

INFORMATION FOR PEOPLE WHO HAVE BEEN AFFECTED OR ENTERED THE CRIMINAL JUSTICE SYSTEM ASSOCIATED WITH SUBSTANCE MISUSE

This information has been designed for people and their families who have entered the criminal justice system after an arrest for drug offences, or who may be involved with the police, criminal justice system (courts) or probation in the future, due to drug use.

It includes information about what to expect if the police come to your home with a warrant and how to contact services that can provide advice, guidance and support, and what to do if you aren't happy with the way something has happened.

Throughout we have used the terms 'family' and 'family member' to refer to anyone who has a relationship with a substance misuser. This includes partners, friends and carers.

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Glossary of terms

Arrest – the legal right of the Police to hold a person on the suspicion that they have committed a crime

Bailiff – a person authorised to collect money owed or goods to the value of the money owed

Citizens Advice Bureau – a free service providing independent, confidential and impartial advice to everyone on their rights and responsibilities.

Community Legal Advice - a government-funded advice service set up by the Legal Services Commission. It aims to help people deal with civil legal problems, and is part of the legal aid programme. It has a telephone helpline, advice centres and a series of advice leaflets

Community Order – a sentence of the court where the convicted person carries out work for the community instead of going to prison (this isn't wholly correct). A community order can include an unpaid work requirement, but can also include specific programmes and support to help address offending

Curfew – times when the offender must not be outside the address they are recorded as living at, usually early evening until early morning

Custody – the legal right of the Police to remove your liberty

CJIT – Criminal Justice Intervention Team a key part of the United Kingdom's strategy for tackling substance misuse. It aims to get drug-using offenders into treatment and other support, reducing drug-related harm and offending behaviour

PACE – the Police and Criminal Evidence Act, passed in 1984

Probation Trust - the Brighton & Hove section of the National Probation Service. It is mainly responsible for the supervision of offenders in the community and providing reports to the criminal courts to help them in their sentencing duties

Premises – your home

Release from prison on licence – release under certain conditions specified by prison and probation

Remanded – being held by the Police before your trial

Statutory power - a legal power granted to the Police

Tagging - placing an electronic device on a person to keep track of where they are at all times

Warrant – legal authorisation granted to the Police to enter and search your home

1. POLICE COMING TO YOUR HOME ADDRESS

Some families have already had their home searched by the Police and others are concerned that this might happen in the future. This section explains Police powers in relation to searches around drug-related crime. It is not a complete guide. For more information or specific advice contact the [Police](#), a solicitor or the [Citizens Advice Bureau](#).

1.1 Going to an address to arrest a person:

If a Police officer comes to an address to arrest a person and has good reason to believe the person they are looking for is there, they may use **Section 17 of the Police and Criminal Evidence Act (PACE) 1984** to enter the premises. For example, if they knock and no one answers but they hear a noise or see the curtains move, the officer does not need permission from the court (a court-issued warrant) to enter the property. Once inside the property the Police can search the whole house for the individuals they are looking for.

If a Police officer knocks and someone else, for example a family member, answers the door, they would ask if the person they are looking for is in. If the person that answers the door says that person is not there and does not live there, the Police officer would need a good reason to believe that they were being lied to, to take further action. If the Police officer doubted the explanation given to them and believed that the person they were looking for was on the premises then they could force entry, under Section 117 of PACE 1984, to search for them.

1.2 Searching someone's home address after an arrest has been made:

If somebody has been arrested for an offence, they will be asked to give the address where they live. The Police will then consider the use of **Section 18(1) of PACE 1984** to search this address.

If they decide to search the address, the Police officer would ask a Police Inspector to allow the search. If the Inspector thinks there is good reason to suspect property relating to that crime or a similar offence could be found at the address given, then that officer will be allowed to go there. The Police officer may force entry into the premises. Once in the property, Police officers can search everywhere the arrested individual has access to.

It is also possible for the police to search a property immediately, before the arrested individual gets to custody using **Section 18(5) of PACE 1984**. Officers should inform an Inspector following a search under this section.

1.3 Searching other properties after an arrest has been made:

Section 32 of PACE 1984 is similar to Section 18 but, in addition, allows Police officers to search any premises that the person they have just arrested has come from, for example, if the person arrested was seen coming out of a property where they don't live, police officers may decide that they wish to search that address.

