

# Drug and Alcohol Misuse

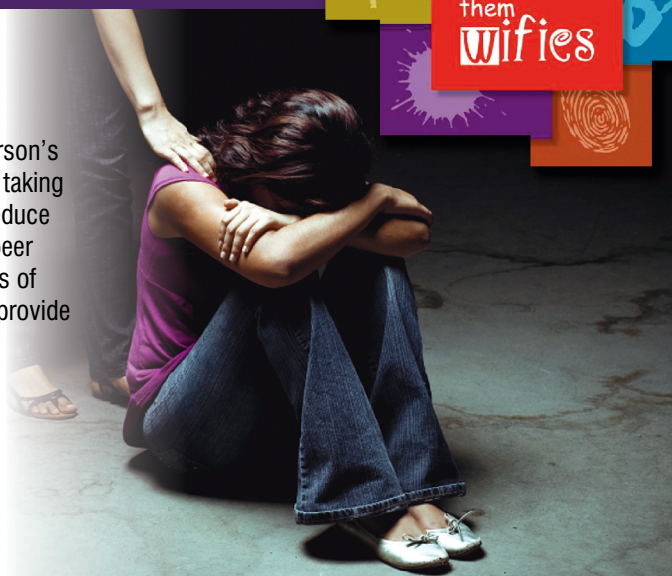


## Overall aim of the programme

This creative programme is designed to raise awareness of the consequences that alcohol/drug misuse can have on a young person's life. Exploring the dangers and risks associated with drinking and taking drugs particularly in the open air as well as identifying ways to reduce harm and stay safe. We aim to develop an understanding of the peer pressure linked with alcohol/drug misuse as well as positive ways of coping and promoting local services and professionals who can provide support to young people at risk from addiction.

**Target group:** Vulnerable young women aged 13 - 25

**Delivered by:** 2 experienced Them Wifies facilitators



## Workshop One - Introduction to Drug & Alcohol Misuse

### Aims

- To carry out introductions and establish a group agreement
- To take part in ice breakers and warm ups
- To explore the facts and myths around alcohol/drug use by young people

## Workshop Two - Short and Long term Effects

### Aims

- To identify the emotional affects alcohol/drugs can have on young people
- To investigate the short/long term physical effects alcohol/drug misuse can have on the body
- To explore how behaviour is affected by alcohol/drug use

## Workshop Three - Risks & Harm Reduction

### Aims

- To highlight the dangers of drinking in the open air
- To explore the link between alcohol/drug use and sexually risky behaviour
- To formulate simple strategies to reduce harm from drinking or drug use.

## Workshop Four - Help

### Aims

- To explore positive ways of coping with peer pressure
- To locate and explore positive activities available in the local area
- To identify services/professionals who are available to support young people who feel their alcohol/drug use is problematic

## Benefits

- Gain a raised awareness of the emotional, physical and behavioural effects alcohol/drug misuse can have
- Understand the difference between "Use" and "Misuse"
- Knowing how and where to access help
- Maintaining positive relationships with others
- Being more confident and assertive
- Developing risk assessment skills and a harm reduction strategy for themselves
- Participating in positive activities

## Quote from participant

“ They never told us what to do. They just helped us to see any dangers and find ways to stay safe. ”

**Cost: £700 or £900 (including evaluation)**

\*Each session is 2 hours in length. A core group of 10 young women will take part in each session.

Contact Maria Lavelle on **0191 2619923** or email [maria.lavelle@themwifies.org.uk](mailto:maria.lavelle@themwifies.org.uk)

We're always happy to discuss the difference we can make.

WORKING WITH THE ARTS FOR CHANGE