

The Community Substance Misuse Team provides a *FREE* non-judgmental service to parents and adolescents who are impacted by substance misuse in the Mid-West.

#### What can I expect as a young person:

- Professional expertise
- Support/ listening/ empathy
- Direction to improve life
- Trusting relationship
- Improve coping style
- Skills to manage drug or alcohol use
- Awareness of own drug and alcohol use and consequences of such
- Non-judgmental

CSMT believes change comes from within, this process involves identifying the problem, exploring it and reaching a decision to make some changes in your life.

We are aware at a young age young people may experiment with drugs and alcohol amongst other things- it is our job to help you find your way through this period of your life .

We use the model ACRA to work with you which means we look at everything from substance use to family, school, activities, sport, communication and problem solving to help you improve things.

#### What can I expect as a parent:

- Support and skills to deal with your adolescent
- Promoting Self-care and well-being
- Emotional and psychological support
- Knowledge and understanding of youth drug and alcohol use.
- Non-judgmental

#### How we work with your adolescent?

CSMT works with your adolescent to improve their quality of life. We do this by working with your adolescent collaboratively, building relationships and trust and looking at reducing negative behaviors in their life.

CSMT understands how difficult and upsetting it can be when your adolescent is using drugs or alcohol excessively but believe in positive outcomes and want to support you through this.



#### Client Testimonial:

Thanks for all your help, I couldn't put a price on how unstressed I am compared to this time last year before meeting you'

I cant explain how powerful it is for someone to help you through the hard times. I will always remember it was you who guided me to the right path...



The CASP CSMT provides a *free* service for young persons and families affected by substance misuse issues in the Mid West Region.

- Local clinics in the Mid-West including (where possible):

- ♦ Kilrush
- ♦ Ennis
- ♦ Shannon
- ♦ Ennistyman
- ♦ Lisdoonvarna
- ♦ Limerick City
- ♦ Hospital
- ♦ Kilmallock
- ♦ Newcastle west
- ♦ Abbeyfeale
- ♦ Rathkeale
- ♦ Croom
- ♦ Murroe
- ♦ Nenagh
- ♦ Roscrea
- ♦ Templemore
- ♦ Thurles
- ♦ Cappamore
- ♦ Newport

- Referral form and information on - [www.casp.ie](http://www.casp.ie)

The service is funded through the Mid West Regional Drugs & Alcohol Forum by the HSE.

## Contacts for C.S.M.T.

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**MID WEST REGIONAL  
DRUGS TASK FORCE**

Clare - Limerick - N Tipperary

# Community Substance Misuse Team

**Mid West**



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**[www.casp.ie/csmt-services/](http://www.casp.ie/csmt-services/)**