Drug, Alcohol, Tobacco and Vaping Policy

# XXXX School/College

(school/college logo)

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## Drug, Alcohol, Tobacco and Vaping Policy

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| Date of Document: | xxx |
| Date for Review: | xxx |
| Lead Reviewer: | xxx |
| Approval By: | xxx Governing Body |

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## School/College Name

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## Introduction

This policy outlines policy of **enter school/college name here** for:

* Drug and Alcohol Education
* Handling of drug and alcohol related incidents
* Smoking Education
* Vaping education
* Handling of smoking and vaping related incidents

Drug, alcohol, tobacco and vape misuse pose a significant risk to a young person’s physical and psychological health and development.

This policy is designed to ensure that a young person receives the help that they may need from specialist services, and to understand what the drivers of their drug and/or alcohol, tobacco or vape use may be.

At enter school/college name here we aim to:

* ensure our approach to drugs, alcohol, tobacco and vaping is a whole school/college one, designed as part of our commitment to, and concern for, the health and wellbeing of our whole school community.
* ensure the approaches and processes we follow for drug, alcohol, tobacco and vaping related incidents are clear for all pupils, staff, parents/carers and the wider community.
* manage drugs, alcohol, tobacco and vaping in a way which enables pupils to access educational opportunities in a safe environment, which ensures the health and safety of individuals and community.
* ensure a whole school/college approach to smoking and vaping in order to protect all members of the school community from the harms of second-hand smoke (from smoking only) and to prevent the uptake of and reduce the prevalence of smoking and vaping across the school community.
* be mindful of the evidence that exclusion of a pupil increases their vulnerability, increasing exposure to exploitative and coercive relationships, often increasing their risk around substance use, smoking, vaping and sexual behaviour.

### Drugs and Alcohol

The use of legal and illegal drugs by young people is associated with immediate and long- term risks to their health and wellbeing, which vary with the type of drug taken. There is evidence to suggest that young people who use recreational drugs run the risk of damage to mental health including suicide, depression and disruptive behaviour disorders.

For some young people using drugs or alcohol is a type of “self -medication” to relieve stress or distressing thoughts or to block emotional trauma, this is particularly the case for those young people that face additional complexities[[1]](#footnote-2).

Amongst 10-to-15-year-olds, an increased likelihood of drug use is linked to a range of adverse experiences and behaviour, including truancy, exclusion from school, homelessness, time in care, and serious or frequent offending[[2]](#footnote-3). One of the strongest predictors of the severity of a young people’s drug and alcohol misuse problem is the age at which they start using substances[[3]](#footnote-4).

The Chief Medical Officer recommends that the healthiest and best option is for children who do drink alcohol not to start until at least 15 years of age[[4]](#footnote-5).

The [most recent treatment data](https://www.gov.uk/government/collections/alcohol-and-drug-misuse-and-treatment-statistics) indicates cannabis and alcohol are the most common substances that young people are seeking help with. However young people also come to treatment services using a range of substances including ecstasy (MDMA), new psychoactive substances and cocaine.

### Smoking

The younger the age of uptake of smoking, the greater the harm is likely to be, as early uptake is associated with subsequent heavier smoking, higher levels of dependency, a lower chance of quitting, and higher mortality[[5]](#footnote-6).

Smoking remains the single largest cause of preventable deaths and one of the largest causes of health inequalities in England. There are still 7.3 million adult smokers and more than 200 people a day die from smoking related illness which could have been prevented[[6]](#footnote-7).

Child and adolescent smoking causes serious risks to respiratory health both in the short and long term. Children and young people who smoke are 2 to 6 times more susceptible to coughs and increased phlegm, wheeziness and shortness of breath than those who do not smoke. Smoking impairs lung growth and initiates premature lung function decline which may lead to an increased risk of chronic obstructive lung disease later in life. The earlier children become regular smokers and persist in the habit as adults, the greater the risk of developing lung cancer or heart disease5.

There are several reasons why children and young people start smoking; it may be for fun, or out of curiosity, but one of the more common reasons is peer pressure from friends or classmates who want them to try smoking as acceptance into a group. Children and young people can use smoking to cope with stress, as do some adults. There is also a notable association between smoking and other substance use.

Smoke-free products including legally available tobacco-free nicotine pouches known as are becoming more readily available in the UK, however pouches containing tobacco are not legal for sale. These products are often referred to under the umbrella term snus and have risen in popularity amongst young people in Scandinavia whilst their appearance amongst professional footballers in the media has brought it to the attention of young people at home.

There is currently little guidance around the use of snus as it is a newly emerging product within the UK, however both forms of the pouches are being openly sold. These pouches contain at least 28 cancer causing substances and pose a risk to the cardiovascular health of their users as well as increasing the risk of diabetes and metabolic syndrome, as well as damaging oral health and posing risk to pregnant women and their babies [[7]](#footnote-8).

### Vaping

Vapes were developed as a tool to help adult smokers quit. They are an alternative option to tobacco as part of a structured quit attempt. [Latest evidence](https://www.gov.uk/government/publications/nicotine-vaping-in-england-2022-evidence-update) on vapes estimates they are likely to be 95% less harmful than tobacco. This does not mean they are risk free. There is not enough evidence available at present to know the long-term effects of vaping.

In recent years there has been a reported [increase in prevalence](https://digital.nhs.uk/data-and-information/publications/statistical/smoking-drinking-and-drug-use-among-young-people-in-england/2021) in use of vapes amongst young people which is proving challenging for professionals working with young people.

There has also been an increase in reports of unsafe illegal vapes which can contain dangerous toxins like lead and nickel being found for sale in our local areas. This creates an additional risk of harm to young people.

There is [clear advice (1.6.3)](https://www.nice.org.uk/guidance/ng209/chapter/Recommendations-on-preventing-uptake)from NICE (National Institute For Health & Care Excellence) that vapes should not be used by children and young people, or adults who do not currently smoke, as nicotine is an addictive substance and the long term risks are not yet known. The [law](https://www.legislation.gov.uk/uksi/2015/895/contents) bans the sale of nicotine vaping products to persons under 18 and bans the proxy purchasing of these products to under-18s by adults.

The message is clear: Vaping is not safe or risk free for young people.

There are many reasons why young people try vaping. These are often similar to the reason above for why they start smoking. These can include curiosity, to feel included with friends who vape, peer pressure, to cope with stress. Additionally, some young people misunderstand or are confused about the potential risks posed to them by vaping.

You may wish to make vapes a prohibited item in your school policy using the wider powers of [Searching, Screening and Confiscation](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1091132/Searching__Screening_and_Confiscation_guidance_July_2022.pdf), however confiscations should only be done in conjunction with behavioural support for the students to understand the reasons for the use of a vape and what support could be offered to help the student to change this behaviour.

## School/College Ethos

This document describes our school/college approach to drugs, alcohol, tobacco and vaping education, prevention and resilience building, supporting positive health and well-being. This policy is intended as guidance for all staff including non-teaching staff and governors.

This policy should be read in conjunction with and complement the following school policies: [School to list associated policies]

Examples to assist, please amend as appropriate:

* Safeguarding
* PSHE
* Health Education
* Science
* Behaviour/discipline
* Anti-bullying
* Medicines
* Educational visits
* Equal opportunities
* Exclusion policy
* Searching, Screening and Confiscation

Exclusion **should not be** the automatic response to a drug, alcohol, smoking or vaping incident and permanent exclusion should only be used in serious cases. More detail on excluding pupils can be found in the [DfE Exclusion Guidance.](https://www.gov.uk/government/publications/school-exclusion) School exclusions may make a pupil more vulnerable to criminal exploitation, including recruitment into county lines activity. [[8]](#footnote-9),[[9]](#footnote-10),[[10]](#footnote-11)

Concerns relating to Child Exploitation must be taken seriously – please see [Appendix C](#_Violence_&_Harm) for guidance on identifying and responding to child exploitation.

## Confidentiality

The welfare of children and young people will always be central to school/college policy and practice. All pupils need to feel able to talk in confidence to a member of staff about drug or alcohol related problems. However, in line with safeguarding procedures, staff will not be able to promise complete confidentiality and information about a child in relation to drugs or alcohol and will follow the same procedure as for other sensitive information.

