

## **Adult Consultation**

The Cardiff and Vale Area Planning Board are in the process of designing a new substance misuse treatment and support system for Cardiff and the Vale.

To date we have delivered a series of workshops with over 40 professionals, which have been supported by service users from the service user forum ASFA.

We are looking to reach out more widely to young people, families, loved ones, service users or anyone that has an interest to feed into the future of the new Substance Misuse Treatment and Support system for Cardiff and the Vale.

The aim of this consultation is to build an understanding of:

1. Where would someone currently go for help if they needed it?
2. What might motivate/prevent a person to seek help?
3. What would people want from an 'ideal' drugs and alcohol service? What characteristics would this service have?

### **Notes to facilitators:**

We'd like to hear from young people and adults in Cardiff and the Vale.

These questions can be used with groups or individuals.

There are 3 main questions. The questions below the bold questions are different ways that the question can be asked to tease out further information.

Please do not record real names or personal information that could identify them.

Please return feedback to [eleri.probert@wales.nhs.uk](mailto:eleri.probert@wales.nhs.uk).

If you have any questions please contact Arielle Tye on:  
arielle@promo.cymru 02920 462 222/07989 743987

## **Questions**

**Please briefly describe the group:**

**How many people?**

**1. Where would someone currently go for help if they needed it**

- If you needed to get some help or advice about drugs and alcohol, where would you go? What would you do?
- Where would you expect help to be provided? (i.e doctors..)

## **2. What might motivate/prevent a person to seek help?**

- What sort of things do you think people you know may need help with (when it comes to drugs and alcohol)? What would be the trigger that motivates you to ask for help?
- What would prevent you from seeking help? What would stop you seeking help?
- Can you think of any examples of what you or someone you know might need help with?

**3. What would people want from an 'ideal' drugs and alcohol service? What characteristics would this service have?**

- Put yourself in a situation where you or someone you know needs help. In an ideal world, what sort of service would you like to access?
- How would you access it? (Phone, text, face to face, facetime..)
- What would it be called?
- Where would it be based? (school, youth club, doctors..)
- What would make it a good service?