

## **DAPL Young Persons Service**

**DAPL's Young Person's Service offers a confidential one to one counselling, support, information and advice service to any young person under the age of 18 who is affected by their own or another's substance use.**

**Any young person who is living in Levenmouth, North East Fife, Kirkcaldy and Glenrothes can access DAPL's services.**

### **The process**

- **A referral can be made by anyone to DAPL's Young Person's Service providing the young person is aware of the referral and willing to meet with a worker. This can be made by phone, in writing, via email, text or in person.**
  
- **The young person will be contacted and offered an appointment to meet a worker to undertake an initial assessment. The initial meeting will be arranged for a time which suits both the young person and the worker. The assessment will take place in an appropriate venue which is convenient for the young person.**
  
- **Following initial assessment, the young person will be offered a regular appointment on a weekly basis to meet with an allocated worker who will work with them on issues that are important to them and help support them to overcome their problems and live healthy and more rewarding lives.**

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### **Confidentiality**

**Young People have a right to confidentiality.**

**Confidentiality between DAPL staff and young people is extremely important. The relationship between the DAPL client and counsellor is paramount and will only occur if there is trust and honesty.**

### **What does Confidentiality mean?**

**It means that you can talk to a DAPL worker about anything, and they must keep information about you safe and private within DAPL, this includes:**

- **Anything you say**
- **Information they write about you**
- **Any treatment you have had.**

### **Limits to confidentiality**

**Sometimes there may be exceptions to confidentiality and these will be discussed and agreed with you at your first meeting with a DAPL worker.**

**In types of situations where a sensitive disclosure is made to a DAPL worker, and we feel that you may be in danger and need protection it may be necessary to pass information on to someone who can help.**

**You will always be informed before this happens and consulted at every possible opportunity.**

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**Young Person's Service staff team believe that:**

- ° **Young people are unique individuals in their own right;**
  - ° **Young people are decision-making people and are making decisions for themselves constantly;**
  - ° **Young people make a choice to use drugs / alcohol.**
  - ° **Substance use in young people is underpinned and maintained by a variety of other issues and perceptions;**
  - ° **Substance use is continued because there seems to be no other viable alternative**
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**DAPL's Young Person's Service also provides a service to support the parents and carers of young people who are concerned about their child's/young person's substance use.**

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**DAPL's Young Person's Service provide substance awareness raising groupwork sessions to identified young people within a range of statutory and non statutory agencies as necessary.**

**Requests can be made to the team co-ordinator who will arrange a meeting to discuss individual groups needs and tailor sessions to meet those needs.**

**Identified Focused Groupwork, includes:**

**Alcohol- effects on self, peers, families, communities etc**

**Drugs - effects on self, peers, families, communities etc**

**Solvents - effects on self, peers, families, communities etc**

**Self Esteem Raising & Empowerment**

**Peer Support Groups**

**Peer Tutor Groups**

**Girls Groups**

**Boys Groups**

**Relationships Groups**

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**DAPL's Young Person's team supports young people and their families throughout Levenmouth, North East Fife, Glenrothes and Kirkcaldy by providing :**

- Confidential 1:1 counselling, information, advice and support**
- Condom distribution and pregnancy testing**
- Delivering groupwork sessions to raise awareness of substances and their effects**

- **Networking with a variety of agencies to meet individuals needs**
- **Developing skills and knowledge through multi agency training and specific identified issue based training**
- **Improving accessibility to the service by providing outreach and an out of hour's service.**
- **Continual assessment of client needs and to clearly identify the needs of vulnerable young people and the support that is offered to them and their families.**
- **Delivering multi agency training in local schools and youth community groups**
- **Identifying gaps in service and service delivery and raising issues at relevant strategy groups.**

### **Condom Distribution and Pregnancy Testing**

**DAPL offers a confidential condom distribution and pregnancy testing service from both its Levenmouth and Kirkcaldy offices.**

**DAPL's Young Person's Team is committed to involving young people in all aspects of the project's work and aim to consult with them wherever possible.**

## **Counsellors and Counselling**

- **Counselling takes place when a trained counsellor meets with a client in a safe and confidential setting to explore any difficulties the client is having, distress they may be experiencing or perhaps their dissatisfaction with life, or loss of a sense of direction and purpose.**
- **Counselling is always at the request of the client as no one can properly be 'sent' for counselling.**
- **Counselling is a way of enabling choice or change, or of reducing confusion.**
- **Counsellors do not judge or exploit their clients in any way.**
- **Counselling does not involve giving advice or directing a client to take a particular course of action.**
- **Counsellors offer clients respect and accept that each person is an individual and is unique with unique needs.**
- **Counsellors encourage clients to express their feelings and explore different aspects of their lives, talking about them freely and openly without fear of being judged.**
- **DAPL counsellors undergo lengthy training, often lasting several years. Their work is always supervised by another practitioner who helps them to process and reflect on the issues of concern to their clients.**
- **Counsellors are trained to help the client examine their behaviour or situations which are proving troublesome and to find a way where it may be possible to work towards making positive change.**
- **Counsellors can help the client to look at the options open to them and empower them to decide what is best for them.**
- **Counselling may take just a few sessions or continue over a number of weeks or months.**
- **Counselling sessions are generally about one hour at each session, although younger clients may require shorter sessions.**