1.4 Court Warrants: Drugs and property

Where the Police wish to search premises that cannot be covered by a Statutory Power they will approach the courts to seek their permission. The court will make a decision on whether there are

Police and Criminal Evidence Act (PACE) 1984 (provides several statutory powers allowing officers to search property for certain reasons.

Under the act, 'premise' includes vehicles and any tent or movable structure so a car, garden shed or garage could be part of the search.

If you are unhappy about how a warrant is conducted, there is information about complaint procedures in section 8 of this booklet.

enough grounds to suspect that the items that the Police seek are likely to be present, based on evidence given, and if there are, will then give permission by issuing a drugs warrant.

A drugs warrant is a written document held by the Police.

There are several types of warrant. They can be:

- a drugs warrant valid for one month under **Section 23 of the Misuse of Drugs Act 1971**
- a search warrant for stolen property valid for three months under **Section 26 of the Theft Act 1968**
- a warrant that would cover things that could be used as evidence under **Section 8 and 15 of PACE 1984**.

This means that the Police could hold these warrants for a period of time before using them, although that would be very rare

1.5 Frequently Asked Questions

“Do officers need to knock first and do I have to let them in?”

In most cases the officers would make some attempt to attract the attention of the persons inside, but it is possible that due to the previous behaviour of the individual or because they are looking for drugs, they could enter in a quicker and more aggressive manner. In these circumstances there would need to be reasonable and proportionate grounds to support the style of entry.

Police Officers can turn up and ask you to allow them to search your property without a statutory power or warrant but this is voluntary and you can refuse in these circumstances. If officers do have a warrant they should seek ‘permission’ to enter and search but you don’t have the right to refuse entry. If they need to, they could use force and individuals could be arrested if they obstruct the officers from carrying out their ‘lawful duty’. You risk being arrested for obstruction of a Constable in the lawful execution of their duty if it could be proved that you had tried to deceive the Police officer.

*“I would recommend keeping your own record of Police visits”
Mother of drug user*

“Will I get a record of the search?”

It is Police best practice to leave a document called a ‘Notice to occupier of premises searched’ but there are occasions when they don’t have this document with them. Under **Section 18 (1) and Section 18 (5)** this should be signed by the Inspector, but this is not always possible. In these circumstances, the Inspector’s name should appear on the document. There should also be a record of the search on a database at the Police station.

“How many officers will turn up?”

Generally it will be more than one but could be many. This would depend on the number of rooms that need to be searched, the number of people on the premises and whether the Police have any reason to believe that those people may object or be ‘difficult’. It may also depend on what the Police are looking for.

*“My son hasn’t lived with us for years, but he still gives out our address. Recently the police turned up wanting to search the house!”
Parent*

“What time of day will this occur?”

There is no guidance in law specifying appropriate times for the police to search and they will make this decision based on a number of different factors relating to the particular case. The Police should be able to justify any action taken, including decisions made about the time of day.

“What happens if I am not home or my children are in?”

The officer has a power under **Section 117 of PACE 1984** to force entry into the property if needs

be. If the Police are aware that children are or could be present, this would form part of their action plan in relation to the search, especially if this is a 'raid' type entry with lots of officers in full protective clothing rushing into a property.

The officers can search anywhere inside a premises if they suspect that the individual in custody would have access to that room. This could include a child's bedroom or nursery.

"What if the person gives my address but doesn't live here?"

This is always a difficult situation to deal with if the Police do not know any different, as they can still enter by force if need be.

A friend, neighbour or other person must be allowed to witness the search if the occupier wishes, unless the officer in charge of the search has reasonable grounds for believing the presence of the person asked for would seriously hinder the investigation or endanger officers or other people. A search must not be unreasonably delayed for this purpose.

"If you know that your address is being given by an individual that you do not have or wish to have living at your address, then you can contact your local station and ask for that to be noted. The Police could then make a note under the individual's name that s/he does not have access to your address." *Sgt Richard Siggs*

"Do I have to pay for damage done to my property?"

