

2018/19 EDITION

DAPL@School

Behind the Behaviour



Understanding Trauma

Also in this issue:

- Counselling- Why this approach?
- Drugs & Alcohol- Let's talk, you have nothing to fear
- Partnership Working- Part of the jigsaw

DAPL

DRUGS, ALCOHOL &
PSYCHOTHERAPIES LIMITED



Head office: 1-2 Parkdale Avenue, Leven, Fife KY8 5AQ

Telephone: 01333 422277 **Email:** enquiries@dapl.net

Website: www.dapl.net

Patrons: Clive Russell and Eleanor Bowman MBE

Scottish Charity Registration number: SC023317

Funded by:





- *Page 1- Cover*
- *Page 2- Contact details*
- *Page 3- Contents*
- *Page 4 -How can DAPL help*
- *Page 5- Counselling*
- *Page 6- Drug Trends-Intro*
- *Page 7- Drug Trends-Facts*
- *Page 8- High School Focus*
- *Page 9- Primary School Focus*
- *Page 10- Trauma-What is it?*
- *Page 11- Trauma & ACE's*
- *Page 12- Truama & changing policy*
- *Page 13- Alcohol*
- *Page 14- Book Review & Web Pages*
- *Page 15- Other Services*
- *Page 16- More Services*
- *Page 17- Who can support the adults?*
- *Page 18- 20/20 What's the vision?*
- *Page 19- Testimonials*
- *Page20- The Journey Continues*



How DAPL Can Help?

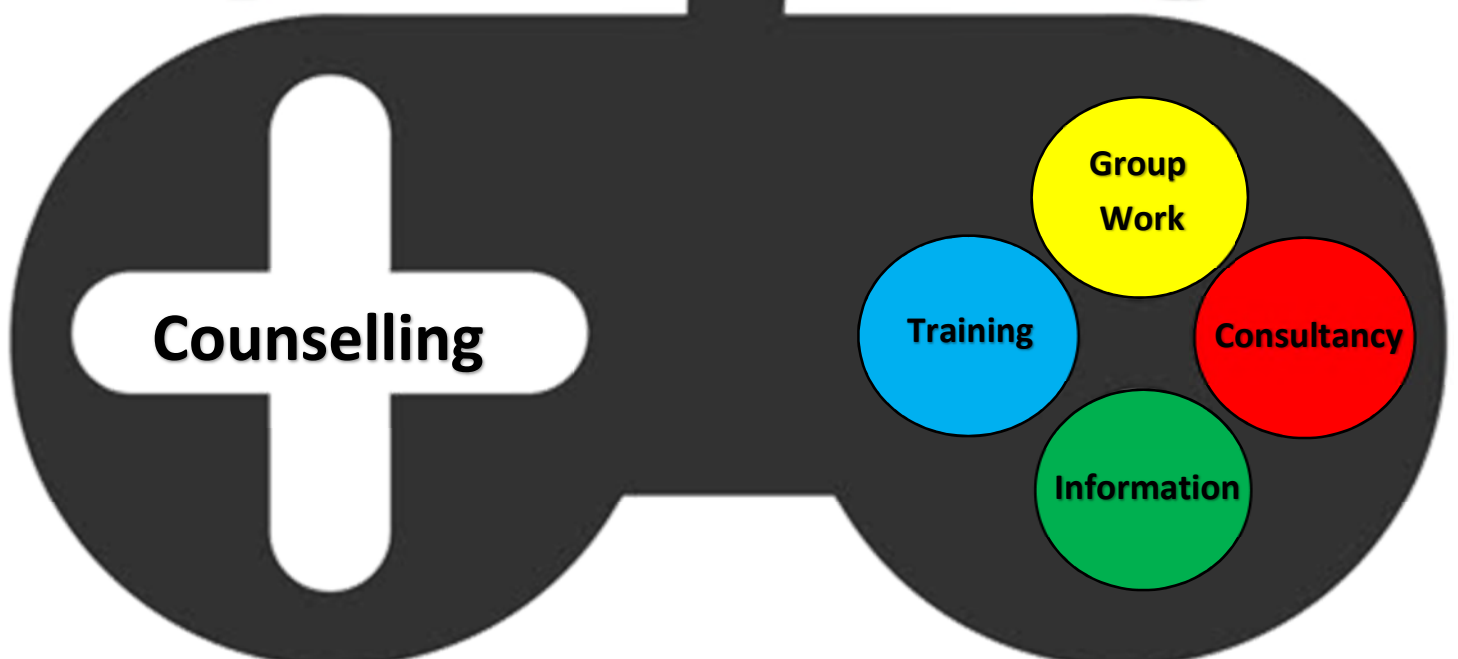
Drugs, Alcohol and Psychotherapies Limited (DAPL) is a charity funded by Fife Council to provide support to young people and the wider community of Fife.

