

North Yorkshire Substance Use Strategy Easy Read



In this document, difficult words are in **bold**. You can find an explanation of what these words mean in the sentence after they have been used.



Some words are blue and underlined. These are links which will go to a website which has more information.

This document is an easy read version of the [North Yorkshire Substance Use Strategy](#)



A **strategy** is a plan of how we will do things over a long time.

This strategy explains how we will work together to reduce the harm cause by **substance use**.



We asked people what should be included in this strategy.

The things that people said have helped us to write this strategy.



Drugs are chemicals which can affect the way you think, feel and act.



Drugs can be legal or illegal



Alcohol is a liquid chemical



In this strategy we are calling alcohol and other legal and illegal drugs substances.

When people use these substances, we call it **substance use**.

When people use substances, it can be harmful to them.



Tobacco is not included in this strategy

Tabaco is made from the leaves from a plant. It contains nicotine which can be harmful.



Our **commitment**

A **commitment** is what we will do



We will make sure that people can avoid use of substances, including alcohol



We will make sure not as many people die from substance use.



We will make sure not as many people are harmed by substance use.



We will make sure people who have harmful substance use can get better.

This will help people be healthy and live better lives



In this strategy there are 8 chapters

Each chapter talks about a different **priority**

A **priority** is the most important thing that should be done.

Chapter 1 – Disrupting the supply of drugs and promoting responsible selling of alcohol.



This is how we will stop people selling drugs.

This is how we will make sure shops and other places follow the law when selling alcohol.



Chapter 2- Support

This is how we will help people to get better

Chapter 3 – Prevention of harm in future generations



This is how we will help young people to make better choice.



Chapter 4 – Harm reduction

This is how we will reduce the harm that can happen with substance use



Chapter 5 – Protective Factors

This is how we will help people to have a place to live, education and employment.



Chapter 6 – Place based action

This is how we will work together to help in places that need more support.



Chapter 7 – Engagement and communications

This is how we will tell people what we are doing and what is happening.



Chapter 8 – Workforce Development

This is how we will support staff and volunteers who work with people with substance use needs.



We have made a video to tell you about each chapter.

You can watch this on YouTube – [YouTube Substance use Strategy video](#)



Chapter 1 – Disrupting the supply of drugs and promoting responsible selling of alcohol



We will stop people selling drugs.

We will make sure shops and other places follow the law when selling alcohol.

Why is it a priority



There are more people selling drugs.



This can cause problems to people's health and wellbeing.



Alcohol can be very cheap. If people drink too much alcohol it can be harmful.



Substance use can cause problems in communities.

What we will focus on

Drugs



- **County Lines**

County lines is when gangs from big cities come into smaller areas to sell drugs.

- Supply of **Class A drugs**

Class A drugs are very dangerous drugs like heroin and cocaine.

- Criminal **exploitation** with drug supply.

Exploitation is when someone tricks you into doing a something for them.



- How organised gangs get their drugs

- How organised gangs grow cannabis.

- What organised gangs do with their money





- Man-made drugs
- What is in drugs



Alcohol

- Stopping people under 18 years old being able to buy alcohol.
- Taking away illegal alcohol from places in North Yorkshire
- Providing support and information to people who sell alcohol.



What we will do

Drugs



- We will work together to fight against organised gangs who supply drugs and **county lines**.
- We will provide training for police and organisations.
- We will work with together to make sure people and places are safe.
- We will take money from the organised gangs and people who have got it through crime.
- We will support people who are at risk.

Alcohol



- We will make sure people do not sell alcohol to under 18-year-olds.
- If someone tells us alcohol has been sold to a person under 18 years old, we will **investigate**.

Investigate means we will look at something and try to find all the facts about what happened.



- We will **seize** illegal alcohol

Seize means that you take it away



- We will **investigate** when adults have bought alcohol for people under 18 years old.
- We will provide advice and information to people who sell alcohol.
- We will **prosecute** when the law is broken



Prosecute means to charge someone with a crime and take them to court

How we will measure if we are doing well.



Drugs

We will count how many:

- **county lines** closed
- drugs we take off people.
- crimes caused by drugs take place
- We will count how much money linked to drugs has been taken off people
- We will count how often we have stopped organised gangs selling drugs.



