inspector spent time with the staff and commented on the *“passion, motivation and pooling of specialist skills in being key to sharp accurate assessments of young peoples needs”*. Good practice was also identified in the staffs skills to gauge and review service users needs throughout treatment, responding appropriately and timely.

“Specialists are well placed to enhance or reduce an individual’s program of support or treatment according to need. They gauge when a service user is suitably confident and able to take independent decisions in relation to their future drug and alcohol use and manage a ‘planned exit’.”

The inspector also spent time with service users who commented on the *non judgemental*, honest approach that workers took which enabled them to feel *empowered* and able to make informed decisions whilst in treatment and the positive effect this had on enabling them to meet their treatment goals.

Areas of particular good practice were also identified in supporting front line staff through our *workforce training* event and also in our *accountability and quality systems* which enabled the close-knit, inter-agency structure at Platform to integrate the quality assurance measures well into our day-to-day practice and management, as well as to review structures

The Ofsted good practice full report was published on the Ofsted website and can be found by following the link. <http://www.ofsted.gov.uk/resources/good-practice-resource-%E2%80%98one-stop%E2%80%99-service-for-young-people-affected-substance-misuse-platform-young>.

Community Team



New Premises

The community team have worked extremely hard over the last year and have worked together with young people to achieve some amazing outcomes. The team have settled into the new building at York place after spending a year at Mabgate mills and were enjoying being able to meet young people at the office as well as continuing outreach and home visits (see appendix A for a day in the life of a Platform worker and case studies). Young people have advised us on how they would like to see the new premises looking and some recommendations have been actioned.



Police Training



The community team were invited to design a training package for the regional police training. This was an excellent opportunity to forge working relationships and encourage referrals as well as pass on valuable drug awareness information to police officers on initial response and the neighbourhood police team.

The community team designed the training and consulted with the regional training co-ordinator and successfully booked on to deliver ten separate training dates which reached over 300 police officers. This training was handed over to the EIP team as part of their identified target areas. The feedback from the training has been fantastic and Platform have been asked to be a regular trainer on the regional training rota.

Community Team Students and Volunteers

Social Work

Two members of the team have successfully completed the Practice educator training with Leeds Metropolitan University.

We were successfully matched with an Open University student who is currently employed by CAFCASS. The student will spend 100 days working within the community team. The experience that Amelia brings to the team is invaluable as she has experience in family conferencing and counselling from session work at the market place. Currently Amelia has created a assessment system which allows her to utilise her assessment skills and pick up appropriate clients enabling her to practice her skills whilst providing a fantastic resource for the team.

Having two practice educators in the team allows means that we are able to provide lectures at Leeds Met University on young people and substance use which will enable us to promote our service, pass on valuable knowledge and skills, build up working relationships with training social workers and promote referrals to the team.

Youth and community development

Platform had previously taken on a youth and community development student who now has secured full time employment within Platform's Early Intervention and Prevention team.

Family and carers support volunteer

Platform are regularly asked by family members and carers where they can go for support for coping with their young persons substance use. Although there are support groups in the city there is nothing specifically to support this group. Therefore we have successfully recruited a volunteer to take forward a support group and provide informal support for family and carers. We are very excited about the creating of this group and the ideas of the successful volunteer.



Youth Offending Service – 2011/12.



Platform have five workers who are based at Leeds YOS to support young people within the youth justice system around alcohol and substance misuse issues.

The YOS has recently re-organised to three wedge based areas within Leeds which has seen a change in Platform YOS provision to reflect this.

The core work of the Platform YOS team is to deliver tier 2 targeted and tier 3 specialist interventions to young people to address personal safety issues, risk to others and reduce levels of re-offending. For young people who are exiting the criminal justice system, support is offered to access Platform community services. Alongside this core provision, the Platform YOS team delivers many other strands of work to support the YOS and young people.



A drug workshop is delivered monthly in each of the wedge areas aimed at first time entrants to the criminal justice system. This workshop identifies support needs around substances and alcohol and contributes to reducing re-offending.



