

Scottish Families

Supporting anyone affected by alcohol and drugs across Scotland

SPRING

March 2019
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Family Recovery College

Scottish Families are developing a new model for family recovery: The Family Recovery College **pages 4-5**



Walk with us at the Kiltwalk

#TeamSFAD is getting ready to walk the Kiltwalk with our alumni walkers and many new faces! Will you walk with us? **page 12**



Young Person's Project

After months of planning, our Young Person's Pilot Project is up and running across East and West Dunbartonshire **page 10**

Why are rights important?

In the foreword of the new alcohol and drugs strategy Rights, Respect and Recovery, Joe Fitzpatrick, MSP, Minister for Public Health, Sport and Wellbeing sets out:

'Everyone has the right to health and to live free from the harms of alcohol and drugs'

What is meant by a rights-based approach and what does that mean for families across Scotland? We thought it might be helpful to have a quick look at what rights are, what it means to have rights and understand the responsibilities that come with rights. **pages 6 - 9**

Spring at Scottish Families



And what a Spring it *kind of* is! The weather here in Glasgow hasn't been particularly exciting or Spring-like but we have high hopes that maybe a bit of Spring sunshine is on its way. We've packed our first newsletter of 2019 to the brim full of our new and exciting projects including the Family Recovery College and Young Person's Project. We've also included an in-depth look into the Rights of Families written by our Families and Communities Manager, John Holleran.

Many of you will know that fundraising is a big part of our work – by raising money through volunteering, events, etc. those vital funds go to the running costs of our support services. Our first big fundraising event for 2019 is the Glasgow Kiltwalk on April 28th. We've been blown away by the number of people who have signed up so far- our target is 50 walkers! – find out more about getting involved in the Kiltwalk with us on page 12.

Our next newsletter is set to come out in the Summer - quite a bit away but we all know how fast time goes. If you want to keep in touch with what we are doing, make sure you are signed up to our mailing list (below) and follow our social media channels:

@ScotFamADrugs on Twitter,
@ScotFamADrugs on Instagram and
@ScottishFamiliesAffectedByDrugs on Facebook.

Mailing List

Want to stay up to date with all the latest news from us? Sign-up to our mailing list and we'll send you our monthly bulletin and other updates. Sign-up here: <http://eepurl.com/c9oCYb>

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A word from Justina

Over the past couple of months I have had the opportunity to spend some time in the beautiful Scottish Borders, carrying out a project with the local Alcohol and Drug Partnership. I was brought up in Galashiels, but had become a wee bit estranged from the area over the years, as my parents moved to the West of Scotland when I was at Uni. So I haven't been a regular visitor for a long time (nearly thirty years now I think about it, yikes). It was interesting over my recent visits how it changed from feeling like a strangely unfamiliar place in many ways ('same but different') to feeling more and more like home again. A lovely re-connection with the place, and an opportunity to connect for the first time with lots of new people, including family members, practitioners, and those involved in the Borders' emerging recovery community. Although of course I did meet some people I hadn't seen since school – Scotland is a village after all, and the Borders even more so!

We've also been making new connections within our team, with three new recruits joining our merry band. We had a fun-filled, frantic and joyously noisy team meeting last Friday to welcome Ash Husband, who is joining Susie to work on our Connecting Families programme; Colin McIntosh who is replacing Claire as our new East Dunbartonshire worker; and Pam Burns who will be joining Claire in our new Young Persons' National Demonstration Project in East/ West Dunbartonshire from mid-April. A huge welcome to all three, and I hope that total immersion approach involving meeting the entire team at once hasn't sent you running for the hills.

We have connected for the first time with the Scottish Affairs Committee at Westminster to feed into their newly launched Inquiry into the Use and Misuse of Drugs in Scotland. In addition to teaching me the difference between an Enquiry and an Inquiry, this is a key opportunity to make sure that families' views and experiences are heard loud and clear, as the Committee seeks to understand the drivers behind the increase in drug-relat-

ed deaths in Scotland; and whether Scotland

has the necessary powers to implement the prevention and treatment strategies which are required. If you would like to link into this, please email info@sfad.org.uk and we will keep you informed about arrangements.

