



Public Health  
Agency

**ANALYSIS OF NEED IN RELATION TO  
'ONE STOP SHOP' SERVICES FOR  
YOUNG PEOPLE IN  
NORTHERN IRELAND**

**August 2009**

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# CHAPTER 1

## INTRODUCTION

1.1 In March 2009 the Health Development Policy Branch (HDPB) within the DHSSPS requested that the Public Health Agency undertake an analysis of need prior to the development of 'One Stop Shop' drop in services that provide information, education, sign posting and referrals particularly in relation to alcohol and drug misuse. Substance misuse is often one outcome of a range of underlying issues therefore it was recommended that such services should also be able to provide information advice and signposting for a range of related issues including but not exclusively:

- Suicide and self harm
- Mental health and wellbeing
- Sexual health
- Relationship issues
- Resilience
- Coping with school / employment

1.2 The request presented the Public Health Agency with a challenge given that the majority of funding for young people's services is allocated to address specific themes within strategic priorities i.e. Protect Life Strategy, New Strategic Direction on Alcohol and Drugs, etc. Numerous organisations working across Northern Ireland specialise in supporting young people on specific issues particularly with regard to drug and alcohol misuse, sexual health and suicide and self harm. One of the key challenges is to ensure that any new services established should compliment rather than duplicate existing provision.

1.3 The following definition of a one stop shop for purposes of this exercise was adapted from Quality Standards for Young People's Information, Advice and Guidance (IAG) 2008.

***“The provision of accurate, up-to-date and objective information about personal and lifestyle issues, choices, where to find help and advice, and how to access it”***

1.4 Such provision may be offered through education programmes, drop in facilities, web sites and/or help lines in order to help young people gather, understand and interpret information and apply it to their own situation.

1.5 In addition to this, given the emphasis from HDPB on a drop in facility it was agreed that a drop in facility would be defined as;

*A dedicated time and space for young people enabling them to access information and advice. The facility would be promoted as such to young people and have dedicated resources to meet the needs of the young people accessing the service.*

1.6 This analysis would confine itself to the needs of young people aged between 10-25 as this was the group most likely to access information and support on the range of issues outlined by HDPB.

1.7 Three elements informed the analysis of need.

- A review of the evidence base and good practice within the UK for ‘One Stop Shop’ drop in services providing information, education and signposting.

- A desk top scoping exercise on projects currently providing information, education, sign posting and referrals in relation to drugs and alcohol and the additional areas as outlined by DHSSPS. It should be noted that no discussion or analysis was undertaken with Service Providers.
- An estimation of costs based on current provision for similar services.

## CHAPTER 2

### REVIEW OF THE EVIDENCE BASE AND GOOD PRACTICE

#### Youth Access in UK

2.1 Youth Information Advice, Counselling and Support Services (YIACS) are represented in the UK by Youth Access which is an umbrella organisation that represents over 200 youth information, advice and counselling services. Youth Access provides training, resources, research, campaigning and other infrastructure support to ensure high quality services exist to meet young people's diverse needs. All mainstream advice services adhere to basic principles such as confidentiality, independence, impartiality, being accountable, professional and free at the point of access. However, Youth Access has identified other service characteristics that must be included in youth specific services. These include the following:

- Specialist services for young people (i.e. no clients over 25 years old)
- A wide range of help available to cater for the holistic needs of young people
- The provision is flexible to ensure responsiveness and availability
- Care is taken that psychological as well as physical access to the service is provided
- There is an informal setting to build confidence and respect
- There must be voluntary participation and self-referral by users
- User involvement - young people should be involved in the design and delivery of the service
- Emphasis on empowerment - clients empowered to make their own choices and decisions; control of case is kept with client rather than with their advisor (*Youth Access, Rights to Access, p.16*)

- 2.2 Other essentials highlighted from evidence are in the area of flexibility. Many YIACS found that the most popular opening times with young people are in the late afternoons, evenings and at weekends. Evidence seems to indicate that the longer the opening hours, the greater the access offered, the better uptake of the service, but this obviously has resource implications. (*Youth Access, Rights to Access, p. 25*)
- 2.3 One of the most significant barriers to using YIACS is transport problems particularly in large rural areas; therefore the location of the services is of paramount importance. Services need to be accessible but some locations put young people off such as opposite a police station or within statutory or council offices. The buildings should be visible (e.g. shop front) but discreet, where young people spend time (i.e. on high street, shopping centres or large estates where they live), and in a safe location where they will not feel threatened or stigmatised.

### **Northern Ireland Youth Information and Advice Services**

- 2.4 Services in NI providing information, advice and support for young people have traditionally been provided by Education and Library Board Youth Services. Engaging with and providing appropriate services for the 16-25 year old age group has been through the “Youth Information” process. The principles for implementing these services are outlined in the European Youth Information Charter, adopted by the European Information and Counselling Agency (ERYICA) in Bratislava in November 2004 (Appendix 1). This constitutes a basis for minimal standards and quality measures in each country as elements of a comprehensive, coherent and co-ordinated approach to youth information work.
- 2.5 In the Strategy for the Delivery of Youth Work in NI, 2005-2008, the mission of the youth service is to “promote the development, well-being, rights and the

participation of young people (aged 4-25) by ensuring that “..... young people have the skills, knowledge and opportunities to make informed choices about their lives”.

2.6 The Rights and Needs of young adults in the 16-25 age band are outlined in the Strategy as follows:

- Information - accurate information, accessible through a variety of mediums is required to enable young people to make informed decisions which support their development.
- Specialist support - young people who face crisis during this period of their lives. Individual support for young people around areas such as health, including sexual and mental health, employment, offending behaviour and accommodation is a requirement.

### **Young People’s Behaviour and Attitudes Survey**

2.7 An analysis of the Young People’s Behaviour and Attitudes Survey 2007 (YBAS) echoes the need for a more holistic approach in delivering services to young people in that it clearly shows that young people face a range of pressures and engage in a range of risk taking behaviours.

2.8 The survey is completed approximately every 2-4 years and has a sample size of approximately 5,000 pupils. It highlights that just over half of pupils (54%) have taken an alcoholic drink. Of those who have ever had an alcoholic drink, over three quarters (76%) were aged 13 or under when they had their first drink. The survey also shows that just under a quarter (24%) of pupils have been offered drugs (not counting solvents) on at least one occasion, of which just less than half (49%) have used or tried drugs at sometime. 8% of pupils have inhaled solvents.



2.9 While these results show a clear need for the provision of alcohol and drugs services to young people in Northern Ireland, the survey also highlights a number of other issues which indicate a need for young people to be provided with a range of services addressing such issues as mental health and wellbeing, coping with school, sexual health, etc.

2.10 The YPBAS indicates that 8% of young people had felt 'fairly' or 'very' bad about themselves in the 4 weeks before completing the survey and, in the same 4 weeks, 8% had felt 'fairly' or 'very' bad about "the way [they] feel most of the time". The survey indicates that 16% of pupils have been bullied and that 20% of pupils had skipped classes or school in the term in which the survey was completed.

## CHAPTER 3

### GOOD PRACTICE ISSUES – EMERGING THEMES

A range of local reports and strategy documents were reviewed in relation to good practice issues (Appendix 1). The following emerging themes provide guidance on practice and service issues.

