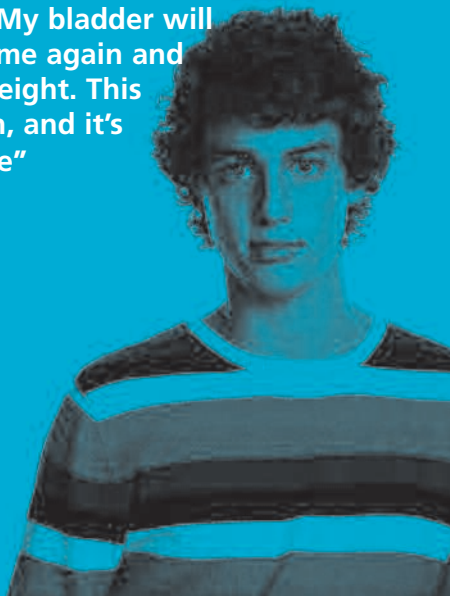


“When I first started taking Ketamine (K) , I wasn't doing it that often. Me and my friends were just dabbling with it, having a laugh. In the next year, my friendship group changed and I started hanging out with the older lot, and I started taking K every weekend and going partying and getting out of my head. I then got into doing K every day to get away from the stress of school and family and friendships that weren't working”

Service user

“The CASUS team have helped me realise that I don't need K to cover up my problems; I have people all around me to help me get through them. I have had a couple of relapses since I quit but I have supportive friends, family and the Young Users team, who got me through this. I still have a good time and go partying, but I stay away from the K and try to tell everyone else about how bad K is. It's not worth the risk. My bladder will never be the same again and I'm still underweight. This is six months on, and it's still affecting me”

Service user



Opening times and contacts

Monday to Friday - 9am to 5pm

Appointments available outside of these hours on request

CASUS South

T 01223 214614

F 01223 414584

CASUS North

T 01480 415278

F 01480 415393

E casus@cpft.nhs.uk

www.casus.cpft.nhs.uk

**FOR MORE
INFORMATION:**

HQ Elizabeth House, Fulbourn Hospital,
Cambridge CB21 5EF.

T 01223 726789 F 01480 398501

www.cpft.nhs.uk

CASUS

Cambridgeshire Child and Adolescent Substance Use Service

April 2010



CASUS

Providing information, support and specialist treatment in Cambridgeshire, around drug and alcohol use, to young people under 18 and their families.

CASUS is part of Cambridgeshire and Peterborough NHS Foundation Trust. The team is staffed by nurses, social workers and substance misuse practitioners, as well as child and adolescent psychiatrists.

The team will see young people who have concerns about alcohol, legal, prescribed and over-the-counter medications, solvents and volatile substances, as well as illegal drugs.

CASUS bus route

This is the journey that some young people make with the team. It's possible to hop on and hop off at any time.

Screening

Find out in 10 minutes if I need to be concerned about how I am using substances.

Advice

Hear about what risks I am taking, what I can do to stay safe, who is there to help, and more...

Assessment

have a friendly expert really try to understand accurately what things are like for me, right now. May take up to an hour, or even several meetings. My keyworker will feedback what s/he has understood to check it is accurate.

Care planning

If we think I need more help, look through what kind of things work for whom, and agree a plan with my keyworker.

Motivation

A session that helps me decide what I really want to do about my substance use (not someone trying to tell me what to do).

The full packet

Up to six sessions of planned work to help me help myself, and if necessary to help my family, carers, or friends to help me.

Some young people need more than this



CASUS will work with young people in one-to-one sessions and in group settings to address any concerns and questions around drug and alcohol use

CASUS has a specialist interest in reaching those young people that are seen as hard to engage. Our aim is to offer intensive support and treatment to vulnerable young people with complex needs. In these cases substance misuse is part of a range of significant difficulties that may include mental health, sexual health, family relationships, housing, education, etc.

The team actively engages in multi-agency working to promote the resolution of these difficulties. The team is one of five in the UK using the innovative Adolescent Mentalisation Based Integrative Therapy – AMBIT.

CASUS will also work with parents and carers who have concerns or questions regarding young people and drug use. Our team also works with young people and their families using MBFT (Mentalisation Based Family Therapy) to improve family relationships.