

CYPDAS NEWSLETTER 12/06/20

Compass CYPDAS will now be sharing a newsletter every two weeks, providing service updates, contact details, and a feature piece on different substances to raise awareness amongst children and young people.

ABOUT US

We provide support for Warwickshire children and young people under 25 who are vulnerable to substance use or have been affected by another's substance use. The service is free and confidential.

Difficult to find your motivation?

During the Covid- 19 lock down you may find it difficult to find any motivation to change your drug and alcohol use. With no education or employment to fill your days or even give you a reason to get out of bed what's the point? Here are a few ideas to get you thinking. Healthier body and mind, reduce risk of harm to yourself and others, better education and employment outlook, better relationships with friends and family and more money and no debt.

ACTIVITIES TO KEEP THE BOREDOM AT BAY

1. Making home-made Fathers day cards
2. You could go bug hunting in the garden or local park and see what you can find
3. Listen to a podcast or an audio book

If you are worried about a friend, family member or yourself and are after some more information, please get in touch:

Service mainline: 01788 578 227

Text ChatHealth: 07507 331 525 (for ages 11-19)

Email: compass.warksyps-duty@nhs.net

Instagram: @compasswarksyp

QUICK TIPS: STAYING SAFE

Always look out for your friends, don't drink and drive or get in a car with anyone who has taken a substance and always call 999 in an emergency!

TOPIC 5: MOTIVATION TO CHANGE

Motivation to change is a person's drive to change his or her own behaviour or beliefs. Motivation can come from within. This is when your reasons to change are not for any reward or outside gain but instead for the sake of your own happiness and well being.

5 stages to change

There are 5 stages to change, these are (in relation to drug and alcohol use):

- 1.** Pre-contemplation - when you are not ready to change your drug and alcohol use and are still enjoying the feelings and experiences you get from using.
- 2.** Contemplation – You start to think about your drug and alcohol use and weigh up the pros and cons of stopping.
- 3.** Preparation – You decide to make changes to your drug and alcohol use and maybe contact Compass for support.
- 4.** Action – You start to make positive changes to your drug and alcohol use either on your own or with help from a service like Compass.
- 5.** Maintenance – A change in drug and alcohol use has been made and sustained
When the change is sustained for a period of time you may no longer need any help from services and the change is permanent
- 6.** Relapse – You go back to your old habits of drug or alcohol use and are back at stage 1.

