




Young Carers of Substance Misuse

A resource developed for young
people in Lincolnshire



**Are you worried
about how much
someone you
know or live with
is drinking or
taking drugs?**

**The following pages contain
information that is helpful for a
young person, who knows or is
living with someone who drinks
or takes drugs and wants some
advice, help and support....**

I make excuses
for them...

Every day I hope this
will be the day it stops!

She chooses alcohol over
us, it takes up a lot of time
and energy, I have to clear
up a lot after mum

I am proud when he is
sober,
but I doubt it will
last!

I grew up seeing my sister get drugs, sometimes
she took me with her to get them. When I was
older, I went with her to get the drugs as I really
needed to protect her – even if it did mean putting
myself in danger. I was worried that she might die
and felt I was the only one who could help!

What does substance misuse mean?

Substance misuse' refers to the harmful use of substances (like drugs and alcohol) for non-medical purposes. It includes substances like glue, petrol, caffeine and prescribed medication

Substance misuse can develop over a long time, some people get addicted really quick, others like the feeling and then they need more to get that feeling again..

Sometimes that person can't cope with out it and it makes them feel ill when they don't have that substance - this is when the word "dependence" would be used to that substance need (drugs or alcohol)



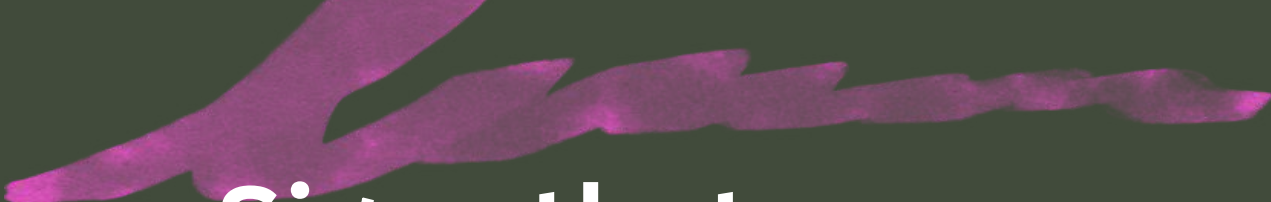
What is a young carer? Am I one?

Below are various definitions of what a young carer is, for the purpose of this resource it is mainly focussing on support around young people who regularly have to help someone who misuses substances such as drugs and alcohol

The Lincolnshire Young Carers Service supports young carers up to the age of 19. Young carers may be helping and supporting a family member or friend due to disability, mental ill-health, illness or substance misuse

A young carer is somebody who cares for or is affected by someone else at home – usually a parent or sibling – who suffers from physical or mental ill health, or who has substance misuse issues

A young carer is a young person who cares, unpaid, for a person who has any type of physical or mental illness, physical and/or mental disability or misuses substances such as alcohol or drugs

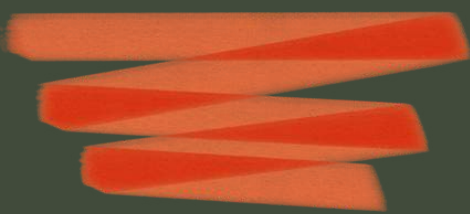



Signs that someone might need help

Sometimes it's hard to know when to get help? you might be worried that you will get into trouble, or get someone you love in trouble... you won't!

Getting advice or help for yourself is the first step in helping them if they are not accessing any services or help already.

Does the following look familiar? this could be a sign that you need help if you aren't getting any already...

- They take drugs or drink every day and can become angry if they are unable to do so
 - Forget where they have been, what they have been doing or what they have said
 - Spend money on their drink and drugs and don't pay bills or buy food
 - Sometimes they lie to family and friends about how much they are taking or drinking, and often they ask other people to keep it secret and lie to others
 - Say or do cruel things which they regret later
 - Promise they will stop, but just can't...
- 
- 

Who can help?



Lincolnshire Young Carers

Tel: 01522 553275

Email: youngcarers@lincolnshire.gov.uk

Web: Young carers – Young carers service -
Lincolnshire County Council

The Lincolnshire Young Carers Service supports young carers up to the age of 19. Young carers may be helping and supporting a family member or friend due to disability, mental ill-health, illness or substance misuse.

We Are With You

Tel: 0800 304 7021

Web: www.wearewithyou.org.uk

Phone us or use our online chat if you're worried about yours or someone's drug or alcohol use. We can help you stop or cut down on what you're using, and help you with other problems you may be having. You don't have to pay for any of our services and we won't tell anyone about anything you tell us without your permission.

Who's the service for? This service is for you if:

- you're under 18
- living in Lincolnshire
- you're worried about either your drug or alcohol use, or someone else's



Lincolnshire Action Trust

Tel: 01522 806611

Email: hello@LATcharity.org.uk

Web: Oasis Project - Lincolnshire Action Trust (latcharity.org.uk)

The Young Oasis team offer confidential one-to-one support to children and young people in Lincolnshire who have been or are affected by a family member using drugs or alcohol.