### Smoking

Children under the age of 16 can consent to their own treatment if they're believed to have enough intelligence, competence and understanding to fully appreciate what’s involved in their treatment. This is known as Gillick competent.

Otherwise, someone with parental responsibility can consent for them.

This could be:

* the child's mother or father
* the child's legally appointed guardian
* a person with a residence order concerning the child
* a local authority designated to care for the child
* a local authority or person with an emergency protection order for the child.[[11]](#footnote-12)

## Drug, Alcohol, Tobacco and Vaping Education

Drug, alcohol and tobacco education contributes to children’s health and safety; it is part of a broad and balanced curriculum. An understanding of drugs, alcohol and tobacco enables pupils to make informed decisions and forms part of the school’s duties under safeguarding (Keeping Children Safe in Education).

The [National Drug Strategy 2017](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/628148/Drug_strategy_2017.PDF) highlights the key role of schools and particularly PSHE in helping children and young people develop confidence and resilience, key protective factors in effective prevention.

[The Khan review into smokefree 2030 policies](https://www.gov.uk/government/publications/the-khan-review-making-smoking-obsolete/making-smoking-obsolete-summary) recognises that children who grow up in a smoking household or environment are more likely to become smokers. Schools have an opportunity to have whole family conversations when a student is found to be smoking or vaping. This can help to identify any environmental factors that make smoking behaviour more acceptable to the young person or allow easier access to tobacco products at home including vapes.

[NICE guideline NG209](https://www.nice.org.uk/guidance/ng209) recommends a coordinated whole school approach to smoking and vaping. It also recommends that as part of the curriculum on tobacco, alcohol and drug misuse, children, young people and young adults who do not smoke should be discouraged from experimenting with or regularly using vapes.

The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships Education compulsory for all pupils receiving primary education and Relationships and Sex Education (RSE) compulsory for all pupils receiving secondary education, and Health Education compulsory for all school-aged children and young people.

The table below outlines the drug and alcohol requirements detailed in [statutory guidance on relationships education, relationships and sex education (RSE) and health education](https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education):

|  |
| --- |
| **Summary of requirements (Drugs, alcohol and tobacco)** |
| **Primary** | **Secondary** |
| By the end of primary, pupils should know;* the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.
 | By the end of secondary, pupils should know; * the facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions.
* the law relating to the supply and possession of illegal substances.
* the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.
* the physical and psychological consequences of addiction, including alcohol dependency.
* awareness of the dangers of drugs which are prescribed but still present serious health risks.
* the facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so.
 |

**Drugs, Alcohol and Tobacco Education at enter school/college name here aims to:**

* **Enable pupils to make informed healthy and safe choices by increasing their knowledge, challenge their understanding and develop their skills.**
* **Support pupils to develop positive self-esteem and resilience in order to help them assert themselves, respond to pressure, assess risks and seek help, support and advice to keep them and others safe from harm.**
* **Provide accurate, factual and up to date information about substances and the dangers of smoking and vaping.**

Our PSHE and Health Education programme is planned and taught in line with national curriculum guidance, DFE guidance, Ofsted requirements and evidence based high quality resources.

Our PSHE and Health Education addresses keeping safe, healthy relationships and understanding the world around you as part of a planned, progressive and age-appropriate curriculum. It focuses on factors such as raising educational achievement, training and employment, promoting positive health and wellbeing, positive relationships and meaningful activities.

Evidence shows drug education programmes and approaches that solely rely upon scare tactics, knowledge only approaches, and mass media campaigns are not effective.

In addition, the PSHE Association advises caution about the use of ‘drop-down days’ if used in isolation and not as part of a planned, and more comprehensive PSHE programme.

Social and educational outcomes for young people are likely to be better if they attend school regularly. Young people who are unable to access education at school because they have been excluded for the use of alcohol or using illegal drugs are more likely to develop problematic use. Good management of drugs and alcohol in schools is therefore closely aligned with ensuring educational attainment and achievement for all, and with robust safeguarding. Young people who don’t attend lessons or who have been excluded from school are more likely to smoke regularly compared to those who had never truanted or been excluded.

## Referring and Signposting

**School/college name** **is mindful that some pupils will require targeted support. Youth Drug and Alcohol Solutions (YDAS), provided by Milton Keynes City Council, supports 5- to-19-year-olds impacted by substance misuse whether this is their own use, or if they are affected by someone else’s.**

If we have any concerns over an individual young person’s drug and/or alcohol use, or if the young person is an affected other, being affected by someone else’s drug and alcohol use, with the young person’s consent and involvement, a referral to MKYDAS will be completed (see [Appendix B](#_Appendix_B,_Aquarius)). MKYDAS offer 1-to-1 psychosocial support, family sessions and group work.

This may also be completed alongside other appropriate referrals for example Safeguarding within the Local Authority (front door), School Nurse, or to the local Child and Adolescent Mental Health Service (CAMHS).

Details of additional locally available targeted support, around wider vulnerability as well as drug and alcohol support are detailed in the Contact information for schools for key Health and Wellbeing Commissioned Services/In House Services for Milton Keynes ([Appendix E](#_Appendix_E,_Contact)).

Choose You can support young people to quit tobacco and can provide further information around tobacco use.

If you have any concerns over an individual young person’s tobacco use, with the young person’s consent and involvement, a referral to Choose You can be completed via the [Choose You website](https://chooseyou.co.uk/) where they will be offered 1-to-1 support to quit smoking, family members are welcome to attend.

Whilst the Choose You service does not have a dedicated programme for people that want to quit vaping, there is information about vaping and [guides for young people](https://chooseyou.co.uk/quit-smoking/vaping/guide-to-quit-vaping-for-under-18s/) and [parents and carers](https://chooseyou.co.uk/quit-smoking/vaping/quit-vaping-guide-for-parents-and-carers/) who either want to quit vaping themselves or want to support someone to quit vaping. You can access all of this on the [Choose You website](https://chooseyou.co.uk/quit-smoking/vaping/).

The service is also available for advice and support for young people looking to stop using smokeless products like snus.

## Drug, Alcohol, Tobacco and Vaping Related Incident Procedure

### Key Procedural Issues

* Always inform the Head Teacher/designated safeguarding lead
* For safeguarding issues, refer to the school/college Safeguarding Policy
* Record ALL incidents ([Appendix A](#_Appendix_A,_School)). Disposal of illegal substances must be witnessed. Police can dispose of drugs for a setting

### School/College Boundaries

* The school/college boundary is………… (school/college to complete).
* The school day is …… a.m. to …… p.m. (school/college to complete).
* If a drug, alcohol, smoking or vaping related incident takes place in the immediate vicinity of the school/college, near the start or end of the school/college day, at an after-school/college club or at an evening school/college event, it will be dealt with at the discretion of the Head Teacher/Principal or other designated member of the senior management team.
* Drug, alcohol, smoking or vaping related incidents occurring during school/college day trips or residential trips will be dealt with as if they had occurred within the school/college boundaries.

Health and safety of the child/young person should always be the principal concern when responding to all incidents.

A senior member of staff who is responsible for the school/college policy should liaise with the police and agree a shared approach to dealing with drug-related incidents. This approach should be updated as part of a regular review of the policy.

If a pupil is suspected of being under the influence of drugs or alcohol on school/college premises, the school/college will prioritise the safety of the young person and those around them.

If necessary, it should be dealt with as a medical emergency, administering first aid and summoning appropriate support. Depending on the circumstances, parents/carers or the police may need to be contacted. If the child/young person is felt to be at risk, the Safeguarding Policy will come into effect.

See [Appendix D](#_Appendix_D,_Responding) for more information about responding to incidents involving drugs.

## Staff Roles and Responsibilities

### The Governing Body is responsible for:

* Authorising the Drug, Alcohol, Tobacco and vaping Education policy and any subsequent reviews of the policy and ensuring that the terms and ethos of this policy are followed.
* Reviewing the policy every 3 years.
* Monitoring the number and nature of drug, alcohol, tobacco or vaping related incidents
* The outcomes, including any disciplinary action.

