

Appendices

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1. Wider consultation report (September 2016)

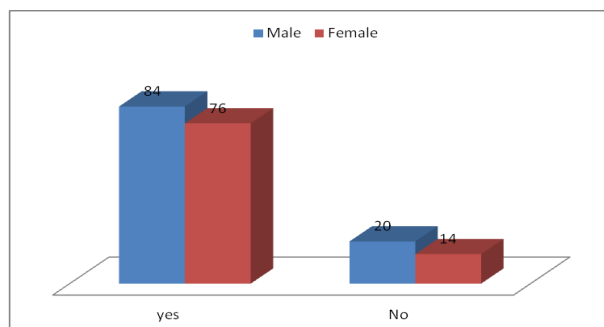
The young people we spoke to felt that other young people were binge drinking every weekend, getting into risky situations and confrontations. Those who drank admitted that alcohol messed with their minds, made them do stupid things, make stupid decisions. In focus group discussions young people felt empathy and support for their peers who misused alcohol, stating they needed help not punishment.

They felt young people who drank alcohol were very likely to get into trouble with police. They also felt very strongly that there should be positive activities for young people to take part in; support, counselling and treatment if they were misusing alcohol

“[Alcohol] doesn’t make you aware of your actions; you become aggressive and even vulnerable”

“It affects their ability to sensibly judge situations and makes them take things less seriously”

1. Do you feel that many under 18's drink alcohol near where you live?



83% Males and 84% Females said yes they did

2. Why do you think under 18's drink alcohol?

“They are in a difficult time, feel low in their mind, got no work.”

“It's easy to access and its advertised pretty much everywhere”

“They are stressed there so much to cope with these days”

“It's normalised. To feel grownup”

“Alcohol is better company, rather than someone that you argue with”

“They feel bored, they have nothing to do”

“To enjoy themselves or to relieve them from stress”

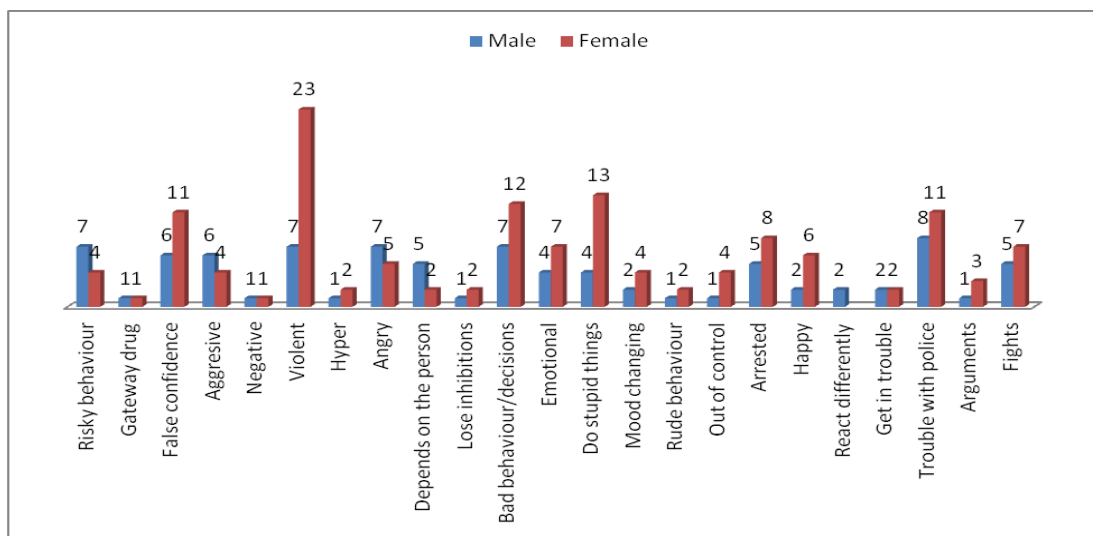
“Social norm and escape problems/stresses”

"They think it's cool because they see celebrities do it"
 "To get happy and 'out of it', it is a legal version of weed"
 "Peer pressure, curiosity, cheap way to have fun"