We will be connecting those trained in CRAFT (Community Reinforcement and Family Training) across Scotland this year, by growing a new CRAFT Community of Practice. This will offer an opportunity for ongoing peer support, guidance and reflection for all those using this evidence-based approach in practice, whether as paid workers or family peer group leaders and members. We hope this programme will also include an opportunity to host a visit from the founder of CRAFT, Dr Bob Meyers, at some point over the next year – which would give a real boost to practice in Scotland.

And finally we hope to be connecting with all of you over the coming months through a number of regional events in 2019 to launch the families dimension of the new national 'Rights, Respect and Recovery' strategy. Supported by the Scottish Government, these events will give us the opportunity to explore in detail what the strategy's new transformational rights for family members really mean, including the right to support in your own right; the right to involvement in your loved one's treatment and care, as appropriate; and the right to be involved in planning, developing and delivering services. How can we make sure that families are aware of these new rights? How can we support families to access them? And what happens if families' rights are not upheld? The events will include opportunities to unpack key terms within the new strategy, such as 'family inclusive practice' and 'whole family approaches'.

Watch this space for further details!

- Justina



News

The latest news from Scottish Families including new projects, opinion pieces, information we want to share with our readers and anything that we think would be worth a read!



Family Recovery College

Scottish Families are developing a new model for family recovery: The Family Recovery College.

We want to build on our existing work: linking, educating and empowering families by developing and testing Scotland's first Recovery College for families affected by alcohol and drugs.

It is estimated that only 20% of people who experience problems with alcohol and 40% of people who experience problems with drug use are in treatment. Who supports those not in treatment? We know that families often take on the primary role of caring for their loved ones, largely unsupported and hidden from view, due to the secrecy, shame and stigma of family addiction.



We recognise the caring role that family members affected by alcohol and drugs have and the importance of each family member being supported in their own right.

Many family members themselves experience long term mental and physical health conditions, often related to the challenges and stress of their caring role. Due to the all-consuming focus on their loved one, they frequently neglect their own health and wellbeing, and miss out on opportunities for self-care and self-development. The Family Recovery College will build on the existing opportunities we offer for families and create an opportunity for family members to come together, learn and develop the existing skills they show as carers through a structured, holistic programme.

Based in Glasgow, the Family Recovery College will work with 15 family members who are carers for a loved one in active addiction or in the early stages of recovery.

The programme will be certificated by Scottish Families as the Scottish Government's Nationally Commissioned Organisation (NCO) for families affected by addiction.

We have invited applications from family members who understand what it is to be affected by a loved one's problems with alcohol or drug use to work in partnership with us. These family members will act as course advisors and will be involved in the design, development, delivery and evaluation of this pilot.

Recruitment for college participants has begun. We will know that we are making a difference if college participants have an increased level of positive connection to others; improve and prioritise their own self-care increasing their sense of well-being; grow in confidence through new knowledge and skills; and are empowered to influence change in their own lives and the lives of their loved ones.

For more information, get in touch with Susie McClue - susie@sfad.org.uk / 07493 274973 or 0141 465 7524.

This project is funded by the Self Management Fund for Scotland which is administered by the ALLIANCE, supported by a grant from the Scottish Government.



Would you like to participate in Scotland's first Family Recovery College?
Are you caring for a loved one who uses alcohol or other drugs or someone who is the early stages of recovery?

Would you like to learn ways to increase your own wellbeing, gain knowledge and skills to influence positive change in your life and in the life of your loved ones in an informal educational setting with other family members?

We are holding a college open day coffee morning on Tuesday 16th April from 11.30 to 1.00.

We are inviting family members affected by alcohol and other drugs to register their interest by sending an email to info@sfad.org.uk or calling our main office on 0141 465 7523.