### The Head Teacher/Principal is responsible for:

* Ensuring that the terms and ethos of this policy are followed.
* Appointing a Senior Management Team to implement the policy and ensure a planned drug and alcohol education curriculum is delivered in line with recognised good practice.
* Ensuring that staff are provided with the required training and guidance to deliver effective drug education and respond to drug and alcohol related incidents.
* Ensuring that pupils are aware of the rules on drugs, alcohol and tobacco, and the consequences.
* Ensuring that clear procedures for drugs, alcohol, tobacco and vaping incidents with appropriate sanctions consistent with the school/college Behaviour, Exclusion and Safeguarding policies are in place.
* Liaising with external agencies and organisations.

### The Personal Social Health Education Lead is responsible for:

* Reviewing and updating the Policy and Scheme of Work in the context of the PSHE programme in light of research and local and national data.
* Monitoring the effectiveness and quality of the planned and delivered curriculum for PSHE, including Drug, Alcohol, Tobacco and vaping Education
* Providing leadership and training for staff.
* Auditing and monitoring resources for effective teaching and learning.
* Producing an annual PSHE report for school/college governors, to include recommendations and the identification of opportunities and threats to good practice.

### Appendix A, School Record of Incident Involving Unauthorised Drugs or Alcohol (including Tobacco/Vapes)

|  |
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| School/College Record of Incident Involving Unauthorised Drugs or Alcohol |
| **Tick to indicate the category, tick more than one if applicable:** |
| Drug, alcohol, tobacco, vape or paraphernalia found ON school/college premises |  | Pupil disclosure of drug, alcohol, tobacco or vape use |  |
| Emergency/Intoxication |  | Disclosure of parent/carer drug or alcohol misuse |  |
| Pupil in possession of unauthorised drugs, alcohol, tobacco or vape |  | Parent/carer expresses concern |  |
| Pupil supplying unauthorised drug, alcohol, tobacco or vape on school/college premises |  | Incident occurring OFF school/college premises |  |
|  |
| Name of pupil: | Name of school/college: |
| Pupils’ form: | Date of incident: |
| Age of pupil:  | Time of incident: |
| Ethnicity of pupil | Indicate if second or subsequent incident involving the same pupil |
|   |
| First Aid given? YES NO  |
| First Aid given by: |
| Ambulance/Doctor called? YES NO |
| Called by:  | Time: |
|  |
| Drug/ and or alcohol or tobacco involved (if known)(e.g. Alcohol, paracetamol, Ecstasy):  |
| Drug, alcohol, tobacco or vape found/removed? YES NO |
| Where was the drug, alcohol, tobacco or vape found/seized |
| Name and signature of witness:Name: Signature:  |
| Disposal arranged with (Police/Parents/Other): Time:  |
| If Police, incident reference number: |
|  |
| Brief description of incident (including any physical symptoms): |
| Was parent/carer informed YES NO  |
| Is yes name of parent/carer:Informed by: At time |
| Other action taken: (referral to drug and alcohol support services, Stop Smoking Service, agencies involved, educational psychologist report requested, case conference called, pupils/staff informed, LA/GP/Police consulted) |
| Completed by: Contact details: Date:Name of any other staff members involved in incident:Contact details: |

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### Appendix B, YDAS Referral Form

In line with GDPR guidelines the Milton Keynes Youth Drug and Alcohol Solutions (YDAS) team will not be able to process this referral without the requirements outlined in the privacy notice below being met.

|  |
| --- |
| **Privacy Notice Statement** |
| **Please note by completing this referral, the YDAS team will expect the following:*** **This referral has been discussed and agreed by the referred young person.**
* **You consider the young person to have capacity to give informed consent.**
* **You have explained that any information held on this form will be stored by Milton Keynes City Council on a secure database.**

Signed by referrer ………………………………………………………………………………….Signed by Young Person referred …………………………………………………………… |

**Section 1**

|  |  |  |
| --- | --- | --- |
| **Date Received by YDAS**  | **Date Allocated to YDAS** | **Date 1st Appointment Offered** |
|  |  |  |
| **Please tick the box below if this referral is for:**  | **Please tick the box below if this referral is for:** |
| **A young person affected by their own drug and alcohol use***Complete Section 1 & Section 2 if the young person is aged 12 or younger*  |  | **A young person affected by someone else’s drug and/or alcohol use (i.e., parent/carers)***Complete Section 1 & Section 2 if the young person is aged 12 or younger*  |  |
| **Details of Referrer** |
| Name |  |
| Organisation |  | Relationship |  |
| Address |  |
|  | Postcode |  |
| Landline  |  | Mobile  |  |
| Email Address |  |
| **Details of Young Person** |
| **Is the Young Person aware of the referral?**  |  |
| **Is the Young Person’s Parent/Carer aware of the referral?** |  |
| **Young Person’s Signature to Consent to Referral**  |  |
| **Name** |  |
| **Address** |  |
|  | **Postcode** |  |
| **Landline** |  | **Mobile** |  |
| **Name of parent/carer/Mobile number** |  |
| **Date of Birth** |  | **Age** |  | **Gender** |  |  |
| **Nationality** |  | **Ethnic Origin** |   |
| **Registered Disabled** | o Yes | o No | **Primary Impairment** |  |
| **Registered with GP** | o Yes | o No | **Surgery Name** |  |
| **Is the young person current subject to the following:** | o EHA | o CIN o CPP oLAC |  |  |
| **Do you consent to the following methods of contact?**  | o Email |  oLandline o Mobile |  | o Referrer |
| **Known substance issues** |  |
| **Identified risks** |  |
| **Where would the young person feel most comfortable meeting?** |  |
| **Would the young person like to be accompanied?** **Would the referrer like to attend the initial meeting?** **Will family/carer be involved in support?** |  |
| **Is there anything we need to know that could support engagement?** |  |
| **Other Agencies Involved in Supporting the Young Person** |
| Agency and Practitioner  |  | Contact Number |  |
| Agency and Practitioner  |  | Contact Number |  |
| Agency and Practitioner  |  | Contact Number |  |
| Agency and Practitioner  |  | Contact Number |  |
| **Please email completed referral forms to the Milton Keynes YDAS team at:** **ydas@milton-keynes.gov.uk** |

**Section 2**

***Written Consent from Parent/Carer is required below if the young person is aged 12 or under.***

|  |
| --- |
| **Consent** |
| This form records your consent to collect relevant information about your child and to store this information securely within Milton Keynes Council and to share (when appropriate) with other third parties. Your Youth Drug and Alcohol Solutions worker will explain this to you so you can make informed decisions about what is shared and with whom. |
| **Confidentiality** |
| No information about your child is ever shared with any other agency without your permission unless it is necessary to keep your child or others safe from harm. If this was the case, we will explain to you why we need to share such information and where possible involve you in how the information is shared. Your child’s personal information whether electronic or paper will always be stored securely. |
| **Information sharing with other agencies** |
| We will only share information about your child with other agencies/professionals involved in your child’s care with your consent unless we believe your child or others are at risk of harm, or we have a legal obligation to release the information to statutory organisations. We will discuss with you which agencies/professionals you consent to us sharing information with. The Youth Drug and Alcohol Solutions team will actively encourage you to share information where it supports the care/treatment your child is receiving from us and from other professionals. This will ensure that there is good co-ordination and communication between professionals and reduces any unnecessary duplication. |
| **Consent to Hold and Share Information** |
| 1. As part of your child’s care, the Youth Drug and Alcohol Solutions team may need to share information, as appropriate, with other agencies such as Children’s Social Care and Education. Please tick and/sign to agree to sharing information.
2. As described above, the Youth Drug and Alcohol Solutions team will hold personal details regarding you and your child within their secure database. Please tick to agree for Youth Drug and Alcohol Solutions team to hold your personal information.
 |
| **Parent/Legal Guardian\*** |
| **Name:** | **Signature:** | **Date:** |

### Appendix C, Useful resources

[Guidance for school leaders and staff on managing drugs and drug-related incidents](https://www.gov.uk/government/publications/drugs-advice-for-schools)  within schools and pastoral support for pupil has been produced by the government.

