

Rough Guide – YP Treatment Modalities

NDTMS defines adults as those aged 18 and over. Therefore, adult prisons and Young Offender Institutions (YOIs) with no juvenile (under 18s) population should only use the adult drug and alcohol treatment modalities for recording the interventions they deliver. YOIs that have a juvenile population (under 18s) should use the Young Persons (YP) modalities for any clients aged under 18. Therefore, YOIs with both a juvenile and adult population (18-21) may record interventions from any of the three modality categories, but only using the YP modalities for clients under 18.

If a client turns 18 whilst in structured treatment then their YP modalities should continue to be reported until they come to a natural end. If they start a new modality after turning 18 then the Adult modalities should be recorded

Young Persons Modalities

Treatment Modality data - Example

Treatment Modality: Opioid Maintenance
Modality ID: ACB123
Modality Start Date: 10/10/2011
Modality End Date: 10/11/2011
Modality Exit Status: Mutually agreed planned exit

Specialist Pharmacological Interventions

Include prescribing for detoxification, stabilisation and symptomatic relief of substance misuse as well as prescribing of medications to prevent relapse

- The modality start date is the date of dispensing the first dose of medication

Specialist Harm Reduction

Should include services to manage:

- Injecting – advice and information on injecting practice, access to appropriate testing and treatment for BBV
- Overdose- advice and information to prevent overdose, particularly in terms of overdose associated with poly drug use
- Accidental injury- advice and information to ensure that measures to identify and prevent substance misuse related injuries are in place

YP Psychosocial Interventions

May be provided:

- To treat substance misuse including alcohol or co-occurring mental health disorders
- Alone or in addition to harm reduction or pharmacological interventions
- The modality start date is the date of the first formal and time limited appointment

The intervention has been broken down (see below) into five types for reporting on Young People

1. Counselling

Counselling is a process in which a counsellor holds face to face talks with a young person to help him or her solve a problem, or help improve that person's attitude, behaviour (substance misuse).

2. Cognitive Behavioural Therapy

Cognitive behavioural therapy is a psychotherapeutic talking therapy that aims to solve problems concerning dysfunctional emotions, behaviours and cognitions through a goal-oriented, systematic approach.

3. Motivational Interviewing

Motivational interviewing is a brief psychotherapeutic intervention. For substance misusers, the aim is to help individuals reflect on their substance use in the context of their own values and goals and motivate them to change.

4. Relapse Prevention

Relapse-prevention CBT focuses on helping drug users to develop skills to identify situations or states where they are most vulnerable to drug use, to avoid high-risk situations, and to use a range of cognitive and behavioural strategies to cope more effectively with these situations.

5. Family Work

Family work includes interventions that use psychosocial methods to support parents, carers and other family members to manage the impact of a young person's substance misuse, and enable them to better support the young person in their family. This includes work with siblings, grandparents, foster carers, etc.

***Note:** family work should only be reported to NDTMS if and when a young person who is a member of the family receiving family work is currently accessing specialist substance misuse young people's treatment services and should be reported using the young person's attributors.

Family work that does not involve the young person can be recorded locally but should not be reported to NDTMS.

Modality Exit Reasons

- Mutually agreed planned exit
 - Intervention withdrawn
- Clients unilateral unplanned exit (also use if client dies)

NB. All modalities must be closed when a client's episode is closed (i.e. when they are released/transferred) otherwise this will cause Data Quality Errors

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Published- Jan 2012