#### **3.1 The need for services to be youth friendly, flexible and accessible was a recurring theme as can be seen from the following points:**

##### **3.1.1 Young people tend not to access adult/mainstream services.**

*Services which are not young people specific (e.g. Citizen's Advice Bureau, family planning clinics, etc.) are less appealing to young people and, consequently are less likely to be accessed by them.*

##### **3.1.2 When young people do access adult/mainstream services, they tend to have poorer outcomes than adults accessing the same services.**

*In those instances where young people do access mainstream services they are less likely to have their problems satisfactorily resolved. In some cases (particularly with regard to social welfare/legal issues) this has been attributed to mainstream services spending less time on young people's cases than they do on adult cases and less time than is spent on similar cases by services which target young people particularly.*

##### **3.1.3 The process of engaging young people must be attractive to the young people whose engagement is sought.**

*Young people are unlikely to access services which they perceive as not 'for' them. Services which are located in a young person specific venue or which otherwise provide some element of fun or entertainment are more likely to be utilised by young people.*

**3.1.4 The accessibility of services can be a factor limiting their uptake by young people.**

*Services must be accessible to young people in terms of: venue (location, transport links, neutrality), differing ages, opening times, waiting times, and not being perceived by young people as a 'clinic'. Young people are less likely than other age-groups to access advice and information by telephone or via the internet.*

**3.1.5 Services need to be attractive enough to young people to ensure that they access help before crises develop.**

*Young people often do not present to services until crisis develops; there is a need to ensure that Tier 1 and 2 services are sufficiently attractive and accessible that young people are willing to engage with them before crises develop.*

**3.1.6 Services should be young people led.**

*Services which are led by young people tend to be much more responsive to young people's needs.*

**3.2 Services to young people are best delivered within a holistic manner in a range of settings. Partnership approaches should be explored and developed to achieve this. Depending on the needs of the young people concerned, some services may also need to be more specialised.**

**3.2.1 Young people can have multiple issues/problems, which tend to be interlinked.**

*Young people seeking support/advice often present with more than one issue which is concerning them. The issues will usually be inter-related with each problem exacerbating the others to some degree. Current provision tends to be through specialised services which address these issues in isolation rather than through a service which can deal with the client holistically.*

**3.2.2 Significant vulnerable or at risk groups, or groups with specific needs, were identified.**

*Various groups of young people (e.g. young men, young people with sexual orientation issues, those already using illegal drugs, etc.) need to be provided*

*with services which are targeted specifically at them for a variety of reasons including the fact that they are unwilling to engage with more universal services and the fact that some of these groups have been shown to achieve better outcomes when engaged with specialist services targeted at them.*

*3.2.3 Services are more effective when choices and options for young people accessing support are not limited; this also affects the uptake of services. Young people tend to find services more attractive when offered a choice of support options (e.g. between counselling, mentoring, group activities, etc.).*

*3.2.4 Services need to be targeted towards hard to reach groups. Certain groups of young people should be provided with services that are specifically aimed at them either because these young people are vulnerable and need services which they perceive as 'safe' or because these groups do not usually engage with any services and need to be approached in particular ways which may not be appropriate for other young people. The teenagers most at risk of becoming parents are those already disadvantaged with a history of poverty, low educational achievement, sexual abuse, mental problems and offending behaviour. Children in care and those with low self esteem are also at increased risk.*

*3.2.5 Staff should have the ability to deal with complex needs – adequately trained, qualified staff that have expertise in the particular issue they are presented with and who also have the skills to engage effectively with young people. Young people respond better to adult staff who have been trained in working with them; often however, these staff do not have the in-depth knowledge of a specific issue to respond effectively to a young person's needs around that specific issue. There is a need for services that can engage with young people and respond to a range of specialist issues (e.g. sexual health, substance misuse, employment issues, debt, etc.).*

## CHAPTER 4

### SCOPING OF EXISTING PROVISION IN NORTHERN IRELAND

- 4.1 As stated earlier the following definition of a 'One Stop Shop' for this scoping exercise was adapted from Quality Standards for Young People's Information, Advice and Guidance (IAG) 2008.

***“The provision of accurate, up-to-date and objective information about personal and lifestyle issues, choices, where to find help and advice, and how to access it”***

- 4.2 Such provision may be offered through education programmes, drop-in facilities, websites and/or help lines in order to help young people gather, understand and interpret information and apply it to their own situation.
- 4.3 A scoping exercise was undertaken on projects which were deemed to provide information, education and sign posting / referrals in drugs and alcohol and the additional areas as stipulated by HDPB. The groups chosen are currently in receipt of funding from the Public Health Agency, Health and Social Care Board, Big Lottery Fund and/or PBNI. It was recognised that there were many more funding organisations however it was felt that the information from these systems would capture the main groups providing services to young people.
- 4.4 A database was compiled using a proforma for each of the identified Organisations (Appendix 3).
- 4.5 The scoping had its limitations in respect of time constraints, the information available at the time of analysis, and the interpretation of information and advice services provided by the respective organisations.

- 4.6 The scoping exercise has not identified every project / service that may provide an aspect of information and advice within their organisation e.g. details on projects funded through small grants up to £10k have not been included as these tend to be for small one-off projects.
- 4.7 The groups in the databases were followed up and a list of relevant organisations categorised into legacy HSSB and council areas was completed. Appendix 4 details the services which are primarily drugs and alcohol services. A separate template then lists the non-substance misuse services that provide information, education and sign posting/referral on a range of issues including drugs and alcohol. The number of services for each of the identified issues at District Council area is included.

## **General findings**

- 4.8
- None of the services offer a full and comprehensive drop-in service where any young person can directly access the service and related services within one project / service.
  - Many services are not available to all young people e.g. clients may only access the service through referral or a recruitment process.
  - Some services have a specific remit e.g. sexual health only.
  - The capacity of the identified projects / services is often restricted by funding requirements or the service requirements. For example, a service may be restricted to under eighteen only or be funded only to address an issue such as suicide and self harm.
  - Few, if any of the projects / services would have the capacity to provide in-house expertise on all the identified information and advice issues.
  - Service may be available at Council or Northern area wide level, however issues around transport particularly in rural areas, opening times including

evening and week-end availability are a clear barrier to accessing the service.

- Some agencies already provide comprehensive services in relation to some themes including drug and alcohol, while others are more generic offering youth information with limited access to the more specialist intervention and support services.

## CHAPTER 5

### SUMMARY OF FINDINGS FOR DRUG AND ALCOHOL CO-ORDINATION TEAM (DACT) AREAS

#### **EASTERN AREA**

##### **General Overview**

- 5.1 The scoping exercise has shown that a range of services exist across the Eastern area offering some level of information and advice on the identified areas of alcohol and drug misuse, suicide and self-harm, mental health and wellbeing, sexual health, relationship issues, resilience and coping with school / employment to young people.
- 5.2 The list of 31 organisations is by no means comprehensive but gives an indication of the range of services in existence. Some agencies are well established and have developed highly comprehensive services particularly in relation to substance misuse and sexual health. The majority of these services are based in Belfast, some with a regional remit.

##### **Substance Misuse (Primarily) Focused Services**

- 5.3 With regard to the services whose focus is primarily substance misuse, none of them offer a drop-in facility as defined earlier. All address the holistic needs of young people within the context of drug and alcohol misuse. ASCERT is funded primarily from drug and alcohol NSD monies whereas Opportunity Youth and FASA are funded to provide additional services beyond the remit of drug and alcohol misuse. FASA is funded specifically to address suicide and self harm. Opportunity Youth is funded to meet the needs of young peoples personal development needs within the context of employment. The services are well established with bases in Belfast (Opportunity Youth and FASA) and Lisburn (ASCERT).



5.4 Although neither of these services offers a drop in service in line with our definition, young people can nevertheless call in and access help. In addition to this, ASCERT and Opportunity Youth provide education, early intervention and treatment services peripatetically across the whole of the eastern area. FASA has recently opened up a base in the Bangor area but the services provided are currently limited due to resource issues.

### **Other Information & Advice Services**

5.5 In relation to the non substance misuse services, a number of types of services exist.

- Some are well developed and provide a range of youth friendly projects ranging from information and advice services and social and recreational activities. In addition to this, some have very well established drug and alcohol projects. An example of this would be Lisburn YMCA.
- Others provide more specialist advice and support in relation to one or two issues. An example of this would be BROOK which addresses sexual health and relationship issues in the main. Similar to the drug and alcohol services, these services also address other issues in the young people's lives as they emerge.
- While the majority are targeted at all young people, some are targeted at particular groups of young people namely young people in Care and the LGBT.
- Some of the services offer drop-in clinics particularly in relation to Sexual Health.
- There are a number of youth clubs / centres serving local communities which offer more informal drop in facilities, providing information on a wide variety of issues, but these are limited both in terms of expertise and geographical expertise.

## Identified Gaps

5.6 Within Belfast there are many well established services which operate either on a locality / area basis or cater for all people in the Belfast area based in the city centre. A much more thorough assessment of need in relation to referral rates, capacity and outcomes would need to be undertaken in order to identify where the gaps are in terms of service delivery within Belfast. Outside Belfast, services are understandably fewer although it is not within the scope of this review to ascertain whether young people living outside Belfast are accessing the services within the city.