Alcohol

- We will look at how much alcohol is sold in North Yorkshire. We will look at how this is different to other places.
- We will count how many businesses stop selling alcohol to people under 18 years old when we have spoken to them.



Chapter 2 – Support

This is how we will help people to get better

Why is it a priority

Spending money on **treatment services** helps saves lives

Treatment is how people are helped to get better.

Treatment can help people start to understand why they use substances



Treatment can stop people getting poorly and dying.

Treatment helps make the places where people live safer.



What we focus on

1. Reducing how many people are harmed





2. Reducing how many people die



3. Looking at how we can help more people get support.



4. Helping people to achieve their goals



5. Providing specialist support offer for people who experience **multiple disadvantages**.

Multiple disadvantages can be people who don't have a home, substance use, poor mental health or vulnerable.

What we will do

Adults



- We will work with **North Yorkshire Horizons** helping people who have **multiple disadvantages**.

North Yorkshire Horizons are a drug and alcohol support service for adults.



- We will make sure people have access to better medications.
- We will work in prisons to help people.
- We will look at how substance can affect people's health.
- We will have an inpatient and resident treatment offer
- We will work with the NHS to help people manage their use of alcohol.
- We will work with the NHS to help people who are dependent on medications.
- We will have a substance use end of life pathway

Young People



- We will make sure **North Yorkshire RISE** can work with more young people

North Yorkshire Rise are a drug and alcohol support service for young people.

- We will make sure there is a pathway for young people who experience substance use.

How we will measure success

We will count how many:



- people work with services and how they are helped.
- Inpatient and residential placements and their outcomes
- People who come out of prison with a substance use treatment need, are seen by services within three weeks.
- people die from substance use.
- We will look at what people do when they leave treatment.
- We will listen to people with lived and living experience



Chapter 3 - Prevention of harm in future generation's

This is how we will help young people to make better choice.

Why is it a priority

Substance use can have a big impact on children and young people.

It can impact their health, education, families, and long-term chances in life.

Early **intervention** can stop or delay people from substance use harm.

Intervention is something people do to improve a situation or stop it getting worse.

What we will focus on

- Making sure young people can learn about drugs and alcohol so that they can make the right choices.





- Supporting children, young people and families who at risk of substance use.

What we will do



- We will provide education and training on substances



- We will support places where children, young people and families get education and support



- We will have schemes to stop young people being prosecuted.



- We will work with families who are at risk of substance use.

How we will measure success



We will count how many:

- people break the law
- children and young people say they use or have been seen people use substances
- training sessions are given to school staff
- many training session school staff are giving to young people.



- Schools have drug and alcohol strategy.

- Schools have picked the drug and alcohol scheme as part of the Healthy Schools Award

The **Healthy Schools Award** helps schools make the health and wellbeing of pupils better.



- We will look at how the schemes to stop young people being prosecuted have worked.



Chapter 4 – Harm Reduction.

This is how we will reduce the harm that can happen with substance use

Why is it a priority

We want to reduce the harm and risk that can happen with substance use



What we will focus on

- 1) Increasing the number of people who can get **naloxone** when they need it.

Naloxone is a drug that can save your life if used quickly after taking too many drugs.



- 2) Increase the **needle and syringe provision**.

Needle and Syringe provision is a free, service for people who inject drugs. It gives people free, safe needles and gets rid of used needles safely.



- 3) Having a pilot project to look at what is in drugs which could be very harmful.



NHS
Yorkshire
Ambulance Service
NHS Trust

- 4) Working with Yorkshire Ambulance Trust to look at the non-fatal overdose pathway. This will help people get treatment.

- 5) Increasing the number of **Hepatitis C** tests and the number of **Hepatitis B** vaccinations people can get.

Hepatitis B and C are both diseases that can affect the liver.



Vaccinations are something you can have to stop you getting poorly.



6) Looking at and learning from deaths related to drugs and alcohol



7) Developing a **Drink Drug Hub**

Drink Drug Hub is a website with helpful information about alcohol and substances.

<https://drinkdrughub.co.uk/>



8) Looking at what is happening with the use of drugs trends and how we can act.