We are primarily funded to work with anyone who is affected by their own or another's substance use.

We also receive funding from Fife Council's Education and Children's Services directorate to support secondary school children whose lives are impacted by other addictions or psychological disorders.

All the secondary schools and many primary schools in Fife refer pupils to our service.

Our work is mainly 1:1 counselling and support. We also design therapeutic interventions based on the needs of the client group, school, family or community. All of our counsellors are qualified psychotherapists with experience of working in a wide range of settings.



COUNSELLING

Why this approach?

Issues around mental health, trauma, and adverse childhood experiences are not new. They do however seem to be constantly in the headlines and endlessly talked about across health, social care, and education. They also seem to be high on the political agenda. We welcome this new focus but with some trepidation. Will those in a position to provide the quality and security to services that the community need make the right choices?

It was a group of local Fife parents who originally identified the counselling model as an effective way to work with the trauma that they and their families were experiencing. From the voice of the community DAPL was born.

Many things have changed over the last 25 years. The one thing that hasn't is our commitment to providing effective support to the communities we serve. We do this by employing people who are qualified and have experience in working within various disciplines and agencies. Although there is a pressure to make savings and cuts, maintaining a quality service demands funding and resources. Brief interventions, motivational interviewing, and mindfulness are all great low-level interventions that people can deliver with the minimum of training. They can promote good mental health and support wellbeing. They are not however effective in safely or successfully managing more complex issues.

Counselling provides the space for people to deal with the more complex and damaging aspects of their life -issues that can't be addressed in a worksheet or an online app.

Fundamentally, we continue to offer what the people that started DAPL had the vision to see a quarter of a century ago. People need to be heard, understood, and supported to resolve their own issues.



DRUG TrEnds

As is always the case there is a persistent and very well founded worry about young people and drug use. Experimenting with and using illicit drugs does bring increased risk. Not just to life and health but to our ability to engage with others, engage in study and to generally manage life.

Sometimes we get lost in all the information and misinformation. 'Fake News' has always been around with regards to drug use from both the pro-drug and anti-drug lobbies. Both have negative effects on young people. Young people are very well informed and have access to information at the touch of a screen. They can, if supported, find facts and figures about drugs, which might allow them to make informed decisions.

Often experimentation with drugs comes at a time of rebellion and high stress in a young person's life. The influence of social culture, their peers, and current trends all play in to this. As adults in the young person's life, we need to know the potential impact of what we say and do.

- Continue to build on the positive and trusting relationship that you have with the young person
- Try to provide accurate and honest information
- Don't lie or try to scare them, they will quickly check facts online
- Do your homework- know what you're talking about based on facts and not hearsay
- What you do will have far more impact than what you say. If you smoke, drink or take drugs then you are modelling behaviour. Think about what your actions are signalling to young people.

Now after the lecture...some highlights of current drugs around in Fife...

DRUG TrEnds

Cannabis continues to be “the most widely used illegal drug in the UK and by far the one most likely to have been tried by young people.”



(<http://www.spa.police.uk/forensic-services/drug-analysis/150833/>) Although the drug itself is possibly the least physically harmful illicit drug the impact on behaviour, attitude relationships, and motivation are clear for all to see. There are also major issues around drug debt, criminality, and the ongoing issues with a potential criminal record.

MDMA or Ecstasy (*X, E, XTC, Disco Biscuits, Doves, E-bomb, Happy Pill, Hug Drug, Love Drug, Molly, Scooby Snacks, Sweets, Vitamin E or Vitamin X*) Very much the party drug across the UK. Lots of information coming in from The Loop (<https://wearetheloop.org/>) who have been working with young, and not so young, people at festivals throughout the summer. Many very strong types of the



drug have been found “Blue Punishers” and “Orange Donald Trumps.” These pills can be up to 3 x the average dose. It is not uncommon for those who take them to become unwell and need medical treatment.