Outcome: Children and families affected by alcohol and drug use will be safe, healthy, included and supported

Commitments to achieve the outcome	
Ensure family members will have access to support in their own right and, where appropriate, will be included in their loved one's treatment and support.	C1
Ensure all families will have access to services (both statutory and third sector) provided through a whole family approach, in line with the values, principles and core components of GIRFEC.	C2
Involve children, parents and other family members in the planning, development and delivery of services at local, regional and national level.	C3

Rights, Respect and Recovery - why are rights important?

In the foreword of the new drug strategy Rights, Respect and Recovery, Joe Fitzpatrick, MSP, Minister for Public Health, Sport and Wellbeing sets out *‘Everyone has the right to health and to live free from the harms of alcohol and drugs’* and *‘Everyone has the right to be treated with respect and dignity and for their individual recovery journey to be fully supported’*

This sets out a renewed attempt to use a rights-based, public health approach to reduce substance use, minimise harm and keep people safe amidst a range of daily challenges associated with poverty, health and inequality. What is meant by a rights-based approach and what does that mean for families across Scotland? We thought it might be helpful to have a quick look at what rights are, what it means to have rights and understand the responsibilities that come with rights.

What are rights and where do they come from?

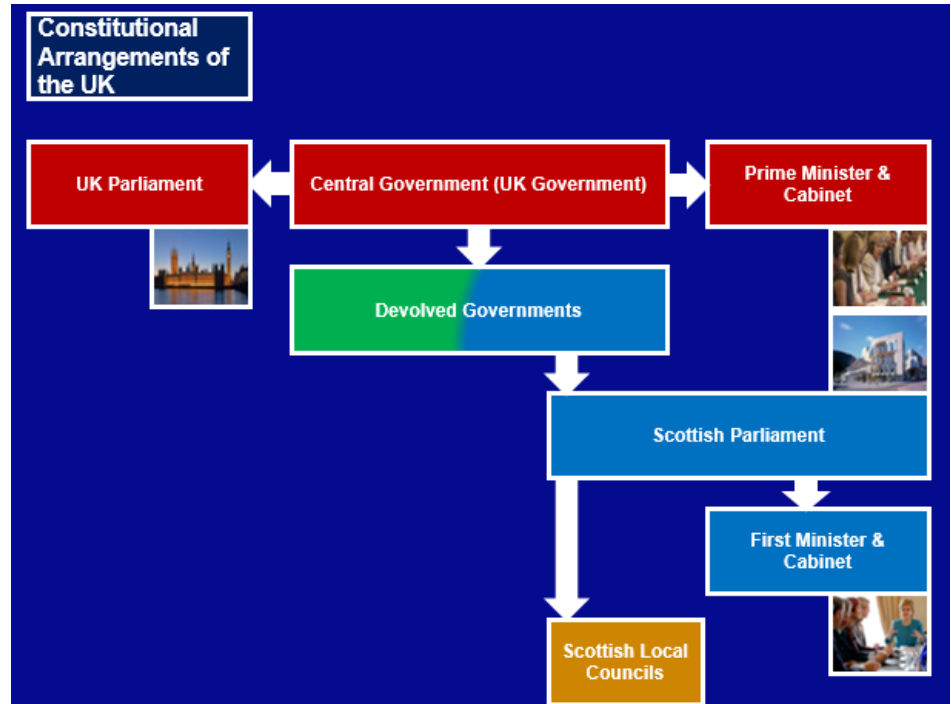
The earliest written form of human rights can be traced back to 539BC, in the form of the

Cyrus Cylinder, found in 1879. This is thought to be one of the oldest examples of human rights (in written form) in existence. Housed in the British Museum it is believed to be linked to the last King of Babylon and his attempts to improve the lives of the Babylonians.

Today, many of the rights and freedoms we enjoy are linked to the European Convention on Human Rights (ECHR), the [Human Rights Act 1998](#). Internationally, these are drawn from the [Universal Declaration of Human Rights](#) by the United Nations in 1948 and includes the right to life, freedom from torture and inhuman or degrading treatment and the right to protection from discrimination to name a few.

Put simply, rights are basic entitlements, mutual advantages or minimum standards and freedoms you can expect throughout your life and are normally written into the laws of your country. In a democracy it is common for citizens to have their Rights protected by the government through their laws and they can be then be built into international treaties, regional agreements or social arrangements between individuals in their communities.