Over the last year links with the secure estate have been strengthened to ensure that transition plans are shared effectively when people enter or leave custody. This enables an effective continuation of young people's treatment, particularly on release from custody so the right support can be offered at the right time to enable young people to make positive change and avoid returning to custody.

YOS platform workers can now deliver electro stimulation therapy and auricular acupuncture which offers a valuable additional intervention for young people.

Over the last year the Platform YOS team has continued to offer effective interventions to a large number of young people whilst supporting organisational change and developing new ways to support young people in making positive choices around substances and alcohol. Platform looks forward to continuing to work in partnership with the YOS to build on these successes over the coming year.



A key achievement of Platform over the last year has been to support colleagues within the YOS to feel more confident in delivering lower level alcohol and substance misuse interventions and offering resources, support and guidance to the wider YOS team when needed. This includes support to individual workers and training of staff groups and volunteers.

For some young people alcohol is a key issue affecting their offending. Platform and YOS have developed an alcohol programme aimed at young people who have alcohol related offences. This programme has been trialled and is due to be fully rolled out in 2012/13.

East Moor Secure Children's Home

A Platform drug and alcohol worker is based within East Moor one day per week to deliver 1-1 targeted tier 2 work. Platform deliver interventions focused on education, harm reduction, alternatives to using drugs and alcohol, and planning for release.

For young people who do not meet the threshold for 1-1 work; Platform, in partnership with Barnado's and East Moor have developed a group work package that offers a good grounding in drug and alcohol issues and making positive choices. An overview of work completed in East Moor is passed to the community upon release to ensure continuation of treatment.



Harm Reduction 2011/12.

The Harm Reduction team offers support to young people who live in the West North West area of Leeds around drugs and alcohol. Targeted tier 2 interventions are offered to young people on a 1-1 basis covering drug and alcohol education and harm reduction.



Support is offered to young people in various settings. The Harm Reduction team support school health fairs, deliver drug and alcohol education to full year groups and offer targeted group work packages to smaller groups of young people who have specific support needs around drugs and alcohol.

Informal support is also offered via “drop ins” at school, often as part of a wider healthy choices programme. Group work has also been delivered in partnership with agencies such as Leeds REACH and Bramley YIP.

Peer education is a powerful and effective way for young people to be positive role models around drugs and alcohol and share knowledge with their peers. The Harm Reduction team is able to support schools to develop these programmes.

Professionals training is also offered to some schools where a need has been identified. A key strength of the Harm Reduction team is it’s ability to deliver interventions in a variety of settings as well as linking in with wider youth provision to promote positive choices around drugs and alcohol.



Diversiory Activities

Platform often find that Young people report that they do not have anything to do.

They may be excluded from participating in mainstream leisure activities due to the high cost, lack of access to transport, or social alienation. Platform believes that diversionary activities are positive interventions that divert young people from aimless or anti-social activities into pro-social, organised and constructive activities.

We have put on a number of successful activities over the last year and have found these excellent for relationship building, encouraging more proactive use of time, increasing self confidence and engagement

Platform have organised canoeing, raft building, rock climbing, walking and graffiti workshops to name but a few. For the coming year diversionary activities will continue and it is planned that we will expand in response to consultation with service users



Early Intervention & Prevention Team

The Early Intervention & Prevention Team at Platform Leeds started in October 2012. The team has two separate strands, consisting of the Choices programme and the early intervention and prevention programme. The early intervention and prevention programme has been funded from NHS Leeds for three years. The aim of the team is to prevent and reduce the level of harm related to alcohol and drug use among vulnerable young people. The team are working on a comprehensive referral pathway from A&E to ensure the earliest of interventions for those who may have slipped through the net.

The Choices programme initially started as a six month programme funded by the Home Office. The aims of the Choices project was to; work with children aged 10 up to 18 whose parents who were receiving treatment from BARCA West Leeds CDTs for substance use issues.

The outcomes for the young people who take part in Choices include:

- Increased knowledge and awareness of drugs and alcohol.
- A greater awareness of how these issues can impact on individuals and communities.
- Prevention work surrounding substance use and anti-social behaviour. Targeted support and early intervention for those who may already be involved in drug and alcohol use and/or criminal behaviour.

