



Supporting recovery
Reducing harm
Rebuilding lives

Do you know

a child worried about

somebody's drug

or alcohol use?

Spotting children who may need support

How can you tell that a child might be living with, and affected by, someone else's substance misuse?

- Are they having problems at school, with attendance, punctuality or behaviour? At home? In the community?
- Do they appear to be angry, unco-operative, feeling hurt, unable to cope or perhaps experimenting with drugs or alcohol themselves?

It may be hard for a young person to talk about their fears and feelings about those they love, but it frequently helps.

What should I do if I think a young person would benefit from SIAS's family support service for children?

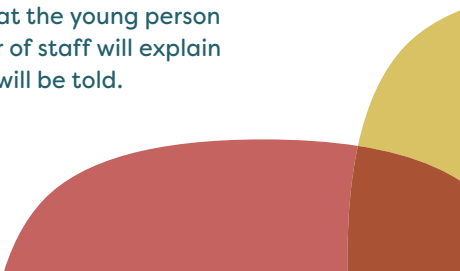
- **Call us on 0121 301 4141** and speak to our Hidden Harm Practitioner.
- **Give the young person a leaflet** to make them aware of our service, or direct them to our website.
- **Help the young person to book an appointment** – an individual from any agency can book an appointment on behalf of a young person that has consented.

Do parents or carers need to be informed?

If a young person is not assessed as 'Gillick competent', parental consent is required. If they are Gillick competent they have the legal right not to tell their parent or carer that they are accessing the service. Young people themselves are free to tell whoever they wish.

Confidentiality

All meetings between a young person and SIAS staff are confidential. The only exception is when the staff member believes that the young person or others are at risk of harm. In this case the member of staff will explain to the young person why this is happening and who will be told.



Who are we?

SIAS (Solihull Integrated Addiction Services) is a partnership of five organisations, commissioned by Solihull Council, that work seamlessly together to deliver treatment, awareness-raising and support services designed to reduce the negative impacts of addiction on the lives of those who live, work or go to school in the Borough.

Supporting children affected by family members' substance misuse

We offer children affected by another's substance misuse access to a structured programme designed to help them explore their feelings and develop coping strategies to keep themselves and their loved ones safe.

Thanks to additional support from BBC Children in Need, we are also able to offer a counselling service and provide a range of individual and group activities. These activities, allow children to experience some much-needed periods of respite from their situation and puts them in touch with others in a similar situation, enabling them to build a peer support network and know they are not alone.

What we do

We offer a range of free, confidential and non-judgmental, services for children affected by family members' substance misuse, including:

One-to-one sessions

Our structured programme is delivered one-to-one, usually in school, or in an alternative appropriate venue.



Counselling

Counselling can help with gaining a deeper perspective on fears, emotions and relationships. Once these are understood they can be worked on, to support children in copying themselves and not being afraid to trust or ask other adults or services for help when they need it.

Children can talk to our expert counsellors about anything that is worrying them including:

- Family relationships
- Friendship breakdowns
- Bullying
- Bereavement
- Self harm
- Sexuality
- Exam stress
- Exploitation.

Our service is totally confidential and non-judgemental. We offer a safe space for them to talk and explore their feelings.

Activities and groups

For children missing out on some of the parental support and life experiences other children take for granted, we offer a wide variety of activities, trips and guidance in school, after school and during the school holidays. Our service is both tailored to individual needs and designed to encourage children to mix and have fun together.




To access our Family Support Service for children, please call:

0121 301 4141

SIAS is a partnership between Birmingham and Solihull Mental Health NHS Foundation Trust, Welcome, Aquarius, Changes UK and Urban Heard and is commissioned by Solihull Council.

We work closely together to offer easy access to appropriate support and treatment for individuals whose drug or alcohol use, or gambling has become problematic. We also offer support to their families and friends.

Find out more

-  @siasyp
-  @SIAS.YP
-  @sias.yp

enquiries@sias-solihull.org.uk

www.sias-solihull.org.uk

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