3. What effect does drinking alcohol have on young people behaviour?

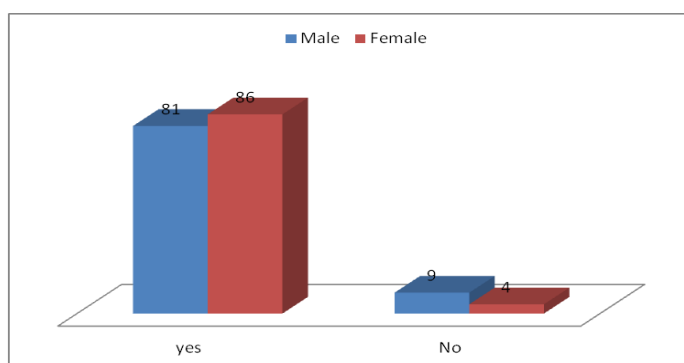
"It doesn't make you aware of your actions; you become aggressive and even vulnerable"

"It affects their ability to sensibly judge situations and makes them take things less seriously"



Only 8 respondents replied "happy" to this open question all other responses (96%) implied a negative affect.

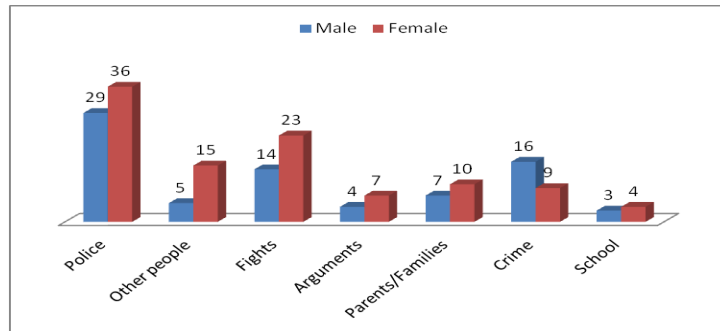
4. Do you think that young people who drink alcohol are more likely to get into trouble?



90% of young males and 96% young females said yes

5. What sort of trouble?

"Trouble with authority as alcohol makes them confrontational"



6. What sort of help and support services are needed to keep young people (who drink alcohol) out of trouble? (out of the criminal justice system)

"Only use criminal justice as a last resort, worry about people who have convictions"

"We need to learn about it in school, PSHE is good if the teacher or outside people are confident" "Continuous support and counselling" "Youth workers, somewhere safe to go"

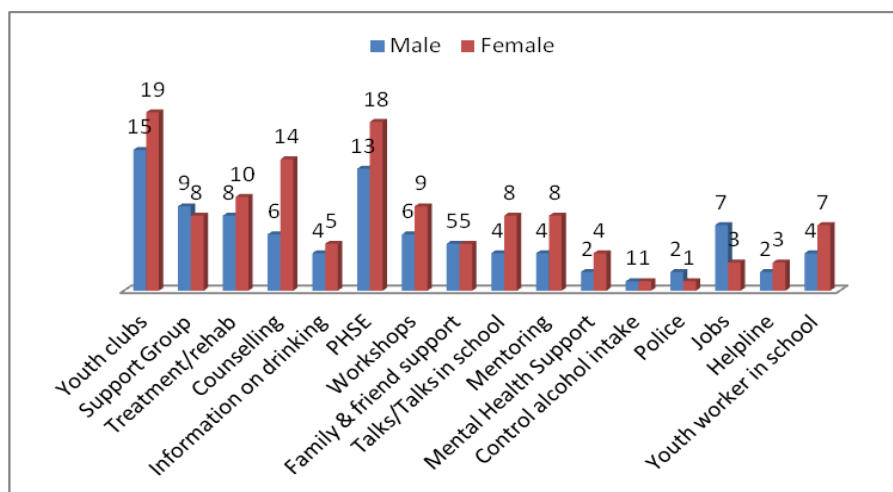
"Youth centres, rehab like places, somewhere to talk (people with experience)"

"Workshop on how to drink safely and show them how much alcohol is safe. Involve them in other stuff such as giving them more talent opportunities"

"Youth clubs, more access to information about different types of help people can get"

"Campaigns/workshops to increase awareness, counselling, mental health support services"