The illustration to the right shows where some of our laws and rights come from in the UK. There are differences in what rights and laws exist across the UK with some decisions being 'devolved' in parliaments such as the Scottish Parliament and others being 'reserved' and made by Westminster. This applies to our current drug laws meaning some decisions cannot be made by MSPs in our Scottish Parliament as these can only be changed (at present) by MPs at Westminster.



Who has them?

Everyone has rights, as we've said before these are written into the laws, processes and policies that run throughout our society, communities and all of our services. You really don't need to look too far to find them as they should be accessible to you. This might be in the form of a strategy (like Rights, Respect and Recovery) the NHS charter of rights or even local service delivery standards. It might be helpful if you have a look to see what is available (or not) in your area.

Your rights

You should be given the opportunity to be involved in a loved one's treatment, if they agree they would like you to be there. The strategy acknowledges *'family members can play an important role in supporting the recovery of a loved one but also need support in their own right'*. This is not new, [The Quality Principles](#) stated families should be included in treatment back in 2014. Rights, Respect and Recovery gives a renewed commitment for services, those who set them up and local partners to make this a reality rather than an aspiration.

What is new?

Families should have access to support in their own right, even if the person they care about is not willing or ready to engage in treatment or support. That's what many of you told us and we are glad this has been acknowledged.

There is a focus on public health and an asset-based approach in the new strategy which means drawing on what already exists in the community and what people already have access to through their own connections. There are many services with skills, knowledge and resources but we know families and communities have lots of these too. The important change here is the focus has shifted from what people don't have (or can't do) to what they do have (and can do) with the right support from the right people, in the right way. This means everyone has a role and is accountable which includes services, the whole-community, and you. This may mean telling us, or other services, what is working well, what needs to change, or taking responsibility for starting something locally if you know there is a need for it and it doesn't already exist in your area. The strategy acknowledges *'The current levels of harm and the discrimination people and their families experience is unacceptable in modern day Scotland'*.

The key message is we all have *'the right to health and life free from drugs'* and children and families affected by alcohol and drug use will be safe, healthy, included and supported.

Commitments moving forward will:

- Ensure family members will have access to support in their own right and, where appropriate, will be included in their loved one's treatment and support.
- Ensure families will have access to services (both statutory and third sector) provided through a whole family approach, in line with the values, principles and core components of GIRFEC.
- Involve children, parents and other family members in the planning, development and delivery of services at local, regional and national level.
- Ensure individuals and families experience dignity, respect and equity.
- Ensure people will be fully supported in community.

How do you get rights and what do you need to do to keep them?

To make the most of your rights you first need to know them. We hope this will be the starting point to build on previous conversations we have had with families to make sure more people know their rights, freedoms and responsibilities. As well as knowing your rights it is important to ensure you do not, through your actions or inaction, take these rights away from anyone else in your community or staff working in services.

Rights are not entirely free - they come with responsibilities and accountability. Like standing up for those who cannot be heard on their own or highlighting breaches through the appropriate processes.

What does that mean?

Well, if the approach is not working, those tasked with delivering services or providing opportunities need to know and we want to know too. It's important that we find a way to do this constructively and responsibly with the right approach that will make sure change will take place. That's where you come in. NHS Health Scotland will be evaluating how effective this strategy is. We need to know what is working but more importantly what isn't.

'The work of Scottish Families Affected by Alcohol and Drugs' (SFAD) in supporting families living with the harms associated with drugs and alcohol is a part of a national response that this strategy looks to strengthen'.

- Rights, Respect and Recovery page 6

Ways to use and keep your rights:

- Influencing local decision making – join a board/advisory panel/community council
- Raise a complaint
- Vote - contacting your representatives
- Campaigning and petitioning
- Joining a campaign group or organisation
- Joining a political party
- Standing as a candidate – elections, community council or local residents associations.