So far 38 young people have engaged with the project. This comprises of 28 young people from key stage 3 & 4 PRU, 10 young people that have been identified through adult community drug treatment (LCDP) and 1 young person referred for one to one work through the PRU. A resource pack has been completed to aid professionals when working around the above target areas with young people.





Physical health nurse and specialist young persons GP

Health provision for Young People within Platform is an essential component in providing a holistic approach to their care. Over the last year Platform has provided Young People with information, guidance and advice in relation to their physical health, enabling them to make informed choices.

Since DISC and BARCA-Leeds took over the contract the service has developed from there being very few nurse referrals to new referrals on a weekly basis. Previously the equipment and facilities were basic and we were unable to provide the interventions that the Young People required. Platform is now able to offer and deliver various health interventions to our Service users in a YP friendly clinic room at our York Place office.

Over the year the health team have provided (amongst others) ;

157 Health Assessments

135 Hep B Vaccinations

15 Liver Function Tests

59 Interventions for Nutritional Advice

101 Sexual Health Interventions

CAMHS

The last year has seen the development and firming up of the Integrated Care Pathway for Mental Health Difficulties and Substance Misuse (Leeds CAMHS see appendix D)

Over the past year there have been 22 referrals into the CAMHS practitioner who is based at York Place 2 times a week.

Over the past year the staff have found that having the CAMHS practitioner seconded into the team provides them with an excellent opportunity for consultation around complex clients who may be experiencing mental health difficulties.

		Attended	DNA
Generic Counselling	7	7	0
CBT	9	10	0
Family Interventions	5	7	2
Emotional Management	10	28	11
Assessment for Referral	20	28	16

The seconded worker is able to provide assessment and seamless referrals into main stream CAMHS.

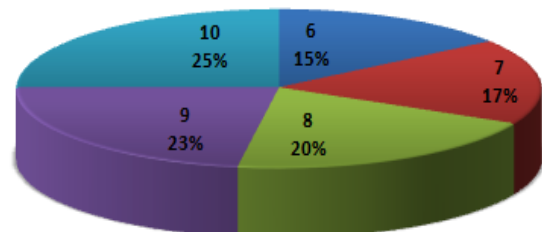
Working in a family orientated way is key to the interventions we deliver to young people and as can be seen from the table above, some interventions and assessments have been able to include family and carers



Training to professionals



Rating out of 10 on the delivery styles used in the session



Platform rolled out our Drug awareness and Brief advice training to professional in July 2011. The training is aimed at skilling up the workforce in screening young people and providing initial brief advice as well as increasing knowledge in drug and alcohol awareness.

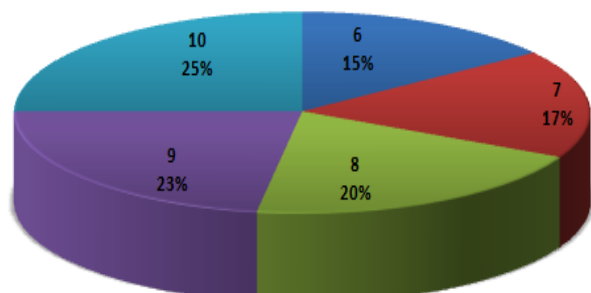
So Far Platform have delivered 18 training events with amounts to 218 professionals from a variety of settings across Leeds.

Feedback from participants has been excellent and an increase in referrals has been seen in quarter four of this financial year. Some of the comments made from participants are;

“Very interactive & informal. Learnt alot about different drugs & feel more confident about giving ‘brief interventions’”

“Very informative, trainers really understood & were very knowledgeable about drugs awareness. Very good tools to help us remember information.”

Rating out of 10 of the content of the session



Events



Platform also provide support to local communities at events through out the year. This year Platform have been invited to a number of events, health fairs and

Platform were asked to provide support in the information tent at Party in the Park. Four members of staff attended the event and set up an interactive information based stall with the youth service in the information tent.