The Young Oasis team provides much needed emotional support, wellbeing advice, or a non-judgmental listening ear to allow young people to fully express themselves and begin to work through the challenges of their situation.

If you would like to access Young Oasis please get in touch with the team confidentially.

Carers First

Web: www.carersfirst.org.uk

Tel: 01522 782224

If you're an unpaid carer, aged 16 and over, supporting someone in Lincolnshire, we're here to help with online help and advice, as well as 1-2-1 practical and emotional support. Remember, you don't have to wait until crisis point before asking for help - the earlier you ask, the bigger difference it can make.





**Lincolnshire Partnership NHS Foundation Trust
(LPFT)**

**Web: www.lpft.nhs.uk/young-people
Lincolnshire Here4You Line
0800 234 6342**


Supports young people in Lincolnshire with their mental and wellbeing needs. In Lincolnshire they have a range of information and services that can help you. This ranges from:

- self help information (online workshops, helpful websites)
- local emotional wellbeing services in schools
- specialist mental health services.

**Lincolnshire Carers Service
Adult Services - Age 16+**

**Web: www.lincolnshire.gov.uk/support-carers
Tel: 01522 782224**

Carers First and the Lincolnshire County Council Customer Service Centre work together to deliver the Lincolnshire Carers Service for adults. They offer services to support you at every stage of your caring journey and link in with the Lincolnshire Young Carers service for those under 19.





Young Minds

Web: www.youngminds.org.uk

Young Minds is a charity that supports young people with their mental health, offering support, advice and guidance around own mental health and of others

The Children's Society

Web: www.childrenssociety.org.uk

Supporter Care: 0300 303 7000

The Children's Society helps and supports young people through life challenges, providing specialist support that empowers young people





Police, Ambulance, Fire

Dial: 999

If you or someone is very ill, or you are in danger, or someone you are with is in danger or being a danger to others and you need help, call the emergency services - they are there for you..

They will ask you various questions when they answer the call - don't worry they will be trying to work out which service you need first







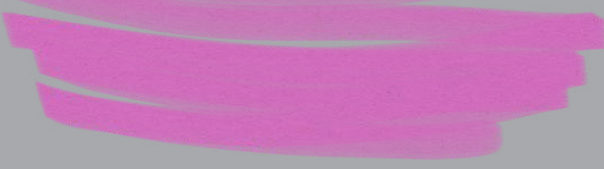
DRUGS

This section just gives a bit more information about the different types of drugs and their effects, although if you look after someone who already is a user of drugs, you will most likely be aware of the changes and effects that this has on the person, and they can differ with each person, but the following might help you understand why and the addictive issues that these can cause and why they often act as they do.

You may also hear these words when people such as police or support workers refer to drugs, such as Class A or Class B drugs – these are drugs that have different classifications, both are illegal regardless of class and may differ how this is viewed within the law, however, you can be sent to prison for supplying or having drugs on you.

Talk to Frank Honest information about drugs | FRANK (talktofrank.com) is a website that will give you lots of in-depth information on drugs, the following is a brief overview of some of drugs, although please note this isn't a full list of all that is available, please have a look at the FRANK website.





Cannabis – called various names such as; weed, dope, blow, skunk, marijuana, spliff and grass:

Often associated with a feeling of being relaxed, giggly and chatty, sick or dizzy. People are often more aware of their senses (be this happy or sad) and some have hallucinations. Sometimes the after effect is called “the munchies” where people have a craving for food.

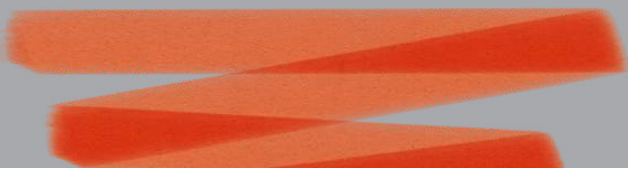
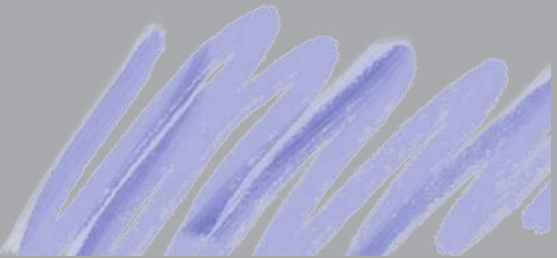
Risks: there are various risks associated with using cannabis, such as feeling anxious, panicky and/or paranoid. It can affect co-ordination, concentration and the ability to remember things. It can cause psychotic episodes and users can psychologically become dependent on it – long term or heavy use can lead to mental and physical problems.


Heroin – called various names such as; smack, brown, horse, china white and whack

Pure heroin is a white powder but is often mixed with other substances which can make the colour of this anything from white to brown. The effects of this drug vary but can make users have a warm feeling, very relaxed or sleepy.

