

Supplementary file 3:

Formative research study documents

Thank you

... for taking the time to read this leaflet.

Please ask us to answer any questions or concerns you may have about the project.

Either phone 0191 208 8500/
07969 852293 or text. You can also email us
at: solid@newcastle.ac.uk



Supporting Looked After Children and Care Leavers In Decreasing Drugs, and alcohol [SOLID]

Initial contact form

Are you 12-20, in care or a care leaver in Newcastle, Durham or Teesside? YES? Perhaps you'd like to help us?

Fill in and post back!



We are doing a research study with Looked After Children and care leavers aged 12-20 years.

As part of this study we want to make services for Looked After Children and care leavers better. In particular we want to help Looked After Children and care leavers who drink alcohol or use drugs. We want to talk to young people and their carers to get ideas about how we can best do this.



We'd like to come out to talk to you to ask you in more detail if you would like to be part of the study.

If you are happy to be contacted please fill out the form on the opposite page, tear it off and send it back in the stamped, addressed envelope.



- Your Name
- Your Age
- Where you live: (tick)
 - Children's home
 - Foster Care or with a relative
 - Other
- Best way of contacting you
 - Mobile number
 - Email:
 - Facebook
 - Other.....
- Best time to contact you?
- I'm happy to be contacted by the research team (Initial)
- Are you happy for us to contact your parent/guardian? Yes No
- Signed
- Date:

What are the benefits of taking part?

Although we cannot promise that you will benefit directly from this study, we think the study will give you the chance to talk openly about you alcohol and drug use.

What are the possible risks of taking part?

We do not see any risks for you taking part in this study. But it will take up a bit of your time.

Thank you

For taking the time to read this leaflet.....

If you have any questions or concerns then please contact me at the university

Either phone 07969852293 or text .

You can also email us at solid@newcastle.ac.uk.

Or write to:

Institute of Health and Society, Baddiley Clarke Building, Richardson Road, Newcastle Upon Tyne, NE2 4AX.

Supporting Looked After Children and Care Leavers In Decreasing Drugs, and Alcohol

Information leaflet
young people 12-14 years

Are you 12-14 and in Care in Newcastle, Durham or Teesside? YES? Perhaps you'd like to help us!

Your local authority, together with the Universities of Newcastle, Teesside and Birmingham are working to find out how best to support Looked After Children and Care Leavers around their drinking and drug use and your ideas will help.



Do I have to take part?

No. Taking part in the research is entirely voluntary and even if you agree to take part, you can still change your mind at any time, without providing a reason and without your care being affected.

Will my taking part in this study be kept confidential?

Yes. Your data will be kept safe, your name will not be used. If you tell the researcher something that raises concern about your safety, we have a duty to tell your social worker and carer.



What will happen if I take part?

Once you've signed this form saying you are happy to take part we will contact you and arrange a time to come to your home. First, we will ask you and your parent/guardian to sign a form agreeing to take part in the study.

Next, we will ask you some questions about yourself, your health, your drinking and drug use.

You will receive a £10 gift voucher for your time after answering the questions.



We will voice record appointments to see if the worker carried out the session as planned.

You and other young people who have taken part may be invited to meet with us again in a group. We will ask you what you think about our plans for supporting Looked After Children and care leavers and get more of your ideas for how we can improve things further. Again we will tape record this group discussion.

Who is funding and organizing the research?

The study is funded by the NHS research arm, the National Institute for Health Research (NIHR) and is sponsored by Newcastle University.

What will happen to the results of the research study?

We're happy to send you a report at the end of the project if you are interested. The study will be printed in academic journals and presented at conferences.

Information Leaflet

For Further information and advice about drinking...

Talk to Frank: www.talktofrank.com

Speak to Drinkline: 0800 9178282

For local support contact:


National Institute for
Health Research

Thank you

Thank you....

for taking the time to read this leaflet. Please ask us to answer any questions or concerns you may have about the project.

If you have any concerns about the study you can contact the senior doctor running the study (Dr Raghu Lingam– 0191 222 8500) or an independent person at the University (Professor Judith Rankin– 0191 2083463).

Any suggestions or complaints about the study or how you were treated will be dealt with, in writing, within 7 working days. They should be made in writing or by email to Dr Raghu Lingam at the address below.