During the day the four members of staff managed to obtain over 750 direct contacts with young people. We were able to promote our service to a wide range of individuals and hand out marketing material with details of how to refer to our service.



Leeds Pride



Platform also attended Leeds pride and staffed a stall which again enabled us to provide information to young people at point of need and provided an excellent opportunity for us to market our services to the LGBT community.

Mini Breeze Tour

Platform were asked if we would attend the mini Breeze tour and we were excited to attend. We attended 10 events and provided a stall with information, advice, games and activities. Through attending this event we were able to make a significant number of contacts with young people and spread the word about the good work Platform is doing.

Breeze is how Leeds City Council shows children and young people up to the age of 19 what is going on in the city and is designed just for them so this was a great opportunity for us to promote Platform.



Even though the weather was wet and half the staff were nearly swept away! The events were a success and something we hope to be involved in again in the future.



NORWAY

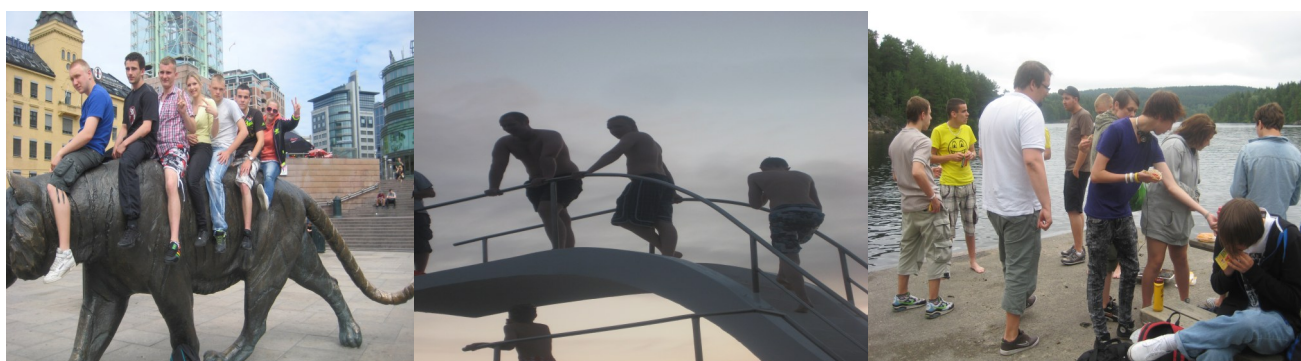


On 30th June 4 young people and 2 staff from Platform travelled to Norway and met up with 6 young people from Berlin and 4 from Norway to take part in a youth exchange.

For most of the young people the trip would be the first time that they went without cannabis for more than a few days, all young people managed this extremely well and surprised themselves as to how much easier it was to remain abstinent than they thought it would be.

All the young people on the trip were split into 4 groups which were mixed from different country's. A week long timetable of activities were planned and the young people got to visit a theme park, swimming baths, football match, a visit to the marina , a visit to a statue park, trekking in the forest and boating to beaches

All young people learned a lot about themselves through sharing daily chores and all cooked each other a traditional dish from their country. The young people reported that they learned to see things from a different perspective and learned how to challenge something appropriately. Most importantly they reported they learned about how to form relationships. The exchange was hugely successful and extremely beneficial to the young people that took part as well as the members of staff who accompanied them. The full write up of the exchange can be found in appendix C



Appendix A

A day in the life

The day begins at around 8:30 when I arrive at the office. I like to arrive a bit early so that I begin the day with a cup of tea, and make sure that I have all of the paperwork I need for my sessions. My first appointment today is at a provider of alternative education at 10:00 with a 15 year old boy. This young person has been assessed as Tier 2, which means that the work is largely focused around increasing awareness. The session today is focused on the risks around using solvents and volatile substances – the young person had a history of using gas and other aerosols, but hadn't used for several months prior to being referred into treatment. We had agreed to initially carry out some basic work around alcohol and cannabis which had now been completed, and today focused on insuring he had a good awareness of the risks of using aerosols. The young person had stopped using these largely because the effects were so short acting, and it often left him with an unpleasant headache. We explored some information around the risk of death caused by using these substances – he was shocked as to how risky this type of drug use was. Though he felt it was unlikely that he would have used again he felt this session increased the chance that he would continue to abstain. He asked to take the leaflet I had brought on aerosols because he wanted to show it to some friends who still occasionally use solvents – we discussed how he would broach the subject with them and checked the information that he would pass on to them.

