



ReFRESH: Annual Report 2024-25

Young Persons Substance
Misuse Service, Hull



About Us

ReFRESH is Hull’s specialist substance misuse service for Young People up to 19 years old. We provide non-judgmental, confidential support to young people who are using or at risk of using drugs and alcohol. Our team offers a range of interventions tailored to individual need, from brief advice and drug education to, harm reduction, structured treatment and mentoring. We work alongside partner agencies such as schools, youth justice, health and social care services to ensure joined-up, early and effective support.



Year at a Glance

Number of referrals received
326

Brief interventions delivered
4666

Referrals to treatment
176
(156 under 18/20 over)

Professionals trained
481

Mentoring relationships established
12



Engagement, Brief and Early Intervention:

We set a goal to increase the reach of the ReFRESH Service, and we've worked hard to make ReFRESH visible, accessible, and approachable.

Key Highlights

- **Education-based education sessions focusing on drug education, peer pressure, understanding why drugs and alcohol can become problematic and the risks associated.**
- **Presence at community events such as ZebFest, Hull Pride, and other events in the local community.**
- **Working collaboratively with colleagues at ReNEW to provide stalls/information in colleges.**
- **Targeted drop-ins at youth centres, children's homes and pupil referral units.**

Feedback From Local 6th Form

Both of our 6th form groups, year 12 and 13, really enjoyed your visits in college. They liked listening to the presentations and also looking at the resources you brought. Our year 10 pupils also really enjoyed your visits with Kerri. Again, they liked the resources, especially the beer goggles!

The topics that you discussed were really informative - drugs, alcohol and vaping - and were aimed at the right level for our pupils. Some of the students are very visual learners so the resources and video clips really helped their understanding. The opportunity for them to ask questions during the lessons was useful too.

For our pupils, the relaxed and informal lessons were really beneficial as they felt that they could ask any questions, no matter how small. I can't think of any suggestions to improve what you do - thank you for supporting our pupils.

1:1 Early Intervention

We offer extended interventions of up to 8 sessions of skills training on prevention, education and wellbeing. The sessions include topics such as drug and alcohol education, vaping cessation, resilience building, peer influence, healthy relationships etc.

Early Intervention Case Study

(name changed for anonymity).

Mia was referred to ReFRESH due to a family members drinking. This was impacting Mia mental health and wellbeing. Mia has diagnosed learning difficulties and presents with emotional health needs that require ongoing support; these are supported by a variety of professionals.

Mia has become more confident and comfortable speaking to me around her family members drinking and how this impacts her and her family. Mia now understands the effects of alcohol and how this may impact herself and her family.

Given her additional needs, sessions are adapted to be accessible and youth friendly. Alcohol education sessions are a key part of the interventions, helping Mia understand the effects of alcohol and its impact on families.

Importantly, sessions are creating a safe and non-judgmental space for Mia to express her feelings around her family members drinking. She is encouraged to explore how his substance use has affected her daily life, emotional wellbeing, and relationships. This open space is a vital outlet for Mia.

Mia has shown increased confidence in articulating her emotions and concerns. She reports feeling more supported and less isolated in her situation. The open conversations about alcohol and family impact have helped her make sense of her experiences. Through a combination of tailored education and emotional space, Mia has been empowered to understand and navigate her circumstances with greater resilience.

New presentations into 1:1 Brief or Early Intervention support – **121**

Number of YP's who received and completed 1:1 Early Intervention sessions – **93**

Early Intervention Feedback

“

'I learned about different types of drugs and what they do to you, and about alcohol too. I learned about what they do to your body and your mind. It gave me the knowledge to know how to be careful!'

'I learned how to talk about my feelings and worked out what was causing me my anxiety at the time. I learned how to deal with it by thinking and talking about the cause and gradually taking little steps to face up to it. My anxiety loads better now, I still get it a bit but at least I know what it is. I get to school now and I didn't used to go.'

”

Treatment

The ReFRESH Treatment Team offer support to young people aged 11-19 who are using substances on a regular basis, and it is causing problems in their life which requires more structured support. The support includes completion of a comprehensive substance misuse assessment to understand the needs of the young person, person centred care-planning and the delivery of evidence-based psychosocial interventions to help promote, motivate, and sustain change. It also includes delivery of specialist harm reduction strategies. The Treatment team have specialist link workers with Hull Youth Justice Service and Target Youth Support.

ReFRESH provide a monthly report to The Office of Health Improvement and Disparities (OHID) via the National Drug Treatment Monitoring System (NDTMS) which gives statistics on service performance, trends and feeds regional and national data.



Stats

(numbers provided are from Local and NDTMS data)

216

Young people in structured treatment

176

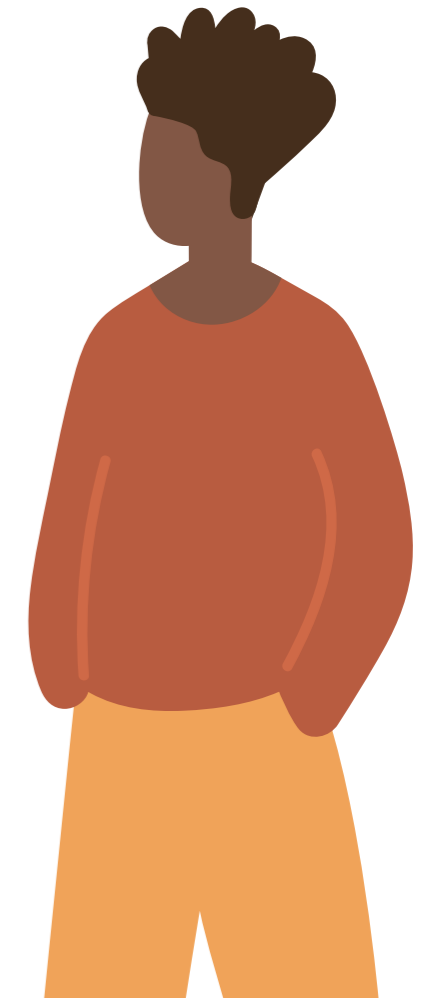
New presentations in to structured treatment

88%

successful completion of structured treatment

91

Young People successfully completed treatment



Background and Reason for ReFRESH Support

Young person had high level support needs for emotional wellbeing, anxiety, anger outbursts, cannabis use, risky alcohol use leading to being highly intoxicated and posing a risk to his own and his family's safety.

