



CGL Norfolk

Alcohol & drug behaviour change service

This service
is part of
the charity:



BULLETIN

Changes to Adult Substance Misuse Pathway

You may have heard about some of the changes that will be taking place in the Norfolk adult alcohol and drug treatment system. From April 1st 2018, there will be a single integrated, recovery-oriented behaviour change service provided by CGL – change, grow, live.

These are important changes that will have enormous significance in supporting the work that is currently undertaken by Children's and Adult services, and the seamless transition into the new commissioning arrangements for those families that are currently receiving interventions. CGL are committed to a practice which promotes the wellbeing, health and safety of children and adults at risk, and are proposing the co-location of alcohol and drug practitioners within MASH Hubs and Early help hubs as part of the new delivery model. These details will be made available as they are confirmed.

Who are CGL?

We provide help and support to adults, children, young people and families. Our services cover a wide variety of areas including health and wellbeing, substance misuse, mental health, criminal justice, domestic abuse and homelessness

Where will the services be provided from?

CGL currently have three main hubs. A fourth has been identified in Thetford which is expected to launch in May. Another site will be utilised in the interim period; details will shortly be shared on the www.cglnorfolk.org

Norwich- 5 Barton way, NR1 1DL

Great Yarmouth-148 Kings Street, NR30 2PA

Kings Lynn-33 railway road, PE30 1NF

Thetford- Address TBC

In addition, provision can be accessed from various satellite clinics across the county in North Walsham, Dereham, Hunstanton and Swaffham.

What services will be on offer?

121 psychosocial intervention (PSI) work, PSI group work, peer mentoring, family work, health assessments, strength based assessment, criminal justice, Think Family approach, multi-agency working.

What will CGL bring to Norfolk?

CGL will bring a wealth of knowledge and experience of up to date interventions when working with service users who have alcohol and drug related issues. We will also work with the families of service users as well as our partner agencies to ensure there is a holistic package of care and that we are meeting service user needs. We also bring two other service providers which are SOVA, who will offer specialist volunteering and a hand holding service for service users where needed, and Emerging Futures who offer a range of psychosocial interventions in the forms of workshops and group work. We employ a variety of behaviour change interventions including brief advice, brief interventions and extended brief interventions.

- We will bring specialist advice and knowledge and good partnership working
- A presence within the Early Help Hubs and the Mash, with joint working protocols
- A single secure email that you can refer into – Norfolk.referrals@cgl.cjsm.net as well as referrals taken over the phone 01603 514096
- Service users can self-refer and attend open access
- Specialist family support from a dedicated Families team
- Designated Safeguarding lead in each Hub
- Advice and information
- Medical interventions
- Opiate substitute prescribing
- Safe storage of any take home medications
- Personalised assessment and recovery plan in conjunction with the service user

SOVA

Working alongside CGL we are excited to bring our mentoring model to Norfolk. With over 40 years' hands-on experience, and with an understanding of the complex needs of the people we work with, our approach continuously evolves. The passion that fires our staff and volunteers, the respect and positivity we show to individuals, and our commitment ensures that each service user is heard and given the support they need to journey towards a positive future. This will be the foundation of our work across Norfolk.

We will recruit, train and match a team of dedicated volunteers with service users ensuring they have someone on their side when facing challenges on their recovery journey. Working holistically we will address issues that affect their behaviour and ensure we provide the best possible support. This means that we can tackle life areas such as managing money, alcohol and drug problems, social isolation, employment and managing relationships.

Emerging Futures

We are the authors of CGL's innovative Foundations of Recovery/Rehabilitation programmes that incorporate behaviour change tools and structured interventions designed for managers and frontline staff to help them to engage with diverse client groups and their families. The programmes include:

- Employment, Training & Education pathways (ETE)
- Acceptance and Commitment Theory (ACT)
- Social Prescribing
- Systemic Family Interventions
- Mindfulness Based Relapse Prevention



For more information visit
www.cglnorfolk.org