

Drugs, Alcohol and Young People

Young People's substance misuse is a growing issue and the Council provides support for local families.

With multiple risks to your development, health and future, you may benefit greatly from support and advice for drug and alcohol use. This support is geared to help you cope with exam stress, schoolwork and the other pressures you may face including family breakdowns and domestic abuse.

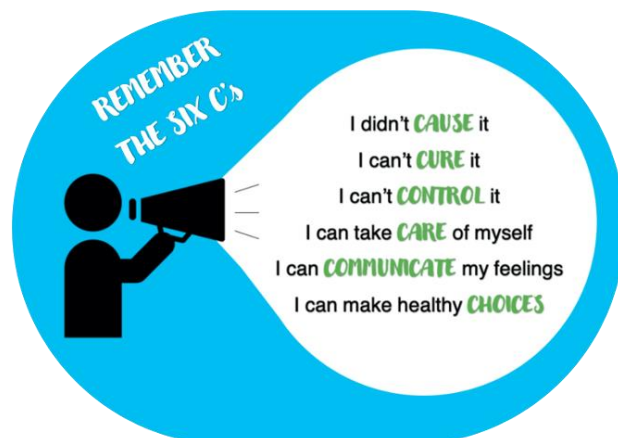
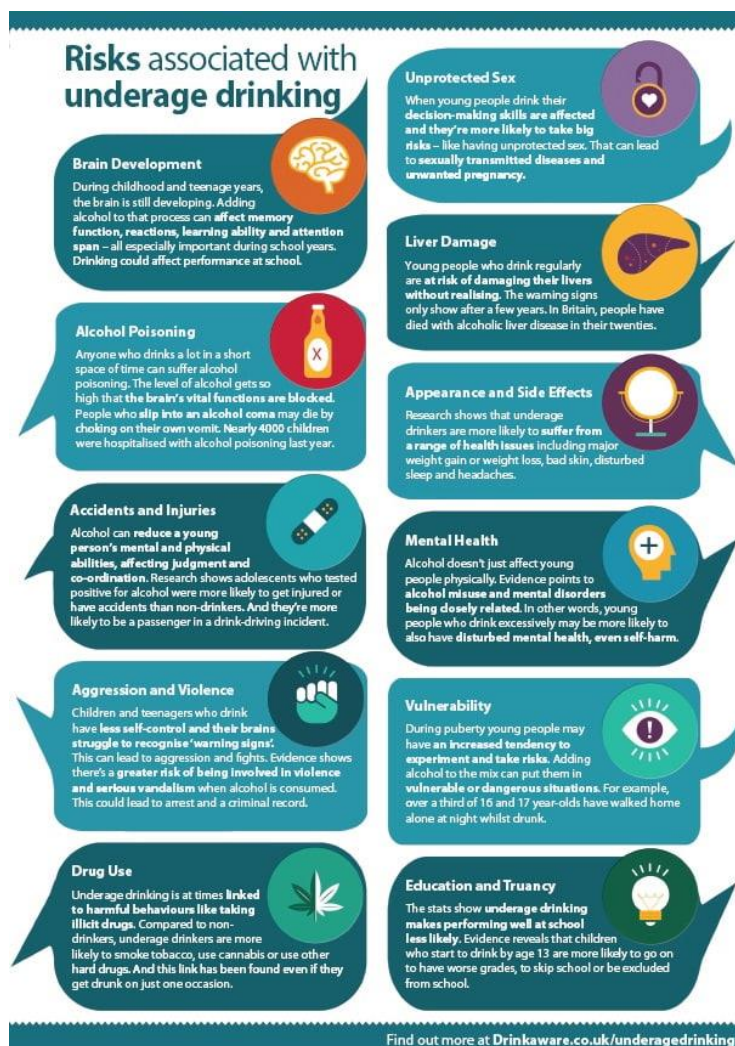
Many adults with established drug misuse problems started using drugs as a young person. The damage done during childhood can impact your future, limiting your physical and education development ¹.

Young People and Others' Substance Misuse

It can be frightening if your mum or dad, brother or sister drinks too much, no matter what age you are. You may think you're different to your friends and believe no one could understand how you feel, but 1 in 5 children in the UK live with parents who drink too much ².

"You can't control someone else's drinking or behaviour" and "remember your mum or dad's drinking is not, and never was, your fault" ³. Alcohol affects the brain which can result in parents say things that they don't mean. Drinking can become so important to them that they may hurt or upset those closest to them. Because your parents/carers can only stop drinking when they're ready, it's important that you get the help you need to cope.

Talking to someone who won't judge you is really important, and hearing about other people's experiences can help you to understand that your feelings towards your mum or dad and their drinking are normal. Making time for yourself and meeting other people in the same situation can help you to make friends who understand what you're going through, while talking to a councillor might help you to understand your emotions better ³. The [Young People's Drug and Alcohol Team](#) can provide support to help you cope with your situation.



Young People's Drug and Alcohol Service



The Young People's drug and alcohol service which used to be delivered by Compass is still being delivered by the same team, but they are now part of Milton Keynes Council. This caring and friendly team continues to provide a confidential service for children and young people under the age of 18 who are:

- At risk of using drug or alcohol (substances)
- Experimenting with substances or who are using them regularly
- Affected by other people's substance misuse.

Moving into the council allows the team to deliver a joined-up approach as they work with other services as they are co-located with Child and Adolescent Mental Health Services (CAMHS), the Youth Offending Service, Children's Social Care and Corporate Parenting. Working across these services and the numerous communities within Milton Keynes means the team can support you in school and across other setting, depending on your needs.

How you can access the service

If you feel that you, or someone you know, would benefit from support send a completed referral form to:

Email: ypdaservice@milton-keynes.gov.uk

Or if you would like some more information about the service, you can get in touch anytime via:

Telephone on 01908 253 011 to speak to one of our team

Email: ypdaservice@milton-keynes.gov.uk

The Drug and Alcohol Practitioners are based at:

Rivers Centre, Trent Rd, Bletchley, Milton Keynes, MK3 7BB

Opening Hours

Main service hours are 9am to 5pm.

There is some flexibility on these times depending on your needs.

1. National Institute on Drug Abuse. Understanding Drug Use and Addiction. *National Institute of Health* <https://www.drugabuse.gov/publications/drugfacts/understanding-drug-use-addiction> (2018).
2. The National Association for Children of Alcoholics. Help & advice for children. <https://www.nacoa.org.uk/children/help-and-advice.html> (2020).
3. The National Association for the Children of Alcoholics. Help & advice for young people. 2020 <https://www.nacoa.org.uk/young-people/help-and-advice.html>.