



You are not alone...

By taking part in this study, together we can find better ways to understand how to enable young people find their way out of their drug and alcohol problems. Like you, there are so many young people out there who wanted to change their alcohol and drug use... This study believes that you don't have to go through it alone.

If you would like more information, please contact:

Site Specific
[Researcher's
Photo]

Site Specific
[Researcher's Details]

Information Leaflet
for Potential Participants
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Birmingham and Solihull **NHS**
Mental Health NHS Foundation Trust

NHS
National Institute for
Health Research



THE UNIVERSITY
of York

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Step Up *and*
**SPEAK
YOUR
MIND**

A study looking for new
ways to help young people

Can you help?



Adaptation and Feasibility Study of a Family and Social Network Intervention for Young People Who Misuse Alcohol and Drugs

What is the study all about?

We want to find out if Youth Social Behaviour and Network Therapy or YSBNT works for young people (12–18 year old) who misuse drug and alcohol. YSBNT was developed to help young people address their alcohol and drug problems by enabling them to access support from the important people in their lives.

To find out if YSBNT works, we need to compare YSBNT and the usual treatment that is offered at [Name of Research Site]. Social Behaviour and Network Therapy has been proven to be effective in older adults but has not been tested so far in young

What is YSBNT?

YSBNT is a type of therapy that allows your friends or other important people in your life to be a part of this network that will support you in your efforts to change. The idea behind YSBNT is to help you:



- develop a genuine motivation to change your drug or alcohol use,
- improve your communication and coping skills,
- and create a network of people that will help you change and maintain the changes that you have achieved.

To take part **OR** not to take part

If you do decide to take part, you are free to change your mind at any time. You are also free to stop or leave the study if you wish without having to explain why you are stopping/leaving.

If you do not want to take part, or if you want to stop or leave the study, your decision will not affect any treatment or care you get, or your relationship with [Name of Research Site].

Why should I take part?

Taking part in this study will –

- ✓ provide us the information that we need to test if YSBNT works for young people
- ✓ help us improve YSBNT to suit the needs of young people

To compensate you for your time, you will receive a Love2shop voucher that can be spent in hundreds of high street shops.



Your participation is completely **confidential** which means that only members of the research team will have access to your information. All of the information about you is also **anonymous** which means that we will not use or write your name on any of your questionnaires. We will only use ID numbers and only members of the research team will know which ID number belongs to who.



How can I take part?

Talk to your [Name of Research Site] key worker whether you want to take part in the study. If you do, we will contact you to arrange an assessment at a time and place that suits you.

What do I have to do if I take part?