Section 117 of PACE 1984 allows the officer to use force to gain entry in a number of different circumstances. This could mean kicking down the door or smashing a window. The cost of repairing this damage is the home owners' / occupiers' liability and not that of the Police. In order to protect your belongings the Police must ensure that the property is secured before leaving but in most cases this is also at the home owners' / occupiers' expense.

2. POLICE CUSTODY

2.1 Young people and people with learning difficulties

If someone is under 17 years old, or has learning difficulties and has been detained by the Police, they should not be interviewed until their parent, guardian or an appropriate adult is present, unless a delay would result in injury or harm to other people or property.

2.2 Speaking to your relative when they've been arrested

Anyone arrested will be taken to the nearest custody suite with free cells. If you call Sussex Police they will be able to put you through to one of the local suites: Brighton (Hollingbury), Chichester, Crawley, Eastbourne, Hastings and Worthing.

Once all planned searches have taken place (this may include other properties the individual has access to) you should be able to speak directly to the person in custody. You can do this by calling custody and asking to speak to the Duty Sergeant or Assistant. Your call will then be transferred to the cell and you will be able to speak to your relative through the cell intercom system.

2.3 Support for substance user while in custody

Drugs and alcohol: Everyone booked into custody is asked a standard set of questions. This includes a question about whether they are dependant on drugs or alcohol. If they answer 'yes' they will be asked if they want to see a drug or alcohol worker, from the CJIT Criminal Justice

POLICE STATION CONTACT DETAILS:

Telephone: 101
Brighton (Hollingbury):
11 & 12 A&B Crowhurst Road,
Hollingbury, Brighton,
BN1 8AF.

Brighton (John Street)
John Street, Brighton
BN2 0LA

Intervention Team. Most people answer 'no' to this question, but CJIT workers undertake proactive visits to cells to reach those with substance misuse problems.

Mental Health: If someone is detained under Section 136 of the Mental Health Act 1983, they will receive a psychiatric assessment while in the police cells from a Force Medical Examiner. An Approved Social Worker, Criminal Justice Liaison Nurse (CJLN) and Doctor may also be called to make a further assessment.

If someone is arrested for a crime but has mental health needs, these will be assessed before the crime is investigated.

People often express frustration at not being given information about the support their loved ones receive while in custody. However, information about the services used by the individual while in custody cannot be shared with relatives unless permission is given by the individual, or they are under 18 years old.

2.4 Getting information about the charge/likely release

Most families would like to be warned when a relative is released from custody but it is unlikely that they will be informed when this happens. It is also unlikely that families will be notified of what they have been charged with, unless they are a witness, have made a statement or the person being released is under 18 years old.

For information about bail addresses see section 6

3. DRUG TESTING ON ARREST

The police are allowed to drug test if someone is arrested in the following circumstances:

- They have been arrested for or charged with a 'trigger offence' or
- A Police Inspector or higher rank has reasonable grounds for suspecting that the offence was linked to the use of heroin, cocaine or crack cocaine, and authorises the taking of the sample.

3.1 Trigger Offences

Trigger offences are generally those involving stealing, fraud or drugs, including:

- Theft and attempted theft
- Robbery and attempted robbery
- Burglary and attempted burglary
- Aggravated burglary
- Handling stolen goods and attempting to do so
- Taking a conveyance (stealing a vehicle) without authority/owners consent (TWOC)
- Aggravated TWOC (Taking Without Consent - Theft)
- Going equipped for burglary or theft
- Fraud and any attempted fraud by false representation, failing to disclose information, or by abuse of position.
- Possession of articles used in frauds.
- Begging and persistent begging
- Possession of a specified controlled drug
- Production or supply of a specified controlled drug
- Possession of a controlled drug with intent to supply where the drug is that specified class
A drug

3.2 Method of testing

Saliva swabs are taken to see if heroin, cocaine or crack cocaine have been used. The police cannot use force to take any sample for the purpose of drug testing. However, not giving a sample for testing is a separate offence punishable by a prison sentence of up to 3 months and/or a fine.

3.3 Disagreement with a test result

The person giving the sample can disagree with the results. In this case, the sample will be sent to a laboratory to be tested again. This will also happen when there is a positive drug test and you have admitted to using any medicine, whether prescribed or not, in the last 24 hours.