It is very addictive and users can quickly become dependent on this.

Risks: Injecting heroin and sharing needles can be very dangerous for various health reasons, leaving the users susceptible to hepatitis C and HIV, infections of the skin and blood. Once a person gets used to taking heroin, this often leads to them needing more and more leaving them at risk of overdosing.





Cocaine – called various names such as: charlie, coke, ching, rocks, sniff, snow toot, wash and white

There are 3 types of cocaine – coke, crack, freebase. Taking cocaine can make people happy, excited, wide awake and confident.

Risks: It can make people feel overconfident, arrogant, agitated and restless. It is very addictive and taking too much over a regular period can lead people to wanting more, there is a high risk of overdose when mixing with other drugs and alcohol. Regular use can make people feel depressed, anxious and paranoid.


Prescription Drugs (called because these drugs prescribed by a Doctor for a patient): Benzodiazepines are prescription drugs used to treat anxiety also known as; Alprazolam, Benzos, Diazepam, Roofies, Temazepam, Vallies, Xanax

Benzodiazepines are often used as a chill-out drugs, to help people sleep after taking stimulants, some people use them after taking other drugs such as cocaine

Magic Mushrooms: called various names such as; Magics, Mushies, Shrooms

The strength of the magic mushrooms can vary dependent on how fresh they are, so it is not always possible to predict how a person will react to them. When used they make people feel energised, excited, very giggly, euphoric and in awe of people and surroundings.

Risks: There are many types of mushroom, some of which are very poisonous and they not always obvious to look at and some can even kill you. Magic Mushrooms can make you dizzy and feel sick. You have a bad trip which can then result in frightening flash backs. People with mental health issues can sometimes find that Magic Mushrooms make them a lot worse.



Ketamine: also, can be known as Special K, Donkey Dust, K, Ket, Wonk

This is an anaesthetic and reduces sensation can make people feel dreamlike, chilled, happy, detached, but can make them feel confused and sick. It can alter perception of time and make people hallucinate. They also can stop feeling pain, which could mean that they can hurt themselves and not realise.

Risks: Ketamine is a very powerful anaesthetic and can be fatal, especially if mixed with other drugs it can damage various organs within your body and have long term effects



Help



How do you know if someone is drinking too much?:

- They are unable to control the amount they drink
- Their behaviour changes because of their drinking
- Their drinking is causing problems in every day family life

If your parent, carer or someone you live with drinks too much it's important for you to know that you don't have to cope alone: help and support is available.

Seeing them drunk can be a scary thing, especially if they become short-tempered or emotional. It can have a direct impact on you: it might make you feel worried, scared, embarrassed or confused.

Remember that you cannot control someone else's drinking - they have their own reasons for drinking which ultimately have nothing to do with you. You are not the reason they drink, and it is up to your parent to take charge of their own drinking behaviour and seek some professional support.

Help

Help



Safety Plan

What does this mean? It is a written plan that supports everyone in the household to know what to do should something go wrong should the person that is being looked after in the household experiences medical problems, either directly or indirectly from their substance misuse or indirectly might need medical assistance in the future, this plan is agreed between you all and discussed so that you all know what to do and when.

Often when things go a bit wrong, you can start to panic and your brain doesn't react in the same way as it normally would – having things written down is great way to do this.

There are a variety of ways this can be done:

Write a list of all the main contact names and telephone numbers and keep them in a place that is known to everyone and quick to find. If it is a serious medical emergency, 999 should always be the top of your list to dial.

The following link is what is abbreviated as CERS (Carers Emergency Response Service), this starts when those that normally look after someone can't, and this could be for various reasons.

[Emergency planning for carers – Lincolnshire County Council](#)





Young Carer Card




This card helps people that are professional staff, supporting you and your family (such as Doctors, Nurses, Support Workers) to be able discuss and share confidential information with you directly.

This card prevents any issues of these conversations taking place and makes sure that you, as the “young carer” know what is happening, why it is happening and what is going to happen next.

For example, the information shared could include things regarding medication, a diagnosis, how to manage a condition and a prognosis (which is what will happen in the future).

To apply for this card, you will need consent from your parent/guardian if possible and a digital size passport photograph.

To apply for this card go to the following link which is available on Lincolnshire County Councils website: Apply for a [young carer card](#) | Young carer details – Lincolnshire County Council



A big thank you to all the Young Carers in Lincolnshire, and also to those young people that gave up their time to feedback on this resource....

This publication has been developed in partnership with organisations that are part of the carer network across Lincolnshire and produced by Every-One



This booklet will be updated as and when needed and the version number and month amended noted below, therefore you will always be able to tell if you have the most up to date version for printing purposes.

Please let us know if you see any incorrect information or indeed if any updates required via email to: hello@every-one.org.uk

Version 2 - May 2023