

Aspire Drug and Alcohol Services

Information for families and friends of drug and alcohol users



Beating addiction in communities

Families and Friends of Drug and Alcohol users

Living and dealing with a Drug or Alcohol user can be time consuming and an emotionally draining experience that can have long lasting emotional, physical and financial consequences on those involved.

Family members can feel helpless and despairing if their attempts to manage the situation fails; it is easy for the Drug or Alcohol user to become the focus of their life. It is vital that family members and friends take time to look after their own health and wellbeing by taking time to do things away from their Drug or Alcohol using relative and return the focus to positive things in their own life.

This information pack is designed to provide useful information for the family and friends who are deciding whether to support or are supporting someone with a Drug or Alcohol problem or who need help for themselves.

Support Groups for Families and Friends – (Run at different locations)

It is important that you find a way to take care of yourself as well. Seeking support from your own friends and family can be difficult for one reason or another.

We recognise this and many family members say they find it helpful to talk things through with others who have had similar experiences.

“This group has been an absolute lifeline for me. I came into ‘Support 4 Change’ as an extremely worried parent of a daughter with an Alcohol dependency. I was literally on my knees. The group has lifted me out of the depression I was in and gave me a reason to smile again. The help and support that I have had, has been amazing.”

Support 4 Change member

“The group is a useful way to offload some frustration and discuss things in an understanding environment. I have changed the way I handle things because of the help received at the group.”

Support 4 Change member

As part of the process we are also able to help you to develop coping strategies to help you to manage your loved ones Drug or Alcohol using behaviour.

Holistic Family support

The impact of Drug and Alcohol use on families is profound and may be devastating. We provide a critical role in supporting family members, with benefits not only for the individual but for their communities and society as a whole - for example, providing emotional support, access to help with housing and finances and access to leisure and other meaningful activities through the group.

Behavioural Couples Therapy - For couples where one partner is struggling with Drug or Alcohol use and this is affecting their relationship. It is a structured approach designed to supporting abstinence and building trust.

MPACT (Moving Parents and Children Together) - A unique 8 week programme, that supports children/young people aged 8-17 who are experiencing the effects of parental Drug or Alcohol use within the family. The programme offers a ‘Whole Family Approach’, working with parents and children from up to eight families at any one time in different group combinations.

The programme is run by experienced professionals who work with the

young people and parents to reduce the harmful impact that parental Drug and Alcohol use and addiction has on family life.

It is our intention therefore to continue to improve the support we offer you, in undertaking your caring role, so that you are supported to remain fit and healthy.

We recognise, support, and appreciate that the work you do is fundamental to ensuring those who need your care receive it.

Supporting a Drug and Alcohol user

Being Informed

Having the right information helps you to understand what is going on for your family member and can help you to feel less stressed. This in turn can help you make better decisions about how you to choose respond to their behaviour. This can help you to be more effective in supporting them if you do wish to be involved in their care. In addition, it can help you look after and protect yourself and other family members.

If you choose to be involved in supporting your relative or friend, a valuable first step is getting information and gaining an understanding of your family member's condition, as well as the medical and social implications. This pack includes information and links to other services and websites

Being involved in the care

It is well recognised that families and friends can play an important role in the treatment, care and support for people using Alcohol or Drugs. Families and friends can contribute to the assessment process

and provide support, for example, attending appointments. It is also recognised that the level of intensive commitment can come at a heavy price and ongoing support for family members is important.

Deciding on how much or little you wish to be involved is a personal choice, as it is not always possible or desirable to become closely involved.

If you do decide that you wish to be involved in the treatment and support plan and your family member gives consent, then a three way agreement between the service user, the worker and the family member can be developed. However, there are rules around confidentiality which must be followed.

What is confidentiality?

Confidentiality is when a service agrees to keep the information a person gives to them private and safe. There are laws which are followed which are there to protect people. The exceptions generally include:

- When a service user has given permission to share information
- When it is believed there is a serious risk of them harming themselves
- When there is a serious risk of them harming others
- When it is believed a child will benefit from information sharing
- When information related to terrorism is involved

In these circumstances, the service would normally discuss the situation with the person and seek permission wherever practically possible.

Drug and alcohol workers encourage service users to share information when it will be beneficial to their care and recovery. Where the service

user consents, family members can be involved in the treatment and care to help support and maintain a positive change. However, this will not happen without the service user's consent and for that reason it is not always possible for drug and alcohol workers to discuss your relative's treatment with you.

Remember that changing deep habits is hard, takes time, and requires repeated efforts. We usually experience failures along the way, learn from them, and then keep going. Drug and Alcohol problems are no different. Try to be patient with your loved one. Overcoming the problem is not easy or quick.

Patient Advice and Liaison Service (PALS)

As a patient, relative or carer sometimes you may need to turn to someone for on-the-spot help, advice and support. This is where PALS comes in. PALS provide on-the-spot advice and support, helping you to sort out any concerns you may have about the care we provide and guide you through the different services available from the NHS. The service aims to:

- Advise and support patients, their families and carers
- Provide information on NHS services
- Listen to your concerns, suggestions or queries
- Help sort problems quickly on your behalf

The service is confidential and can be contacted at:

Rotherham Doncaster and South Humber Mental Health NHS Foundation Trust, Woodfield House, Tickhill Road Site, Balby, Doncaster, DN4 8QN

Telephone 0800 015 4334
between 9.00 am –5.00 pm Monday to Friday ,

Fax 01302 796003

Email pals@rdash.nhs.uk

RDaSH local services:

Doncaster

Drug and Alcohol Services

'Support 4 Change'

Family and Friends Support Group

Roslyn House
39-41 Thorne Road
Doncaster
DN1 2EZ

Tel: 01302 730956

Email DDAS@rdash.nhs.uk

Group Times: Monday- 6.15pm – 8.15pm

Visit www.aspire.community for more information or to engage in live chat.

