

Step 1: Inform and Educate

- 'Brief Interventions' at the Drop-in, or via Outreach events including music festivals: short, opportunistic conversations enabling participants to assess the impacts of drug use, explore strategies for reducing potential harm and build up confidence to access services
- Training and capacity building for professionals and communities to increase knowledge and understanding of drugs, emerging drug trends and effective strategies to engage

Step on and step off at the point that suits you.

Step 2: Advise and Care

- Harm reduction advice and one to one brief support sessions in the Drop-in
- Welfare provision and crisis support at music festivals and club nights
 - Telephone support and advice
 - 'Check It Out' self-assessment tool

STEPPED CARE MODEL

Step 4: Support Recovery

- Signposting to longer-term support
- Complementary therapies which can relieve stress, anxiety, build coping and recovery strategies and promote better sleep

Step 3: Provide Therapy and Support

- Person-centred counselling for people using psycho-active drugs (for example cocaine; cannabis; MDMA) and people affected by another's drug taking. We work with people to reduce, stabilise or stop use according to their goals

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