3.4 The effects of a positive drug test

If there is a positive test given for heroin, cocaine or crack cocaine, that person can be made to attend an assessment with a drugs worker to see if they tend to use class A drugs, are likely to again and are suitable for treatment.

EVEN IF THE PERSON IS RELEASED WITHOUT CHARGE FOR THE OFFENCE FOR WHICH THEY WERE ARRESTED, THEY WILL STILL HAVE TO ATTEND THE DRUG APPOINTMENT GIVEN.

They may also have to attend a follow up appointment if the drugs worker thinks this is needed.

IF NEITHER APPOINTMENTS ARE ATTENDED, OR THEY DO NOT STAY FOR THE WHOLE TIME, THIS IS A SEPARATE PUNISHABLE OFFENCE WITH PRISON OR A FINE.

A positive test result will also be passed on to the court and may be taken into account when the court makes a decision on bail.

3.5 Drug testing on children

Testing on arrest is not currently carried out with those that are under 18 years of age.

4. COURTS

If someone is arrested and charged by the Police they will have to go to court. When they leave the Police Station they should be given the date, time and location of the court hearing that they are expected to attend.

4.1 Getting information about court appearances.

If the person arrested and charged is under 16 years old their parent or carer **must** attend court with them. If they cannot attend, the young person should be accompanied by another responsible adult. In these circumstances it is likely that you would have been present when the young person was released on bail, at which point you should have been given the court hearing details.

If the person arrested and charged is over 16, and hasn't shared information with you about the court date, you may be able to get this information from the court, although they may not be able to discuss the case with you for legal reasons. Often the courts only receive information a day or two before each case so might not be able to provide this information ahead of time if it hasn't been passed to them by the Police.

COURT CONTACT DETAILS:

The location of the court may vary depending on which Police Station someone is charged at.

You can find contact details of each local court using the search tool on the home page of the 'Justice' website:
www.justice.gov.uk.

4.2 Attending court

If you have any concerns about going to court you can speak to a member of court staff who can advise you on court procedures. If you or your family member needs legal advice, they may be able to get this free from the [Citizens Advice Bureau](#). Those on low incomes may also be eligible for free, confidential advice from a solicitor based in court.

Any member of public, including young people over the age of 14 years old can attend court and watch the proceedings from the public gallery. There aren't crèche facilities so childcare will need to be arranged for younger children.

The names of those due in court will appear on the court list in the foyer (this may vary between courts). The list will tell you which court they will be heard in. If their name does not appear you can ask the reception desk or an usher and they will be able to help.

4.3 Speaking to your family member before, during or after the court hearing

If the person due in court has been kept in custody by the Police you will not be able to speak to them immediately before or during the court hearing.

Similarly, if someone before the court receives a custodial sentence you will not be able to see them before they are taken back to the custody suite or to prison. This can be very distressing for families so you should try to prepare yourself and those with you for this possibility.

5. PRISON

If your relative is remanded or sentenced to prison there are a number of services that can support them or you during this time.

5.1 Locating your relative

If you aren't sure which prison someone is in you can contact the Prisoner Location Service (see box) who will ask you for some details about yourself and the person you are looking for, including their date of birth. The prisoner will then be asked to give consent before you are informed of their whereabouts.

PRISONER LOCATION SERVICE
PO Box 2152
Birmingham
B15 1SD
Fax: 0121 626 3474
prisoner.location.service@noms.gsi.gov.uk

Addresses and contact details of prisons can be found [here](#).

5.2 Where to get help

Offenders' Families Helpline is free and confidential 0808 808 2003. It operates seven days a week: Monday to Friday 9:00am - 8:00pm, Saturday and Sunday 10:00am - 3:00pm. You can also visit their website <http://www.offendersfamilieshelpline.org/> for information on all aspects of the criminal justice system in England and Wales from arrest through to release.

If you have immediate concerns about a prisoner's health or safety call the prison and ask to speak to the Duty Governor or the Chaplain, otherwise you can write to the Prison Governor, who

should reply within 30 days. Details about individual prisons can be found on the [prison service website](#).