Information on snus:

* [smokelesstobaccoeip.pdf (ash.org.uk)](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fash.org.uk%2Fuploads%2Fsmokelesstobaccoeip.pdf&data=05%7C02%7CEmily.Christopher2%40centralbedfordshire.gov.uk%7C137fed3e8c2641e8e0c708dc8083eeb8%7C21d8a1ee07874374b2594e87058aff15%7C0%7C0%7C638526551334779963%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=BB9S5di47Vgumz6mNIomkx5ZtIclnJZ0YWueyV0RRh0%3D&reserved=0)
* [Awareness-and-use-of-nicotine-pouches.pdf (ash.org.uk)](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fash.org.uk%2Fuploads%2FAwareness-and-use-of-nicotine-pouches.pdf%3Fv%3D1667213473&data=05%7C02%7CEmily.Christopher2%40centralbedfordshire.gov.uk%7C137fed3e8c2641e8e0c708dc8083eeb8%7C21d8a1ee07874374b2594e87058aff15%7C0%7C0%7C638526551334797230%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=9Hm8RZvPJRdsicqV7vMIcayX%2FruBEb%2FOjWhYnZG7E8c%3D&reserved=0)

### Vaping Resources

Our resources:

* Guide to quit vaping for under 18;s - [PUB005\_23 Quit Vaping Guide for Under 18’s A5 DRAFTv1.pdf - Google Drive](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdrive.google.com%2Ffile%2Fd%2F1jvJDHtD4u9aVhT6JRHRs3ka61pzR0eDk%2Fview&data=05%7C02%7CEmily.Christopher2%40centralbedfordshire.gov.uk%7C2f89486a94b54f11878608dc74db0388%7C21d8a1ee07874374b2594e87058aff15%7C0%7C0%7C638513733142853503%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=KoOcFqba0lt7jJqGs9pb5%2BVwyvTaJcgxs1nPQfgzW94%3D&reserved=0)
* Guide for parents/carers supporting young person to quit vaping - [PUB005\_23 Quit Vaping Guide Parents Carers A5 DRAFTv1.pdf - Google Drive](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdrive.google.com%2Ffile%2Fd%2F1oNpLL9c1fvSXZ1j-3wTR0s0KU0fM_X0Y%2Fview&data=05%7C02%7CEmily.Christopher2%40centralbedfordshire.gov.uk%7C2f89486a94b54f11878608dc74db0388%7C21d8a1ee07874374b2594e87058aff15%7C0%7C0%7C638513733142868137%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=sMCU%2BpZxBrmrV30AvqH1hb0kCJxZEKbxZOFQwTZTrTU%3D&reserved=0)

There are also several National PHSE smoking and vaping resources available currently that can be shared with children and young people or anyone working with young people linked below:

* OHID Vaping teaching resources​
	+ <https://campaignresources.phe.gov.uk/schools/topics/mental->[wellbeing/overview#vaping](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Flinkprotect.cudasvc.com%2Furl%3Fa%3Dhttps%253a%252f%252fcampaignresources.phe.gov.uk%252fschools%252ftopics%252fmental-wellbeing%252foverview%2523vaping%26c%3DE%2C1%2CkKOOl4ND6EYMQSe9JjvksfMFRjjxWlLVuq1A7XiXMhMbQG1M9g3lzn6KZ6Fr7QhUIKdhKTG8f59aFM-ME1JpMoPc4HmZrNdkQk8PTl95R6z0ptHuNg%2C%2C%26typo%3D1&data=05%7C02%7CEmily.Christopher2%40centralbedfordshire.gov.uk%7C2f89486a94b54f11878608dc74db0388%7C21d8a1ee07874374b2594e87058aff15%7C0%7C0%7C638513733142882696%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=uZKKr%2FDJR5811wUiaoBrgmhiG10TnK2jgyymfvORLrI%3D&reserved=0)​
* Aimed at helping Key Stage 3 children understand the impact that vaping has on their physical and mental wellbeing. The three curriculum linked resources feature:
	+ Information on nicotine, what vaping is and the impact it has​
	+ Films co-created by young people​
	+ Activities to prompt pupil discussion and reflection​
	+ Content written and reviewed by teachers​
	+ Guidance on teaching about vaping​
	+ Flexibility of use as either short form time activities or a full lesson plan​
	+ Endorsement from the NHS
* [ASH (Action on smoking and health) and Smokefree Sheffield](file:///C%3A/Users/LWILSON2/AppData/Local/Microsoft/Windows/INetCache/Content.Outlook/GHL8RKKU/ASH%20%28Action%20on%20smoking%20and%20health%29%20and%20Smokefree%20Sheffield%C2%A0)[https://ash.org.uk/resources/view/ash-brief-for-local-authorities-on-youth-vaping](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Flinkprotect.cudasvc.com%2Furl%3Fa%3Dhttps%253a%252f%252fhealthyschoolscp.org.uk%252fpshe%252fsmoking-and-vaping-local-offer%252f%26c%3DE%2C1%2CpQLSV1KcaFwnZ-PKod4aFlhzEEGyfH53r0JMhZjOzj5-mOkwQGC4_uArfH91-wwuNNKE3Xu6qmLqnSZgCRvU2rf2W1C6RSCqeKC4LzQ4wscjWQ%2C%2C%26typo%3D1&data=05%7C02%7CEmily.Christopher2%40centralbedfordshire.gov.uk%7C2f89486a94b54f11878608dc74db0388%7C21d8a1ee07874374b2594e87058aff15%7C0%7C0%7C638513733142888948%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=XAs%2BwPtj5U5f4DyuzTwYmdNEyy0BSn8h277nPIYTZNA%3D&reserved=0)​
	+ short animated films, posters, guides for parents and carers, classroom presentations and teachers' toolkits.​
* [Catch your breath – the smoking and vaping programme for schools](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Flinkprotect.cudasvc.com%2Furl%3Fa%3Dhttps%253a%252f%252fhealthyschoolscp.org.uk%252fpshe%252fsmoking-and-vaping-local-offer%252f%26c%3DE%2C1%2Co31ZOpMg5P18X5tfuk3lZely3WJVqjngQVI_z9nsQTzs5s8PZkN4HoBq8afA21sH9Do55g07e8RWi9Q4O8smFnJ4_4NdT3jg60cUnzGbm6JWmCGMycI%2C%26typo%3D1&data=05%7C02%7CEmily.Christopher2%40centralbedfordshire.gov.uk%7C2f89486a94b54f11878608dc74db0388%7C21d8a1ee07874374b2594e87058aff15%7C0%7C0%7C638513733142895144%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=xXMt41Kfwi0akuxO%2BKqwDQc8e41FgDMQz%2FjNmqRSJrU%3D&reserved=0)​
	+ [https://healthyschoolscp.org.uk/pshe/smoking-and-vaping-local-offer/](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Flinkprotect.cudasvc.com%2Furl%3Fa%3Dhttps%253a%252f%252fhealthyschoolscp.org.uk%252fpshe%252fsmoking-and-vaping-local-offer%252f%26c%3DE%2C1%2CTO78QJfRa4uvlfNObRdv4P3Y5hv5sbVUKV_EYpJwaBFRoLiP4H9OsLa2Yldp1WHTN7cU79mDpwUvgyR5H1pek83zdPl0a-RomCecsP9GtII1MpA%2C%26typo%3D1&data=05%7C02%7CEmily.Christopher2%40centralbedfordshire.gov.uk%7C2f89486a94b54f11878608dc74db0388%7C21d8a1ee07874374b2594e87058aff15%7C0%7C0%7C638513733142901536%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=pTeSi5mmoU03oP2%2Bc0ej%2BJewrtQgfj0Jw3Six9TVCLw%3D&reserved=0) ​
	+ Primary schools teaching resources to raise awareness of the risk of smoking and vaping and leaflets that can be shared with parents. ​
	+ Secondary school prevention and cessation resources to discourage pupil uptake or vaping and proactive advice and support to help those who have started vaping to stop.
* Action on Smoking and Heath has produced a very helpful brief to use evidence available to debunked some of the common myths about vaping including:​
	+ ​Vaping nicotine is more harmful than smoking tobacco ​
	+ Vaping is more addictive than smoking ​
	+ Disposable vapes deliver as much nicotine as 50 cigarettes ​
	+ Vaping is a proven gateway into smoking ​
	+ Nicotine damages brain development in young people ​
	+ The main reason children vape is because they like the flavours​
	+ You can read the full briefing here: [https://ash.org.uk/uploads/Addressing-common-myths-about-](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Flinkprotect.cudasvc.com%2Furl%3Fa%3Dhttps%253a%252f%252fash.org.uk%252fuploads%252fAddressing-common-myths-about-vaping-ASH-brief.pdf%253fv%253d1691052025%26c%3DE%2C1%2Crb5A0pn4fiwnbM8cK5Xn3mIGuGBSSVv3OFoxMQq2f-yYVeqLzE-yQJwdVkFCU4Y1kGO595EpDwLz5elVXlE4dM-ESM4IIZDRmG-eA9mKKhE%2C%26typo%3D1&data=05%7C02%7CEmily.Christopher2%40centralbedfordshire.gov.uk%7C2f89486a94b54f11878608dc74db0388%7C21d8a1ee07874374b2594e87058aff15%7C0%7C0%7C638513733142908153%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=1txMLWtKbG7JmX1kPJeNmXgiRzyXqG7OaPB3WHcrnbs%3D&reserved=0)[vaping-ASH-brief.pdf?v=1691052025](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Flinkprotect.cudasvc.com%2Furl%3Fa%3Dhttps%253a%252f%252fash.org.uk%252fuploads%252fAddressing-common-myths-about-vaping-ASH-brief.pdf%253fv%253d1691052025%26c%3DE%2C1%2ClIcUr8yUcFbUDrLgj0013sHY1hR7Qygu3edqyzdNqcgYauFh54E7XFNCYcRJmq1qzz0Udh_QAkkgVZ9mkPH577ML1y8DUm38dDdupFaIuU8ArOykeXryzXUWnQ%2C%2C%26typo%3D1&data=05%7C02%7CEmily.Christopher2%40centralbedfordshire.gov.uk%7C2f89486a94b54f11878608dc74db0388%7C21d8a1ee07874374b2594e87058aff15%7C0%7C0%7C638513733142914380%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=sZlULaJNuzINf23lvGCOYdT3Kr0ARGwX4ml4YYhkhuo%3D&reserved=0)​