In order to protect your rights it is important you participate. Promoting rights, upholding them and participation in activities to keep them alive is vital to protecting them. This means treating people fairly, highlighting when things fall short and participating in consultations as well as discussions that shape policy and standards linked to service planning, delivery and evaluation. If you are interested in our rights-based work to empower others to get involved please get in touch.

IMPROVING
SCOTLAND'S
HEALTH



Rights, Respect and Recovery

Scotland's strategy to improve health by preventing
and reducing alcohol and drug use, harm and related deaths



Our Young Person's Project

After months of planning and finger-crossing, our Young Person's Pilot Project is up and running across East and West Dunbartonshire.

After many years of supporting adults who are affected by someone else's alcohol or drug use, it became apparent to us that there was a huge gap in support for young people. Often, we'd be asked if we could speak to a teenager who was struggling with their parent's drinking, or their sibling's drug use, but we weren't equipped to support young people, until now.

As a new service, we feel it is important that young people are involved right from the beginning – after all, who is better to tell us what a support service should look like other than the people who will be using it?

We have three years together to create a brand new and exciting programme that is suitable for 12-26-year olds who are affected by someone else's alcohol or drug use. It will involve testing, trial and error, learnings, feedback, evaluating and many hours of work. But by the end of this pilot, how amazing is it going to be to have something co-created with young people that can help countless young people all over Scotland?

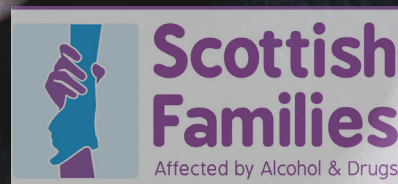
If you would like further information about the project, contact Claire Wadsworth on **07387852186** or claire@sfad.org.uk.

I don't drink

but alcohol is ruining my life

**Are you aged 12-26 and
affected by someone else's
alcohol and/or drug use?**

Call Claire on **07387852186** or the
Scottish Families helpline:
08080 10 10 11/helpline@sfad.org.uk
for more information



Registered Scottish charity no. SC034737

Project funded by: Corra Foundation, the Scottish Government, Volant Trust, East Dunbartonshire Health and Social Care Partnership, West Dunbartonshire Health and Social Care Partnership, Maple Trust, Christina Mary Hendry Trust

Get Involved

Volunteering, events, Kiltwalk, fundraising, there's so much to get involved with #TeamSFAD and we appreciate all your support.



Walk with us at the Kiltwalk and support families across Scotland

You've probably heard it by now – we're walking the Kiltwalk again! The Kiltwalk is a well-known event with over 20,000 people taking part each year. #TeamSFAD is getting ready with our alumni walkers and many new faces - will you walk with us?

We all know of someone with an alcohol or drug problem. Behind that person is a family dealing with everything that comes with it. Families can be isolated, feel like they're alone, and because of stigma, do not want anyone knowing what is happening in their lives. This is why the Kiltwalk is an excellent way of showing people that they **are not** on their own.

By raising money in the Kiltwalk, those vital funds will go to running our support services which includes our helpline, bereavement support service, our one-to-one support service Telehealth and our family support groups.

We work with families to give advice and support. Over time with us, families gain confidence and learn ways to help improve their communication which then helps reduce conflict at home. Our services are also vital in helping families recognise the importance of their own needs.

‘Thank you. I really feel that the support you have given has saved my family. I don’t think we would be in such a positive place if it wasn’t for your support.’

– Family member in Telehealth

‘This is the first time I have felt heard. I felt like I couldn’t really talk about my son cause of the looks I got. Having someone to talk to without judgement has helped me build my life back a bit’

– Family member in our bereavement support service

The Kiltwalk has four routes this year:

- April 28th – Glasgow
- June 2nd – Aberdeen
- August 18th – Dundee
- September 15th – Edinburgh

Once you know what Kiltwalk route you’d like to do, you can choose from three different lengths of walk:

- The Mighty Stride – 26 miles
- The Big Stroll – 13 miles
- The Wee Wander – 6 miles

We will pay for your place as a thank you for walking with us and will send you out a fundraising pack which includes a Scottish Families t-shirt to get you ready for your walk. It’s a fantastic day and raises vital funds for people who need it most so really, from all of us at Scottish Families, thank you!