The Prisoners' Advice Service are the only independent registered charity offering free legal advice and support to adult prisoners in England and Wales. Contact them on 0845 430 8923 or 02072533323 or visit <http://www.prisonersadvice.org.uk/>.

6. UPON RELEASE

Your family member may be released on bail by the Police or courts and given a date when they are expected to re-appear in court.

6.1 Bail from custody or returning home from prison

It is important to think about looking after yourself and the rest of your family. If you decide you don't want your relative to come back to your home, and do not want the Police or courts to use your address as a bail address, you have the right to refuse. When this happens the Police will either hold the individual in custody or will find an alternative address for them to stay at.

Did you know?

If you have concerns about someone being released on bail returning to your address you can request specific restrictions or conditions of bail from the Police or the prison they are released from.

6.2 Probation & Youth Offending Service

Drug or alcohol users will come into contact with a Probation Trust or Youth Offending Service if they are on a Community Order or have been released from prison.

The Probation Service is responsible for:

- Preparing reports that assess offenders to help courts and the Parole Board to make their decisions
- Supervising Community Orders made by courts
- Supervising offenders released from prison on license

The purpose of its work with offenders is to “punish, help, change and, where necessary, control” in order to reduce the risk that offenders will re-offend and thereby to protect the public.

The Probation Service may need to contact family members if someone gives that address for release from custody or whilst subject to supervision, to ensure that the address is appropriate. This may involve a home visit. If someone on license or a community order lives with you, they may receive home visits during this period of supervision. When this happens some support is offered to the family to ensure that their resettlement is successful.

Probation officers can pass on information about a client only if that individual gives them permission; otherwise all information is kept confidential.

Locally, the Probation Service is provided by the Kent, Surrey and Sussex Rehabilitation Company own by the SEETEC group. The local Probation Office is located at Lancaster House, 47, Grand Parade Brighton BN2 9QA. Tel. 01273 020656 and 01273 810300

The Youth Offending Service (YOS) is a multi-agency team, including: police, probation, education, social services and health. It is coordinated by the local authority and is overseen by

the Youth Justice Board and Ministry of Justice. Its aim is to prevent offending, re-offending and to prevent young people being sent into custody. It works with young offenders on offending behaviour programmes, reparation activities and victim work, provides support to parents and helps young people find education and health services where required. To contact them, visit: Brighton & Hove Youth Offending Service 1, Regency Road Brighton BN1 2RU Tel: 01273 296169

6.3 Tagging and Curfews

A Home Detention Curfew (HDC), or 'tag' as it is commonly known, is a scheme that allows certain offenders to be released from prison early subject to an electronically monitored curfew. Prisoners serving sentences of between three months and four years can be considered for the scheme which can grant early release between two weeks and 135 days earlier than the half way point of the sentence. HDC is a privilege, not a right, and despite a HDC date being automatically generated for the majority of prisoners, not all prisoners will be eligible. Certain offences automatically rule out the prospect of release under the scheme.

For more

Electronically monitored curfews can also form part of a community order or be part of a package of bail conditions set by the court.

Police and the tagging company are responsible for checking someone is sticking to their curfew. They will make visits to the offender's address during the curfew period and ask to see the person at that address. Most curfews require the individual to be at a stated address from early evening until early morning. This means police visits are likely to be at unsocial hours.

For more information, visit <http://www.offendersfamilieshelpline.org/index.php/hdc/>

7. DEALING WITH SOMEONE ELSE'S DEBT

There are occasions when a family member may have built up some debt associated with your address. If you are in this situation you should encourage that person to contact the Citizens Advice Bureau to sort out a payment plan. If they are not willing to do this, you should contact them yourself.

7. 1 Bailiffs

In some circumstances, after receiving a warning notice, a bailiff may visit your address to redeem costs. The Citizens Advice Bureau has some valuable information and will be able to advise you about this.

If you are informed that a bailiff will be coming to remove goods from your property, then you should seek advice immediately.

Do I have to let them in?

In the majority of cases bailiffs will have gained a court order to legally enter your property and must do so through '*gaining peaceful entry*'. This means that they are allowed to enter only with the home owner's permission, without breaking in, although bailiffs are allowed to gain access through an open window or door. The only exception to this is if there are unpaid criminal fines and the court has granted permission to break into the property.

