

STAR Programme

Start Together Achieve Results

Overview

STAR is a targeted 8 week treatment programme for young people with substance misuse issues. Star aims to work towards positive change to create better opportunities in a group setting. The project makes use of peer support and personal aims and objectives.

What the project will cover:

- ★ An Individual Assessment, Risk Assessment and Care Plan
- ★ Identifying personal substance use and experiences
- ★ Personal Goal setting
- ★ Targeted Information relevant to substances being used within the group
- ★ The laws around Drug use and possession
- ★ Understanding Exploitation: the risks and the impact
- ★ Harm reduction and minimisation
- ★ Support systems now and in the future

The programme will run in small groups (2-6 young people) within school in weekly 1 hour sessions.

Aims

- ★ To encourage change through peer support.
- ★ Increase awareness of substances and their effects relevant to themselves and their peer group.
- ★ Increase knowledge of safer substance use, how to stay safe and how to keep others safe.
- ★ Identify triggers and develop strategies for reducing and managing their substance use.
- ★ Understand the law around drugs and the risks related to exploitation

Who is the programme for?

Any Young People who are using or experimenting with substances.

The Young People will need to consent to receiving support and want to make a change.

Differentiation

The project works with and adapts to the specific needs of the young people in the group, adjusting practice according to the young people we work with. The young people guide and lead discussions, they identify the areas that need to be addressed in terms of substances, and issues specific to them.

Materials will be adapted according to the specific needs of the young people.

Confidentiality

The group is a confidential, safe space for the Young People to discuss substance use. The group (including the With You worker) will agree to keep the content confidential unless there is a safeguarding issue, in which case the With You worker will speak with the school DSL in the first instance.

The Process

Arrangements needed

Referrals

School identifies Young People known to be using or experimenting with substances to be referred into the programme.

**Referrals are made by the school however our worker can spend time completing the referral forms with the Young People.*

A private space.

Allotted times for each Young Person over a day/two days (approx 30 mins each)

Pre STAR Individual Meetings

(Week 1)

The With You worker will meet with each Young Person independently to complete a Care Plan, Risk Assessment, Comprehensive Assessment and Young Person's Outcome Record.

A private space.

Time for each Young Person to be released from classes.

2 x 1 hour sessions each

Contact details for two members of staff with Safeguarding responsibilities who can be contacted if needed.

Forming the groups

(Week 1)

Young People will be placed in appropriate groups according to their needs/ages/experiences.

**Groups will range from 2 -6 Young People*

** Young People may be referred for 1:1 support if they are unsuitable for a group programme*

Support from a member of staff to identify any potential issues when grouping Young People together.

STAR Programme Sessions

(Weeks 2-6)

5 Group Sessions- 1 Hour weekly

Each group session will be followed by Drop In time where the Young People can speak individually with the worker if they wish to.

A private group space (preferably the same space each week)

A projector/screen

An arranged time for Young People to attend the session each week and authorisation to drop in to speak to our worker after the session if needed.

Post STAR Individual Meetings

(Week 7)

The With You worker will meet with each Young Person independently to complete the Young Person's Outcome Record and assess progress/needs.

**If needed, further support will be offered through 1:1 sessions*

A private space.

Time for each Young Person to be released from classes.

Approx 1 hour each

Final Group Check In

(Week 8)

A space to celebrate outcomes/reflect and discuss any issues the Young People want to talk about.

Support networks

Certificates given.

A private group space

Week	Title of Session	Aim	Objectives
1	Pre STAR individual sessions	To gather information about the individual participants to tailor the programme to their needs and assess progress	Start care plan Complete risk assessment and comprehensive assessment Complete Young Persons Outcomes Record
2	Drug Awareness and The Law	Investigate categories of drugs and their impact on young people.	Categorise drugs and the effects of drugs Take part in drug classification activity Understand the legislation around different drugs in the UK, and the penalties that are given. Identify how to stay safe
3	Exploitation	Develop awareness and be able to identify the signs of exploitation.	To understand and discuss what criminal exploitation is. To understand what grooming is and how it leads to criminal exploitation. Investigate the impacts of criminal exploitation and the long lasting effects it can have on someone's life How to prevent criminal exploitation from happening
4	Drug education <i>(Tailored to group experiences and needs)</i>	Raise awareness about a particular drug experienced by the group	Take part in discussions around a specific drug (<i>Alcohol, Cannabis, Ketamine, Nitrous Oxide, MDMA</i>) Understand the effects of the drug Develop understanding of the risks and harm reduction techniques
5	Drug education <i>(Tailored to group experiences and needs)</i>	Raise awareness about a particular drug experienced by the group	Take part in discussions around a specific drug (<i>Alcohol, Cannabis, Ketamine, Nitrous Oxide, MDMA</i>) Understand the effects of the drug Develop understanding of the risks and harm reduction techniques
6	Drug education <i>(Tailored to group experiences and needs)</i>	Raise awareness about a particular drug experienced by the group	Take part in discussions around a specific drug (<i>Alcohol, Cannabis, Ketamine, Nitrous Oxide, MDMA</i>) Understand the effects of the drug Develop understanding of the risks and harm reduction techniques
7	Post STAR Individual sessions	To assess progress, identify and support further needs	Complete Young Persons Outcome Record and Discharge Management Plan. Discuss plans and assess if any further support is needed.
8	Final Group Check-in	Check in and discuss future support if appropriate	Discuss and celebrate successes and plans