There are more facts about vaping, specifically for young people available here:

* [FRANK – Facts about vaping](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Flinkprotect.cudasvc.com%2Furl%3Fa%3Dhttps%253a%252f%252fwww.talktofrank.com%252fdrug%252fvapes%26c%3DE%2C1%2CAVDjN278PM4VCYCMFhJM6vtvTMltBEs6Eay5gedt5Velk6-sQJ8lh7UpnoPoyNSQFlYY5RMQs56TGMEGjXNQq790TufetRrGNrdm0ZY85sE-ajcdeARt%26typo%3D1&data=05%7C02%7CEmily.Christopher2%40centralbedfordshire.gov.uk%7C2f89486a94b54f11878608dc74db0388%7C21d8a1ee07874374b2594e87058aff15%7C0%7C0%7C638513733142920147%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=%2BfSX3eIyRPwdHq5RuQZuAtHIT6KDHdjjJOelWMu7uOU%3D&reserved=0)​
	+ <https://www.talktofrank.com/drug/vapes>
* Healthy school’s videos about vaping facts:​
	+ [https://youtu.be/ZkOrodiXHgs](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2FZkOrodiXHgs&data=05%7C02%7CEmily.Christopher2%40centralbedfordshire.gov.uk%7C2f89486a94b54f11878608dc74db0388%7C21d8a1ee07874374b2594e87058aff15%7C0%7C0%7C638513733142931655%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=iWIVfeMiuJBj9ArQXTxYWd1qLvgnse%2BUDZWBEL9FEY8%3D&reserved=0)​
	+ [https://youtu.be/J0C2-dpO\_Zo](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2FJ0C2-dpO_Zo&data=05%7C02%7CEmily.Christopher2%40centralbedfordshire.gov.uk%7C2f89486a94b54f11878608dc74db0388%7C21d8a1ee07874374b2594e87058aff15%7C0%7C0%7C638513733142937733%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=6oJWtgdKVS%2Fbs97Vwwnj1ZixBPDUcPb%2Fwh%2FXy5h74MY%3D&reserved=0)

### Teacher workbook from the Alcohol Education Trust - key stages 3 and 4

The Alcohol Education Trust has published its latest [teacher workbook (link opens in new window)](http://alcoholeducationtrust.org/teacher-area/download-teacher-workbook/), giving guidance on delaying alcohol consumption and reducing the risks by teaching resilience. The workbook is DfE approved and a PSHE quality assured resource. Ideal for those delivering alcohol education, it offers 'pick and mix' lesson plans, games and quizzes for effective and enjoyable alcohol awareness.

### Teacher newsletter from the Alcohol Education Trust

The [Alcohol Education Trust (link opens in new window)](http://alcoholeducationtrust.org/) publishes teacher and parent newsletters.

* [alcoholeducationtrust.org (link opens in new window)](http://alcoholeducationtrust.org/)
* [talkaboutalcohol.com](http://www.talkaboutalcohol.com/)

### Teachers' area from the Alcohol Education Trust

The [Alcohol Education Trust (link opens in new window)](https://alcoholeducationtrust.org/teacher-area/) provides educational materials and lesson plans, which are listed by subject to make lesson planning simple. There are different levels of resources for different age groups and abilities, together with short film clips and hand out sheets.

### New resources, checked by PSHE Association

The PSHE Association has quality assured two drug and alcohol related resources from CWP resources:

[PSHE](https://pshe-association.org.uk/drugeducation) provides a set of lessons for key stages 1 to 5, to support the teaching of a variety of issues within drug and alcohol education

The evidence based [Talk about alcohol (link opens in new window)](https://alcoholeducationtrust.org/teacher-area/download-teacher-workbook/) for secondary teachers from the Alcohol Education Trust (AET) focuses on enabling students to make informed choices about alcohol use and includes teacher notes, worksheets, discussion-based work and links to interactive games, quizzes and activities.

### Friendship and Social Group Focus

Resources available from:

[Alcohol Education Trust](http://alcoholeducationtrust.org/teacher-area/): Produce the ‘[Talk About Alcohol’ Teacher Workbook](http://alcoholeducationtrust.org/teacher-area/download-teacher-workbook/)

### Experimentation and Personal Identity Focus

Drug education in the context of relationships, managing emotions and peer norms

Building resilience, decision making skills and self-esteem resources available from:

[Rise Above](https://riseabove.org.uk/): Website created by young people for young people which aims to build emotional resilience, equipping individuals with the skills and knowledge they need to make informed decisions and help deal with the pressures of growing up.

### Violence and Harm reduction

Bedfordshire Against Violence and Exploitation - <https://www.bavex.co.uk/>

Raising awareness and reporting of exploitation especially those linked to organised crime, including county lines and child sexual and/or criminal exploitation

Bedfordshire Violence & Exploitation Reduction Unit (VERU) - <https://bedsveru.org/>

Identifying and Responding to Child Exploitation - [Identifying-and-responding-to-child-exploitation.pdf (bedsveru.org)](https://bedsveru.org/wp-content/uploads/2021/01/Identifying-and-responding-to-child-exploitation.pdf)

### Appendix D, Responding to Incidents Involving Drugs



### Appendix E, Contact Information for Health and Wellbeing Services in Bedfordshire, Luton and Milton Keynes for Children, Young People and Families (June 2025)