Once inside they have the power to search every room, even using forced entry, to recover goods to the value of the debt belonging to the person specified on the warrant. The bailiff is also entitled to enter again in the future without the resident's permission.

Your Rights

The bailiff should be acting under strict policies and procedures and you are entitled to be treated with fairness and respect. This means that you should not be discriminated against, threatened, or be misled to believe that they have greater legal authority than is the case.

There are formal ways to make a complaint about a bailiff if you have reason to do so. For more information please contact the Citizens Advice Bureau, details of which are in section 10 of this booklet.

7.2 Drug Debt

Although it's unlikely to happen, some people fear that drug dealers may come round, especially if a large quantity of drugs have been seized, to collect money owed.

It is important to remember that irrespective of previous events or of a family member's involvement with the Criminal Justice System, the Police have a responsibility to protect the public and will always respond to any concerns you have.

In an emergency always call 999.

8. TO MAKE A COMPLAINT

8.1 Making a complaint about the Police

The simplest way is to contact the nearest police station in person, by post, phone, fax or email. To find your nearest Police Station visit <http://www.sussex.police.uk/contact-us/>

Alternatively you can contact the Independent Police Complaints Commission (IPCC). You can do this by phone, email, post, fax or minicom. You can find more information about how to make a complaint about the police on the IPCC website at: <https://www.ipcc.gov.uk/complaints>. You can also find information on how your complaint will be investigated and what the outcome might be. You can download a complaint form or complete one online.

IPCC CONTACT DETAILS:

Independent Police
Complaints Commission
5th floor
90 High Holborn
London
WC1V 6BH
Tel: 0845 300 2002
Minicom: 020 7404 0431
Fax: 02920 361 948
E-mail:
enquiries@ipcc.gsi.gov.uk

8.2 Making a complaint about Probation

Any complaint has to be about an action or decision taken by probation staff, Kent Sussex and Surrey Community Rehabilitation Company (KSSCRC), a contractor, agent or volunteer working for the probation service. You can also complain about a failure to take an action or decision by any of these people.

A complaint can be made by a person who has had a probation report written about them, a person convicted of an offence who is under probation supervision or accommodated in approved premises, victims of people convicted of offences, people who have suffered physical injury or

distress or theft or damage to their property as a result of the conduct of a person subject to a community order or on licence and the parents, spouse, cohabitee, siblings or children falling in the categories mentioned above where that person has died.

The aim is to try to resolve complaints as quickly, informally and satisfactorily as possible. To start this process it is recommended that you speak to the relevant Senior Probation Officer at the Probation Office that manages the sentence for the person concerned.

This contact can often resolve the complaint satisfactorily without the need to undertake a formal investigation. If you are unable to resolve the matter informally, you should send the complaint in writing to:

Complaints
Kent, Surrey and Sussex CRC
Maidstone Corporate Centre
3rd Floor, Maidstone House
King Street
Maidstone
ME15 6AW.

If you are still not satisfied with the decision, the Prisons and Probation Ombudsman can review your complaint if you have:

- been under the supervision of the National Probation Service
- been housed in probation accommodation
- had a pre-sentence report or a specific sentence report prepared about you

[Visit the Prison and Probation Ombudsman's website.](#)

Or write to them at:

Prison and Probation Ombudsman
Ashley House
2 Monck Street
London
SW1P 2BQ

9. LEARNING MORE ABOUT DRUGS

It can be worrying if a loved one starts to use drugs or alcohol, but it is important that you communicate as a family and talk about your concerns. Some people feel that they do not know enough about drugs and alcohol and worry that they'll get lost or confused if someone is using terminology or slang to describe what they are using.

9.1 Useful websites

There are a number of websites that you can visit which will provide you with more information and should be able to answer any questions you might have. You can also call services listed under the section 10, to ask for advice.