As well as these exceptionally strong MDMA pills other substances are also sold as MDMA but have quite different effects. **N-ethylpentylone** has some of the similar effects as MDMA but with potential nasty side effects, these “can include raised pulse and blood pressure, high body temperature, convulsions, acidosis, and rapid muscle breakdown. Psychological effects include agitation, paranoia, compulsion to redose, difficulty sleeping for up to 36 hours, and temporary psychosis.” (<https://knowyourstuff.nz/2018/02/07/this-summertime-crap-drug-n-ethylpentylone/>)



You may also have heard about “Monkey Dust” and “Spice” as well as the worrying use of benzodiazepines (Valium). All are real issues but often over sensationalised clickbait for the media. Get your information from a range of providers such as those mentioned here and elsewhere in this publication.

These are just some of the drugs being talked about on social media and amongst our clients. Follow the links to find out more.

NOT USING IS THE SAFEST CHOICE YOU CAN MAKE

High School Focus



Counsellor: Stevie Coote

Experience: 10 Years

Counselling style: Person Centred

Caseload: 24 young people

Beneficiaries: Young People & their friends, Parents, Teachers & Society

Favourite part of the job: Interactions with young adults

Favourite Quote: “Don’t look back in anger”

Who inspires you? Noel Gallagher

Stevie’s journey with DAPL began in 2007. He was one of the last of the “home grown” talent, recruited from the local community and trained by DAPL. Stevie then went on to complete his Diploma while on placement with us and after a short break eventually returned to a full time position in the counselling team. In his time away from DAPL Stevie gained a wider experience through lecturing on a local Diploma course and supporting those in their initial stages of a counselling career to flourish.

Stevie offers counselling to both adults and children. His ongoing commitment to professional development takes another leap forward as he undertakes a post-qualifying diploma in counselling children and young people.

Primary School Focus



Counsellor: Alison van Loo

Experience: 1 Year (*Qualified*)

Counselling style: Art Psychotherapist

Caseload: 18 young people (P1-S6)

Beneficiaries: Young People and Adults

Favourite part of the job: Being able to work alongside clients who make positive changes in their lives and having the opportunity to work with people of all ages to help them work through difficult things they've experienced: supporting them to make sense of what's happened, sometimes through speaking about it and others through creativity.

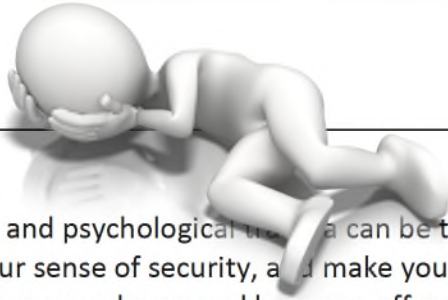
Favourite Quote: “Even when it’s cloudy, the sun is still shining; you just can't always see it.”

Who inspires you? My Grandma as she has lived her life to help other people across the world and in her community and still does!

Alison initially arrived at DAPL as a student from Queen Margaret University. She took the unusual step of returning for a second placement and was clearly committed to working in this field.

DAPL is the single biggest employer of Art Therapists outside of the NHS in Fife. Alongside her counselling colleagues, Alison is continuing her profession development by undertaking her post-graduate diploma in Counselling Children and Young People. Alison brings a dynamic and professional outlook to the service and paves the way for future innovative developments.