After this I drove to another provider of alternative education to see a young person assessed as Tier 3. He is a 16 year old with a history of cannabis and alcohol use, and also has behavioural problems at home and at school. Today we began by recapping on some of the work we had began last week. He was able to remember some of the information we had looked at on how to reduce harm from cannabis. We had chosen to begin the work with this because his motivation to change was quite low. We continued the session with a piece of work based around Motivational Interviewing, looking at both what he enjoyed about his cannabis use and what problems it caused him – initially the young person expressed that he did not think it caused him any problems, and that he enjoyed his use of cannabis. After exploring this in more detail he came to see that the benefits of using cannabis were not as great as he had initially thought, whereas the negative consequences of using were actually a bit greater than he had initially thought. We concluded this part of the session with the young person advising that he did not want to abstain from cannabis, but that he would like to begin exploring how his cannabis use can be reduced. Discussed the pattern of his cannabis use, and he highlighted that he didn't smoke before school, that his use was largely confined to between 3-8 on a school day. Discussed that his girlfriend didn't like him using cannabis, and identified that she would be supportive of him reducing his use. He set himself the aim of asking her to spend Mondays together by themselves, in an environment when cannabis wouldn't be on offer. He was confident that this would be successful.

My next appointment was at Milgarth Police Station to carry out an hour long presentation to 30 members of a local area police team on young people and drug use and how to refer into the service. After this I drove to a youth centre based in the north of the city to deliver a session on ecstasy. The young person has just turned 18 and is due to be closed soon as his care plan goals have all been achieved. He had previously experimented with ecstasy, but hadn't used in several years, however it had been identified in the initial assessment that he hadn't been aware of the risks and consequences of using, and had felt it was likely that he would use again in certain circumstances. The initial focus of the work had been on reducing his use of cannabis, which had now been achieved, and the session today was one of the last tasks on his care plan. At the end of this session we reflected on the progress he had made on reducing his cannabis use, and re-emphasised some of the relapse prevention work that we had carried out over the course of his treatment. The final appointment of the day was a new assessment at Osmondthorpe Onsetop. The young person did not answer their phone when I rang to remind them of the appointment, so I sent a text. Unfortunately the young person did not attend the assessment, I phoned the referrer, who explained that she had been hard to get in contact with this week. We then provisionally arranged another appointment for the following week. I then returned to the office for the remainder of the day and began writing up some of the case notes from today.

Case Study

Joe is a 15 year old male referred into service by his mum. At the time of referral he was an open case with CAMHS though wasn't engaging with them. He had been referred to Base 10 on several occasions since he was 13 but had never attended an appointment. The main reason for his referral to Platform was concern around binge use of M-Cat, and less frequent use of a range of other substances (LSD, mushrooms, ketamine, ecstasy). His mum had concerns about his mental health, specifically that he may be developing a psychosis.

Joe's engagement was sporadic, he missed a lot of appointments. The main focus of work was upon raising awareness of risks associated with his use, harm reduction and motivational work. He attended an appointment with our GP, and a referral was made to Aspire (Early Interventions in Psychosis), however, he would not engage with them. Appointments with GP and CAMHS link worker were regularly offered, but were always refused. His parents met with our CAMHS worker to discuss concerns and receive some support. Regular contact has always been maintained with his parents throughout the treatment episode.

Joe received a YOS order in July 2010, and sessions with Platform were made part of his statutory order, however engagement remained sporadic. During this period his drug use appeared to increase, reports of poly-drug use, and deterioration in mental health. A lot of joint working went on between YOS and Platform, and Joe eventually agreed to meet with CAMHS. Again his engagement remained patchy, but regular meetings were held with YOS, Platform, CAMHS and his parents to ensure that information was shared to safeguard Joe.