Institute of Health and Society,
Newcastle University,
Baddiley-Clarke Building,
Richardson Road,
Newcastle upon Tyne,
NE2 4AX
Telephone: 0191 208 8500
Email: solid@newcastle.ac.uk

Supporting Looked After Children and Care
Leavers In

Decreasing Drugs, and alcohol

[SOLID]

(Young People 15-20 years)

Are you 15-20 and in care in Newcastle, Durham or Teesside? YES? Perhaps you'd like to help us?

We are doing a research study as we want to understand how to support Looked After Children and care leavers to decrease their alcohol and/or drug use.

This leaflet is for you to keep. Please feel free to ask questions if there is anything you are unsure about or if you would like further information.

Why have I been invited?

We think you will have important ideas about how we can support Looked After Children and care leavers to decrease their drug and alcohol use.



Do I have to take part?

No. Taking part in this study is entirely voluntary and even if you agree to take part, you can still change your mind at any time, without providing a reason and without your care being affected.

What will happen if I take part?

If you would like to take part we will ask you to fill in a Assent/consent form. If you are under 16 your parent/guardian will also have to complete a consent form.

The project will involve a researcher coming to your home and asking you some questions about your life and how you think we can improve services for Looked After Children and care leavers who drink or take drugs.

The conversations will be tape recorded and your answers will be listened to so we can understand how we can improve things.

You will receive a £10 gift voucher for your time.

You and other young people who have taken part may be invited to meet with us again in a group. We will ask

you what you think about our plans for supporting LAC and care leavers and get more of your ideas for how we can improve things further. Again we will tape record this group discussion.



Will my taking part in this study be kept confidential?

Yes. The interview data will be kept safe and your name will not be used.



We will keep your information confidential. This means no one other than the research team will find out what you have told us.

Confidentiality can only be broken, without your consent, in very exceptional circumstances. **Usually this is if the researcher sees or is told something which raises serious concern for your personal safety or the safety of others.**

What are the benefits of taking part?

Although we cannot promise that you will benefit from this study directly, we think the study will give you the chance to talk openly about alcohol and drug use amongst you and/or your friends. The information that you give will be used to help understand how to support Looked After Children and care leavers to change their drinking and/or drug use.

What are the possible disadvantages and risks of taking part?

We do not see any risks for you taking part in this study but it will take up some of your time. Some people do not like talking about their experiences whilst others find this helpful.

Who is funding and organizing the research?

The study is funded by the NHS research arm, the National Institute for Health Research (NIHR) and is sponsored by Newcastle University.

What will happen to the results of the research study?

We are happy to send you a report at the end of the project if you are interested. The study will be printed in academic journals and presented at conferences

For Further information and advice about drinking...

Talk to Frank: www.talktofrank.com

Speak to Drinkline: 0800 9178282

For local support contact:

Thank you

Thank you....

for taking the time to read this leaflet. Please ask us to answer any questions or concerns you may have about the project.

If you have any concerns about the study you can contact the senior doctor running the study (Dr Raghu Lingam) or an independent person at the University (Professor Judith Rankin 0191 208 3463).

Any suggestions or complaints about the study or how you were treated will be dealt with, in writing, within 7 working days. They should be made in writing or by email to Dr Raghu Lingam at the address below.

Institute of Health and Society,
Newcastle University,
Baddiley-Clarke Building,
Richardson Road,
Newcastle upon Tyne,
NE2 4AX
Telephone: 0191 208 8500
Email: solid@newcastle.ac.uk

Supporting Looked After Children and Care
Leavers In

Decreasing Drugs, and alcohol
[SOLID]

Information Leaflet

(Interviews with carers)

Introduction

We would like to invite you to take part in our research study. Before you make a decision please take time to read the following information carefully; it will provide details on why we think this research is important, what benefits it will have for people in our community and what it will involve for you. Please feel free to ask questions if there is anything you are unsure about or if you would like further information.

What is the purpose of the study?

The aim of this research is to understand how to help Looked After Children and care leavers aged 12-20 years who use alcohol and/or drugs.

Why have I been invited?

You have been invited to take part in this study because you are a key individual, who we think will have important ideas about how we can support Looked After Children and care leavers to decrease their drug and alcohol use.



