



Drug Education, Counselling and Confidential Advice



## Where to get help?

If you or a friend needs help or for more information:  
Log on: [www.ourguidetodecca.co.uk](http://www.ourguidetodecca.co.uk)  
Text: 07781 472 746  
Email: [dqa1000@hotmail.com](mailto:dqa1000@hotmail.com)



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**The DECCA Team**  
DECCA (Drug Education, Counselling and Confidential Advice) are Sandwell's Young People's (18 & under) drug service.

## What We Do?

**Universal** – We deliver drug education to all mainstream schools across the borough covering subjects such as medicine, tobacco, alcohol and cannabis.

**Targeted** – We deliver harm reduction education and prevention work, helping young people who may need some extra support, within non-mainstream settings including Sandwell Community Schools (SCS), Special Educational Needs (SEN) schools and alternative training providers.

**Community** – We work in the community doing events, stands and walk-abouts providing drug information for young people and adults who may have questions or worries around drugs.

**Treatment** – We provide help and support for young people, under 18's, who have alcohol and/or drug related issues. Our specialist treatment workers use a holistic approach, using a mixture of interventions, education and counselling.

## Who We Are?

We are the DECCA (Drug Education, Counselling and Confidential Advice) Team.

We work across the borough of Sandwell offering drug and alcohol prevention and treatment services to young people under the age of 18.

## How Treatment Works?

- DECCA is voluntary, meaning young people have the choice to work with our service.
- A treatment worker will arrange to talk to the young person, either over the phone or face to face.
- At DECCA we don't tell young people what they should or shouldn't do.
- We explore all the facts and reasons (positive and negative) why someone might be using substances.
- We help them decide what changes they want to make – this often means finding other ways to address problems and worries.
- In some cases, we might consider medication. We can support young people in getting access to the medication they may need.
- If necessary, we can make referrals to other professional services that a young person may require.
- Our service is confidential – we only share information if we think young people are at risk of harm to themselves or others.



Everyone's treatment is different, we will work with you to ensure you get the right service for you.

# DECCA's Top Tips On Keeping Safe

**SAFETY FIRST!**

- If your gut instinct is telling you something isn't right, **GET OUT OF THERE!**
- Never mix substances, especially depressant drugs like Alcohol. Mixing drugs and alcohol can be **EXTREMELY DANGEROUS** and can make a person **VULNERABLE**.
- Always inform an adult you trust of where you are and give them an estimated time of when you will be back.
- Always keep your phone on you – keep it on and make sure it has credit and charge. If something is going wrong or you just don't feel right **CALL FOR HELP!** (If in doubt write a number on your hand).
- Complete your emergency information on your phone and set up a trusted adult's number as your emergency contact.
- Never walk home alone or with someone you don't really know. Always have a plan on how to get home, pre-book a taxi or phone a trusted adult to give you a lift.
- If a friend is in trouble and in a bad way, help them! One day you might need the same treatment.
- In an emergency always call 999. If a friend is unconscious and being sick, fitting or unconscious but breathing put them in the **RECOVERY POSITION**.



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# Some Interesting Drug Facts



Alcohol, Cannabis and Nicotine are the most commonly used drugs by young people.

**All drugs can have an impact on your mental health. Drugs affect the way you see things, your mood and your behaviour.**



There is no safe amount of tobacco use. Tobacco smoking is one of the biggest causes of death and illness in the UK.

**Around 80% of the world's population consumes a caffeinated product each day.**



Alcohol, Caffeine, Heroin and Nicotine are some of the most addictive substances in the world.

Visit: [www.ourguideto.co.uk](http://www.ourguideto.co.uk)