

## North West Young People and Alcohol Programme Evidence Review

### Summary of Evidenced Interventions

	Increase Resilience	Reduce/Delay Consumption	Reduce Associated Risks	Address Direct Consequences
<b>Pre-School (Age: pre-birth to 5 years)</b>	<p>Improve parenting skills to develop appropriate structures, discipline and boundaries.</p> <p>Target vulnerable families and provide additional support.</p> <p>Establish positive family patterns and norms early to embed in later childhood and adolescence.</p> <p>LA meets its responsibilities as corporate parent</p>	<p>Support for parents to manage their own alcohol use especially in family situations.</p>		<p>Brief interventions through midwifery and antenatal services to reduce the risk of Foetal Alcohol Spectrum Disorders</p> <p>Respond swiftly and effectively to parental abuse and domestic violence</p>
<b>Primary School (Age: 5-11 years)</b>	<p>Family support and parenting skills, with the focus on equipping the child</p> <p>LA meets its responsibilities as corporate parent.</p> <p>Schools to provide a positive and affirming ethos, develop aspirations, emotional intelligence, self-efficacy and set positive expectations alongside appropriate information about alcohol and associated risks.</p> <p>CPD to ensure well trained teachers with good classroom skills.</p> <p>Extra curricula activities – setting patterns of engagement in positive activities through the teenage years.</p> <p>Targeting of interventions on those at risk or vulnerable.</p>	<p>Guidance for parents on the impact of their alcohol use on their children.</p>	<p>Address the needs of those running away from home as a result of parental alcohol use.</p> <p>Provide positive activities to reduce the risk of anti-social behaviour and risk taking.</p>	<p>Respond swiftly and effectively to parental abuse and domestic violence</p>

	<b>Increase Resilience</b>	<b>Reduce/Delay Consumption</b>	<b>Reduce Associated Risks</b>	<b>Address Direct Consequences</b>
<b>Secondary School (Age: 11-16)</b>	<p>Support for parents needs to continue particularly in relation to communication and boundary setting</p> <p>Involvement in positive activities outside of school, particularly sport and physical activity.</p> <p>School input to develop life skills, aspirations, confidence and well-being</p>	<p>Reduce access to alcohol through: Increasing price; reducing under aged sales; preventing access to fake age identification; controlling advertising.</p> <p>Parental and community modelling of appropriate drinking.</p> <p>Work with parents to reduce supply to young people – especially unsupervised supply, including reducing young people’s access to money.</p> <p>Alcohol education in school focusing on understanding impact and what constitutes safe levels of drinking.</p> <p>Targeted interventions with young people who are either already drinking problematically or are at risk of doing so.</p>	<p>Provide education programmes that explicitly link alcohol use to other risks and vulnerabilities.</p> <p>Reduction of anti-social behaviour through positive activities, youth work interventions and appropriate policing.</p> <p>Ensure that all staff that engage with young people have training in how to engage and signpost young people to appropriate services and support.</p> <p>Provision of tier one sexual health services through agencies addressing alcohol use.</p> <p>Social norms approaches to moderate behaviour and reduce associated risks</p>	<p>Referral pathway or direct provision of brief interventions in Emergency Departments</p>
<b>Post-Compulsory Education (Age: 16-18)</b>	<p>Newsletter for parents with encouragement and tips for living with a teenager</p> <p>Managing the transition from compulsory school to more independent living including reduction in NEETs</p> <p>Improve pastoral care in FE colleges and 6<sup>th</sup> forms to support young people who are becoming vulnerable</p>	<p>Reduce access to alcohol through: Increasing price; reducing under aged sales; preventing access to fake age identification; controlling advertising.</p> <p>Parental and community role modelling of appropriate drinking behaviours.</p> <p>Motivational interviewing to address alcohol use and facilitate wider risk taking behaviour change</p> <p>Establishing and communicating social norms in relation to alcohol.</p>	<p>Motivational interviewing to address alcohol use and facilitate wider risk taking behaviour change</p> <p>Schools/colleges to adopt a broader harm reduction approach explicitly linking alcohol with other risk taking.</p> <p>Establish young people friendly health services covering the full range of risk outcomes including alcohol, sexual health and mental health.</p> <p>Ensure that all staff that engage with young people have training in how to engage and signpost young people to appropriate services and support.</p>	<p>Motivational interviewing to address alcohol use and facilitate wider risk taking behaviour change</p> <p>Arrest referral programmes with a clear pathway into brief interventions and motivational interviewing.</p> <p>Referral pathways between Emergency Departments and brief interventions and motivational interviewing.</p> <p>Access to Cognitive Behavioural Therapy</p>