Join #TeamSFAD and sign-up for the Kiltwalk on our website - <https://www.sfad.org.uk/get-involved/kiltwalk-application>

If you want some more information, give Katie a buzz on katie@sfad.org.uk and she’ll answer any questions you have!



Ways to donate to Scottish Families



Facebook Fundraising

Did you know that you can easily raise money from your Facebook page? Facebook has set up a few tools to help with fundraising including birthday fundraiser reminders and the ability to create your own fundraising page for any events or fundraising you are taking part in. Last year over £6,000 was raised for family members through Facebook fundraising and this year we'd love to double that! We're incredibly grateful of the generosity of the people and their friends who donate to our work. The funds go to keeping our support services running including our helpline, bereavement support and our one-to-one sessions.



Other ways to donate

Family members and friends try and do all they can to support someone with an alcohol or drug problem. There are many who are doing this on their own and in silence – they shouldn't have to. Your donations help us to continue supporting families and friends across Scotland. Thank you.

To donate online visit www.justgiving.com/sfad

To donate by post/cheque:

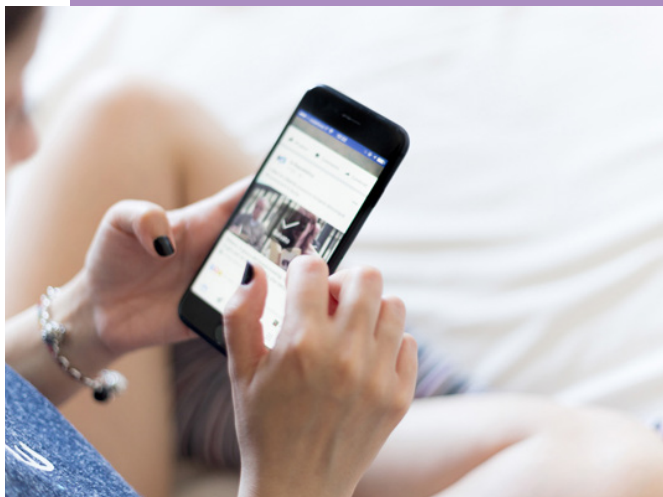
You can send a cheque directly to us made payable to Scottish Families Affected by Alcohol and Drugs to the address:

Scottish Families
Edward House
199 Sauchiehall Street
Glasgow
G2 3EX



Volunteer with us

As we are a small team we are always looking for support and volunteering is what supports us best. We couldn't do much without our volunteers and would love to have you on our little team. If you want to know a bit more about the roles click below or contact us [0141 465 7523](tel:01414657523) or info@sfad.org.uk.



Helpline Adviser

Our helpline is a vital service to family members and friends in Scotland. We will train volunteers in call-handling skills and alcohol and drug awareness. Our helpline volunteers answer calls and online webchats. Our helpline runs from 9am-11pm Monday to Friday and we run a call-back service over the weekend. There is flexibility in the hours you can volunteer depending on the demands of our service and your own time.



Fundraising/Events

Will you help maximise fundraising opportunities for Scottish Families?

We are seeking enthusiastic and committed individuals who can represent the charity locally and act as an ambassador for our work. You will learn or develop your skills in grassroots fundraising, turning pennies into pounds and making a vital contribution to our annual fundraising targets.



Storyteller

Our storyteller volunteers speak to journalists about their experiences of being a family member or friend who is impacted by someone else's alcohol or drug use. Experiences may include alcohol, drugs, mental health, stigma, recovery, and bereavement. Speaking to the media is an opportunity to raise awareness of the issues family and friends face when someone they care about is using alcohol or drugs.



Group Spotlight: My Support Day

Written by Melanie McPhearson

The group came about as I was affected heavily throughout all my childhood with alcohol use in the family home. This had a massive ripple effect through my immediate family and lead to a complete breakdown in my family unit and I was separated from my siblings.