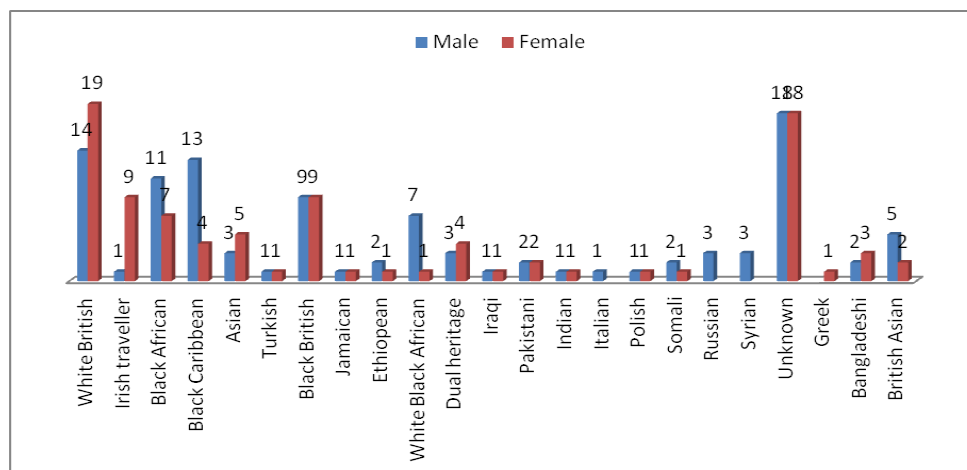
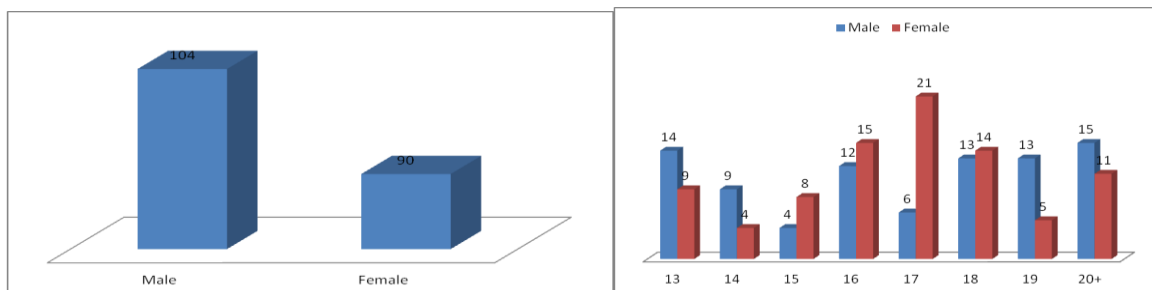
"They should get free education and other entertainment things. For instance like gyms. This first makes you feel fit and healthy and let you forget to drink alcohol and once you start has good benefits for your health."



Young people who took part in the consultation were from:

New Horizons Youth Centre, Camden	Enfield Christian Housing, Foyer
Hackney Quest	Richmond College
Kingston children in care council	Hackney Youth Parlaiment
City and Islington College (x 3 sites)	Richmond Children in Care concil
Anstee Bridge (PRU) Kingston	Salmon youth club, Bermondsey
The Hive, Catch 22, Swiss Cottage	London Gypsy and Traveller Unit
Hackney Youth Parlaiment	Hackney Young Poepels University
Rehabilitation of Addicted Prisoners Trust (RAPT)	Kingston College
Achieving for children youth council	

Sample breakdown



2. Examples of further reports suggesting a link between alcohol consumption and youth offending

Hazel Cookson analysed the relationship between alcohol consumption and offending among 604, 17-21 year olds sentenced to detention in a young offenders institution, **41%** of the sample reported being drunk or having drunk alcohol at the time of their current offence (Nacro.org.uk/data/files/nacro-2004120256-71.doc)

Drinkaware's recent Monitor survey (2016) reported that 12% of 10-17 year olds who drink have suffered a serious harm as a result (hospitalisation, being in a fight, trouble with the police).