5.7 Whilst noting these shortcomings the following gaps have been identified:

- There are no comprehensive one stop shop drop-in facilities for young people wishing to access information and advice and additional support services on a range of issues in any locality within the Eastern area.
- In the Belfast area there are a number of agencies specialising in one or a number of issues which collectively would appear to offer a comprehensive range of appropriate services to young people.
- Availability of locally based services for young people in general would appear to be more limited outside of Belfast particularly in the North Down, Ards and Down council areas. This applies to the provision of drug and alcohol projects, other specialised services and more generic one stop shop services.
- Even within the Belfast area, few projects / services offer a dedicated evening and week-end service outside of helpline provision.

## **WESTERN AREA**

### **General Overview**

- 5.8 The Western area scoping of the provision of information and advice services for young people included a focus on the Derry, Fermanagh, Limavady, Omagh and Strabane District Council areas. The scoping endeavoured to assess the extent of this type of service provision in the Western area.
- 5.9 8 of the 19 services would appear to provide a more holistic approach to young peoples needs i.e. the issues addressed by these organisations include alcohol and drug, suicide and self harm, mental health and well being, sexual health, relationship issues, resilience and coping with school and employment issues. It is important to note that although these services provide a holistic approach, this does not necessarily constitute an accessible, equitable, integrated or dedicated drop in or one stop shop for young people.
- 5.10 These services are more specialised services for young people, they provide either a dedicated drug and alcohol service or a mental health service for young people or they provide targeted interventions for specific groups of vulnerable young people that are either young gay men, young fathers or young mums. In conjunction with providing this specialist support the organisations impart information and advice in relation to specific areas of health promotion. Information and advice in relation to mental health and well being appears to underpin the provision across the West followed by alcohol, drugs, and resilience.
- 5.11 While many say they deal holistically with the range of issues, often what that means is that they will listen to the range of problems the young person has, and then signpost, or refer on to another specialist person, depending on the young person's need and/or the perceived severity of the young person's

problem. However, there are not always appropriate specialist services for young people to be referred on to.

5.12 Service provision in the west is largely provided through formal or informal education programmes. Drop in services are provided by 6% (3) of the organisations analysed in the West. These drop in services are available for specific or unique services e.g. “a cup of tea” or for licensed entertainment (FUEL in Enniskillen), for youth advice (Opportunity Youth, Derry) or to avail of a sexual health clinic (Rainbow). The more specialised services provide tailor-made responses to the specified needs of children and young people through therapeutic support.

### **Target groups**

5.13 Depending on the type of provision, services in the Western area are available for children as young as 3 years up to young people at 25 years. Provision is tailored to individual need and age appropriateness, and is specific to the location, aims, and objectives of the individual organisations.

### **Areas**

5.14 The Derry city area provides the greatest range of services specific to the identified issues. However, most of these services target particular groups or subsets of the population and are not inclusive to all young people. The Fermanagh and Omagh areas have the least amount of provision in the West. However, current provision in these areas is largely inclusive of all young people. The Limavady and Strabane areas have similar provision, as the larger organisations in the West (Derry based) also provide outreach services in these areas.

## **Identified gaps**

### 5.15

- There is no inclusive, dedicated, integrated “one stop shop” or drop-in service available in the Western area.
- Service provision is variable across the Western area.
- Almost all the services are located in the major towns in each area, which means that accessing the services can be difficult for all the young people who live in rural areas.

## **NORTHERN AREA**

### **General Overview**

- 5.16 Thirty-five local projects / services have been identified in the Northern area as providing some level of information and advice on the identified areas of alcohol and drug misuse, suicide and self-harm, mental health and wellbeing, sexual health, relationship issues, resilience and coping with school / employment.
- 5.17 Four projects / services have been identified as being primarily a substance misuse focused service though it is clear that other services funded through the PHA in support of NDACT's local Action Plan offer significant targeted alcohol and drug services.
- 5.18 In most cases the information and advice aspects are often attached to a wider holistic and/or targeted specific service e.g. information and advice on the identified issues will often be addressed through counselling services if they arise as concerns through the counselling process. Targeted education and prevention programmes may again address a variety of the identified issues where these have been identified by the participants.
- 5.19 The findings would indicate that a substantial number of information and advice services on each of the issues are available in each Council area.
- 5.20 In summary the local scoping / mapping exercise would suggest that a wide variety of information and advice services are available on alcohol and drug misuse, suicide and self-harm, mental health and wellbeing, sexual health, relationship issues, resilience and coping with school / employment.

5.21 In reality however, these vary greatly in nature and accessibility and no one full / comprehensive “one-stop shop / drop-in” information and advice service with related services is in place within the Northern area.

### **Identified gaps**

5.22

- There is no dedicated information and advice drop-in project / service with comprehensive supporting services targeted at vulnerable young people either locally or across the Northern area.
- There are few if any projects / services that offer a dedicated evening and weekend service.
- Current services are often not resourced to offer a menu of choices to young people.

## **SOUTHERN AREA**

### **General Overview**

- 5.23 Within the Southern area thirty-six services/programmes have been identified as providing various levels of information and advice around the issues of alcohol and drug misuse, suicide and self-harm, mental health and wellbeing, sexual health, relationship issues, resilience and coping with school / employment.
- 5.24 Five projects / services have been identified as being primarily focused on delivering alcohol and drugs services, four of which are funded through the PHA within the SDACT integrated service structure, in support of the Southern Area Local Action Plan. Current alcohol and drugs services throughout the Southern area operate on an outreach basis, providing services to local communities within their own environment. Other projects deliver alcohol and drugs services on a limited or restricted basis in support of either issue focused or generic services.
- 5.25 All five providers operate from 'hubs' based within their respective delivery areas and provide alcohol and drugs services to local communities within their own environment. All of these services allow for public access but all are not advertised as drop-in centres.
- 5.26 Across the southern area a wide variety of service / information delivery models exist. A small number have structures which could be easily adapted to a suitable model of information and advice provision for the 25 and under age group.
- 5.27 The Breakthru Project in Dungannon is primarily an Alcohol and Drugs Service for young people. It also delivers Protect Life (Suicide and Self Harm) Counselling and houses Protect Life Resource staff from an outside agency.



The service is situated in a custom-built building with training facilities. Breakthru operate an 'open-access' policy with appointment backup for young people presenting with alcohol and drugs or protect life issues. The centre also hosts a Youth Forum, a Peer Education and Research (PEAR) programme specifically to address young people's alcohol and drugs misuse, an Alcohol and Drugs Help-line and Web-based information facility.

5.28 In Killeel the NSD funded project REACT Ltd operates a service that is primarily Alcohol and Drugs focused, providing additional facilities for delivering Protect Life (Resource Centre and Counselling Service), Mental Health and Wellbeing (>18 Counselling), An Arrest Referral Programme (over 18), Sexual Health (SHSCT Advice Service) and Youth Work, all on an in house and community outreach basis. REACT operate an 'open-access' policy with appointment backup for young people presenting with alcohol and drugs or protect life issues.

5.29 A model of information and advice provision that focuses on the information element with additional signposting while providing a social drop-in setting is the Youth Information Service provided by the Lurgan YMCA. The programme areas include diversion and intervention, which includes a drop-in centre and drop-in once a month on a Friday night for entertainment. Other services include signposting for sexual health, drugs and alcohol. The SELB currently operates a Banbridge town centre drop-in youth facility targeting 14-25 age group delivering a generic youth service. However this service does not cover the specific issues.

5.30 The Public Health Agency has commissioned from the SHSCT a series of 4 Youth Advice Services. These Services cater for the health and personal development needs of young people aged under 25 years, particularly around issues concerning sexual health, with a signposting facility for other issues e.g. alcohol and drugs, mental health and well-being. Current provision is weekly

sessions (2 hours duration) in 4 different localities for sexual health clinics. The services are in a development stage and hope to eventually lead to comprehensive youth provision at each centre.

5.31 A major consideration to be taken into account particularly in locating an information and advice service is the needs of the population aged 25 and under in an area and the current provision of services already available.