- **Pavilions** - provides adult Drug & Alcohol Services for Brighton & Hove. There is lots of useful information about alcohol and other drugs on their website <http://pavilions.org.uk/think-about-drugs/>
- **Drug Science** - objective information on drugs and drug harms to the public, to educators and to academics <http://www.drugscience.org.uk/>
- **Global Drug Survey** - Harm reduction advice on a range of substances www.globaldrugsurvey.com/brand/the-highway-code
- **NHS Choices** – healthy living information for everyone including alcohol, mental health, drugs, smoking eating etc. <http://www.nhs.uk/livewell/Pages/Livewellhub.aspx>
- **One You** - NHS website providing a valuable resource to evaluate and reduce your drinking. <https://www.nhs.uk/oneyou/drinking#iRZiQTITkTPSB9Ju.97>
- **Don't Bottle It Up!** www.dontbottleitup.org.uk Offers users a simple online 'Identification and Brief Advice' (IBA) approach based on the gold-standard AUDIT screening tool and providing personalised brief advice.
- **Drinks Meter** - www.drinksometer.com The drinks meter app provides feedback based on AUDIT and other questions, also comparing the users answers against the Drinks Meter community to give unbiased, anonymous feedback.
- **Drugs Meter** - anonymised feedback on your drug use <https://www.drugsmeter.com/>
- **Down Your Drink** - <http://www.downyourdrink.org.uk> is a longer established online programme to help people reduce their drinking. User registration required.
- **Drink Aware** - is the alcohol industry funded education charity that allows users to track their drinking, calories and progress cutting down <http://www.drinkaware.co.uk>
- **Michael Linnell** - range of downloadable leaflets on a range of drugs <http://michaellinnell.org.uk/drugwatch.html>
- **EROWID** - educational & harm-reduction resource about a huge range of drugs <https://www.erowid.org/>

9.2 Training Opportunities

The Pavilions Families and Carers Team (FACT) offers access to the following free training for the family, friends or carers of substance users:

- First aid and overdose training
- Drug and Alcohol Basic Awareness
- Structured Educational Group Programme

For more information you can contact FACT directly at 9 The Drive, Hove, BN3 3JE 01273 680714.

10. GETTING SUPPORT IN BRIGHTON & HOVE

10.1 For someone affected by someone else's drug or alcohol use

<p>Pavilions Families & Carers service (FACT)</p>	<p>We understand how deeply families, friends and carers can be affected by the substance misuse of those they care about, so we offer support services for them or anyone in the local community experiencing the effects of someone else's drug or alcohol problem.</p> <p>It is not easy to overcome drug or alcohol dependency, but people can and do recover. Family, friends and carers can be a vital avenue of support and can provide the hope and inspiration that they need to turn their lives around. But often, the family cannot do it alone. That's where support service like ours, dedicated to helping the relatives of substance users, comes in.</p> <p>Our Services Include:</p> <ul style="list-style-type: none"> • Advice, information and support • Assessment of support needs • Support Groups • Outreach Support • One-to-one support • Counselling • Relationship Counselling • Structured Education Groups 	<p>You can contact the FACT team on 01273 680714 or via the Pavilions Freephone number 0800 014 9819, for information and advice.</p> <p>You can also email us directly at: Familyandcarers@pavilions.org.uk or visit us at 9 The Drive, Hove, BN3 3JE</p> <p>When you contact us we can discuss your specific situation and work with you to find the best solution. We can offer you a range of support options, further information and referrals to other services.</p>
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10.2 For young people using drugs or alcohol

<p>Ru-ok?</p>	<p>Offers a free and confidential service to young people under 18 years old. The team provides a specialist service to</p>	<p>Telephone 01273 293966 Website http://www.ruokservice.co.uk/</p>
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	<p>young people affected by drug and alcohol use, their parents and carers, and professionals involved in their care. Services include assessments, one to one support, telephone support and advice, family support and treatment.</p>	<p>Visit 1 Regency Road, Brighton, BN1 2RU. Contact Times 9-5 Mon-Thurs 9-4.30 Fri</p>
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10.3 For adults using drugs or alcohol

Pavilions Criminal Justice Team

What does this team do?

The Criminal Justice Intervention Team supports any adult who suffers with a drug or alcohol problem and have found themselves anywhere within the Criminal Justice System.

We will visit individuals anywhere within Criminal Justice settings such as Custody Suite Cells, Police Stations, Courts, Prisons and Probation to engage people into drug and alcohol treatment.