The NHS report, "Smoking, drinking and drug use amongst young people" 2014 showed 10% and 6% (males and females) getting into fight and 5% and 4% getting into trouble with the police. It also revealed that **27%** of young people felt that under 18's who drank risked committing crime, getting into trouble with the police (NHS figures <http://digital.nhs.uk/catalogue/PUB17879/smok-drin-drug-youn-peop-eng-2014-rep.pdf>)

3. Criminal records being more punitive in the UK

The standing Committee for Youth Justice (**SCYJ**) reported in April 2016 how punitive the England and Wales criminal record system is for young people. A child who has offended in England and Wales is shackled to the mistakes of their past by a criminal record system which is punitive, and holds them back from reaching their full potential. The report which reviews criminal record systems in over a dozen countries finds England and Wales to be an outlier in the extent to which it ties children to past offending. "A child who has shoplifted a couple of times will suffer the disproportionate penalty of not only having the offences recorded for life, but also having to disclose it at key points - such as entering university or applying for certain jobs, such as a teacher, or a police officer. No other country reviewed inflicts such tough penalties on a child who offends."

The far reaching effects on a child go well beyond their sentence. Children with a criminal record face stigma and discrimination in accessing education, training, employment, travel and housing and these obstacles can follow a child into adulthood impacting adversely on their life chances and their ability to reintegrate positively in to society.

In 2014/15 over 87,000 cautions and convictions -all with criminal record implications- were handed out to children in England and Wales. These records will have to be disclosed for many years, and some forever.

The **SCYJ** recommends shorter rehabilitation periods, expanding the current filtering system, and wiping the slate clean after ten years. Chris Stacey of 'Unlock', in supporting SCYJ's campaign for reform, states, "Children that commit crime need to be rehabilitated and our youth justice system is supposed to be specifically designed to not impose retributions. However, when it comes to criminal records, the system treats children in a very similar way to adults. There are many parts to the criminal record disclosure system that are disproportionate and unnecessary. A specific attempt to ensure that criminal records do not blight the lives of children is long-overdue. That's why we're actively supporting the campaign launched today. The recommended changes would result in a fairer and more calibrated system."

The **SCYJ** advocate a child-focused youth justice system that promotes the integration of children in trouble with the law into society and tackles the underlying causes of offending. Such a system would serve the best interests of the children themselves and the community at large. <http://scyj.org.uk/2016/04/new-report-shows-that-england-and-wales-top-the-international-league-tables-for-its-punitive-childhood-criminal-records-system/>

4. Identification and Brief Advice information

IBA stands for 'Identification and Brief Advice', an alcohol brief intervention which typically involves:

Identification: using a validated screening tool to identify 'risky' drinking, such as the AUDIT

Brief Advice: the delivery of short, structured 'brief advice' aimed at encouraging a risky drinker to reduce their consumption to lower risk levels

5. TAD tool

Trialled by practitioners including Brook staff, TAD uses a series of short questions young people are better able to answer

THINKING ABOUT DRINKING (TAD)

Date		Client number/ Education setting			
Do you describe yourself as:		Male	Female	Intersex	Prefer not to answer
A. How often do you drink alcohol?					
Never	Monthly or less	2-4 times per month	2-3 times per week	4+ times per week	

1. How many drinks does it take before you feel the first effects of alcohol? (3+ drinks = 2 points. Less than 3 drinks = 0 points)				
		Yes (1 point)	No (0 points)	
2. Have your friends or relatives worried about your drinking the past year?				
3. Do you sometimes not get things done that you need to do because of drinking?				
4. Are there times when you drink and afterwards can't remember what you said or did?				
5. Do you sometimes feel you need to cut down on your drinking?				
Total score Less than 3 points = give leaflet 3 or more points = ask B and C and deliver brief advice				
B. Have you ever taken risks with your sexual health because of alcohol?		Yes	No	
C. Tick the box that describes how you feel right now				
I never think about drinking less	Sometimes I think about drinking less	I have decided to drink less	I am already trying to cut back on my drinking	I have cut down my drinking
Office use – Referral to other services		Yes	No	
Brief advice delivered?				
<i>Referral made to a Brook counsellor?</i>				
<i>Referral made to an alcohol treatment service?</i>				
<i>Referral made to external counsellor/CAMHS?</i>				
<i>Referral made to other service (please state where)?</i>				

6. Peer court

The peer court would offer an alternative to the criminal justice system for young people arrested where alcohol was a factor. London would make an ideal place to pilot a new peer court focusing on low level offences including young people who have been arrested for alcohol related offences. The peer court would also offer

young people the opportunity of becoming actively involved in addressing youth justice and contorting to safer communities.