TRAUMA

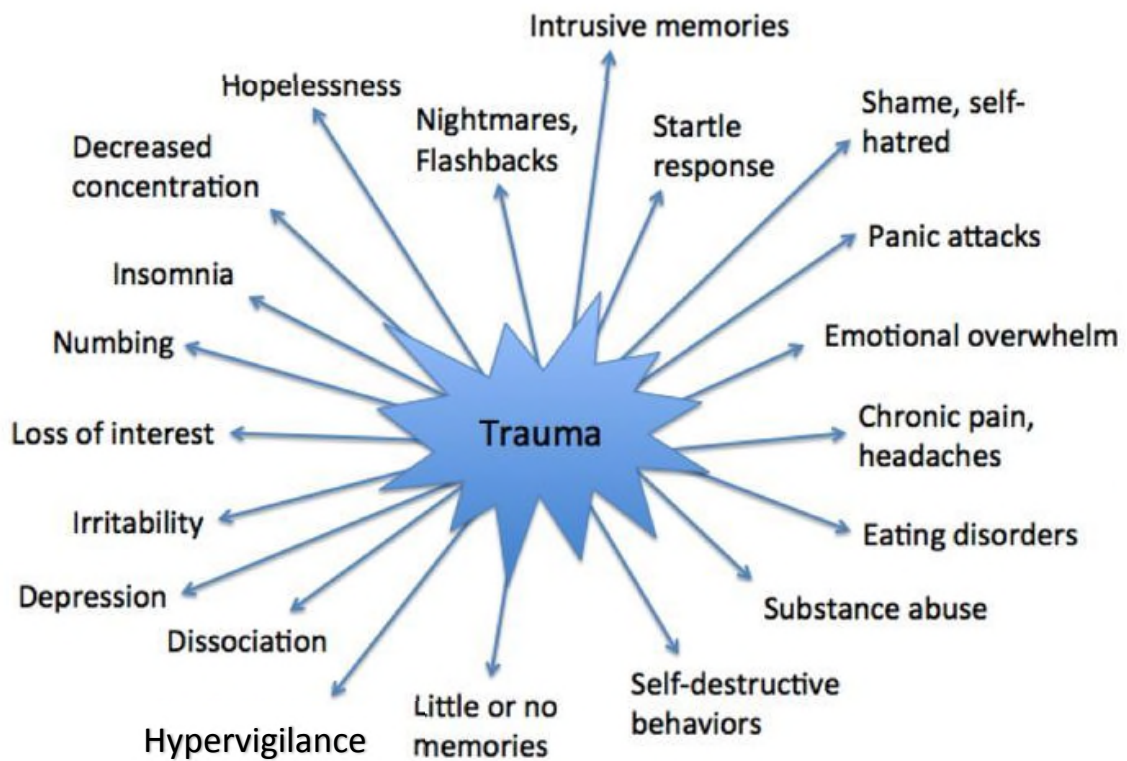


T

Trauma

Emotional and psychological trauma can be the result of extraordinarily stressful events that shatter your sense of security, and make you feel helpless and vulnerable in a dangerous world. Trauma can be caused by a one-off event, such as a bad accident, a natural disaster, or a violent attack. Or it can result from ongoing, relentless stress, such as living in a crime-ridden neighbourhood or struggling with major health issues. Talking to a therapist could help you. *(BACP Website 2018)*

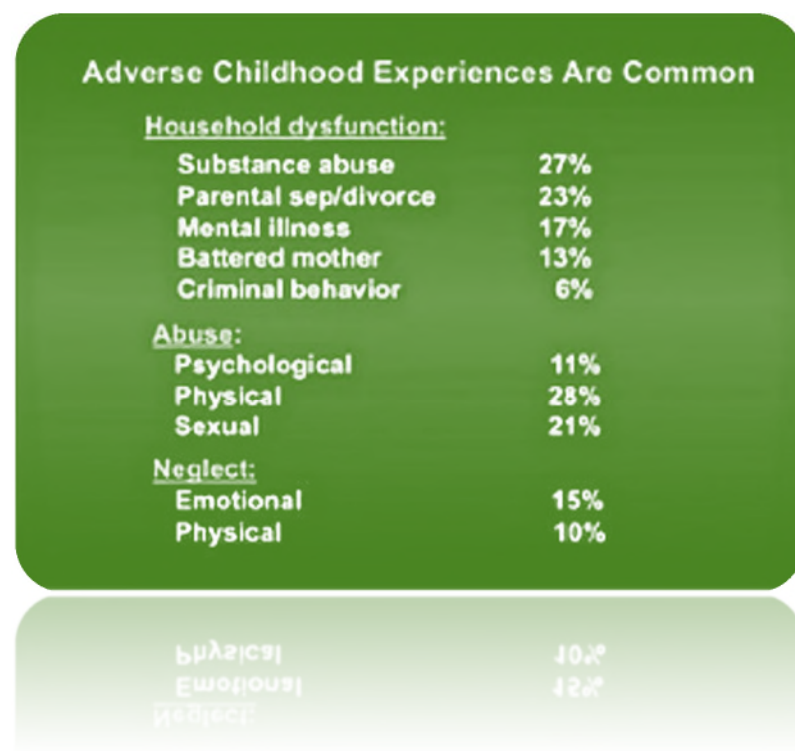
How we react to trauma



Adapted from Janina Fisher

Trauma and ACE's (Adverse childhood experiences) are being discussed more and more in education and within health agencies. The effect of traumatic early life experiences has been long acknowledged and well documented within the substance misuse field. Our colleagues in the Scottish Recovery Network have been publicising the links for a number of years.

