

[Inquiry into alcohol and substance misuse](#) / [Ymchwiliad i gamddefnyddio alcohol a sylweddau](#)

Evidence from Child and Adolescent Mental Health Services – ASM(Q) 05
/ Tystiolaeth gan Gwasanaethau Iechyd Meddwl Plant a'r Glasoed – ASM(Q) 05

Inquiry into alcohol and substance misuse

Survey Consultation Response

Organisation/Respondent: Katraze Ruge, Clinical Nurse Specialist for Child and Adult Mental Health Services (CAMHS) for Monmouthshire and Torfaen, Aneurin Bevan Health Board

Questionnaire

01. Which client group(s) do you work with? (For example, under 18s, older persons, homeless, or female only)

As a rule under 18's, although sometimes 19 years old.

02. What are the main reasons why your clients take drugs or drink excessively? Please tick all that apply.

If you work with more than one client group or you feel that there are other reasons as to why your clients take drugs or drink excessively, please comment in the box below.

- *Peer pressure;*
- *A way to deal with stress;*
- *Client(s) already substance reliant;*
- *Mental health;*
- *Boost confidence;*
- *Relieve social anxiety;*
- *Environmental factors (for example – excessive drinking and/or drugs normalised in the home/community)*



- *Relationship problems;*
- *Financial concerns;*
- *Self-medication;*
- *Escapism.*

o3. Are there certain groups of people who are more likely to be affected by drugs and excessive drinking? If so, which groups might they be?

Looked after children.

o4. Does a particular stage of your clients' lives influence their likelihood of taking drugs or drinking excessively? If so, what stage might that be? (i.e. age, relationship breakdown, unemployment etc.)

- *Transition from custody;*
- *Exclusion from school;*
- *Significant emotional and mental health issues;*
- *Diagnosis of ADHD.*

o5. What barriers exist for your client(s) when trying to access support and services?

- Young person's presentation too complex for primary care drug and alcohol services;
- Complex mental health needs;
- Age;
- Young person's lack of engagement or motivation to change behaviour;
- Lack of specialist mental health in drug and alcohol services;
- Short term support / intervention.

o6. What barriers exist for services when trying to access support for client(s)?

Referral pathways.



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07. What do you consider to be barriers for staff and frontline services in working with your client group(s), or substance misuse generally?

Reluctance of working together as a multi-agency - more of a sign posting / referring on process for young people.

08. Where do you think efforts should be targeted to address the issue of alcohol and substance misuse in Wales?

Primary care - schools, schools health nursing, police, social services.

09. In which local authority area do you work? If you work outside of Wales, please write your local authority area below.

Monmouthshire.

Contact Details

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