### **Identified gaps**

5.32

- Within the Southern area there are no dedicated information and advice one stop shop services that provide a comprehensive service to the targeted age group.
- The nature of the population spread and the need to provide facilities in multiple areas has been a challenge for service provision.
- Services are varied with differing models and approaches.
- Given that most centres are based within towns, young people in rural areas may have difficulty accessing services.

## CHAPTER 6

### RECOMMENDATIONS

- 6.1 The scoping exercise has found that within Northern Ireland there are no agencies currently offering a full 'One Stop Shop' service based on the good practice review as outlined earlier in this document. The reasons are historical and due to the fact that funding tends to be allocated to specific themes and strategic priorities for health improvement i.e. Protect Life Strategy, New Strategic Direction on Alcohol and Drugs, sexual health, etc. The findings from the review of good practice are clear in stating that the needs of young people are best met holistically by services which can offer a wide range of choices and options.
- 6.2 This review identifies the need to improve the provision of information, education and signposting / referral on a range of issues for young people in some localities across Northern Ireland. There is merit in supporting agencies to offer a much broader range of services. Such enhancement of services should include access to health care, personal development programmes, counselling and mentoring.
- 6.3 DHSSPS informed the Public Health Agency in August that funding would be made available for taking forward one stop shop programmes as a pilot project in this financial year in order to help inform the wider roll out of these services in 2010/11.
- 6.4 A number of local initiatives should be piloted to increase the capacity of existing services to provide 'One Stop Shop' services for young people. Pilot projects are the preferred option given the fact that the scoping exercise has not identified an existing model operating within NI. Piloting a number of

approaches will potentially help further develop the local evidence base for such services.

- 6.5 Some agencies already provide comprehensive services in relation to some themes including drugs and alcohol, while others are more generic offering youth information with limited access to the more specialist intervention and support services. In order to prevent a duplication of services it would be important to build the capacity of either of these types of services as opposed to creating new services.

### **General recommendations**

6.6

- Pilot the development of dedicated ‘One Stop Shop’ services for young people offering drop in information and advice services in relation to alcohol and drug misuse, suicide and self harm, mental health and wellbeing, sexual health, relationship issues, resilience, coping with school / employment.
- These pilot sites should also have the capacity to offer additional support services including health care, personal development programmes, counselling and mentoring.
- The pilot programmes should be primarily for young people aged between 11 and 18 and their families in line with current health provision for young people in NI. Some flexibility with regard to 18-25 year olds should be considered depending on the needs of the young person and the age groups that current services are already working with.
- Development of new services will need to take cognisance of the current provision in each area in order to ensure that any new services will be integrated within those already existing and avoid unnecessary duplication.
- An evaluation framework to measure the impact of these pilot projects should be developed.

- A competitive tendering process should be carried out to fund the establishment of local 'One Stop Shop' services from 2010 onwards subject to the outcome of the evaluation process.

## ESTIMATION OF COSTS

6.7 The following is a sample of service requirements. The costs have been developed based on analysis of funding currently being provided to drug and alcohol services through the New Strategic Direction on Alcohol and Drugs. Staffing complement may vary in line with local requirements.

Breakdown of Costs	Costs
Salaries and Wages 3 x Band 5 equivalent (mid point of scale)	£75,914
Management Fee (15% of salaries cost)	£11,387
IT	£1,500
Travel	£1,500
Activities	£2,000
Rent, Rates, Heat and Lightening	£5,000
Administration	£2,000
<b>Total Costs</b>	<b>£99,301</b>

6.8 The above costs give an approximate outline of what the PHA would view as reasonable but they are subject to change based on the exiting costs of the prospective organisations.

## CONCLUSIONS

- 6.9 The assessment of need exercise has clearly identified the need for a 'One Stop Shop' provision for young people in each of the legacy Board areas in Northern Ireland.
- 6.10 Based on aspects of good practice and information outlined in the desktop exercise the following options were proposed for local DACT consideration. The next chapter outlines these local recommendations and preferred options for taking this initiative forward.

### **Options:**

- |  |
|--|
| <p>A. Increase the capacity of existing locally based drug and alcohol organisations to offer a broader range of services for young people</p> <p>B. Increase the capacity of existing locally based generic youth information and drop in services to provide greater access to more specialist support services.</p> |
|--|

- 6.11 Pilot Schemes would need to commence immediately to take effect in light of funding allocation for 2009/10.

## CHAPTER 7

### AREA SPECIFIC RECOMMENDATIONS

#### **Eastern Drugs & Alcohol Co-ordination Team (EDACT)**

##### 7.1

- If funding is limited to the development of one pilot site, this should be in the North Down and Ards area given the youth population of these areas and the high levels of substance misuse among young people.
- It is recommended that FASA are invited to participate in a pilot project for the following reasons:
  - Both Lisburn and Belfast have visible substance misuse services.
  - Bangor is the second largest town in the eastern area and although FASA currently have a base in the town, this currently has very limited resources.
  - FASA also provide a broad range of services across other issues including suicide and self harm within its Belfast base and would have the experience of providing a similar range of services in the Bangor area.
  - Given the existence of this facility, this organisation is most likely to be best placed to participate in a pilot project within the given timescales.
  - Should FASA decline the invitation to participate in this pilot, it is recommended that Opportunity Youth/ASCERT are approached.

## Western Drugs & Alcohol Co-ordination Team (WDACT)

### 7.2

- There is a need to pilot an integrated, inclusive 'One Stop Shop'/drop in centre in the Western area. This development should take cognisance of the rural and urban need
- Although Fermanagh has the second largest population of 10-24 year olds within the Western area, the scoping exercise showed that they had the smallest number of services available. Alcohol and Drug Education and Prevention Services (Breakthru) and Youth Treatment, Counselling and Support Services (DAISY) are available throughout Fermanagh, however neither of these groups have an actual base in Fermanagh from where an information service could operate. Therefore, it would be essential to support an Information/Drop in Centre that could also accommodate these services.
- Option B would be the preferred option so that an acceptable generic youth information service would be supported, and that Centre could also accommodate the local youth alcohol and drug services as well as offering other specialist health services such as sexual health services, suicide prevention and mental health support. The WDACT would like to see the FUEL Project in Enniskillen used as a pilot site for the following reasons:
  - FUEL (Fermanagh Underage Entertainment Life) currently provides a drop in centre, a social centre, and night-time entertainment for young people.
  - They have a large building, with the capacity to house alcohol and drug services as well as other health related services/clinics.
  - They currently provide other support services for young people, including running an LGBT group and health promoting information and advice.



- They involve young people in the planning of their services and use their ideas in the running of the centre.
- The venue is seen as “safe” and “neutral” by the young people.
- Using this project would provide an opportunity to base the pilot on the evidence of good practice presented in this report.

## Northern Drugs & Alcohol Co-ordination Team (NDACT)

### 7.3

- Dedicated information and advice drop-in projects / services with comprehensive supporting services should be developed in the Northern area. Two options are considered practical:
  - A. Increase the capacity of a current project(s) to provide the required additional services within a best practise model and the evidence base – this is the preferred option as projects will have local knowledge and experience which can be built on. Costs are also likely to be lower.
  - B. Develop a stand-alone service(s) complimentary to and integrating with existing services within a best practise model and the evidence base.

If funding is limited to the development of one service the identified area with least provision and the highest number of young people aged 10-24 is East Antrim. Option A is the preferred service option and it is recommended that Carrickfergus Community Drug & Alcohol Advisory Group be invited to participate in a pilot project for the following reasons:

- East Antrim has the largest number of young people in the Northern area and the least provision.
- Carrickfergus Community Drug & Alcohol Advisory Group have a base in the locality
- Carrickfergus Community Drug & Alcohol Advisory Group also provide a broad range of services across other issues including suicide and self harm within its current base.

Given the existence of this facility, this organisation is most likely to be able to participate in this pilot project within the given timescales.