New Beginnings

Marshall Avenue Balby
Doncaster
DN4 0OP

Tel: 01302 571240

Email: newbeginnings@rdash.nhs.uk

Open Mornings: 1st Friday of every month

Rotherham

Drug and Alcohol Services Clearways

113 Effingham Street
Rotherham
S65 1BL

Tel: 01709 447210

01709 382733

Grimsby

Foundations

Queen Street, Grimsby, DN31 1JA

Tel: 01472 571200

For further information on our services or to make a comment access www.rdash.nhs.uk

Other Sources of Support and Information

Al-Anon and Alateen

ALATEEN is a support group for young people aged 12 to 17 who are affected by someone else's drinking.

Tel: 0207 403 0888 for details of local groups.

www.al-anon.org.uk

Al-Anon is a support group for family and friends of problem drinkers.

Alcoholics Anonymous (AA)

TAA is a fellowship of men and women who support each other to recover from alcoholism.

Tel: 0800 9177650

ADFAM

ADFAM is a national organisation providing support to families through publications, training, prisons visitors' centres and signposting to local services.

25 Corsham Street

London

N1 6DR.

Tel: 020 7553 7640

www.adfam.org.uk

Parents Against Child Sexual Exploitation (PACE)

PACE support parents and carers whose children are being, (or at risk of being) sexually exploitation.

Tel: 0113 2405226

www.paceuk.info

Email:info@paceuk.info

Carers Direct

Free confidential information and advice for carers. Advisors can give information to help carers make decisions about personal support needs and the needs of the person being cared for. This information includes assessments and benefits.

Carers Direct uses Language Line, a telephone translation service.

Tel: 0300 1231053

www.nhs.uk/carers

Caring with Confidence Programme

The Caring with Confidence Programme helps carers to make a positive difference in their life and that of the person they care for. There is an online course to do on site as well as access by following the instructions on the web page.

Tel: 0300 1231053

www.caringwithconfidenceonline.co.uk

Changing Lives

Platform 51 is a vibrant, multi-cultural community resource centre in the heart of Doncaster, offering a huge range of services for girls and women under one roof and through outreach services into the Borough of Doncaster. Our female only service provides support for girls and women to raise their aspirations by offering them opportunities to gain confidence to make informed and empowering life choices in a safe environment.

Tel: 01302 309800

Email: doncaster@platform51.org

Web: <http://www.platform51.org>

Co-Dependents Anonymous

Co-Dependents Anonymous (CoDA) is a set of informal self-help groups made up of men and women with a common interest in working through the problems that co-dependency has caused in their lives.

www.coda-uk.org

Drinkline

Provides information on the risks and effects of Alcohol use. The helpline is for people who are worried about their alcohol intake, as well as offering advice and guidance for family and friends to other services.

Tel: 0800 917 8282

Drughub (Doncaster Drug & Alcohol Hub)

Provides a wide range of services and support you can access. This site provides information on treatment options available to those in the Doncaster area.

<http://www.drughub.co.uk>

Families Anonymous

Families Anonymous is a fellowship of self-help organisations based in various parts of the country. The aim of the group is to help the families and friends of people with current, suspected or former drug problems by providing mutual support.

Lone Support, a 'discussion forum' can be accessed on-line by people who cannot access a group in their own area.

Helpline: 0845 1200 6600

www.famanon.org.uk

Family Lives (previously Parentline)

This is a free confidential helpline, running 24 hours a day, seven days a week which gives parents/carers or grandparents the chance to talk about issues that are concerning them.

Tel: 0808 800 222

www.familylives.org.uk

Frank Drugs Helpline

A free confidential advice service about drugs.

Tel: 0300 1236600

Text: 82111 – text a question and FRANK will text you back. This will cost the same as a standard text message.

www.talktofrank.com

Grandparents Association

Provides advice, support and legal advice to grandparents.

Helpline 0845 434 9585

www.grandparents-association.org.

Grandparents Plus

A national organisation that provides advice, support and ideas, (e.g. good practice cards) to grandparents who have grandchildren living with them.

Helpline: 0300 123 7015

<http://www.grandparentsplus.org.uk/>

Narcotics Anonymous (NA)

Tel: 0300 9991212 (10am- midnight)

Go to www.ukna.org for details of local meetings.

NA is a support group for people whose drug use has become a problem, who want to stay off or stop using drugs.

NHS Choices

Information from the National Health Service on conditions, treatments, local services and healthy living.

www.nhs.uk



The Alcohol & Drug Service

Rotherham Doncaster and 
South Humber
NHS Foundation Trust

Aspire drug and alcohol service is a partnership between Rotherham Doncaster and South Humber NHS Foundation Trust (RDaSH) and The Alcohol and Drug Service (ADS).