| Service | Area Covered | Organisation | Website | Service Available | How To Make Contact? |
| --- | --- | --- | --- | --- | --- |
| 0-5 Health Visiting,5-19 School Nursing | Bedford BoroughCentral BedfordshireLuton | Cambridge Community ServicesNHS Trust | <https://bedslutonchildrenshealth.nhs.uk/><https://bedslutonchildrenshealth.nhs.uk/services/bedfordshire-and-luton-0-to-19-health-visiting-and-school-nursing-service><https://bedslutonchildrenshealth.nhs.uk/services/bedfordshire-and-luton-health-hub/> ccs.bedsandlutonchildrenshealthhub@nhs.net | School Nurses can support on a one-to-one basis virtually or in school where there is a need for talking therapy and guidance with issues of exam pressure, relationships and other health issues or conditions. Health Visitors can support parents and children under 5 yrs. With a wide range of health issues, such as support with parenting, Maternal mental health support and infant feeding. | 0-19 team Single Point of Access which can direct any enquires to the relevant school nurse team on any one day. 0300 555 0606Please see websiteAlso, via direct contact with HV/Sch Nurse |
| Milton Keynes | Central & North West London NHS Foundation Trust | [Milton Keynes 0-19 Universal Health Service (Health Visitors and School Nurses) :: Central and North West London NHS Foundation Trust (cnwl.nhs.uk)](https://www.cnwl.nhs.uk/services/community-services/milton-keynes-0-19) | This service is available for all pregnant women, children, families and young people in Milton Keynes. All services are provided within the integrated 0-19 team and include Health Visiting and School Nursing. Aiming to help to empower parents, children and young people to make decisions that affect their and their family’s health, development and wellbeing. Staff consist of health visitors, school nurses, staff nurses, nursery nurses, healthcare assistants and administrators. Health visitors and school nurses are all qualified nurses or midwives who have undertaken specialist training in public health, child development and health needs assessment. | 0-19 single point of access via administrative team. You can call us on 01908 725100 Monday to Friday between 9.30am and 4.30pm where there is a duty Health Visitor/School Nurse available to speak to you and help and support you. |
| Bedford BoroughCentral BedfordshireLuton | Parentline Cambridge Community ServicesNHS Trust | <https://bedslutonchildrenshealth.nhs.uk/services/bedfordshire-and-luton-0-to-19-health-visiting-and-school-nursing-service/parentline/>  | Parentline offers advice and support on a range of issues such as weaning, sleep and emotional health. They can also find out how to access other local services. | Parentline: for parents and carers of those aged 0-19 (25 with SEND) TEXT 07507 331456 if you live in Bedfordshire TEXT 07507 331886 if you live in Luton  |
| Milton Keynes | Parentline | [Parenting and Family Support - Family Lives (Parentline Plus) | Family Lives](https://www.familylives.org.uk/) | Parenting and family support is available from Family Lives (formerly Parentline Plus) through the website, online chat | Helpline: 0808 800 2222 or message on WhatsApp: 07441 444125 for support with parenting and family worries   |
| Bedford BoroughCentral BedfordshireLuton | ChatHealth CCSNHS Trust | <https://bedslutonchildrenshealth.nhs.uk/services/bedfordshire-and-luton-0-to-19-health-visiting-and-school-nursing-service/chathealth/>  | ChatHealth, a service for young people to confidentially ask for help about a range of issues or make an appointment with a school nurse. They can also find out how to access other local services including emotional support or sexual health services. | ChatHealth: for young people aged 11-19 (25 with SEND) TEXT 07507 331450 if you live in BedfordshireTEXT 07520 616070 if you live in Luton  |
| Mental Health | Bedford BoroughCentral BedfordshireMilton KeynesLuton | SHOUT |  <https://giveusashout.org/get-help/> | The SHOUT text messaging service offers free confidential 24/7 text messaging support for anyone who is struggling to cope. | Text SHOUT to 85258 |
| Bedford BoroughCentral BedfordshireLuton | CAMHSEast London Foundation Trust (ELFT) | North Bedfordshire CAMHS:<https://www.elft.nhs.uk/camhs/where-we-work/north-bedfordshire-camhs>South Bedfordshire and Luton CAMHS:<https://www.elft.nhs.uk/camhs/where-we-work/south-bedfordshire-luton-camhs>  | The Child and Adolescent Mental Health Service (CAMHS) provides outpatient assessments, support and treatment for children and young people up to the age of 18 experiencing moderate to severe mental health problems. The service works to provide them with a greater knowledge of their condition and improve coping techniques.   | Email: elft.spoebedfordshire@nhs.netTel: 01234 893301OR for urgent support Call 111 Option 2 –24/7 ALL AGES Young people can talk to a CAMHS professional directly who can arrange additional support.**IN AN EMERGENCY, DIAL 999** |
| Milton Keynes | CAMHSCNWL | [Milton Keynes CAMHS :: Central and North West London NHS Foundation Trust (cnwl.nhs.uk)](https://www.cnwl.nhs.uk/camhs/our-services/specialist-camhs/milton-keynes-camhs) | Milton Keynes Child and Adolescent Mental Health Service (CAMHS) supports families and professionals who are concerned about children and young people who may be experiencing mental health difficulties. [Read more about children's community mental health services](https://www.cnwl.nhs.uk/camhs/our-services/specialist-camhs/milton-keynes-camhs) | Email: cnw-tr.mkspcamhsspa@nhs.netTel: 01908 724228 for new referrals Tel: 01908 724544 for existing patients  |
| Bedford BoroughCentral Bedfordshire | CHUMS | [www.chums.uk.com/](http://www.chums.uk.com/) | Bereavement mental health and wellbeing services for children, young people and families. Please see website for the types of services available. | See website01525 863924 |
| Central Bedfordshire | Building Resilience ProgrammeBrook | [www.brook.org.uk/outreach-and-education/central-bedfordshire/](http://www.brook.org.uk/outreach-and-education/central-bedfordshire/)  | The Brook Building Resilience programme supports education settings to take a whole school approach to resilience, including professionals, parents and carers and young people. | centralbedfordshire@brook.org.uk |
| Central BedfordshireBedford BoroughMilton Keynes  | Everything Ok? | [www.everything-ok.co.uk/](http://www.everything-ok.co.uk/)  | Everything Ok? is a website designed to help young people find the help and support they need when they are questioning their thoughts and feelings. | See website |
| Counselling and Support Services for young people | Bedford BoroughNorth of Central Bedfordshire | Bedfordshire Open Door | [www.bedfordopendoor.org.uk](http://www.bedfordopendoor.org.uk) | Offering up to 12 weeks of free confidential face to face, telephone or online counselling for young people aged 13 -25 years living in Bedford Borough or North Central Bedfordshire. One off telephone drop-In sessions available too – just call or text to organise a convenient time for the call.Schools Counselling also available – contact for more information. | Young people can self-refer by calling 01234 360388, texting 07922105200 or emailing counselling@bedfordopendoor.org.ukProfessionals can refer by calling the office (with permission from young person) |
| Central Bedfordshire  | Sorted Counselling Service | <http://sortedbedfordshire.org.uk/> | Offering free confidential counselling for young people aged 10 -25 years living South Central Bedfordshire. Schools Counselling also available – contact for more information. | Call 01582 674442 for more information or visit website. |
| Bedford BoroughCentral Bedfordshire  | Relate Talktime  | <https://www.relate.org.uk/find-my-nearest-relate/centre/bedfordshire-luton-relate-centre> | Live chat, telephone and web cam counselling for young people. | Call 01234 356350email appointments.bedsandluton@relate.org.uk  |
| Luton | Tokko | <https://tokko.co.uk/>  | Variety of support for young people 13 + |