What we will do



- We will work with places to make sure Naloxone is available when needed
- We will make sure there are a range of ways to use the **needle and syringe provision**.
- We will work to understand what is happening locally with drugs and how to act to reduce the harm.
- We will start a project to help us know what is in illegal drugs across North Yorkshire.
- We will improve **Hepatitis C** testing and treatment
- We will look at and learn from deaths related to drugs and alcohol.

How we will measure success

We will count how many:

- people receive Naloxone
- people are provided with needles
- people who are receiving treatment die
- We will count the number of non-fatal overdoses
- We will count how many people received help with Hepatitis B & C.





Chapter 5 – Protective Factors

This is how we will help people to have a place to live, education and employment.

Why is it a priority



Everyone needs a safe place to call home.



Having a place to live, education and employment are very important to stop substance use.



Having housing, education and employment helps people get better from substance use.

What we will focus on



- That organisations include people who experience substance use in their strategies.



- Volunteering and paid work for people.

What we will do

Housing



- We will have a single person for people to speak to about housing
- We will work together look at how we can help people who are **rough sleeping**

Rough sleeping when you have nowhere to stay and are living on the street.



- We will pay for a worker to help people who are rough sleeping to get support for substance use.
- We will work together to talk about what support is available



- We will look at the housing related support that we offer.

Volunteering and Jobs



- We will work with **North Yorkshire Horizons** on a volunteer and **peer mentor programme**

Peer mentor programme is when two people work together to help each other.



- We will have a **Individual Placement Support Programme**

An **Individual Placement Support Programme** is....

How we will measure success



- We will look at what other strategies say needs to be done to support people who experience substance use.



- We will count the number of people who volunteer with **North Yorkshire Horizons**



- We will count how many people work with the **Individual Placement Support Programme**

Individual Placement Support Programme is where specialist support workers will help people with substance use needs get jobs.

Chapter 6 – Place based action.

This is how we will work together to help in places that need more support.

Why is it a priority

There are some places in North Yorkshire where there are lots of people with substance use needs.

We need to work together in these places to help them.



Working together will help improve people's lives and the community.

What we will focus on



- We will work together in places with more substance use to help them.



What we will do

- We will look at how we work together to support people who experience **multiple disadvantages** in Harrogate.
- We will work together to reduce serious crime in Barrowcliff.

How we will measure impact

Harrogate

We will count how many

- people work with us
- people who die while having **treatment**



Barrowcliffe

We will count how many

- people work with services
- people tell us what is happening in the area
- We will ask people if they are happy with what we are doing.



Chapter 7 – Engagement and Communications.

This is how we will tell people what we are doing and what is happening.



Why is it a priority

We need to listen to people with lived and living experience of substance use.





We need to make sure that what we are doing will help people.

What we will focus on



- We will make sure that people with lived and living experience of substance use are listened to.



- We will make sure that what we say will help people in the places where we say it.

What we will do



- We will work with **North Yorkshire Connected Spaces** to make sure people voices are heard.

North Yorkshire Connected Spaces provides a voice for people recovering from substance use



- We will make sure that we work together to share the same messages.
- We will tell people about what support they can get.

How we will measure success



- We will make sure that North Yorkshire Connected Spaces can help more people.
- We will make sure people with lived and living experience voices are heard



- We will count how many people see our messages online
- We will count how many people have training from us.



Chapter 8 – Workforce Development

This is how we will support staff and volunteers who work with people with substance use needs.

Why is it a priority



The number of staff and volunteers who help people with substance use needs has gone down.

It is important that people get the right support.



This helps them to get better.

What we will focus on

- Making sure there are enough staff and volunteers who can help people.
- Making sure there are enough staff and volunteers in **North Yorkshire Horizons** and **North Yorkshire RISE**.





- Making sure staff and volunteers have the information and training to support people.
- Making sure we work together North Yorkshire.

What we will do



- We will tell people about the good things that workers do to help people with substance needs.
- We will develop a **training roadmap** for North Yorkshire. This will tell people what training there is in North Yorkshire.



- We will have **awareness sessions**

Awareness sessions will tell people about substance use needs.

How we will measure success



- We will count how many people come to **awareness sessions**
- We will measure the specialist workforce roadmap



- We will look at what other people have said needs to be done in their **strategies**.



This document was made with photosymbols.