## **Southern Drugs & Alcohol Co-ordination Team (SDACT)**

### **7.4**

- A dedicated information and advice drop-in service incorporating a comprehensive range of support services should be made available to young people in the Southern area.
- Depending upon available funding a pilot scheme should be supported, monitored and evaluated from inception, through service delivery and to end of pilot period.
- A practical consideration would be to increase the capacity of an identified service provider to include additional provision on a partnership basis.
- Banbridge District Council (which includes the town of Dromore) has been identified by the Southern Drugs and Alcohol Co-ordination Team as an area in need of improvement regarding drugs and alcohol provision, particularly as this area has experienced high rates of teenage suicide. The area is the identified hub for nightclub activity for the Southern area attracting large numbers of young people. As a result of the development of this extensive nightclub capacity, the Banbridge area is experiencing a growing cocaine problem.
- In the Banbridge district, alcohol and drugs services are delivered by REACT Ltd who already have a Protect Life capacity in the area. They provide Arrest Referral Counselling and support and have experience of Sexual Health delivery and generic youth work. REACT Ltd has the capacity to co-ordinate a 'One Stop Shop', and facilitate other networked services into its programmes. REACT Ltd also host one of the Trust's newly established Youth Advice Centre in Kikeel.
- Option A is the preferred service option and it is recommended that REACT Ltd is invited to participate in a pilot project in the Banbridge area.

**SOURCES CONSULTED IN DESKTOP EXERCISE**

1. Dialogue Around Sexual Health, Issue 3: August 2007 – “Do Services Meet the Needs of Young People?”
2. Independent Evaluation to Support Joint Planning of Preventative Family Support Services in the Western Health and Social Services Area: Griffiths, Huw; January 2005.
3. Kenrick, James (2009) The Advice Needs of Young People - The Evidence. Youth Access.
4. Kenrick, James. (2002) Rights to Access: Meeting Young People’s Needs for Advice. Youth Access.
5. Needs Assessment Regarding the Availability of Mental Health and Suicide Prevention Services for Young Men in the Northern Area (unpublished).
6. Research Into the Accommodation and Support Needs of Homeless 16-21 Year Olds In NI – “Young People Telling It Like It Is” – Executive Summary: CHNI Youth Unit, 2008.
7. Sexual Health Promotion – Strategy and Action Plan 2008-2013: Investing for Health; Nov 2008.
8. Strategy for the Delivery of Youth Work in NI, 2005-2008.
9. The Northern Ireland Commissioner for Children and Young People’s Sexual Health Policy Paper 2008.
10. The Office of the First Minister and Deputy First Minister’s Strategy Document, Our Children and Young People – Our Pledge: A Ten Year Strategy for Children and Young People in Northern Ireland.
11. Written Submission to the NI Assembly by the Western Area Children and Young People’s Committee on the Proposal to Appoint a Commissioner for Children for NI (Report 2/00 R Committee of the Centre): McTernan, Eamon; 29 March 2001.

12. Young Men's Health and Personal Development Projects in the Northern Area – a Mapping Exercise on Behalf of the Public Health Agency: Draft Interim Report, McCready, Donnelly, Lowry Ltd; June 2009.
13. Young People's Social Welfare Needs and the Impact of Good Advice: Youth Access, Kenrick, James; Feb 2007,

**16 Principles of the European Youth Information Charter**

1. *Youth information centres and services shall be open to all young people without exception.*
2. *Youth information centres and services seek to guarantee the equality of access to information for all young people, regardless of their situation, origin, gender, religion or social category. Special attention should be paid to disadvantaged groups and young people with special needs.*
3. *Youth information centres and services should be easily accessible, without appointment being required. They should be attractive for young people, with a friendly atmosphere. The operating hours should meet the needs of young people.*
4. *The information available shall be based on the requests of young people and on their perceived information needs. It should cover all topics that could interest young people, and should evolve in order to cover new topics.*
5. *Each user shall be respected as an individual and the response to each question shall be personalised. This shall be done in a way that empowers users, promotes the exercise of their autonomy, and develops their capacity to analyse and use information.*
6. *Youth information services shall be free of charge.*
7. *Information is given in a way that respects both the privacy of users and their right not to reveal their identity.*
8. *Information is provided in a professional manner by staff trained for that purpose.*
9. *The information offered is complete, up-to-date, accurate, practical and user-friendly.*
10. *Every effort is made to ensure the objectivity of the information provided through the pluralism and verification of the sources used.*

11. *The information offered shall be independent of any religious, political, ideological or commercial influence.*
12. *Youth information centres and services shall strive to reach the largest possible number of young people, in ways that are effective and appropriate to different groups and needs, and by being creative and innovative in their choice of strategies, methods and tools.*
13. *Young people shall have the opportunity to participate, in appropriate ways, in different stages of youth information work, at local, national and international levels. These can include, among others, identifying information needs, the preparation and delivery of information, managing and evaluating information services and projects and peer group activities.*
14. *Youth information centres and services shall co-operate with other youth services and structures, especially in their geographical area, and shall network with intermediaries and other bodies that work with young people.*
15. *Youth information centres and services shall help young people both to access information provided via modern information and communication technologies, and to develop their skills in using them.*
16. *Each source of funding for youth information work shall not act in any way that prevents a youth information centre or service from applying all the principles of this charter.*

**Scoping Templates**

- Eastern area
- Western area
- Northern area
- Southern area

The following abbreviations are used in this section:

AD	Alcohol & Drugs
SSH	Suicide & Self Harm
MHWB	Mental Health & Wellbeing
SH	Sexual Health
RI	Relationship Issues
R	Resilience
SE	Coping with school / employment



### SUBSTANCE MISUSE (PRIMARILY) FOCUSED SERVICES

Service	Information & Advice How?	Group Targeted	Area

**How:** Education programmes, Drop-In, Helpline, Web based, Appointment based

## OTHER INFORMATION & ADVICE SERVICES

Group/Project	What issues are covered?	How?	Group Targeted	Area

AD - Alcohol & Drugs      SSH - Suicide & Self Harm      MHWB - Mental Health & Wellbeing      SH - Sexual Health      RI - Relationship issues  
 R - Resilience      SE - coping with school/employment

**How:** Education programmes, Drop-In, Helpline, Web based, Appointment based

### INFORMATION & ADVICE BY COUNCIL AREA

<b>Council area (XDACT)</b>	<b>% age 10-24</b>	<b>Number 10-24</b>	<b>Alcohol &amp; Drugs</b>	<b>Suicide &amp; Self Harm</b>	<b>Mental Health &amp; Wellbeing</b>	<b>Sexual Health</b>	<b>Relationship issues</b>	<b>Resilience</b>	<b>Coping with school/employment</b>

## **DEFINITION OF YOUTH INFORMATION ADVICE**

The provision of accurate, up-to-date and objective information about personal and lifestyle issues, choices, where to find help and advice, and how to access it.

The provision of advice through education programmes and other activities that help young people to gather, understand and interpret information and apply it to their own situation.

## **GENERAL OVERVIEW**

## **IDENTIFIED GAPS**

## **LOCAL RECOMMENDATIONS (XDACT AREA**

## EASTERN AREA

**TABLE 1 - SUBSTANCE MISUSE (PRIMARILY) FOCUSED SERVICES EASTERN AREA**

Service	Information & Advice How?	Other issues covered	Group Targeted	Area
ASCERT	Education Programmes Appointment based Helpline	R, RI, MHWB, SSH, SE	All young people with a particular focus on at risk young people	Office in Lisburn. Delivers education programmes and offers information and advice to young people concerned about their substance misuse across the SE Trust Area
FASA	Education Programmes Web-based Appointment based Help-line	R, RI, MHWB, SSH, SE	All young people with a particular focus on at risk young people	Offices in West Belfast and Bangor. Delivers education programmes and offers information and advice to young people concerned about their substance misuse in these areas
Opportunity Youth	Education Programmes Web-based Appointment based Helpline	R, RI, MHWB, SSH, SE	All young people with a particular focus on at risk young people	Office based in Belfast. Delivers education programmes and offers information and advice to young people concerned about their substance misuse across the Belfast Trust Area

