



The recent Launch of Liber8 Lanarkshire Limited signals a proactive and reactive approach to tackling alcohol problems in South Lanarkshire. This organisation supports individuals and groups of all ages who suffer either directly or indirectly from issues surrounding alcohol abuse. There are four main projects under the Liber8 umbrella, they are as follows;

Alcohol Counselling

Liber8 Lanarkshire provides a counselling service to all those affected by their own or another's drinking. We offer one to one counseling to the individual experiencing an alcohol related problem and also offer supportive one to one counselling to others affected by it, – partners, children, parents, friends, carers, colleagues, and employers. Anyone can refer to Liber8 or be referred by a partner agency.

Street Base

Established in 2000, the Street Base initiative aims to tackle the issue of alcohol misuse by young people. The Street Base model entails trained street workers proactively engaging and developing relationships with young people aged 10-18 years old, who are on the streets and are misusing alcohol or at risk of alcohol abuse. StreetBase encourages the uptake of alternative activities to misusing alcohol that enhance health and well-being, such as organised football competitions and quad biking. Further to this StreetBase aims to raise awareness of and address the consequences of alcohol misuse through provision of education, advice and direction of young people to the relevant social, health and community services.

CHILL

Project **CHILL**, is a one year pilot project that offers support, Brief Interventions and specialist counseling to young people who are identified as requiring further support. In addition CHILL will provide the following

- Delivery of the Trading Post group work program to identified groups of young people
- Awareness raising for staff groups or parents
- Brief Interventions support for identified young people
- One to one support for 4/6 week period for young people involving Brief Interventions therapy and assessment
- Specialist youth counselling for young people identified by assessment as requiring more intensive support.
- Adult cross referral to Liber8 Lanarkshire for adults with alcohol related problems

TRACE

TRACE is our training project which offers to provide a range of awareness raising events and tailored training to suit the needs of organizations, agencies and businesses. These include basic alcohol/drugs education; alcohol/drug policies for the workplace; employability legislation regarding alcohol/drug issues and brief interventions methods.