Growing up, I saw drinking alcohol as normal behaviour, but hitting my teens it soon became apparent that it was so far from the truth. In my early teens, I was the only one dealing with a loved one with addiction. It became mentally and medically crippling. Rather than having support from people, I found myself dealing with the person's consequences and aftermaths on my own at a young age. Not knowing how to deal or care in the best way for them was frustrating, heart-breaking and lonely. The effect of having no support or even a listening ear was so isolating, and I felt totally disconnected from the outside world.

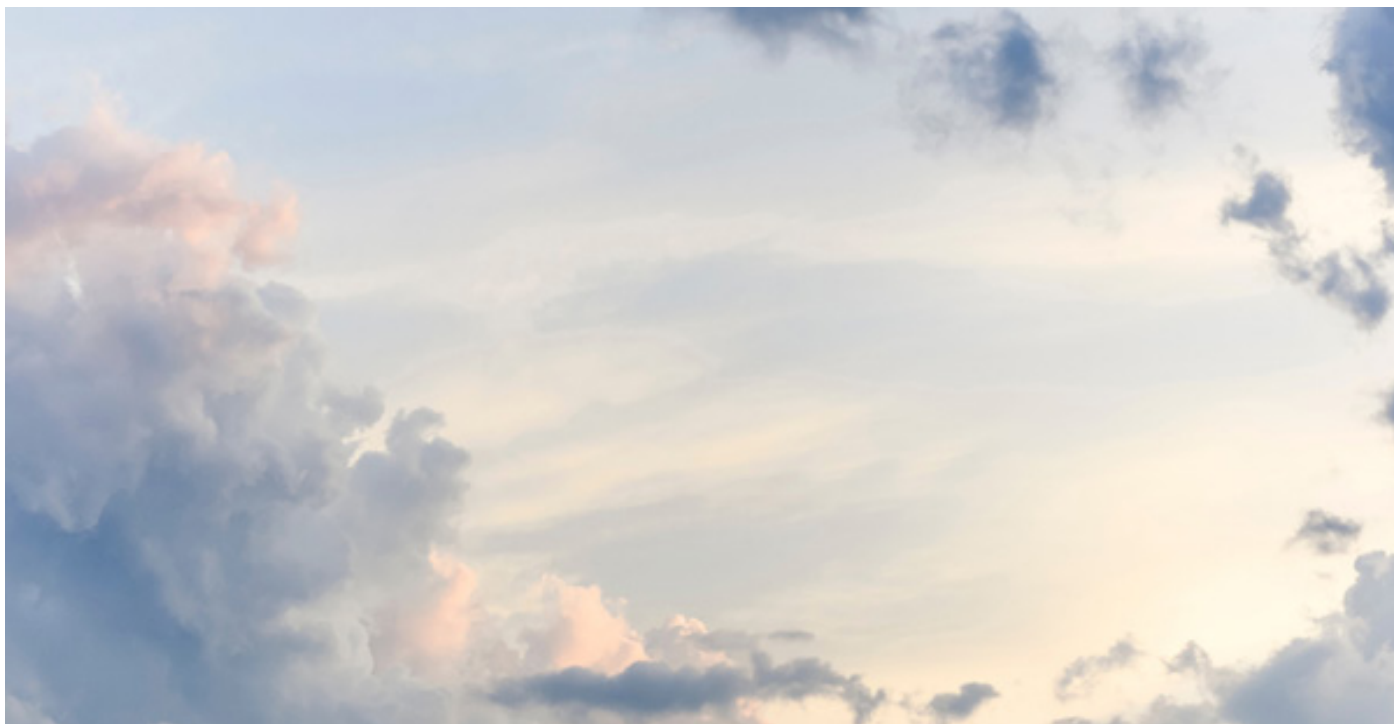
Unfortunately, the realisation of the effect of no support in the family unit unveiled itself with the death of my brother in August 2000 when he sadly took his own life.

Last year I started a counselling course and on researching help for families and friends affected by a loved one's alcohol or drug use, I was shocked that 18 years on there is very

little support for families. I met Shona in my work place and we hit it off straight away. As time went on, I found that Shona had experience too on the effects of a loved one's substance use and we clearly had the same outlook on things.

