

RS ORKNEY

counselling, mediation & family support

Adult and Young Person's Alcohol/Drug Misuse Service

Are you worried about how much you are drinking or using drugs?
Is your drinking/drug using causing difficulties at home?
Do you feel like you have nowhere to turn?

What can the Substance Misuse Service Offer?

The service can offer:

- Information
- Assessment
- Emotional and Practical Support
- Signposting
- One to one and/or family support
- An empathic and non-judgemental approach
- A person-centred Recovery plan

Assessment and emotional/practical support is available to individuals experiencing drug and/or alcohol problems and/or to the family members or carers affected by a loved ones alcohol or drug problems.

Assessment

If your alcohol and/or drug use is causing you problems in your personal life and/or in your relationships, then we can help by meeting with you to discuss your situation.

An assessment will last about one hour. Areas covered will include your relationships, family issues, personal goals, alcohol and drug use and a discussion with the Substance Misuse Worker to plan the best way forward.

Support for young people

For Young People (13-25) we offer ACRA (adolescent and community reinforcement approach). This approach teaches young people the skills and techniques to handle life's problems without relying on drugs or alcohol. It also aims to improve relationships by including family members/loved ones in your support plan.

Support for adults

For Adults we can offer tailored support for you on your own, or for your whole family. This may include emotional support, coping strategies to manage cravings and risky situations, alternative healthier ways to manage difficult feelings and/or relationship difficulties and communication skills to improve relationships with loved ones.

About the Worker

Our Substance Misuse Workers have extensive experience and knowledge in supporting individuals and families affected by drug and alcohol misuse issues.

Confidentiality

Relationships Scotland Orkney maintains the confidentiality of clients unless we hear anything that causes us to have concerns about their safety or that someone else will come to significant harm. This will be explained in more detail at your initial meeting.

Referrals

You can self refer or you can be referred to us, with your permission, by someone else, for example a family member or another professional.

Contact us

Relationships Scotland Orkney
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Kirkwall Travel Centre
West Castle Street
Kirkwall
KW15 1GU

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www.rsorkney.org.uk

The office is staffed Monday - Friday 10.00 - 2.00. Appointments outwith this time available by arrangement.

Relationships Scotland Orkney is committed to the promotion of equal opportunities in all its work.

A member of Relationships Scotland


RELATIONSHIPS
counselling, mediation
& family support across **SCOTLAND**