<https://www.youtube.com/watch?v=hN1fdlp1YOo&feature=youtu.be>

Non-academic paper from the Churchill Fellowship research; about the concept of a peer court:

http://www.wcmt.org.uk/sites/default/files/migrated-reports/1194_1.pdf

7. Breaking out

Breaking Out was launched in HMYOI Polmont, Scotland, in June 2012 with the aim of reducing risky behaviours and the harms caused by alcohol amongst young offenders. Mentor provides a series of interventions that includes:

- a nine-week alcohol and personal development programme, followed up with one-to-one support
- a rolling 5 session alcohol awareness programme for young people on remand and offenders under 18
- a training programme focusing on peer education and mentoring for longer term prisoners

Participation gives young offenders the opportunity to develop knowledge and skills that promote desistance from / resilience to alcohol misuse, risk-taking and offending behaviour. Participants are also able to work towards Dynamic and Youth Achievement Awards – a recognised accreditation that is invaluable for young men who have had poor experiences of formal education – and to learn new skills through training as peer educators.

Theory of Change for Breaking Out:

- Breaking Out is a peer education-based alcohol awareness programme for young offenders in custody.
- This increases their knowledge of risks associated with substance misuse and builds their skills to achieve their personal development plan.
- In the longer-term this aims to reduce re-offending rates and enable the young people to fulfil their potential and contribute positively to society.

<http://mentoruk.org.uk/programmes/breaking-out/>

8. NHS England Liaison and diversion

The North and North East London Liaison and Diversion Trial Sites are delivered by Together for Mental Wellbeing, Barnet, Enfield & Haringey Mental Health NHS Trust (BEHMHT), East London NHS Foundation Trust (ELFT) and North East London NHS Foundation Trust (NELFT). The service assesses the needs of vulnerable individuals in magistrates' courts, crown courts and police custody settings, working closely with a wide range of partners to ensure that these individuals have access to the right health and social care services.

The commissioners and practitioners of this service feel that it is well-placed to be able to assess risky alcohol use amongst young people and refer them accordingly; keeping them out of the criminal justice system.

Talking at the Howard League for penal reform event on 13th September Mark Woodward, custody manager at Holborn said that ***“it takes a lot of the guess work out of it, we were not good at detecting vulnerabilities. We’ve ‘caught’ lots of people. This has made a big difference, diverted people away from court. Culturally we are beginning to change, to divert people away from custody”***

This approach would enable young people to open up at point of arrest and be offered appropriate support.

Clinks response to the Charlie Taylor report called for “more creative community-based opportunities for children to develop their strengths and skills; more support in schools and pupil referral units for children at risk; improvements to the training of police and sentencers; wide use of triage services; access to advocacy services for children in police custody”

9. PSHE

Personal, Social, Health and Economic (PSHE) education is the part of the curriculum in which pupils can develop the skills and attributes to stay healthy and safe and prepare for life and work in modern Britain. Yet despite its importance and the evidence of its potential, the subject isn't statutory, meaning that millions of pupils miss out on the high-quality learning they need and deserve. Pupils value good quality PSHE and can be effective in enabling pupils to discuss and learn about risk taking in adolescence. As such PSHE lends itself very well to addressing issues related to alcohol use amongst young people. Incorporating elements of peer education, PSHE can build the resilience and informed decision-making skills; vital in the transition to adulthood. Department for Education figures show a third less time is being spent on PSHE in a packed curriculum.

PSHE is popular with young people when taught in confident and appropriate manner. Peer research in 2016 in Richmond and Kingston (Achieving for Children) into the prevent agenda showed that students favoured PSHE in schools as one of the most effective ways for them to engage with the agenda.

PSHE combined with elements of peer education offers young people the opportunity of addressing the very real risks in their lives and in the process developing key life-skills. Developing resilience and strategies to cope with situations enables young people to address multiple needs.