**How:** Education programmes, Drop-In, Helpline, Web based, Appointment based

**TABLE 2 - OTHER INFORMATION & ADVICE SERVICES EASTERN AREA**

<b>Group/Project</b>	<b>What issues are covered?</b>	<b>How?</b>	<b>Group Targeted</b>	<b>Area</b>
Lisburn YMCA	AD, SSH,MHWP, SH, RI, R, SE	Education Programmes Drop-in clinics Appointment	All young people with a particular focus on at risk young people	lisburn
Falls Community Council	AD, SSH,MHWP, SH, RI, R, SE	Education Programmes	All young people with a particular focus on at risk young people	West Belfast
North Down YMCA	AD, SSH,MHWP, SH, RI, R, SE	Education Programmes Drop-in clinics Appointment	All young people with a particular focus on at risk young people	North Down and Ards
Include Youth	SE	Education Programmes Appointment	At risk young people	REGIONAL
Opportunity Youth	AD, SSH,MHWP, SH, RI, R, SE	Education Programmes Drop-in clinics Appointment	All young people with a particular focus on at risk young people	Belfast, Castlereagh
BROOK	SH, RI	Drop-in clinics Appointment	All young people	Belfast, Coleraine
Family Planning Association	SH, RI	Education Programmes	All young people	REGIONAL
HYPE	SH, RI	Education Programmes Drop-in clinics Appointment	All young people	Belfast
Rainbow	AD, SSH,MHWP, SH, RI	Helpline Appointment	Young gay and bi-sexual men	Belfast

**How:** Education programmes, Drop-In, Helpline, Web based, Appointment based

## OTHER INFORMATION & ADVICE SERVICES EASTERN AREA (cont/d)

Group/Project	What issues are covered?	How?	Group Targeted	Area
FASA	SSH,MHWP	Education Programmes Appointment	All young people	Belfast, Bangor
Integrated Services for young people Initiative	AD, SSH,MHWP, SH, RI, R, SE	Education Programmes	All young people	West Belfast
HIV Support Centre	SH,RI	Education Programmes	All young people	REGIONAL
Healthy Living Centre – Ardoyne/Shankill	AD; SSH; MHWP; SH; RI; R; SE	Education Programmes	All young people	N&W Belfast
Contact Youth	AD; SSH; MHWP; SH; RI; R; SE	Helpline	All young people	Regional
REACT	AD; SSH; MHWP; SH; RI; R; SE	Drop-in; Education programmes; web; appointments		SEHSCT
Artillery Youth Centre	AD; R; SE; MHWP; RI	Drop-in; Education programmes; web; helpline (text)	15-25	N Belfast
Cliftonville Community Regeneration Forum	AD; SSH; MHWP; SH; RI; R; SE	Drop-in; Education Programmes	All young people	N Belfast
Shankill Women's Centre	R; SE; MHWP	Education Programmes	All young people	N&W Belfast
Suicide Awareness and Support Group	MHWP; SSH	Drop in; appointments	All young people	W Belfast

**How:** Education programmes, Drop-In, Helpline, Web based, Appointment based

## OTHER INFORMATION & ADVICE SERVICES EASTERN AREA (cont/d)

Group/Project	What issues are covered?	How?	Group Targeted	Area
Bytes Project	AD; SSH; SH; RI; R; SE; MHWB	Education Programmes	All young people	Belfast
PIPs	SSH	Drop-in; website; appointments	All young people	N Belfast
VOYPIC	SE, R, MHWB	Education Programmes Appointments	Young people in care	REGIONAL
Little book of stuff	AD; SSH; SH; RI; R; SE; MHWB	Web-based	All young people	REGIONAL
Ballybeen Peer Education Project	AD; SSH; SH; RI; R; SE; MHWB	Education Programmes Drop-in	All young people	Ballybeen
Belfast Central Mission	SE, MHWB	Education Programmes Appointments	Young people leaving care	Armagh, Dungannon North Down and Ards
Relate Teen	RI	Appointments	All young people	REGIONAL
Stadium Project	SE	Education Programmes	All young people	Shankill
Princes Trust	SE	Education Programmes	All young People	REGIONAL

**How:** Education programmes, Drop-In, Helpline, Web based, Appointment based



**TABLE 3 - INFORMATION & ADVICE BY COUNCIL AREA EASTERN AREA**

<b>Council area (EDACT)</b>	<b>% age 10-24</b>	<b>Number 10-24</b>	<b>Alcohol &amp; Drugs</b>	<b>Suicide &amp; Self Harm</b>	<b>Mental Health &amp; Wellbeing</b>	<b>Sexual Health</b>	<b>Relationship issues</b>	<b>Resilience</b>	<b>Coping with school/ employment</b>
Belfast	23.97	66,491	14	15	17	19	20	15	17
Down	21.34	23,195	3	3	3	5	6	3	5
North Down	19.16	14,623	5	5	6	7	8	5	8
Lisburn	19.18	14,048	4	4	4	6	7	4	6
Castlereagh	17.15	11,403	5	5	5	7	8	5	7
Ards	22.48	14,347	4	4	5	6	7	4	7

Eastern Area Population Figures by District Council Area on Census Day 29th April 2001

Source: Northern Ireland Neighbourhood Information Service ([www.ninis.nisra.gov.uk](http://www.ninis.nisra.gov.uk))

**WESTERN AREA**

**TABLE 4 - SUBSTANCE MISUSE (PRIMARILY) FOCUSED SERVICES WESTERN AREA**

<b>Service</b>	<b>Information &amp; Advice How?</b>	<b>Other issues covered</b>	<b>Group Targeted</b>	<b>Area</b>
DIVERT Project, Dove House	Education Programmes	AD, SSH, MHWB, SH, RI, R, SE	Vulnerable “at risk” young people 4 - 25 years	WDACT: Derry City Council Limavady Borough Council Strabane District Council
Breakthru Project	Education Programmes Helpline Website	AD, SSH, MHWB, SH, RI, R, SE	Vulnerable “at risk” young people 8 - 25 years	WDACT: Fermanagh District Council Omagh District Council
DAISY West	Appointment based	AD,SSH,MHWB, SH,RI,R,SE	Young people under 18 years	WDACT: Derry City Council Fermanagh District Council Limavady Borough Council Omagh District Council Strabane District Council
HURT	Education Programmes Drop in Appointment based services Web based	AD, R, SSH, SE, MHWB	12years – 25 years	Derry District Council Limavady Borough Council Strabane District Council

**How:** Education programmes, Drop-In, Helpline, Web based, Appointment based

**TABLE 5 - OTHER INFORMATION & ADVICE SERVICES WESTERN AREA**

<b>Service</b>	<b>What issues are covered?</b>	<b>How?</b>	<b>Group Targeted</b>	<b>Area</b>
WELB Youth Advisory Service	R, MHWB, RI, SH, AD	Education Programmes	10-25years	Western area
VOYPIC	MHWB	Education Programmes	Children in Care	Northern Ireland wide
Opportunity Youth	SSH MHWB SH RI R SE	Education Programmes Drop-In Web based/Helpline Appointment based	Up to 25 years	Derry City area
LATCH	SSH. AD, MHWB, R	Education Programmes Drop In	13-25 years	Limavady
EDGE Project	R, SE, MHWB, SH,	Education Programmes	Up to 16 years	Irvinestown. North Fermanagh
Omagh Community Church	R, SE, SH. RI, MHWB, AD, SSH	Education Programmes	Young people	Omagh District Council
Off the Streets Community Initiative	AD, R, SSH, SE, MHWB, SH, RI,	Education Programmes	11-24 years	Greater Shantallow East West
FUEL	AD, SSH, MHWB, SH	Drop-In Education Programmes Appointments	13-16 years	Enniskillen, Fermanagh.
Youth Action	SH, RI, MHWB	Education programmes	Young women 13-18	Derry city
Young Fathers Project	SH, MHWB, AD, RI, SE, R, SSH	Education programmes	14-25 years, young males.	Derry City Council Strabane District Council Limavady District Council