|  |
| --- |
| W: www.tokko.co.uk E: info@tokko.co.uk T: 01582 544990  |

 |
| Luton | Total Wellbeing | <https://www.totalwellbeingluton.org/home> <https://www.totalwellbeingluton.org/social-prescription.html>  | Range of support for people to improve their physical and emotional health and wellbeing. Social prescription available for young people and families | Call 0300 555 4152 or email info@totalwellbeingluton.org  |
| Milton Keynes | A range of services and support is available for supporting children and young people in MK with their emotional health and wellbeing. | [How you feel matters in Milton Keynes | Milton Keynes City Council](https://www.mksendlocaloffer.co.uk/health-conditions-and-disabilities/mental-health-and-wellbeing-hub/how-you-feel-matters-milton) | A local working group has co-produced a document which sets out clearly how children and young people can access support in Milton Keynes.   | [How you feel matters in Milton Keynes | Milton Keynes City Council](https://www.mksendlocaloffer.co.uk/health-conditions-and-disabilities/mental-health-and-wellbeing-hub/how-you-feel-matters-milton) |
| The Mix | [Mental Health Support Group Milton Keynes - The Mix MK](https://themixmk.com/) | The Mix is a drop-in service supporting emotional health and mental well-being. We encourage people to form new friendships and access support services.No appointment is necessary and everyone is welcome.We meet every Monday between 2.00 and 4.30 at Unity Park Station (the old bus station) MK9 1LR. | [Mental Health Support Group Milton Keynes - The Mix MK](https://themixmk.com/) |
| Service Six | [Service Six- Service Six supports children and young people to live healthier & happier lives!](https://www.servicesix.co.uk/) | With a focus on early intervention, service six work with children and young people to provide support at a crucial time in their lives - to help them get back on track and become more resilient and equipped to meet future challenges life may bring and to be able to live healthier, happier and safer lives. Please follow the link [HERE](https://www.servicesix.co.uk/serives-by-area) to find out more about the current services they offer in MK.  | [Service Six- Contact us](https://www.servicesix.co.uk/contact-us/) |
| Adult Mental Health services | Bedford BoroughCentral Bedfordshire | East London Foundation Trust (ELFT) | [www.elft.nhs.uk/service/329/Bedfordshire-Mental-Health-and-Wellbeing-Service](http://www.elft.nhs.uk/service/329/Bedfordshire-Mental-Health-and-Wellbeing-Service)  | Bedfordshire Mental Health and Wellbeing Service provides mental health services across Bedford Borough and Central Bedfordshire. | See website01234 310589 |
| Luton  | East London Foundation Trust (ELFT) | <https://www.elft.nhs.uk/location/bedfordshire-and-luton> | Luton Mental Health and Wellbeing Service provides mental health services | Charter House, Alma StreetLuton, LU1 2PJTelephone: 01582 708999 elft.communications@nhs.net |
| Milton Keynes |  | [Mental health and wellbeing | Milton Keynes City Council (milton-keynes.gov.uk)](https://www.milton-keynes.gov.uk/health-and-wellbeing-hub/mental-health-and-wellbeing) | This link provides mental health services including crisis support  | Please see website  |
| Early Help | Bedford Borough | Early Help Bedford Borough Local Authority | [www.bedford.gov.uk/social-care-health-and-community/children-young-people/help-for-families/early-help/](http://www.bedford.gov.uk/social-care-health-and-community/children-young-people/help-for-families/early-help/)  | Early help is about taking action early and as soon as possible to tackle problems emerging for children, young people and their families.Early help means providing support as soon as possible to help families cope with difficulties and working together with other services to prevent bigger problems emerging.Support can come from a range of services and organisations, for parents, children and young people of any age. Our aim is to provide the right action at the right time with the right support. | Email: earlyhelp@bedford.gov.uk Tel: 0800 023 2057Also see website link |
| Central Bedfordshire  | Early Help Central BedfordshireLocal Authority | <https://www.centralbedfordshire.gov.uk/info/8/support_for_professionals/518/information_for_practitioners_-_eha/2> | Central Bedfordshire Early Help services | Email: earlyhelp@centralbedfordshire.gov.uk Tel: 0300 300 8585 (Office Hours)Tel: 0300 300 8123**(Out of hours)**Also see website  |
| Luton | Early Help Luton Local Authority/Family Partnership ServiceFlying Start  | <https://m.luton.gov.uk/Page/Show/Health_and_social_care/children_and_family_services/Pages/family-partnership-service.aspx> <https://www.flyingstartluton.com/>  | Family Partnership Service provides support for vulnerable children, young people and families. Delivers services to improve outcomes for children by intervening early when help and support is needed. | To access FPS call MASH on 01582 547653 or email mash@luton.gov.uk Call 01582 368245 or emailFlyingstart@eyalliance.org.uk  |
| Milton Keynes | Early Help Milton Keynes Local Authority | [Milton Keynes Early Help](https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=2ahUKEwjN05iW67z9AhVYQ0EAHZsaA00QFnoECA8QAQ&url=https%3A%2F%2Fwww.milton-keynes.gov.uk%2Fchildren-young-people-and-families%2Fearly-help&usg=AOvVaw0rkN27IwX_kORAq7oPqWRj)  | Milton Keynes Early Help Services  | [MK Early Help Leaflet](https://www.milton-keynes.gov.uk/sites/default/files/2021-12/Early%20Help%20leaflet%20_%20AA.pdf) |
| Safeguarding Front Door | Bedford Borough | Integrated Front Door Bedford Borough Local Authority | <https://localoffer.bedford.gov.uk/kb5/bedford/directory/service.page?id=KhuF2dS2z58> email:multiagency@bedford.gov.uk or mash@bedford.gcsx.gov.uk. | The Integrated Front Door acts as the first point of contact for receiving all early help assessments and safeguarding concerns or enquiries. | Tel: 01234 718700 **(office hours)**Tel: 0300 300 8123 **(out of hours)**Email:multiagency@bedford.gov.uk |
| Central Bedfordshire  | MASH Central Bedfordshire Local Authority | <https://www.centralbedfordshire.gov.uk/info/92/careers_in_childrens_safeguarding_and_early_help/394/how_and_where_we_safeguard/2> | Safeguarding services | Tel: 0300 300 8585 **(Office hours)**Tel: 0300 300 8123**(Out of hours)**Email: AccessReferral@centralbedfordshire.gov.uk  |
| Luton | MASH Luton Council | <https://m.luton.gov.uk/Page/Show/health_and_social_care/safeguarding/safeguarding_children/Pages/default.aspx?redirectToMobile=True> | Safeguarding services | Tel: 01582 547653**(office hours)**Tel: 0300 300 8123**(Out of hours)** E-mail:MASH@luton.gov.uk |
| Milton Keynes | Front Door | [Milton Keynes Multi Agency Safeguarding Hub (MASH) | Milton Keynes City Council (milton-keynes.gov.uk)](https://www.milton-keynes.gov.uk/children-young-people-and-families/milton-keynes-multi-agency-safeguarding-hub-mash) | Safeguarding services | Tel: 01908 253169 or 253170. Email: children@milton-keynes.gov.ukComplete the [Multi Agency Referral Form (MARF)](https://mycouncil.milton-keynes.gov.uk/service/Multi_Agency_Referral_Form__MARF_) |
| Local Offer | Bedford Borough | Local Offer Bedford Borough Local Authority | [Bedford Borough Mental Health and Wellbeing Hub | Bedford Local Offer](https://localoffer.bedford.gov.uk/kb5/bedford/directory/site.page?id=R_ScQflCiWk) | In here you will find all sorts of fascinating and up-to-the-minute information about what is going on in your area and details on how to access Services, Organisations and Activities that are right for you. You will also find information about childcare settings, childminders and early help support for all families. | Local.offer@bedford.gov.uk  |
| Central Bedfordshire | Local Offer Central Bedfordshire Local Authority | <https://localoffer.centralbedfordshire.gov.uk/kb5/centralbedfordshire/directory/home.page>  | See website | See website |
| Luton | Local Offer Luton Local Authority | <https://directory.luton.gov.uk/kb5/luton/directory/localoffer.page>  | See website | See website |
| Milton Keynes | Local Offer Milton Keynes Local Authority | [Milton Keynes City Council (mksendlocaloffer.co.uk)](https://www.mksendlocaloffer.co.uk/) | See website | See website  |
| Child Sexual Exploitation support for young people | Bedford BoroughCentral Bedfordshire | Link To Change | <https://www.linktochange.org.uk/>  | Providing wellbeing and resilience support to children and young people aged 12-26 years old in changing the cycle of exploitation. | 01480 474974See website |
| Luton | Luton Sexual Health Service | <https://www.lutonsexualhealth.org.uk/info-advice/sexual-exploitation/>  | Help, support and advice  | 1st Floor Arndale House, The Mall, Luton, LU1 2LJSwitchboard 01582 497070 |