In early-mid 2011 he was placed under a Section 2 of the mental health act due to deterioration in mental health. Began motivational and relapse prevention work whilst in the mental health unit. Discharged from section 2 in August 2011 and has remained abstinent (asides from cannabis use) ever since. Ongoing work around

maintaining abstinence and reducing his cannabis use has been carried out over the recent past. He is now engaging with Aspire and CAMHS, and has successfully completed his YOS order.



Appendix C

On June 30th 4 young people (14-17) and 2 workers started their road trip adventure in Bramley, Leeds, destination Norway!! The journey proved to be far from straight forward, 12 hours or so later (missed connection at Amsterdam, flew to the other end of Norway, completed lost luggage documents for 1 young person, missed the last bus, missed the last train, got taxi to the other end of Norway!!) we arrived at the centre we would all be staying at for the next week circa 1am. The group were greeted by 6 young people (13-19) from Berlin and their 2 workers, 4 young people from Norway (14-18) and 3 workers from the host country. The atmosphere started out with excitement and curiosity (tiredness and hunger!!). The majority of the young people were away from home from the first time in totally foreign surroundings!!!

Everyone was to sleep in sleeping bags on camp beds in the classrooms of the youth centre. Our lads personalised their room quickly with the England flag and tagged the blackboard with their respective postcodes and sketches. For 3 of the lads, this would be the first week they had had without smoking cannabis.

On the first full day, the whole group came together for proper introductions, ice breakers and general housekeeping arrangements. The group was split into 4 groups A,B,C and D – each group had a mix of young people from the different countries and supporting workers. Throughout the week, the groups would take it in turn to prepare breakfast and do other tasks to encourage mixing. Workers were massively enthused to realise that kids from all over Europe have a shared love of energy drinks!! So after long days of activities they were still able to maintain a level of hyperactivity until the early hours of the morning. Other more positive similarities were love of music, Simpsons and South park (some of the German lads could not speak English but could exclaim ‘Timmeeee’ in unison with our lads and sing theme tunes to popular TV shows). One of our lads came to tell us on the first night that “they listen to Dubstep in Germany”, previously apparently believing that this type of music was unique to the UK. We also had to point out the Harry Potter is watched worldwide as well so perhaps their nicknaming one of the other workers ‘Hagrid’ wasn’t that discreet !

Everyday brought a new adventure!! There were massive ups and there were undeniably a few downs, some smaller than others!! All of the young people enjoyed going to the theme park, swimming at local baths, visiting beaches on boats, trekking in forests, playing football, visiting the palace, wandering round the marina, spending part of a day at a naked statue park (!) and generally travelling round and getting to know Norway.

An effective transport system made travelling as a group of 21 easier than it may be in the UK. If the 4 Corners project repeats in Leeds we will find this out!

