Cambridgeshire Drug and Alcohol Screening Tool
Supporting Information

The purpose of this supporting information is to provide you and your support worker with extra information and guidance you might need to best complete the screening tool.

The most important thing to remember is that if a person uses drugs or alcohol it does not mean that they are automatically going to be a poor parent or carer. What we want to do with this tool is to make sure that the person with childcare responsibilities has all the support they need to make sure they are the best parent/carer they can be.

What Protective Factors can you put in place for your child?

What can you do as a parent or carer to support you and your child?

• Work with support services to reduce or manage your substance misuse.
• Work towards becoming drug or alcohol free.
• **Seek Help.** Get in touch with your local Adult Drug and Alcohol Treatment Services for support;
  - Inclusion - Adult Drug and Alcohol Support Service - 0300 555 0101
    [www.inclusion-cambridgeshire.org.uk](http://www.inclusion-cambridgeshire.org.uk)
  - Cambridgeshire Drug and Alcohol Action Team - 01223 699680
    [www.cambsdaat.org](http://www.cambsdaat.org)

• Plan your use when the children are not around - can your child go to a trusted family member or friend?
• If there is another adult in the house who does not use drugs and/or alcohol, can they always provide your child with the care and attention they need?
• Can you rely on this adult? Are the children safe with them?
• Give a name and contact to an older child for them to call if help was needed.
• Talk to support services who can offer support to your child, or give your child their information;
  - Centre 33 Young Carers Project - 01223 316 488 [help@centre33.org.uk](mailto:help@centre33.org.uk)
    [www.cambsyoungcarers.org.uk](http://www.cambsyoungcarers.org.uk)
  - Carers Trust - 0845 241 0954
  - Childline - 0800 1111 - [www.childline.org.uk](http://www.childline.org.uk)
  - Frank website - [http://www.talktofrank.com](http://www.talktofrank.com)
• Seek help from services who can support your whole family;
  - Cambridgeshire Children, Family and Adult Services - 0345 045 1360
    http://www.cambridgeshire.gov.uk/info/20075/parenting_and_family_support

• Provide opportunities for your child to enjoy and achieve – after school clubs, extra
curriculum, sports and arts.
• Store your drugs and/or alcohol out of reach, out of sight.
• Don’t invite others into your home to use drugs or alcohol when the children are there.
• Always clear away your used bottles, cans and drug equipment.
• Use a safe box for medication and drugs – Inclusion can provide a safe box for you.
• Use a needle disposal bin and keep out of the reach of children.
• Do not let your child think that your drug and/or alcohol use is normal or OK.
• Discuss your problem with your older children, family and close friends. Let them know
  if you are seeking help to support your recovery (if this is difficult for you, ask for help
  from Inclusion).
• Ask if you want more parental support - there is a lot of support for parents and carers
  within your local community through the Children Centres, Schools and Locality Services.
  Contact Cambridge Family Information Service; 0345 045 1360 or register with your local
  Children’s Centre, ask for support at school (most primary schools in Cambridgeshire
  have Family Workers attached to them or they will have details on how to contact
  them). You don’t have to tell them you have a drug and/or alcohol problem, you just
  need to ask for support as a parent - just like every other parent.
• Don’t be worried to talk about your problem; you need to take control for the sake of
  your child.

Your drug and/or alcohol problem does not mean you are automatically a bad parent but
it is your responsibility to make sure your child is safe, well and has everything they need
to thrive and have a positive childhood.
New Government Alcohol Guidelines

What’s changing?

Drinkaware explains

Unit guidelines are now the SAME for men & women. BOTH are advised not to regularly drink more than 14 units a week.

This is what 14 units looks like:

6 pints of 4% beer

6 glasses of 13% wine

BUT don’t ‘save up’ your 14 units, it’s best to spread evenly across the week & have regular drink-free days.

If you’re pregnant you shouldn’t drink alcohol at all.

Keep the short-term health risks low by:

- limiting the total amount of alcohol in one session
- drinking more slowly, alternating with food and/or water

The new guidelines have been set at a level to keep the risk of cancers or other diseases low.
# What's this Drug?