As you can see, substance abuse is unsurprisingly highlighted as a major contributory factor in ACE's. Within the counselling relationship, a young person or adult might reflect on any



aspect of trauma. All DAPL counsellors are trauma aware and well qualified to discuss the impact of these events. We also work alongside our colleagues in education to explore how we might support sustainable changes for the young people we see. Often the therapeutic input is only part of the wider package of support designed for that young person.

It is also important that the counsellor might support the adults involved in that young person's life. Often parents, carers, and siblings access our service to address their issues as well. We also support teachers and ancillary staff who might also be affected by others use.



TRAUMA

National Trauma Training Framework

National Trauma Training Framework

NHS Education for Scotland has been commissioned to deliver this project as part of the Scottish Government Survivor Scotland Strategic Outcomes and Priorities 2015-2017. The overarching goal is to support the strategic planning and delivery of training for those who have contact with survivors of trauma across all parts of the Scottish Workforce.

(<http://www.nes.scot.nhs.uk/education-and-training/by-discipline/psychology/multiprofessional-psychology/national-trauma-training-framework.aspx>)

“In the last ten years our understanding of the underlying causes of addiction and substance misuse has developed, recognising that deprivation, poverty, trauma and adverse childhood experiences can cause people to turn to alcohol and drugs. While there are clear differences between the two, the root causes and response by services have too much in common to be kept apart.

“Treatment can no longer just be clinical, but must also address some of the deep rooted social and economic circumstances that people face. It is fundamental that we join the dots better and ensure addiction services address issues such as social isolation and stigma that remain major barriers to recovery.

(Public Health Minister Aileen Campbell - November 2017)

As you can see there is a growing acknowledgement of how intertwined our early life experiences are with our adult lives and the choices we might make. Often we have seen the way in which alcohol, drugs and solvents flood in to numb and block out the trauma that people have faced. Substance misuse has never been detached from the expansive human experience; it may just be convenient to see it as a separate issue because of the divisive nature of how we view addiction and dependency.



Alcohol continues to be one of the biggest risks facing us today. It is estimated that Alcohol harm costs Scotland £3.6 billion a year in health, social care, crime, productive capacity, and wider costs. In Fife that looks like:

- HEALTH SERVICE: £16.64m
- SOCIAL CARE: £15.04m
- CRIME: £55.54m
- PRODUCTIVE CAPACITY: £43.40m

TOTAL COST: £130.62m

Alcohol has become so ingrained in our day-to-day life it is increasingly difficult for us to establish what is normal and acceptable behaviour. Supermarkets invest millions in their alcohol aisles alone. According to the Scottish Health Survey 2016 26% of us are drink at hazardous or harmful levels (more than 14 units per week).

Business

Giants of the drinks industry have announced a large jump in sales and profits that it believes has been partly due to the Brexit-hit pound.

One company said, “Operating profit surged 25% to **£3.6bn** for the year ending in June, while reported net sales climbed 15% to £12.1bn.”

(<https://www.bbc.co.uk/news/uk-scotland-scotland-business-40742817>)

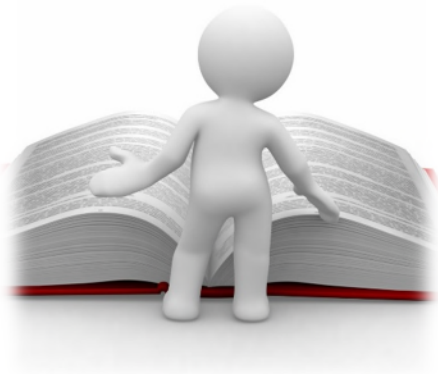
Alcohol is very much part of the culture for young people in Fife. In recent years it has become much less common for 15 year olds to buy alcohol directly from a shop, they are more likely to source alcohol from home, friends, or relatives. The most common drinking location among 13 year olds was at their own home and among 15 year olds was at a party with friends. ([SALSUS 2015](#))

Given the rise in alcohol consumption in the home, it would be a fair observation that young people respond to the behaviour modelled by the adults around them. The power to challenge the negative impacts of alcohol lie within the community.

