



Stepping Stones Pathway

Support for young people affected by a family
member's substance use

About us

How and who we can support

- Support for children affected by parental or family substance use
- For young people up to the age of 21
- No minimum age (primary-aged children likely to be offered structured consultation rather than direct work)
- Support tailored to individual needs
- **Consent required** (young person if 13+ or parent/carer if under 13)
- Referrals accepted from schools, parents/carers, professionals, family members, or young people

Accessing CASUS

- No waiting list or lower threshold
- Referrals always welcome
- We encourage *what if* conversations if you notice changes in behaviour, language, or receive a disclosure
- Duty Workers available Monday–Friday, 9am–5pm

How we work

- Structured 8 session treatment journey
- Fortnightly sessions
- Family member involvement (if young person agrees)
 - *Virtual family work* if young person does not wish for family member involvement in sessions
- Delivered in schools, home, offices, online or by phone
- Non-judgemental approach
- Onward support and referrals offered at discharge

What CASUS Can Offer Professionals

- Specialist training specific to Stepping Stones and children affected by familial substance use

Some key indicators of young person affected:

Behavioural

- Antisocial behaviour (to include risk-taking)
- Missing from home episodes
- Aggressive behaviour
- Lying or secrecy (often to protect family member)

Educational

- Poor school attendance (truancy)
- Increased levels of “tardiness”
- Poor educational achievement
- Lack of engagement

Physical

- Poor hygiene
- Signs of malnourishment
- Frequent illness/trips to A&E
- Signs of neglect/abuse (bruising, self-harm)

Emotional

- Emotional outbursts
- Attachment difficulties
- Mood disturbances (anxiety)
- Precocious maturity

Social

- Difficult transitions from childhood to adolescence
- Relationship difficulties (friendships included)
- Social isolation- becoming withdrawn