Do I have to take part?

No. Taking part in the research is entirely voluntary. Even if you agree to participate, you can still withdraw from the study at any time without providing a reason. Information we have already collected with your consent will be retained and used in the study. Withdrawal from the study will not affect your legal rights.

What will happen if I take part?

Taking part will involve one informal interview with a researcher from Newcastle University. A researcher will meet you at a time and place that is convenient for you. You will be asked to talk about your views about drinking and drug use by Looked After Children. You will also be asked how you think we can best support young people who are looked after and what might help them to change their drinking and drug use. We will use your views to develop ways to help young people who are looked after and drink alcohol or use drugs.

There are no right or wrong answers to the questions we ask.

The interviews will last approximately one hour.

The interviews will be digitally audio recorded; after the interview, the digital tape will be listened to and typed up to ensure we accurately reflect what was said. Your name and details will be removed to protect your identity and to ensure confidentiality.

You may then be invited to a workshop so we can feedback comments from all the participants in the study and ask you how you think we can develop a better service for young people. Again your views will be recorded.

Your travel expenses will be reimbursed.



Will my taking part in this study be kept confidential?

Yes. The interview data will be kept confidential and reported anonymously.



The information collected will be stored securely in locked University offices, computers will be password protected. The interviews will be recorded and transcribed. The interview transcripts will be destroyed ten years after collection.

We understand that confidentiality is important to you and we will keep your information confidential. This means no one other than the research team will find out what you have told us. Confidentiality can only be broken, without your consent, in very exceptional circumstances. **Usually this is if the researcher sees or is told something which raises serious concern for your personal safety or the safety of young persons in your care.**

What are the possible benefits of taking part?

Although we cannot promise that you will benefit from this study directly, we think the study will give you the chance to talk openly about alcohol and drug use in young people that you support. The information that you give will be used to help understand how to help Looked After Children and care leavers to change their drinking and/or drug use.

What are the possible disadvantages and risks of taking part?

We do not see any risks for you taking part in this study. However some people do not like talking about their experiences whilst others find this helpful. The other possible disadvantage is that you are giving up some of your time.

SOLID

Supporting Looked After Children and Care Leaver in Decreasing Drugs, and Alcohol Assent Form

To be completed by the young person under 16 years

PLEASE
INITIAL
EACH BOX

1. I confirm that I have read the participant information leaflet dated 01/03/2016 (version 1.0) for the above study.
2. I confirm that I have had the opportunity to ask any questions about the study and any questions I have asked have been answered to my satisfaction.
3. I understand that taking part is voluntary and that I'm free to change my mind at any time without giving any reason and without my care, services from children's services or my legal rights being affected.
4. I agree to the interview being tape recorded and transcribed (written out).
5. I agree to be contacted to take part in a research workshop.
6. I agree to my GP being informed of my participation in the study.
7. I understand that any data created from this study will be held in a locked filing cabinet for ten years after which the data will be destroyed. All the data collected will be kept anonymous and confidential, and only members of the research team will have access to this data.
8. ***I agree to take part in the above study. I am aware that a copy of this consent form will be provided to me for my records.***

Name of Participant

Date

Signature

Name of Person taking consent

Date

Signature

SOLID

Supporting Looked After Children and Care Leaver in Decreasing Drugs, and Alcohol Consent Form

To be completed by the parent/guardian for the young person under 16 years

PLEASE
INITIAL
EACH BOX

1. I confirm that I have read the participant information leaflet dated 01/03/2016 (version 1.0) for the above study.
2. I confirm that I have had the opportunity to ask any questions about the study and any questions I have asked have been answered to my satisfaction.
3. I understand that my child/the child in my care's participation in this study is voluntary and that I am free to change my mind about my child/the child in my care taking part at any time without giving any reason and without their care, services from children's services or my legal rights being affected.
4. I agree to(name) taking part in the above study
5. I agree to my child/the child in my care to be contacted to take part in a research workshop
6. I agree to my child/the child in my care's GP being informed of their participation in the study.
7. I understand that any data created from this study will be held in a locked filing cabinet for ten years after which data will be destroyed. All data collected will be anonymous and kept confidential, and only members of the research team will have access to this data
8. ***I agree for my child/the child in my care to take part in the above study. I am aware that a copy of this consent form will be provided to me for my records***