Given that referrals to our service are always around 50% alcohol and 50% drugs, we can see that something fundamentally needs to change in our attitudes towards this “legal high.”

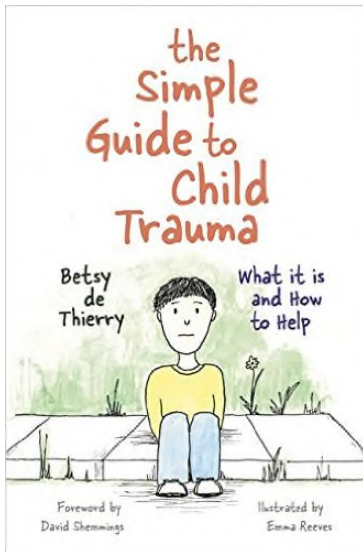


For up to date and accurate information about alcohol visit <https://www.alcohol-focus-scotland.org.uk/>



BOOK

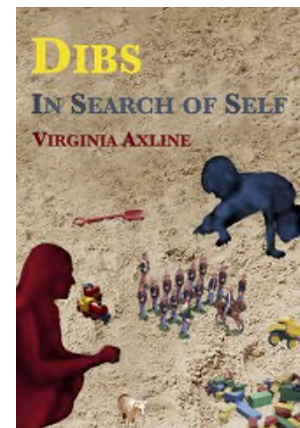
REVIEW



Betsy de Thierry - *The Simple Guide to Child Trauma*. What it is and how to help.

Providing straightforward answers to these complex questions, *The Simple Guide to Child Trauma* is the perfect starting point for any adult caring for or working with a child who has experienced trauma. It will help them to understand more about a child's emotional and behavioural responses following trauma and provides welcome strategies to aid recovery. Reassuring advice will also rejuvenate adults' abilities to face the challenges of supporting children.

Dibs In Search Of Self: Personality Development In Play Therapy By Virginia M. Axline



Tells the story of one little boy and his journey through childhood life up to his mid-teens. This title provides an insight into psychotherapy - how it works and what it can mean to people on a practical level.





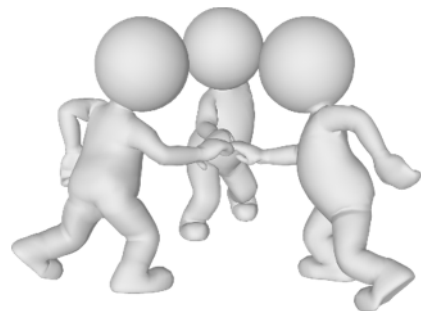
Have you also heard about these services which are available across Fife and may be of benefit to your pupils?



Providing a comprehensive "youth friendly" substance use support and information service for young people under-25 in the Fife area, also targeting the wider issues of general well-being and lifestyle. The project provides education, prevention, early intervention and diversion for young people affected by their own or someone else's substance use.

Website: www.cluedup-project.org.uk

Tel: 01592 858248



Barnardo's Children's Services (Fife) is part of Barnardo's Scotland and has been providing services to children and families in Fife for over 14 years. These services include: Intensive Family Support, CAPSM & the Fife wide Substance Misuse Education Service within schools.

Website: www.barnardos.org.uk/fifeservices.htm

Tel: 01592 651482





In Fife SAMH will be delivering Young Minds Matters workshops and Outreach Learning Programmes supporting young people and families to be aware of their own and others mental wellbeing.

Address: First House, Woodmill Road, Dunfermline KY11 4SS **Tel:** 01383 623179



Primary Mental Health Workers



Our aim is to increase the capacity of universal and additional services to provide early stage mental health interventions within these settings.

- **Liaison:** facilitating collaboration between agencies to meet the mental health needs of the child.
- **Consultation:** engaging in partnership working to improve existing interventions.
- **Training:** identifying need and providing multi-agency learning opportunities.
- **Supervision:** improving the ability of universal and additional services in the provision of effective interventions.
- **Intervention:** jointly with children services professionals and directly with children and families. Focus on brief, evidence based interventions and targeted group work.
- **Signposting:** matching children and young people's emotional and mental health needs with the right services.