We are all experienced and qualified in delivering high level, recovery focussed; strengths based treatment, using an eclectic mix of therapies such as Cognitive Behavioural Therapy (CBT), Motivational Interviewing (MI), and Brief Solution Focussed Therapy (BSFT).

Through Cranstoun's Integrative Recovery philosophy, we aim to support our service users into a life free from Drugs, Alcohol and Crime.

We have a robust recovery focussed and strengths based group-work package which is delivered by Pavilions Intervention Team.

How do you refer to this team?

The team works with individuals who have self-referred following arrest, during sentencing or whilst in custody.

We also receive referrals from partner agencies such as Police, Prison and Probation.

We work with those who have been sentenced in court to community orders such as Drug Rehabilitation Requirement (DRR), Alcohol Treatment Requirement (ATR), Drugs Intervention Programme Specified Activity Requirement (DIPSAR), Rehabilitation Activity Requirement (RAR) and Brief Intervention Service Specified Activity Requirement (BISSAR).

We also work in partnership with Police and Probation with people on community schemes such as Integrated Offender Management (IOM) and with people who have a drink or drug problem being released from prison on Licence Conditions.

Our aim is to help people address and remove any barrier they may encounter in their journey towards recovery.

The Family and Carers Team (FACT) enable us to offer restorative justice and mediation sessions, to help people rebuild families and re-establish relationships.

If you would like to know more, please contact the Criminal Justice Team on 01273 731900.

10.4 Other local services

Sussex Police		In an emergency call 999. To report non urgent crime call 101.
Citizens Advice Bureau	Offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems. The service provides free, independent, confidential and impartial advice to everyone on their rights and responsibilities. It values diversity, promotes equality and challenges discrimination.	To get advice from Brighton and Hove Citizens Advice Bureau: book an appointment at the Central Hove offices at 1 Tisbury Road Hove, BN3 4AH, by phone on 0845 1203710, or visit www.brightonhovecab.org.uk You can also visit https://www.citizensadvice.org.uk/ for practical, reliable information and further details about your Citizens Advice Bureau outside of Brighton.
Mental Health Support and Information:	<p>Mental Health Helpline: Information and advice for anyone concerned about their own mental health or that of a relative or friend.</p> <p>Brighton & Hove Wellbeing Service : Primary care service offering a range of mental health support for common mental health problems, such as low mood, stress, anxiety and depression.</p> <p>Brighton Housing Trust Mental Health & Wellbeing Service: Supports people to improve and maintain positive mental health and wellbeing through services and activities</p> <p>Threshold Women's Services provides support to women with a wide range of issues, including anxiety, depression, self-harm, post-traumatic stress, chronic low self-esteem, suicidal thoughts, parenting issues,</p>	<p>0300 5000 101. Monday to Friday 5pm – 9am, and 24 hours at weekends and bank holidays)</p> <p>0300 002 0060 http://www.bics.nhs.uk/patient-information/brighton-and-hove-wellbeing-service/</p> <p>Visit http://www.bht.org.uk/services/mental-health-and-wellbeing/ for information about the services available</p> <p>01273 929471 wellbeing@bht.org.uk</p>

	<p>birth trauma and perinatal depression.</p> <p>East Brighton Community Mental Health Centre: Mental health services for working age adults living in the community.</p>	<p>Tel: 01273 621984 Elm Grove Brighton East Sussex BN2 3EW</p>
<p>RISE – Freedom from Domestic Abuse</p>	<p>A charity which supports women, children and young people affected by domestic abuse in Brighton & Hove and across West Sussex. Services include: refuge accommodation and resettlement, crisis appointments, counselling, housing, legal and financial advice, solicitors appointments, support groups, play therapy, 1-to-1 support</p>	<p>Call Rise on free-phone: 0300 323 9985</p> <p>National Domestic Violence Helpline 0808 2000 247 http://www.riseuk.org.uk/ Call 999 if you or someone you know is in danger</p>
<p>Brighton & Hove Council: Parenting Team</p>	<p>Information and advice for parents who are in need of parenting support or advice. Information about Triple P parenting interventions available in the city. Also further information on Family Days run in local prisons available.</p>	<p>You can contact the Parenting Team on 294471 or see website www.brighton-hove.gov.uk/parentingteam</p>