



# CGL Norfolk

Alcohol & drug behaviour change service

This service  
is part of  
the charity:



# BULLETIN

## Changes to Adult Substance Misuse Pathway

**We are now live:** Your new single integrated, recovery-oriented service provided by CGL went live on April 1<sup>st</sup> 2018, providing one integrated adult alcohol and drug behaviour change service across Norfolk.

We will continue to support the work currently being undertaken by children's and adult social care, to provide a seamless transition into the new arrangements for those families that are currently receiving intervention. CGL are committed to practice which promotes the wellbeing, health and safety of children and adults at risk, and are proposing the co-location of substance misuse practitioners within MASH Hubs and Children's Centres as part of the new delivery model. These details will be made available as they are confirmed.

### **Who are Change Grow Live (CGL)?**

We provide help and support to adults, children, young people and families. Our services include health and wellbeing, substance misuse, mental health, criminal justice, domestic abuse and homelessness.

### **How you can support families during the transition**

Services are now up and running and we are working to ensure that all service users are contacted and offered an appointment as soon as possible. If you, or the families you are working with have questions or would like more information about these changes you can:

### **Email or ring the Single point of contact (SPOC) number.**

General enquiries: [norfolk.info@cgl.org.uk](mailto:norfolk.info@cgl.org.uk)

Website: [www.cglnorfolk.org](http://www.cglnorfolk.org)

SPOC number: 01603 514 096

FAX: 01553 241 322

### **Sign-post to one of the hubs**

Norwich- 5 Barton way, NR1 1DL

DDI: 01603 761 884

Great Yarmouth-148 Kings Street, NR30 2PA

DDI: 01493 332 224

Kings Lynn-33 railway road, PE30 1NF

DDI: 01553 767 778

Thetford: Breckland House, St Nicholas Street, IP24 1BT

DDI: 01842 751 539

Other satellite clinics are operating across the county visit [www.cgl.norfolk.org](http://www.cgl.norfolk.org) for details.

### **Request CGL representation or support at multi-disciplinary or professional's meetings**

We are keen to ensure a smooth service transition prioritising continuity of care and support for families, and appropriate information sharing for involved professionals; if you have core groups or conferences arranged, require a case update, are expecting, or would like CGL representation at these meetings please contact us and speak to a manager in the relevant area so we can arrange for a worker to attend or provide an update.

### What will Change Grow Live bring to Norfolk?

- We bring specialist advice and knowledge and good partnership working
- A presence at early help and Mash, with joint working protocols
- A single secure email that you can refer into – [Norfolk.referrals@cgl.cjsm.net](mailto:Norfolk.referrals@cgl.cjsm.net) as well as referrals taken over the phone 01603-514096
- Service users can self-refer and attend open access
- Families can request support
- Designated safeguarding lead in Each Hub
- Advice and information
- A family team
- Medical interventions
- Opiate substitute prescribing
- Safe storage for medication
- Personalised assessment and service user plan in conjunction with the service user

### SOVA

Working alongside CGL we are excited to bring our mentoring programme 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 to ensuring each service user is heard gives them the support they need to journey towards a positive future.

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

### Emerging Futures

Design & delivery of therapeutic programmes

We are the authors of CGL's innovative Foundations of Recovery/Rehabilitation platforms that incorporate behavioural change tools and structured interventions designed for managers and frontline staff to engage with diverse client groups and their families.

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



For more information visit  
[www.cglnorfolk.org](http://www.cglnorfolk.org)