Pupil Equity Fund (PEF)

The Pupil Equity Fund has been instrumental in expanding DAPL's services in a range of schools across Fife. This investment in partnership working has greatly benefited the young people and schools in our area.

Who can support the adults?



Being a parent, carer or significant adult in a young person's life can provide us with some of the biggest challenges we will face in life. How we react and respond to their needs can trigger issues for us and have a knock on effect to our life and how well we cope.

If you or an adult that you've come in to contact with are affected by a young person's use of drugs or alcohol (alternatively, if they are affected by another adult's use of substances) you can refer them for counselling with DAPL.

This service is free, confidential, and available in their local communities.

We accept referrals direct from individuals or from anyone supporting them. All we need is:

- Name
- Address
- Phone Number
- Date of Birth

Please ensure that the person that you are referring has given their consent for you to share their information and to make the referral.

It is also essential for us to know the reason for the referral. This ensures that we don't disappoint people who might not be eligible for our service.

Contact us on: **01333 422277**

Or

Email: enquiries@dapl.net



What's the Vision?



SAMH have been campaigning strongly to secure counselling provision in education:

“By 2020, provide counselling services across Scotland’s schools.

England, Wales and Northern Ireland all have strategies on counselling services in secondary schools. Children in Wales and Northern Ireland have guaranteed access to schools-based counselling. Why are Scotland’s children and young people missing out? The evidence from elsewhere in the UK is that schools-based counselling works. We do need a whole school approach to mental health, and counselling is only part of this: but it is an important one. We must provide this service in Scotland: soon.

Estimated cost: £9m.”

<https://www.samh.org.uk/>



The Children’s Society report provides an insight in to the health and wellbeing of young people in school in England & Wales. The story does not seem too dissimilar to the Scottish one.

“The common thread running through this report is that children’s interactions with those around them – and the way in which children make sense of those interactions – are fundamentally important to how they feel about themselves and their lives. If children feel supported by the people around them and feel at ease with how their emerging identity ‘matches up’ to the norms of gender and sexuality that they perceive to be important within their social circles, they may be able to retain a positive view of themselves and cope with the difficulties of growing up and building an identity that they feel comfortable with.”

“In Wales, it is already a requirement for every secondary school to have a counsellor. While this is a welcome step, the Welsh Government should also undertake an evaluation of the implementation of counsellors to identify any barriers to children being able to access this important service.

https://www.childrensociety.org.uk/sites/default/files/thegood_childhood_report_2018_0.pdf

<https://www.childrensociety.org.uk/>



"In St Andrew's High School, Kirkcaldy we are incredibly grateful to have DAPL work with us. The counselling sessions offered to our young people are invaluable in supporting youngsters who are facing difficulties in their lives."
Sarah Murray, Depute Head Teacher, St Andrew's RC High School

"Thanks to DAPL I've managed to control my anger. I feel like DAPL has changed my life." (AS aged 15)

"I'm not really sure a paragraph does justice to how grateful we are to have DAPL supporting us in improving the wellbeing of our young people."
Scott Clunie, PT Guidance (Tyrie), Balwearie High School, Kirkcaldy

"DAPL has helped me as I've seen a huge improvement in my behaviour and attitude towards other pupils and teachers." (LH, aged 14)

"The students display a clearer understanding of their emotions and find reflecting on situations easier."
Ruth McIntosh, PT Pupil Support Falkland House, Glenwood High School

"I feel like DAPL has helped me quite a lot about thinking about myself more and helping me get through things at home. I feel like DAPL is a good help." (AM, aged 13)

"There have been a number of young people who have accessed one to one counselling regarding a variety of needs (anxiety, substance misuse and mental wellbeing). Over this time staff have reported positive working relationships with the counselling team and have worked closely with parents/carers and families."
Jonny Main, Deputy Rector, Queen Anne High School



The Journey Continues

April 2018 - Fife's Educational Psychology Service issues guidance on commissioning counselling services in schools



Education & Children's Services
Educational Psychology Service



September 2018 - Scottish Government announces plans to invest £80m for counsellors in education

The Scottish Government says, in their Programme of Government released today (4 September 2018), that it will take a range of actions 'to make sure that children and young people have the support they need at the earliest possible stage'.

It plans to invest around £80m over the next four years.



**The Scottish
Government**
Riaghaltas na h-Alba