

CADS Altered High Youth Service

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Youth Service (Altered High)

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CADS Altered High is a team of health professionals who help young people aged 13 -20 years with concerns about their own (or someone else's) alcohol and other drug use.

Altered High is a regional service that covers Auckland, Counties/Manukau and Waitemata DHB's (the Greater Auckland Region from Te Hana to Tuakau).

How does Altered High work with young people?

- Altered High works under a harm minimisation philosophy. This means that our priority lies with minimising the harm and risks associated with substance use.
- Although not using substances at all is usually the best way to minimise the harm from substance use, we believe that those who are unable to achieve abstinence should not be excluded from treatment. Minimising harm allows the young person to focus on and succeed at achievable goals and helps make the treatment experience a positive one.
- We will work with a young person whatever their motivation to change.
- Altered High views young people and their challenges within a resiliency and developmental framework.

What does Altered High Youth Service provide?

- Confidential face to face counselling.
- Youth friendly and developmentally appropriate interventions.
- Mobility – We travel to our clients. We are not office based thus we see young people at home, at school or at a community CADS unit.
- Awareness and assessment of co-morbid mental health issues in our clients.
- Same-sex attraction focus clinicians.
- Duty service support 0830 - 1700
- Group work for those young people who have concerns about their substance use
- Support, education and information evenings for families/caregivers and significant others.
- Up to date alcohol and other drug resources for young people.
- Consultation support for other professionals working with young people.
- Cultural services are available to young people and Altered High will facilitate contact if desired.

Who can make a referral to our service?

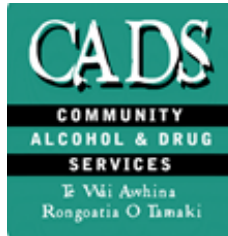
- Anyone can refer to Altered High but it is preferable that young people refer themselves.
- The young person must agree to and be involved in the referral process. Not involving the young person in a decision about a referral is likely to increase their resistance to seeing us. Effective interventions are based around a trusting relationship. Coercing young people into substance use treatment seldom effective at changing their substance use.
- Currently Altered High receives referrals from young people and their parents, School Guidance Counsellors, Mental Health Services, Public Health Nurses, and GP's.

How do you make a referral to Altered High?

- Contact the Altered High Duty Service on **09 845 1893**
An AOD Youth Duty clinician will take your call, explain more about the service and answer any questions you may have.
- Fax a completed referral form (available from the Duty Service) to **09 845 1895**

Limitations

- We are a 'Business Hours' 0830 – 1700 Monday to Friday service.
We are not able to provide crisis interventions or after hours responses.



CADS Altered High Youth AOD Primary Care Liaison Service

"Altered High" (AHYS) is a regional mobile outreach youth AOD service. AHYS provides developmentally appropriate interventions for young people and their families with concerns about substance use, including those affected by someone else's substance use.

The new Primary Care Liaison Service has been established to build on the current youth specialist AOD service provision through CADS Auckland. It aims to enhance interface and liaison between DHB and primary care services including PHO's, general practitioners, practice nurses and school health services in the wider Auckland region in respect to the provision of youth AOD treatment for young people. Better identification and management of AOD problems in young people attending primary care is a key component of an effective primary care youth health response. We can assist primary care providers by offering:

- Expert advice and consultation to primary care with regard to cases and youth AOD treatment (including for young people with co-existing mental health concerns – 'CEP').
- Formal and informal training to equip primary care workers with tools and expertise to identify and effectively respond to youth with AOD issues. Menu of training options include: youth AOD dynamics, co-existing problems, youth AOD screening tools, brief interventions and motivational interactions.
- Key contact to facilitate referrals to youth AOD services from primary care
- Specialist AOD assessment and treatment for young people referred from primary care
- Direct interface between primary care, AOD and CAMHS services

Altered High Primary Care Focus Clinicians

This new service is fully integrated within Altered High's existing regional service. It consists of three senior clinicians with established skills in providing treatment to young people presenting with AOD & CEP problems, delivering training packages, liaison and consultation.

Each position has a focus on one of the three Auckland wide DHB catchment areas:



- ❖ For CMDHB catchment contact:
Jennifer O'Loughlin 845 1884, 021 274 3919, jennifer.oloughlin@waitematadhb.govt.nz
- ❖ For ADHB catchment contact:
Sue Vugler 845 1894, 021 2401988 sue.vugler@waitematadhb.govt.nz
- ❖ For WDHB catchment contact:
Julia Crawford 845 1886, 021 276 1659 julia.crawford@waitematadhb.govt.nz