Name of Guardian

Date

Signature

Name of Person taking consent

Date

Signature

SOLID

Supporting Looked After Children and Care Leaver in Decreasing Drugs, and Alcohol Consent Form

To be completed by young person 16 years and over

PLEASE
INITIAL
EACH BOX

1. I confirm that I have read the participant information leaflet dated 01/03/2016 (version 1.0) for the above study.
2. I confirm that I have had the opportunity to ask any questions about the study and any questions I have asked have been answered to my satisfaction.
3. I understand that taking part is voluntary and that I'm free to change my mind at any time without giving any reason and without my care, services from children's services or my legal rights being affected.
4. I agree to the interview being tape recorded and transcribed (written out).
5. I agree to be contacted to take part in a research workshop.
6. I agree to my GP being informed of my participation in the study.
7. I understand that any data created from this study will be held in a locked filing cabinet for ten years after which the data will be destroyed. All the data collected will be kept anonymous and confidential, and only members of the research team will have access to this data.
8. ***I agree to take part in the above study. I am aware that a copy of this consent form will be provided to me for my records.***

Name of Participant

Date

Signature

Name of Person taking consent

Date

Signature

SOLID

Supporting Looked After Children and Care Leaver in Decreasing Drugs, and Alcohol Consent Form

PLEASE
INITIAL
EACH BOX

1. I confirm that I have read the participant information leaflets dated 01/03/2016 (version 1.0) for the above study.

2. I confirm that I have had the opportunity to ask any questions about the study and any questions I have asked have been answered to my satisfaction.

3. I understand that taking part is voluntary and that I am free to change my mind at any time without giving any reason and without my legal rights being affected.

4. I agree to the interview/group discussion being tape recorded and transcribed (written out).

5. I agree to be contacted to take part in a research workshop.

6. I understand that any data created from this study will be held in a locked filing cabinet for ten years after which the data will be destroyed. All data collected will be anonymous and kept confidential, and only members of the research team will have access to this data.

7. I agree to take part in the above study. I am aware that a copy of this consent form will be provided to me for my records.

Name of Participant

Date

Signature

Name of Person taking consent

Date

Signature

What are the possible disadvantages and risks of taking part?

We do not see any risks for you taking part in this study.

However some people do not like talking about their experiences whilst others find this helpful. The other

possible disadvantage is that you are giving up some of your time.

Who is funding and organizing the research?

The study is funded by the NHS research arm, the National Institute for Health Research (NIHR) and is sponsored by Newcastle University.

What will happen to the results of the research study?

We are happy to send you a report at the end of the project if you are interested. The study will be printed in academic journals and presented at conferences.

Thank you

Thank you....

for taking the time to read this leaflet. Please ask us to answer any questions or concerns you may have about the project. If you decide to take part, please keep this leaflet for future reference.

If you have any concerns about the study you can contact the senior doctor running the study (Dr Raghu Lingam) or an independent person at the University (Professor Judith Rankin 0191 208 3463).

Any suggestions and complaints about the study or how you were treated will be dealt with, in writing, within 7 working days. They should be made in writing or by email to Dr Raghu Lingam at the address below.

Institute of Health and Society,
Newcastle University,
Baddiley-Clarke Building,
Richardson Road,
Newcastle upon Tyne,
NE2 4AX
Telephone: 0191 208 8500
Email: solid@newcastle.ac.uk

Supporting Looked After Children and Care
Leavers In

Decreasing Drugs, and alcohol

[SOLID]

Information Leaflet

(Focus Groups with professionals)

Introduction

We would like to invite you to take part in our research study. Before you make a decision please take time to read the following information carefully; it will provide details on why we think this research is important, what benefits it will have for people in our community and what it will involve for you. Please feel free to ask questions if there is anything you are unsure about or if you would like further information.

What is the purpose of the study?

The aim of this research is to understand how to help Looked After Children and care leavers aged 12-20 years who use alcohol and/or drugs.

Why have I been invited?

You have been invited to take part in this study because you are a key professional, who we think will have important ideas about how we can support Looked After Children and care leavers to decrease their drug and alcohol use.



Do I have to take part?