**How:** Education programmes, Drop-In, Helpline, Web based, Appointment base

## OTHER INFORMATION & ADVICE SERVICES WESTERN AREA (cont/d)

Service	What issues are covered?	How?	Group Targeted	Area
Young Mums Project First Housing Aid	AD, SSH, MHWB, SH, RI, R, SE	Education programmes	17-25 years Young women	Northern Ireland wide
NI Youth Information ( <a href="http://www.niyouthinfo.org">www.niyouthinfo.org</a> )	SH, SSH, SE, AD, MHWB	Web-based	14-25 years	Northern Ireland wide
NSPCC	RI, R, MHWB	Appointment based Helpline Website	Children/young people affected by Sexual Abuse up until 25 years Children/young people affected by Domestic Violence 5-15 years	Derry District Council Limavady Borough Council Strabane District Council Omagh District Council
Rainbow Project	AD, SSH, MHWB, SH, RI, R, SE	Appointment based Drop-in Education programmes Web based	14 – 25 years gay men	Derry City Council
Dry Arch Centre	AD, SSH, MHWB, SH, RI, R	Education Programmes, Web-based, Appointment based	13-18 years	Dungiven

**How:** Education programmes, Drop-In, Helpline, Web based, Appointment base

**TABLE 6 - INFORMATION & ADVICE BY COUNCIL AREA WESTERN AREA**

<b>Council area (WDACT)</b>	<b>% age 10-24</b>	<b>Number 10-24</b>	<b>Alcohol &amp; Drugs</b>	<b>Suicide &amp; Self Harm</b>	<b>Mental Health &amp; Wellbeing</b>	<b>Sexual Health</b>	<b>Relationship issues</b>	<b>Resilience</b>	<b>Coping with school/employment</b>
Derry	25.39	26,676	9	9	13	10	8	10	9
Fermanagh	22.26	12,806	6	5	8	7	4	5	5
Omagh	23.71	11,369	6	5	8	6	6	6	5
Limavady	23.38	7,580	9	8	11	7	7	9	6
Strabane	22.94	8,774	7	6	9	6	5	7	6

**TABLE 7 - SUBSTANCE MISUSE (PRIMARILY) FOCUSED SERVICES NORTHERN AREA**

<b>Service</b>	<b>Information &amp; Advice How?</b>	<b>Other issues covered</b>	<b>Group Targeted</b>	<b>Area</b>
Teenagers Involved in Protection Self Against Alcohol (TIPSA)	Education programmes, web-based	SSH, MHWB, SH, RI, R, SE	At risk / vulnerable young people and adults	Cookstown Magherafelt
Breakthru	Education programmes	SSH, MHWB, SH, RI, R, SE	PBNI referrals of young people	Mid-Ulster (Cookstown & Magherafelt included)
The Hope Centre	Education programmes, web-based, appointment based	SSH, MHWB, SH, RI, R, SE	Family Support for users / non-users	NDACT wide
Dunlewey Substance Advice Centre	Appointment based (Tier 1, 2 & 3 Counselling, Mentoring & Outreach services)	SSH, MHWB, SH, RI, R, SE	Young people aged 17 and under	NDACT wide

**How:** Education programmes, Drop-In, Helpline, Web based, Appointment based

**TABLE 8 - OTHER INFORMATION & ADVICE SERVICES NORTHERN AREA**

<b>Group/Project</b>	<b>What issues are covered?</b>	<b>How?</b>	<b>Group Targeted</b>	<b>Area</b>
Coleraine Rural & Urban Network (CRUN)	MHWP, R, SSH, RI, SH, SE, AD	Education programmes Training programmes	Vulnerable/at risk young people and adults	Education – Ballymoney, Coleraine, Moyle Training – NDACT wide
Living Rivers Trust	AD, MHWP, SH & RI	Education programmes	Adults in recovery from alcohol and drugs	NDACT wide
Threshold	AD, SSH, MHWP, SH, RI & R	Appointment based (Drug & Alcohol Outreach service)	IDUs Chronis/Street drinkers	Antrim Ballymena Coleraine Moyle
ACET	MHWP, R, SSH, RI, SH, SE, AD	Education programmes	Vulnerable/at risk young people and adults	NDACT wide
Barnardos	MHWP, R, SSH, RI, SH, SE, AD	Education and prevention services and appointment based	Young people and families	NDACT wide
PHA (Look after yourself and others resource) (Suicide Prevention)	MHWP, R, SSH, RI, SH, SE, AD	Promotes helplines and websites etc.	Young people, adults, families and communities	NDACT wide
Contact Youth	AD, SSH, MHWP, SH & RI	Helplines and appointment based	Young people	NDACT wide
Antrim Youth Information & Counselling Centre	AD, SSH, MHWP & RI	Education programmes	Young people, families and communities	Antrim

**How:** Education programmes, Drop-In, Helpline, Web based, Appointment based

## OTHER INFORMATION & ADVICE SERVICES NORTHERN AREA (cont/d)

Group/Project	What issues are covered?	How?	Group Targeted	Area
Ardboe Community Association	MHWP, R, SE & RI	Education programmes and appointment based	Young people and adults	Cookstown (localised to Ardboe)
Aware Defeat Depression	MHWP, R, SSH & RI	Education programmes Helplines Web-based	Young people and adults	NDACT wide
NEELB (Open Minds project)	MHWP, SSH, R & RI	Education programmes and appointment based	Young people	NDACT wide (schools)
NHSCT –Training projects (sexual health, mental health, suicide prevention)	MHWP, R, SSH, RI, SH, SE, AD	Education programmes	Young people and adults	NDACT wide
PHA (Suicide Prevention) ZEST – Family Outreach Support	SSH, R MHWP & RI	Appointment based	Young people and families	Cookstown, Magherafelt and South Antrim
An Munia Toben	MHWP, AD, SE & R	Education programmes and appointment based	Young people and families (travelling community)	NDACT wide
S.E.A.L.E. Centre	AD, MHWP, RI & SE	Education programmes	Young people	Newtownabbey, Antrim, Larne & Carrickfergus

**How:** Education programmes, Drop-In, Helpline, Web based, Appointment based



## OTHER INFORMATION & ADVICE SERVICES NORTHERN AREA (cont/d)

Group/Project	What issues are covered?	How?	Group Targeted	Area
PHA (Suicide Prevention Dare to Stretch project)	SSH, R & MHWB	Education programmes	Adults	NDACT wide
NSPCC	RI & R	Education programmes and appointment based	Young people and adults	Antrim, Ballymena, Carrickfergus, Cookstown, Larne, Newtownabbey and Magherafelt
YMCA	RI & R	Education programmes and appointment based	Young people and adults	Larne
HIV support centre	SH & RI	Education programmes and appointment based	Young people, adults and families	NDACT wide
Rainbow project	SH & RI	Education programmes and appointment based	Gay, bi-sexual and non-heterosexual men	NDACT wide
Community Direct	MHWB & R	Education programmes	Young people and adults	NDACT wide

**How:** Education programmes, Drop-In, Helpline, Web based, Appointment based

## OTHER INFORMATION & ADVICE SERVICES NORTHERN AREA (cont/d)

Group/Project	What issues are covered?	How?	Group Targeted	Area
Synergy JVC	MHWB & R	Education programmes	Young people and adults	Larne, Carrickfergus and Newtownabbey
Family Planning Association	SH & RI	Education programmes	Young men and women	NDACT wide
Women's Aid	SH & RI	Education programmes	Young people	Ballymena, Antrim, Carrickfergus, Larne and Newtownabbey
Carrickfergus Community Drug & Alcohol Advisory Group	AD & MHWB	Education programmes and appointment based	Young people and adults	Carrickfergus

**How:** Education programmes, Drop-In, Helpline, Web based, Appointment based

**TABLE 9 - INFORMATION & ADVICE BY COUNCIL AREA – NORTHERN AREA**

Council area (NDACT)	% age 10-24*	Number 10-24*	Alcohol & Drugs	Suicide & Self Harm	Mental Health & Wellbeing	Sexual Health	Relationship issues	Resilience	Coping with school/employment
Antrim	20.89	10,104	12	14	17	11	17	14	7
Ballymena	20.11	11,786	10	12	14	11	15	13	6
Ballymoney	21.12	5,680	10	12	14	10	14	12	7
Carrickfergus	20.19	7,603	11	11	16	10	15	13	7
Coleraine	21.85	12,305	11	13	15	11	15	13	8
Cookstown	24.17	7,875	11	14	17	11	16	17	9
Larne	19.04	5,870	10	11	16	10	16	14	7
Magherafelt	23.51	9,352	11	14	16	11	16	15	8
Moyle	21.41	3,411	11	13	15	11	15	13	8
Newtownabbey	20.17	16,135	10	11	15	10	15	13	7