A guide to some common legal and illegal substances

<table>
<thead>
<tr>
<th>Drug</th>
<th>Other Names</th>
<th>How it's taken</th>
<th>Legal status</th>
<th>How it makes you feel</th>
<th>Health issues</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amphetamine</td>
<td>Speed, whizz, Billy, uppers, phiet</td>
<td>How it's taken</td>
<td>Illegal to have, sell or give it away</td>
<td>Fast heart beat, happy, confused, scared, hot, sick</td>
<td>Stroke, heart attack, spots, kidney disease, liver damage</td>
</tr>
<tr>
<td>Anabolic Steroids</td>
<td>Testosterone, Human growth</td>
<td>How it's taken</td>
<td>Illegal to have, sell or give it away</td>
<td>How it's taken</td>
<td>Lung damage, upset stomach, sickness, memory problems, heart problems, fertility problems, harm to unborn baby</td>
</tr>
<tr>
<td>Cannabis</td>
<td>Weed, grass, dope, hash, puff, pot, spliff, ganja, blow, draw, green How it's taken</td>
<td>Legal status</td>
<td>Illegal to have, sell or give it away</td>
<td>How it makes you feel</td>
<td>Nose damage, mental health problems, heart attack, liver damage, digestion problems</td>
</tr>
<tr>
<td>Cocaine</td>
<td>Coke, snow, charlie</td>
<td>How it's taken</td>
<td>Legal status</td>
<td>How it makes you feel</td>
<td>Lung damage, hallucinations, heart problems, liver damage</td>
</tr>
<tr>
<td>Crack</td>
<td>Rocks, wash, stones, pebbles</td>
<td>How it's taken</td>
<td>Legal status</td>
<td>How it makes you feel</td>
<td>Liver damage, kidney damage, very fast heart beat, death</td>
</tr>
<tr>
<td>Ecstasy</td>
<td>Other Names</td>
<td>How it's taken</td>
<td>Legal status</td>
<td>How it makes you feel</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Heroin</td>
<td>Ketamine</td>
<td>Khat</td>
<td>LSD</td>
<td>Magic Mushrooms</td>
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<tr>
<td><strong>Other Names</strong></td>
<td>Smack, Scag, H, Brown, Horse, Gear</td>
<td>K, vitamin K, special K, ket</td>
<td>Quat, Chat</td>
<td>Acid, trips, tabs, rainbows, smilies</td>
<td>Mushies, shrooms</td>
</tr>
<tr>
<td><strong>How it's taken</strong></td>
<td><img src="image1" alt="image" /></td>
<td><img src="image2" alt="image" /></td>
<td><img src="image3" alt="image" /></td>
<td><img src="image4" alt="image" /></td>
<td><img src="image5" alt="image" /></td>
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<tr>
<td><strong>Legal status</strong></td>
<td>Illegal to have, sell or give it away</td>
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<td><strong>How it makes you feel</strong></td>
<td>Calm, sick, happy</td>
<td>See strange things, dizzy</td>
<td>No sleep, happy, moody or violent</td>
<td>See bright colours and patterns, scared, confused</td>
<td>Happy, confused, scared, see strange things, sick</td>
</tr>
<tr>
<td><strong>Health issues</strong></td>
<td>Itchy skin, lung damage, slow heart rate, death, vein damage, constipation, infections from shared needles</td>
<td>Kidney problems, bladder dysfunction</td>
<td>Heart problems, mental health problems, problems with sex</td>
<td>Depression, anxiety, flashback</td>
<td>Poisoning, death, fits, sickness, flashbacks</td>
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<tr>
<td>Nitrous Oxide</td>
<td>NPS</td>
<td>Poppers</td>
<td>Solvents</td>
<td>Tobacco</td>
<td>Tranquillisers</td>
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<tr>
<td><strong>Other Names</strong>&lt;br&gt;Laughing gas</td>
<td><strong>New Psychoactive Substances (Legal Highs)</strong>&lt;br&gt;Amyl Nitrite, rush, liquid gold, TNT</td>
<td><strong>Other Names</strong>&lt;br&gt;Spice, plant food, NPS, lots of brand names</td>
<td><strong>Other Names</strong>&lt;br&gt;Glue, aerosols, gases</td>
<td><strong>Other Names</strong>&lt;br&gt;Ciggies, fags, tabs</td>
<td><strong>Other Names</strong>&lt;br&gt;Benzos, downers, Rohypnol, roofies, vailies</td>
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<td><strong>Legal status</strong>&lt;br&gt;Can be illegal to sell or give it away if abuse is suspected</td>
<td><strong>Legal status</strong>&lt;br&gt;Illegal to have, sell or give it away</td>
<td><strong>Legal status</strong>&lt;br&gt;Age limit for sale. They are very dangerous but not illegal</td>
<td><strong>Legal status</strong>&lt;br&gt;Selling any tobacco products to anyone under 18 is illegal</td>
<td><strong>Legal status</strong>&lt;br&gt;It is illegal to give or sell tranquillisers to anyone else</td>
<td><strong>Legal status</strong>&lt;br&gt;Illegal to sell, give, or use</td>
</tr>
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<td><strong>How it’s taken</strong>&lt;br&gt;How it makes you feel&lt;br&gt;Dizzy, sick, happy</td>
<td><strong>Legal status</strong>&lt;br&gt;Some already illegal and others are being looked into</td>
<td><strong>Legal status</strong>&lt;br&gt;Sick, dizzy, See strange things</td>
<td><strong>Legal status</strong>&lt;br&gt;Scared, sick, sedated, calm</td>
<td><strong>Legal status</strong>&lt;br&gt;Jitters, dizziness</td>
<td><strong>Legal status</strong>&lt;br&gt;It is illegal to sell, give, or use</td>
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<td><strong>Health issues</strong>&lt;br&gt;Lack of oxygen – death, risk taking, nerve damage</td>
<td><strong>Health issues</strong>&lt;br&gt;Toxicity, seizures, heart attack, kidney damage, stopping breathing, liver damage</td>
<td><strong>Health issues</strong>&lt;br&gt;Memory problems, sores, heart attack, kidney damage, stopping breathing, liver damage</td>
<td><strong>Health issues</strong>&lt;br&gt;Physical dependency, heart disease, blood clots, heart attacks, lung infections</td>
<td><strong>Health issues</strong>&lt;br&gt;Heart stopping, dangerous to drive, addiction</td>
<td><strong>Health issues</strong>&lt;br&gt;It is illegal to sell, give, or use</td>
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</table>