Taking part in the research is entirely voluntary and even if you agree to participate, you can still withdraw from the study at any time, without providing a reason. Information we have already collected with your consent will be retained and used in the study. Withdrawal from the study will not affect your legal rights.

What will happen if I take part?

Taking part will involve attending a group discussion with other colleagues across the region facilitated by a researcher from Newcastle University. The discussion will take place at the University of Newcastle. We will use your views and ideas to develop ways to support the mental health of Looked After Children and care leavers and decrease their drug and alcohol use.

There are no right or wrong answers to the questions we ask.

The discussion groups will last approximately one and a half hours.

The groups will be digitally audio recorded; after the discussion, the digital tape will be listened to and typed up to ensure we accurately reflect what was said. Your name and details will be removed to protect your identity and to ensure confidentiality. You will then be invited to a workshop so we can feedback comments from all the participants in the study and ask you how you think we can develop a better service for young people. Again your views will be recorded.

Your travel expenses will be reimbursed.



Will my taking part in this study be kept confidential?

Yes. The interview data will be kept confidential and reported anonymously. Any direct quotation will be attributed to general job title only (for example "Social Worker A" or "Drug and Alcohol worker A").



The information collected will be stored securely in locked university offices, computers will be password protected. The interviews will be recorded and transcribed. In line with the Newcastle University's code of conduct for research, the interview transcripts will be destroyed ten years after collection.

We understand that confidentiality is important to you and we will keep your information confidential. Confidentiality can only be broken, without your consent, in very exceptional circumstances. **Usually this is if the researcher sees or is told something which raises serious concern for your personal safety or the safety of young persons in your care.**

What are the possible benefits of taking part?

Although we cannot promise that you will benefit from this study directly, we think the study will give you the chance to talk openly about alcohol and drug use in clients you work with. The information that you give will be used to help understand how to help Looked After Children and care leaver's to change their drinking and/or drug use.

SOLID Formative research: Topic guide interviews with carers

Introduction

Thank you for taking part in our study about young people and alcohol and drug use. I have some questions I want to ask you about how you think we can best support Looked After Children and care leavers and what might help them change their drinking and drug use.

Reiterate issues of confidentiality and anonymity, the purpose of the study and what is going to happen to the data.

Complete consent forms.

Background

Tell me about your role as a foster carer/ worker in a residential home/ supporting a child in the LAC system? (Explore positive and negative elements of their roles)

Skills and experience

How do you engage with the young people in your care on a day to day basis?

What is important to the young people in your care?

How do you gain their trust?

How do you sustain this relationship?

What specific challenges do you think exist for the young people in your care?

What do you do when they don't want to talk to you?

Drug and alcohol use

Do you think alcohol and drug use is a problem in young people in the care system compared to other young people you know?

Would you know if the young person you support was drinking or taking drugs?

How do you feel discussing drug and alcohol use with young people in your care?

How would you respond to a young person who is using drugs and alcohol?

What issues does drug and alcohol use create, in your experience for young people in your care (past or present)?

Who would you contact if drug and alcohol use became a problem?

In your experience how do the available services respond to the needs of young people who use drugs/alcohol? (prompt: If good what makes them good? What skills/approaches/attributes make them good? And vice versa if poor)

Activity:

Have a picture of a building- ask the participants to think about the qualities that a drug and alcohol worker/drug service needs and write them around the outside of the building.

If you could design a new drug and alcohol services, what would it look like? (prompts: location, accessibility, frequency, any current gaps in provision, the therapists).

What do you think are the benefits/downfalls of including a carers in drug and alcohol treatment sessions delivered to a LAC in their care?

Activity and Discussion Point:

Use flash cards to create discussions around the behaviour changes associated with MET and SBNT.

Close

Are there any other points you would like to add?

Thank respondents. Offer reassurance that all responses will be anonymised and that participants will not be identified in the dissemination of results.

SOLID Formative research: Topic guide interviews with LAC

(PARTICIPANTS= LAC either using or at risk of drug and alcohol use and accessing services)

Introduction

Thank you for taking part in our study about young people and alcohol and drug use. I would like to ask you some questions about yourself, where you live and your experience of alcohol and/or drug use. This could be about you or people you know.

Your thoughts will help us to improve services for LAC and care leavers who drink and take drugs.