\*Northern Area Population Figures by District Council Area on Census Day 29th April 2001

Source: Northern Ireland Neighbourhood Information Service ([www.ninis.nisra.gov.uk](http://www.ninis.nisra.gov.uk))

## SOUTHERN AREA

**TABLE 10 - SUBSTANCE MISUSE (PRIMARILY) FOCUSED SERVICES SOUTHERN AREA**

Service	Information & Advice How?	What other issues are covered?	Group Targeted	Area
Opportunity Youth	Education programmes Appointment based Armagh office services Armagh, Dungannon and Clogher Valley, Lurgan office services Lurgan & Portadown supporting outreach bases <18 counselling and mentoring available	SSH MHWB	All ages – focused 'at risk'/marginalised groups. Mentoring <18	Armagh Dungannon Clogher Valley Portadown Lurgan Newry Banbridge
REACT Ltd	Education programmes Web based Appointment based On site protect Life Resource Centre Protect Life and >18 alcohol & Drugs Counselling available SHSCT Funded Sexual Health Clinic available on site (set hours) Arrest Referral for PSNI providing counselling/support service	SSH RI R MHWB SH	All ages – focused 'at risk'/marginalised groups.	Kilkeel Banbridge Newry Armagh Portadown Lurgan

**How:** Education programmes, Drop-In, Helpline, Web based, Appointment based

## SUBSTANCE MISUSE (PRIMARILY) FOCUSED SERVICES SOUTHERN AREA (cont/d)

Service	Information & Advice How?	What other issues are covered?	Group Targeted	Area
Newry & Mourne DAP	Education programmes Appointment based	SSH	All ages – focused 'at risk'/marginalised groups.	Newry & Mourne Armagh Dungammon Craigavon
Breakthru	Education programmes Helpline Web based Appointment based PBNI funded counselling available on site	SSH MHWB	All ages.	Dungannon Armagh
SHSCT Addiction Services	A&D, MHWB, RI, R	Education programmes Appointment based	>18	Dungannon Armagh Lurgan Banbridge Newry Kilkeel Portadown

**How:** Education programmes, Drop-In, Helpline, Web based, Appointment based

**TABLE 11 - OTHER INFORMATION & ADVICE SERVICES SOUTHERN AREA**

<b>Group/Project</b>	<b>What issues are covered?</b>	<b>How?</b>	<b>Group Targeted</b>	<b>Area</b>
REACT Armagh	AD, RI, SH, MHWB, SE	Education Programmes Appointment Based	All ages	Armagh
South West College	SH, RI, AD, R, SE	Education Programmes Appointment Based	Up to 25	Dungannon
Love for Life	R, RI, SH	Education programmes Web based	Young people and parents	Waringstown, Craigavon Banbridge Newry Kilkeel
Magnet Young Adult Centre	AD, RI, SH, SE, MHWB	Drop-in Education programmes Web-based	16-25	Newry
S Armagh Women & Family Health Initiative	MHWB		All ages	Newry
Parents Advice Centre	RI	Appointment based Web based Drop-in Helpline Education Programmes	All ages	Moy, Lurgan, Newry

**How:** Education programmes, Drop-In, Helpline, Web based, Appointment based

## OTHER INFORMATION & ADVICE SERVICES SOUTHERN AREA (cont/d)

Group/Project	What issues are covered?	How?	Group Targeted	Area
VOYPIC	MHWB & R, SSH, RI, AD, SH, SE	Education programmes Drop-in Helpline Web-based Appointment based	LAC 25 & under	Newry Armagh Craigavon Dungannon
YMCA	D&A RI MHWB & R SE, SH, RI	Education programmes Drop-in Helpline Appointment based Web-based	25 & under	Lurgan
SELB The Source Youth Centre	Generic youth work	Drop-in Education programmes	14-25	Banbridge
Newry Women & Family Health Initiative	MHWB & R	Education Programmes	All ages	Newry
Drumcree Community Trust	SH R RI SE A&D	Drop-in Education Programmes	Up to 25	Portadown

**How:** Education programmes, Drop-In, Helpline, Web based, Appointment based

## OTHER INFORMATION & ADVICE SERVICES SOUTHER AREA (cont/d)

<b>Group/Project</b>	<b>What issues are covered?</b>	<b>How?</b>	<b>Group Targeted</b>	<b>Area</b>
Niamh Louise Foundation	SSH MHWB	Education programmes Appointment based	All ages	Dungannon Armagh Lurgan Portadown
Action Mental Health Mensana	SSH MHWB	Education programmes Appointment based	All ages	Portadown
PIPS	SSH MHWB	Appointment based	All ages	Lurgan Banbridge
PIPS	SSH MHWB	Education programmes Appointment based	All ages	Newry
Newry & Mourne Mental Health Forum	MHWB	Education programmes Appointment based	All ages	Newry
Rural Isolation/ Mentality IfH	MHWB	Appointment based	Males – all ages	Armagh Dungannon Lurgan, Portadown Newry
End Poverty Project IfH	MHWB	Appointment based	All ages	Dungannon & South Tyrone Newry & Mourne
Bounce Training SHSCT	R	Education programmes	All ages	Dungannon Armagh Lurgan Portadown Banbridge Newry Kilkeel



Include Youth	SE	Education Programmes	<25	Armagh Dungannon Lurgan Portadown Banbridge Newry
Y-Zone	D&A, RI, R, SSH	Drop-in Education Programmes	25 & under	Portadown
Barnardos	A&D, SE, SSH, , MHWB, R, RI	Education programmes Appointment based	Young people & Families	Dungannon Armagh Craigavon Newry Kilkeel
SELB Alcohol & Drugs Worker	A&D, SH	Education programmes	25 and under	Dungannon Armagh Lurgan Banbridge Newry Kilkeel Portadown
Contact Youth	MHWB	Education programmes Appointment based	All ages	Dungannon Armagh Lurgan Newry Kilkeel Portadown

SHSCT Sexual Health Programme	SH, RI	Education programmes Appointment based	All ages	Dungannon Armagh Lurgan Banbridge Newry Kilkeel Portadown
SHSCT Youth Health Improvement	SE, SH, AD, R	Education programmes Appointment based	<25	Dungannon Armagh Lurgan Banbridge Newry Kilkeel Portadown
SHSCT Mental Health Improvement	MHWP, R	Education programmes	All ages	Dungannon Armagh Lurgan Banbridge Newry Kilkeel Portadown
SHSCT FE Colleges	A/D, SE	Education programmes Appointment based	16 plus	Newry Dungannon Banbridge Kilkeel Lurgan
IfH Health Improvement workers	MHWP	Education programmes	All ages	Dungannon Armagh Lurgan Newry Kilkeel Portadown
CAWT	MHWP A&D	Education programmes		Armagh Newry Dungannon

Health Improvement HH	A&D MHWB	Education programmes Appointment based	Children & parents	Dungannon Armagh Lurgan Newry Kilkeel Portadown
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**How:** Education programmes, Drop-In, Helpline, Web based, Appointment based

**TABLE 12 - INFORMATION & ADVICE BY COUNCIL AREA SOUTHERN AREA**

<b>Council area (SDACT)</b>	<b>% age 10-24</b>	<b>Number 10-24</b>	<b>Alcohol &amp; Drugs</b>	<b>Suicide &amp; Self Harm</b>	<b>Mental Health &amp; Wellbeing</b>	<b>Sexual Health</b>	<b>Relationship issues</b>	<b>Resilience</b>	<b>Coping with school/employment</b>
Newry and Mourne	39.54	34,423	4 Specific 15 non-specific	6	21	8	13	12	5
Banbridge	27.90	11,548	3 Specific 10 non-specific	4	8	5	8	7	4
Craigavon	36.26	29,251	4 specific 24 non-specific	11	20	11	17	18	8
Armagh	30.45	16,523	3 specific 10 non-specific	5	15	5	9	8	4
Dungannon	38.46	18,359	4 specific 11 non-specific	6	16	5	8	8	4

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