

Stepping Stones information for children (under 13)

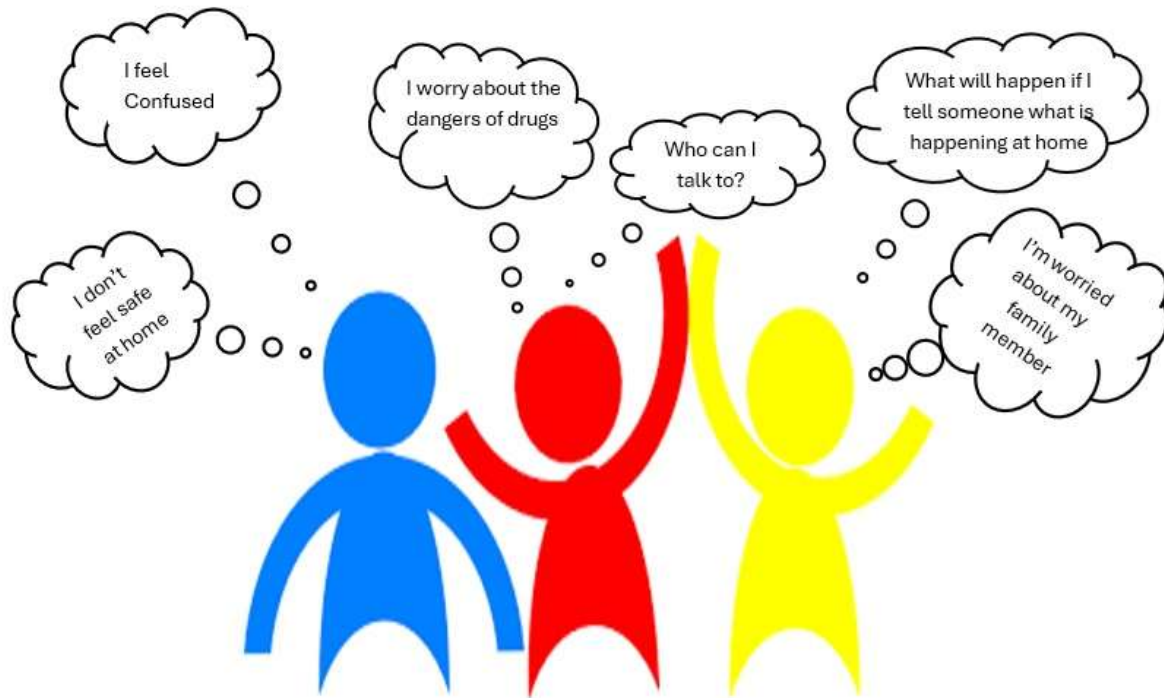
January 2026



CASUS



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



We know it can feel really upsetting, lonely and confusing when someone in your family is using drugs or alcohol. But remember this: **it is NEVER your fault**. People use substances for lots of different reasons but you are **NOT to blame**. Our team is kind, friendly and here to help you. We will listen to you and help you make sense of what is happening whilst giving you a chance to ask any questions you have.

We can meet you somewhere you feel safe and comfortable – somewhere like home or school. You can choose how you would like to talk to us: whether that be face-to-face, virtually (like video call) with a trusted adult or telephone. We will do what works best for you. When we meet, we want you to feel comfortable so you can talk freely and honestly. If you would like a trusted adult with you, this is fine. Everything we do is designed to help you feel safe and supported.

Here is what will happen when you work with us:

- **First, we will have a chat** to get to know you and understand what is going on with the substance use in your family that is worrying you
- **Then, we will do 8 sessions together.** Each one is designed just for you and your situation, so it fits what you need
- **Everything you tell us is private.** We will not share it with anyone unless we think you or someone else might be in danger, or if a crime has happened or could happen
- **We know this can feel scary,** so well done for reaching out! That is a really brave first step

Learning About Drugs and Alcohol

- We can give you easy-to-understand information about drugs and alcohol, so you know how they can affect people — like changes in feelings, behaviour, and health

Emotional Support

- We will **support you to understand your feelings** — like anger, worry, guilt, shame, or sadness
- You can **talk about any fears** you have about safety or what might happen next
- We will **make a safety plan together** looking at ways to keep yourself safe and who can support you with this
- Worried about changes at home or someone using again? We will help you process these worries
- We can teach you **calming and distraction techniques** for when things feel overwhelming and scary
- We will talk about **family roles** and how they can change when someone uses substances
- If big changes might happen in the future — like loss, prison, or family separation — we will support you to identify someone that can help
- Most importantly, we will remind you that **you are not responsible for an adult's substance use**

Family Involvement

- Having family involved in some sessions can really help, but **this is YOUR choice**
- Family sessions can help people understand how alcohol or drugs affects everyone, not just one person
- They can also help improve relationships and separate the person from their behaviour or actions
- We will support you the whole way and **will not involve anyone unless you agree**

Working With Other Services

- We will **always ask your permission** before sharing information
- Sometimes working with other professionals helps make sure you get the right support without things feeling confusing or “too much”
- Our goal 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
Web: 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 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

ADFAM: 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

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

CPFT supports **HeadtoToe Charity** – visit www.cpft.nhs.uk/ourcharity for details on how you can help