| Milton Keynes | MK Together | [Worried about a child? | Milton Keynes City Council (milton-keynes.gov.uk)](https://www.milton-keynes.gov.uk/children-young-people-and-families/childrens-social-care/worried-about-child)[1.1 Safeguarding from Sexual Exploitation | Milton Keynes Inter-Agency Safeguarding Children (procedures.org.uk)](https://mkscb.procedures.org.uk/ykyxtl) | If you believe that a child is suffering, or at risk of significant harm, you should contact the relevant emergency services by ringing 999. If the child you are concerned about is not in immediate danger you should report your concern to us. The Milton Keynes[Child Exploitation Indicator tool](https://www.mktogether.co.uk/our-resources/)can be accessed via the Resources page of the MK Together website. | See website links  |
| Children’s Community Specialist Health Services | Bedford BoroughCentral Bedfordshire Luton | Cambridge Community ServicesNHS Trust | <https://bedslutonchildrenshealth.nhs.uk/services/bedfordshire-and-luton-childrens-community-and-specialist-nursing-service/> | Please see website | See website link |
| Milton Keynes | MK Community Paediatric & complex Needs Service Teams.CNWL NHS  | [Milton Keynes Community Paediatric Team: Central and North West London NHS Foundation Trust (cnwl.nhs.uk)](https://www.cnwl.nhs.uk/services/mental-health-services/learning-disability/milton-keynes-community-paediatric-team)[Milton Keynes Children with Complex Needs Service: Central and North West London NHS Foundation Trust (cnwl.nhs.uk)](https://www.cnwl.nhs.uk/services/community-services/milton-keynes-children-complex-needs-service) | Please see website links | Please see website links  |
| Sexual Health-STI Testing, HIV , Contraceptionand psychosexual counselling | Bedford BoroughCentral Bedfordshire Milton Keynes | iCaSHCambridgeshire Community Health Services NHS Trust | Bedfordshire - <https://www.icash.nhs.uk/where-to-go/icash-bedfordshire>Milton Keynes - <https://www.icash.nhs.uk/where-to-go/icash-milton-keynes>  | Our iCaSH (integrated Contraception and Sexual Health) service provides all aspects of sexual and reproductive health, including contraception, sexually transmitted infection (STI) and HIV testing and treatment. iCaSH is available from easily accessible single locations | Self-referral by calling 0300 3003030 – [www.icash.nhs.uk](http://www.icash.nhs.uk)  |
| Luton | Luton Sexual Health Service | [24 & Under – Luton Sexual Health](https://www.lutonsexualhealth.org.uk/services/under-25s/) | We offer free, confidential, non-judgemental advice and support for young people. People of any age are welcome to access Luton Sexual Health clinic sessions, at any time or location. If you have any concerns or questions about sexual health, no matter what age you are, we can help. | 1st Floor Arndale House, The Mall, Luton, LU1 2LJ Switchboard 01582 497070  |
| Oral Health Improvement | Bedford BoroughCentral Bedfordshire  | Cambridgeshire Community Services (CCS) | <https://www.dentalhealthcareeoe.nhs.uk/services/oral-health-improvement/bedfordshire/>  | Please see website | Please contact us via our email: ccs.oralhealthbeds@nhs.net or by phone. 01525 631223 |
| Luton | Dental Wellness Trust | <https://www.dentalwellnesstrust.org/> <https://www.communitydentalservices.co.uk/our-clinics/bedfordshire/luton-liverpool-road/>  | Please see websites | Please see website |
| Milton Keynes | CF Centres MK 0-19 HV & SN Service | [Children and Family Centres | Milton Keynes City Council (milton-keynes.gov.uk)](https://www.milton-keynes.gov.uk/children-s-centres) | Please see website link and refer to 0-19 HV & SN as above  | Please see website link and refer to 0-19 HV & SN as above |
| Healthy Weight  | Bedford BoroughCentral BedfordshireMilton Keynes | Choose You | <https://chooseyou.co.uk/> | Choose You is a free local service to help you build healthy habits, like quitting smoking or reaching a healthy weight.  | Tel: 0800 013 0553Also see website:<https://chooseyou.co.uk> |
| Luton | Active Luton | [Home | Total Wellbeing Luton](https://www.totalwellbeingluton.org/home) | Weight management, healthy eating and physical activity family programmes We offer a free weight management service in Luton from multiple locations, including daytime and evening sessions | Self-referral via telephone (0300 555 4152) or via the Total Wellbeing website. |
| National Organisation | Beat: eating disorders support | <https://www.beateatingdisorders.org.uk/>  | BEAT: national eating disorder charity and it has lots of resources available via its website. | <https://www.beateatingdisorders.org.uk/> |
| Stop Smoking | Bedford BoroughCentral BedfordshireMilton Keynes | Choose You | <https://chooseyou.co.uk/> | Choose You is a free local service to help you build healthy habits, like quitting smoking or reaching a healthy weight.  | Tel: 0800 013 0553Also see website:<https://chooseyou.co.uk> |
| Luton | Stop Smoking Service | <https://www.totalwellbeingluton.org/stop-smoking.html>  | Total Wellbeing Luton offer expert advice and free stop smoking treatment, including Nicotine Replacement Therapy or E-cigarette support, to provide you with the best chances of quitting smoking for good. | Tel: 0300 555 4152Text QUIT to 60066Refer via the website  |
| Drug and Alcohol Services for Young People | Bedford BoroughCentral Bedfordshire | Aquarius(Cambridge Community Health Services) | [www.aquarius.org.uk](http://www.aquarius.org.uk) | Specialist services for children and young people who use substances or gamble, and those who are affected by a parent’s or carer’s substance misuse. | Tel. 0330 008 3925 to refer a young person, or to request a referral form. Referrals also received via Early Help, Social Care referrals and MASH. |
| Luton | ResoLUTiONs  | [ResoLUTiONs Young People's Service | Change Grow Live](https://www.changegrowlive.org/resolutions-drug-alcohol-service-luton/yp) | Young Persons drug and alcohol support – one to one support to make healthier choices for mental and physical health | 0800 0546 603 Switch board number Ask for the YP and Family Hub Service  |
| Milton Keynes | The Young People’s Drug and Alcohol Service (Milton Keynes Council) | [Drugs, alcohol and young people | Milton Keynes City Council (milton-keynes.gov.uk)](https://www.milton-keynes.gov.uk/health-and-wellbeing-hub/support-drugs-alcohol-and-gambling/drugs-alcohol-and-young-people) | The Young People’s Drug and Alcohol (YPDA) service deliver a high quality and caring service for young people aged 18 and under (up to 25 with additional needs). | Complete a [referral form](https://www.milton-keynes.gov.uk/sites/default/files/2022-03/Referral%20Form%20MKC%20Drug%20and%20Alcohol%20Team%202020%20%282%29.pdf). Referrals should be sent to: ypdaservice@milton-keynes.gov.uk. If you require an offline copy of the referral form, please email the team so that this can be arranged.For other enquiries Tel: 07557317317, 07557318684, 07557317331, 07823518842. |
| Adult Drug & Alcohol Treatment Service | Bedford BoroughCentral Bedfordshire  | P2REast London Foundation NHS Trust (ELFT) | <https://changeyourtomorrow.co.uk/#areas/elft/pages/Home> | P2R is a one stop service which provides drug and alcohol advice, treatment and support to adults whose lives are affected, support can include the whole family. We provide an integrated service with a range of expertise available in one place. | Tel: 0333 332 4019Self-refer via the website[Professional and GP referrals](https://changeyourtomorrow.co.uk/#/areas/elft/pages/About.ProfessionalReferral) via this link |
| Luton | CGL- ResoLUTiONs | <https://www.changegrowlive.org/resolutions-drug-alcohol-service-luton/victoria-street>  | ResoLUTiONS is a one stop service which provides drug and alcohol advice, treatment and support to adults whose lives are affected, support can include the whole family. We provide an integrated service with a range of expertise available in one place. | Tel: 0800 0546 603. |
| Milton Keynes | ARC-MK (Addiction Recovery Community Milton Keynes) provided by Central North West London NHS Trust  | <https://www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/arc-milton-keynes>  | ARC Milton Keynes is a service provided in partnership by CNWL and We Are With You as a free and confidential service for people who live in Milton Keynes. The service helps people break a cycle of addiction to substances such as heroin, cocaine, and new psychoactive substance as well as long term alcohol or gambling addictions. We work with people at any stage of their alcohol, drug or gambling difficulties to provide a single point of access to assessment and treatment for problems. | Any health or social care professional can make a referral on your behalf. You can also self-refer to the service in person or contact us by phone 01908 250730 or by email: cnwl.arc-mk@nhs.net |
| Support, advocacy, mentoring & advocacy service (SAMAS) for clients recovering from drug & alcohol problems | Bedford BoroughCentral Bedfordshire  | Community Led Initiatives (CLI) | <http://www.communityled.org.uk/> | Through mentoring, group activities, community building and co-production we remove barriers to community inclusion for people who are socially excluded, facing complex issues such as drug and alcohol misuse, homelessness, offending and mental ill-health. | Tel: 01234 880 625 or email Hello@communityled.org.uk to discuss needs. Referrals are also made via P2R.  |

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