Summary of support from ReFRESH Treatment Practitioner

- Completion of screening, comprehensive substance misuse use assessment and care planning.
- Motivational sessions looking at the stages of change, decisional balance and promotion of alternative diversionary activities.
- Completion of alcohol diaries and sober exercise
- Emotional resilience coaching
- Emotional literacy training
- Drug and alcohol education
- Specialist harm reduction
- Strengths-based approaches.
- Family intervention.

Outcomes

- Stopped cannabis use
- Reduced frequency of alcohol use and amount of alcohol consumed on each occasion
- Improve communication with Mum
- Involved in new activities that divert away from boredom which leads to drinking
- Improve physical fitness and stamina
- Gained an apprenticeship in bricklaying



Treatment Feedback

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'The main thing I learned was that the different drugs I was using were not actually helping me, they were making things worse. I thought they were helping at first, but my worker was really direct with me about this, and I need that. My worker said to me that there's more people who understand me than I think there is'.

'I realised things like when I smoked weed, I was smoking that much that I'd just fall asleep and forget everything from that day. It was just getting that awareness of how it was affecting me that made me think. I've cut down on tobacco and Cannabis now, I realised that tobacco was actually triggering Cannabis use. I've got my GCSE's this year, so I've got more focus now and my memory and concentration is better'.

”

Parent/Carer Feedback

Received via email from parent:

“

'I would just like to say a massive thank you to you, for all your support, you have gone above and beyond for my son, helping him through all of his struggles and I truly believe if it wasn't for your support we wouldn't be where we are now, not just his relationship with cannabis but with his life's choices also. You have helped my family and we will be forever grateful.'

”



Joint Working

ReFRESH are a key agency in the Children, Young People and Family Services offer in Hull and we understand the importance of multi-agency working when working towards safeguarding children and improved outcomes. We pride ourselves in working across the threshold from universal offers to safeguarding the most vulnerable.

Childrens Social Care

At the end of March 2025:

44

young people were actively receiving ReFRESH support alongside Children's Social Care

11

in engagement/ Early Intervention

Joint working Feedback

HYJS Manager to ReFRESH Practitioner:

'I have met with a YJO who highly commended your work with a young person on her caseload. The way you engage young people is great and you really supported the young person to talk about the challenges he faces having parents with severe addiction. On behalf of HYJS – thank you for all your efforts, attempts and engagement with children, you are appreciated.'



Hull Youth Justice Service

66

young people were referred by HYJS via Youth Justice Practitioners or the Diversion Panel

Accounts for **20%** of all referrals received

70%

of 66 Young People actively engaged in the assessment process, with 30% entering structured treatment

33

in Treatment

ReFRESH practitioners attended

291

multi-agency meetings including core groups, CP conferences, LAC reviews and TAF meetings. We are also a key partner agency of the MAYVE panel



Training

ReFRESH provide training to the children, young people and family services workforce with the goal to inform, educate and increase confidence in having conversations about drug and alcohol use.

481

professionals trained

Topics Covered

- Drug and Alcohol Awareness
- Local Trends
- Screening & brief intervention
- Vaping Awareness

Training Feedback

“

'The training was really informative, I feel more confident in having conversations about drugs'

CYPFS staff member

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Mentoring

The ReFRESH Mentor Scheme is made up of a group of volunteers who act as a positive adult/role model for young people in the service. The mentors arrange 1:1 sessions once a week/fortnight which include problem free talk and activities such as going for a coffee/drink, going to the gym or for a walk, accessing youth services etc. This can run concurrently to the ReFRESH support or as an Aftercare Service once the structured support has been completed.

Overview

Mentors trained this year

12

Matched young people to mentors

12

Number of Mentor Sessions attended

138

Young Person's Feedback

“

"Having someone who's been through it made all the difference."

”

What's Next?

Our goals for next year:

- Improve drug and alcohol treatment service options for Adolescent Young Adults aged 18-25 by mobilising a collaborative approach with Colleagues from ReNEW – Adult Substance Misuse Service.
- Welcome a Young Person's Nurse into the ReFRESH team to strengthen the clinical offer for young people.
- Develop and improve pathways with existing mental health services for young people.
- Continue to increase the reach of ReFRESH by continuing the development of all areas of the service.
- Ensure all young people who want support regarding substances have access to ReFRESH.



Thank You

At ReFRESH we pride ourselves on engaging young people and building trusting working relationships to ensure we can support them to achieve their goals. This would not be possible without the hard work and dedication of every member of staff within the team. A heartfelt thank you to all of you.

Thanks to all our colleagues in partner agencies, we appreciate the support and dedication to the young people and families. We look forward to our continued work together.

“

'To all the young people who we have supported this year, we are proud of the work you put in, the challenges you face and changes you make. You inspire us every day and we strive to make the service even better because of you!'

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about ReFresh Hull,
please visit:**

www.refreshhull.org.uk

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