Reiterate issues of confidentiality and anonymity, the purpose of the study and what is going to happen to the data.

Complete assent/consent forms.

Introduction Activity

Ask participant to draw a timeline and explore reflections on key events which have occurred at certain times in the life of a client. (Probes; support networks, substance use, type of residence, periods of stability/turbulence). Use the timeline to explore the questions outlined below.

Exploration of environment and networks

Tell me what it's like where you live? (probes; where do you live, what's it like there)

Who is in your life at the moment that's important to you?

Tell me about your mates/friendship group?

Exploration of drug and alcohol use

Do you or your mates use drugs and/or alcohol?

What do you and/or your mates use?

Who do you use with?

Why do you use?

When do you use?

If a mate came to you worried about drugs or alcohol what would you recommend they do?

Experience of help and support

Where would you go for help or advice?

What would you want from the service?

What is your experience of getting help or advice from drug and alcohol services?

Where did you hear about the drug and alcohol service?

How did you find the help or advice?

What was/is good about your experience?

What would you have liked to have been different?

Exploration of practical factors

If we were going to set up a new drug and alcohol service what would you like it to look like?

Activity:

Draw a person/building free hand OR have a picture available. Once the picture has been drawn, ask the participant to think about the qualities that a drug and alcohol worker/drug service needs and write them around the outside of the person/building.

Discussion:

Where would you like this to be?

When would be the best time?

How could we contact you?

What would session look like to you (length, structure (formal/informal), frequency)?

What would you like from your drug and alcohol worker?

Activity and Discussion Point:

Use flash cards to create discussions around the behaviour changes associated with MET and SBNT.

Close

Are there any other points that you would like to add?

Thank respondents. Offer reassurance that all responses will be anonymised and that participants will not be identified in the dissemination of results.

SOLID Formative research: Focus groups with professionals

Introduction

Thank you for taking part in our study about young people and alcohol and drug use. I have some questions I want to ask you to obtain your views as to how to develop ways to support LAC to decrease their drug and/or alcohol use.

Reiterate issues of confidentiality and anonymity, the purpose of the study and what is going to happen to the data.

Complete consent forms.

Ice Breaker

Introduction/Background

Can you tell me about your current role?

What is your experience of working with LAC and care leavers?

Discussion points:

1. What are the support services available to LAC like?
(Prompts: what issues they respond to, quality, breadth, depth of service - looking for the good and the bad, identification of gaps/barriers - prompt specifically around how able they feel the services/their service is to respond to drugs and alcohol needs)

Activity:

Have a picture of a building- ask the participants to think about the qualities that a drug and alcohol worker/drug service needs and write them around the outside of the building.

If you could design a new drug and alcohol services, what would it look like? (prompts: location, accessibility, frequency, any current gaps in provision, the therapists).

2. What do you consider to be the issues that LAC experience?
(prompts: relationships with friends, family, good and bad influence, drugs and alcohol, education, social activity and structure, trust, communication, support, professional involvement, crime, sexual exploitation)

3. What is the best way to work with LAC?
(Prompts: around engagement, communication, assessment, intervention on-going support and aftercare)
4. What is the best way to intervene with LAC around alcohol & drugs specifically? (Prompts; theory of change models- behaviours it seeks to respond to, ways it responds, assumptions about impact)

Activity and Discussion Point:

Use the flash cards to create discussions around the behaviour changes associated with MET and SBNT.

Social worker specific questions

How would you support a LAC using drugs and/or alcohol, what is a social workers role (would you attempt to undertake D&A work)?

As social workers how would you feel about being involved in drug and alcohol treatment sessions delivered to LAC under your supervision?

Can you tell me about the process for information sharing between the social work team and the drug and alcohol team?

Drug and alcohol worker specific questions

How would you support a LAC using drugs and/or alcohol, what is the drug and alcohol workers role (D&A specific work only or holistic care?)

As drug and alcohol workers how would you feel about a LACs designated social worker being involved in drug and alcohol treatment sessions that you deliver?

Can you tell me about the process of information sharing between the drug and alcohol team and the social work team?

Close

Are there any other points you would like to add?

Thank respondents. Offer reassurance that all responses will be anonymised and that participants will not be identified in the dissemination of results.