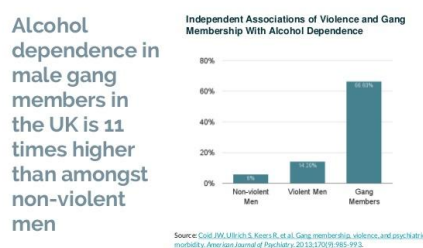
The PSHE Association is currently leading a campaign to make it compulsory, gathering momentum with a recent letter delivered to Theresa May
<https://www.pshe-association.org.uk/news/statutory-pshe-campaign-comes-downing-street>

Hundreds of thousands of young people across the UK have voted for their UK Youth Parliament to lead on a campaign for a Curriculum for Life” in recent years.
<http://www.ukyouthparliament.org.uk/2013/news/early-day-motion-calls-ukyps-curriculum-life-campaign/>

Mentor UK was founded in 1998, it’s the leading charity in addressing alcohol and drug use amongst young people. Mentor (ADEPIS), Alcohol and Drug Education and Prevention Information Service provide evidence-based resources and information for teachers and practitioners. <http://mentoruk.org.uk/programmes/adepis/>
<http://mentoruk.org.uk/policy/campaigns/pshe/>

10. Alcohol use and gang members

London YOS teams felt that they were inundated with gang related offences (and drugs, but not ‘really’ alcohol). A report on UK gang involvement in 2013 reported that alcohol dependence in male gang members in the UK was 11 times higher than non-violent men



<http://www.ncbi.nlm.nih.gov/pubmed/23846827>

12 . Alcohol in the System; correspondence and partner working

Organisation	Contacted	Met with and/or agreed to refer	Referral's made or contacts made through this organisation
Every London YOS	All (32)	Hounslow, Hackney, Tower Hamlets, Newham, Richmond, Kingston	Hackney
Borough Substance misuse teams (6)	Hackney, Tower Hamlets, Islington, Barnet, Greenwich, Enfield	Hackney, Tower Hamlets, Islington, Barnet	Hackney
1. Addaction	✓	✓	
2. ADFAM	✓	✓	
3. Amy Winehouse Foundation	✓	✓	
4. Anstee Bridge Pupil Referral Unit	✓	✓	
5. Beyond Youth Custody	✓		
6. Blenheim	✓	✓	
7. Carneys Community	✓		
8. Catch 22	✓	✓	
9. City and Islington College (3 sites)	✓	✓	
10. Children in Care Councils (Richmond & Kingston)	✓		
11. Community Rehabilitation Company	✓		
12. Compass	✓	✓	
13. Edmonton Christian Action	✓	✓	✓
14. GLA peer outreach team	✓		
15. Hackney Quest	✓	✓	
16. Hackney young Peoples University	✓	Mini-event 2 nd August	
17. Hackney Youth Parliament	✓	✓	
18. The HIVE youth centre (Catch-22)	✓	✓	
19. Hope UK	✓	✓	
20. Howard League for Penal Reform	✓		
21. London Gypsy Traveller Unit	✓	✓	
22. London Substance misuse forum	✓	✓	
23. Mentor	✓	✓	
24. New Horizons Youth Centre	✓	✓	✓
25. NHS Custody Triage	✓	✓	
26. Off Centre	✓		
27. Only Connect	✓	✓	
28. Peer power	✓	✓	
29. Princes Trust	✓	✓	

30. RAPT	✓	✓	✓
31. HMP High Down with RAPT	✓	✓	✓
32. HMP Wandsworth with RAPT	✓	✓	✓
33. Redthread	✓	✓	
Sports Community Foundations:			
34. Fulham FC	✓	✓	
35. Arsenal FC	✓	✓	
36. Crystal Palace FC	✓	✓	
37. QPR FC	✓	✓	
38. Saracens RFC	✓	✓	
39. Salmon youth centre	✓	✓	
40. SPARK Inside	✓		
41. St Christopher's Fellowship	✓	✓	✓
42. St Giles Trust	✓	✓	
43. Together (mental health)	✓	✓	
44. Turning Point	✓	✓	
45. Who Cares Trust	✓	✓	
46. YMCA	✓	✓	