

# Stepping Stones information for young people (13+ year olds)

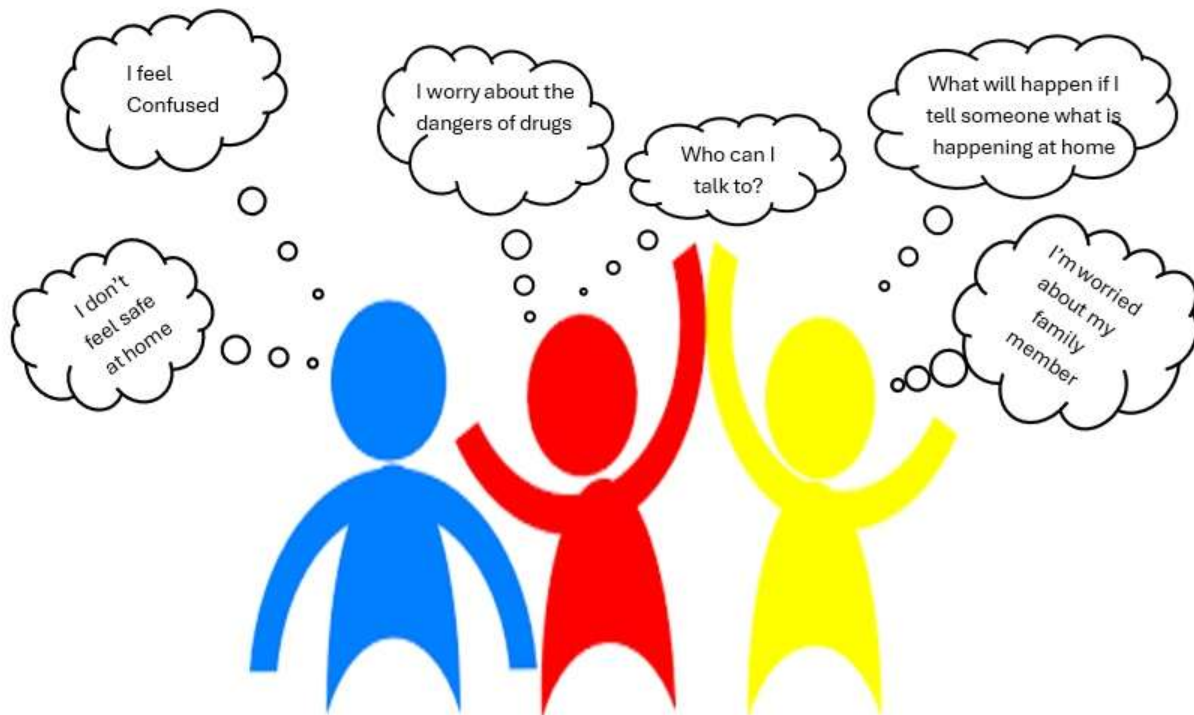
January 2026



**CASUS**



Pride in our children's, young people's and families' services



We understand it can be upsetting, isolating and confusing when a family member is misusing drugs or alcohol. Remember, there are multiple reasons for substance misuse but, you are NOT to blame. Our friendly, professional and kind team are here to help you make sense of it, give you an opportunity to feel heard and ask any questions you may have.

We can meet you in a place you feel most safe and/or comfortable, whether that be at home, school, café or other community-based area. We provide flexible methods of contact such as, phone, text, email, WhatsApp or face to face meetings to support young people in the most effective way for them. Sessions will be held on a one-to-one basis and underpinned by a trauma-informed approach.

### **How CASUS can support you**

- We will complete an assessment where we aim to get to know you and find out about the substance use in your family that you are worried about
- We will conduct 8 structured sessions with you, each session tailored to your specific needs / situation
- Our service is confidential – this means we will not share any information without your consent – unless we believe you or someone else is at risk or serious harm or a crime has or may be committed
- We know talking about this can feel scary and overwhelming – so well done for taking this step!

### **Education**

- We can provide you with education around the risks of drugs and alcohol, how to keep safe, and the different “classes” of drugs
- We can provide you with an understanding of the effects drugs and alcohol have on people including:
  - Behaviourally
  - Emotionally
  - Physically

## Emotional support

- Naming and understanding your feelings (e.g. anger, worry, guilt, shame, or sadness)
- Talk about fears around safety and what might happen next
- Make a **safety plan** if things feel unpredictable
- Cope with worries about relapse or changes at home
- We can teach you **calming or distraction techniques** when things feel overwhelming
- We can talk about family roles and how they can change when a family member uses substances
- We can support you to identify a safe person to help you through potential big changes like loss, prison or family separation
- Help you to 'name' and understand the emotions you may be feeling and to reinforce that you are **NOT** responsible for a family members substance use

## Family Involvement

- Having family involved can really help, but **it is totally your choice**
- Family sessions can help people understand how alcohol or drugs affect everyone, not just one person
- It can also help improve relationships and separate the person from their behaviour
- We will support you the whole way and **will not involve anyone unless you are comfortable and agree**

## Working With Other Services

- We will always ask **your permission** before sharing information
- Collaborating with other professionals helps make sure you get the right support without things feeling confusing and overwhelming
- The aim is to keep you safe, support your wellbeing, and get you help early



**For further information or any queries, please contact CASUS on:**

**Tel:** 01480 445316  
**E-mail:** [CASUS@cpft.nhs.uk](mailto:CASUS@cpft.nhs.uk)  
**Web:** [www.cpft.nhs.uk/casus](http://www.cpft.nhs.uk/casus)  
**Address:** Newtown Centre, Nursery Road, Huntingdon



**Further support and contact details:**

**First Response Service:** Dial 111: If you are in a mental health crisis, you can speak to a mental health practitioner by calling this 24-hour line

**Young Minds:** Text YM to 85258. Provides 24/7 text support for young people across the UK experiencing a mental health crisis

**Childline:** 0800 1111 24-hour confidential helpline. Speak with ChildLine in private about anything worrying you

**Frank:** 0300 123 660 / text 82111 / [www.talktofrank.com](http://www.talktofrank.com) 24-hour drugs advice.

**A&E / 999:** Visit A&E or call 999 in an emergency (if you are seriously injured, have taken too many drugs or alcohol or are feeling suicidal).

**NACOA (National Association of Children of Alcoholics):** [www.nacoa.org.uk](http://www.nacoa.org.uk)

**ADFAM:** [www.adfam.org.uk](http://www.adfam.org.uk)

**Patient Advice and Liaison Service (PALS)**

If you have any concerns about any of CPFT's services, or would like more information please contact: Patient Advice and Liaison Service (PALS) on freephone 0800 376 0775 or e-mail [pals@cpft.nhs.uk](mailto:pals@cpft.nhs.uk)

If you require this information in another format such as braille, large print or another language, please let us know.



**Out-of-hours' service for CPFT service users**

Please call **NHS 111** for health advice and support.

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

**T** 01223 217400

**F** 01480 398501

[www.cpft.nhs.uk](http://www.cpft.nhs.uk)

CPFT supports **HeadtoToe Charity** – visit [www.cpft.nhs.uk/ourcharity](http://www.cpft.nhs.uk/ourcharity) for details on how you can help