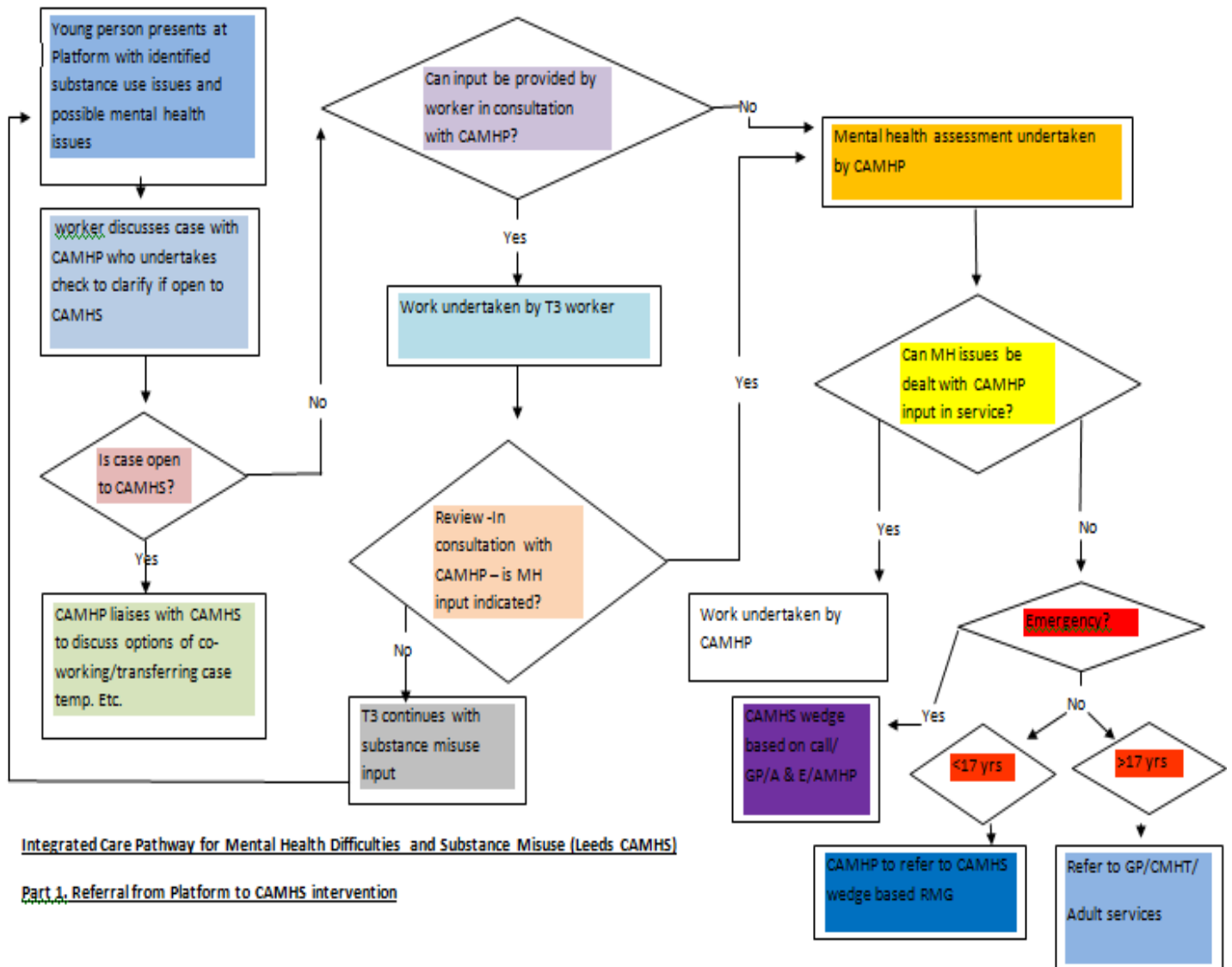
We did Leeds proud when it was our turn to prepare dinner for everyone on the Sunday night (Germany did theirs Saturday and Norway on Monday). We set ourselves the challenge of doing a full roast dinner, Yorkshire puddings included (none of us had ever made them before!) with apple crumble and custard for pudding (the challenge made that much bigger as we were in a kitchen with no scales!). All of us pulled together and collectively shopped, chopped, peeled, basted and laughed most of the time! The end product was edible!! It was better than edible, we had people going for seconds and nobody was poisoned – result!!!

The majority of young people are now in contact on Facebook and find ways to communicate despite the language barriers. All of the young people went the whole week without smoking cannabis and without trying to get it or complaining that they did not have it. Our lads seemed to learn a lot about themselves over the week. If difficulties arose, When prompted the lads were able to see things from alternative perspectives and get an idea also of why people might hold opinions about them on first impressions and how it is possible to make a difference to this.

Appendix D

Integrated Care Pathway for Mental Health Difficulties and Substance Misuse (Leeds CAMHS)

Part 1. Referral from Platform to CAMHS intervention



Integrated Care Pathway for Mental Health Difficulties and Substance Misuse (Leeds CAMHS)

Part 1. Referral from Platform to CAMHS intervention

Integrated Care Pathway for Mental Health Difficulties and Substance Misuse (Leeds CAMHS)

Part 2. Referral from CAMHS to Platform intervention