We both started an HNC in counselling and we had to find work experience. I said to Shona that we should start our own thing so that people who have been affected with a loved one's alcohol or drug use can come to a support group. Shona agreed as she had wanted to do something similar.

Unfortunately, I took ill and had to come out of the course. It took me until Christmas 2018 to get back on my feet. I was determined to not give up on the support group. After a search online I found Scottish Families Affected by Alcohol and Drugs. I asked if I could come into the office and speak about doing some volunteer work and Susie scheduled in a meeting for in the new year. Susie told me there were looking to help start-up support groups get on their feet through Connecting Families and the Family Recovery Initiative Fund – absolute music to my ears! I was straight on the phone to Shona and without a single thought she came straight on board and My Support Day was created.



What My Support Day offers

It is now nearly three months into the creation of My Support Day, and I am so excited that we are nearly at the point of rolling it out.

My Support Day (MSD) is a family support group based in East Kilbride with the outlook of rolling out across the whole of South Lanarkshire.

The aim of MSD is to offer family members, friends and loved ones whose lives have been affected by someone else's alcohol or drug use, a safe place to come for support when they feel they need it.

We aim to support individuals with our learnings from our certified CRAFT (Community Reinforcement and Family Training) group leaders, myself (Melanie) and Shona.

We feel we are in a good position to run this support group as we have both experienced the effect of someone else's alcohol or drug use. We have a realistic insight to the impact on families, friends and the wider community. We will focus on a highly confidential and person-centered approach to every member of My Support Day.

The first group will be at:

The Murray Owen Center,
1 Liddell Grove,
East Kilbride
G74 9AD

From Tuesday 23rd April 2019 at 12:30 - 14:30pm and every Tuesday after.

Contact details

Group Facilitators:

Melanie McPherson – 07494382958

Shona MacDonald – 07494382959

Email: msd.ek@mail.com

Facebook: [@E.KSouthLanarkshire](https://www.facebook.com/E.KSouthLanarkshire)

Twitter: [@MySupportDay1](https://twitter.com/MySupportDay1)



Little book of CRAFT

You may be familiar with CRAFT. Maybe you use it in your work, have heard of it, or have been supported by Scottish Families with it. CRAFT stands for Community Reinforcement and Family Training. It is an evidence-based, non-judgemental programme for family members, friends and carers affected by someone else’s alcohol or drug use. We use it throughout all our support services including our helpline and one-to-one service Telehealth. Most family members say that it works and enjoy going through each session.

“Absolutely great. Really clear, so encouraging and helpful but not all soft and wishy washy...calm and to the point. Provided me with heads of unbiased information too which allowed me to understand what I was dealing with.”

– feedback from family member supported by CRAFT in Telehealth.

CRAFT has been proven to help family members, friends and carers to:

- Communicate positively with their loved one,
- Reduce their feelings of stress,
- Improve feelings of self-worth,
- And encourage the person using alcohol or drugs to enter treatment.

We have put together a little book of CRAFT for anyone to read and hopefully learn a thing or two that may be of use. In the guide we share information on talking to your loved one about their alcohol or drug use, using more positive communication with each other and how to set and keep boundaries.

Talking to your loved one about alcohol or drugs

Pages 4-5 of 'Scottish Families Little Book of CRAFT'

Talking to someone about their drug and/or alcohol use can be difficult. It can cause worry and stress for everyone involved. Your loved one may not open-up or respond in the way you might want them to which may cause more arguments and upset. Think about your own boundaries and what behaviour you are comfortable to support. Also think about what you are not e.g. you are uncomfortable with them using drugs in the house, etc.

If your loved one is reluctant to talk, try to be patient and assure them that you will be there to support them if they need to talk.

'Although it may sometimes feel like right now is not soon enough for change to happen, small steps can make a huge difference in relationships.' – Bob Meyers



There are some little things that may help you with starting the conversation.

Prepare yourself in advance. Bringing up a difficult subject for the first time can be difficult. Plan out what you would like to say first with a notepad and pen. This will help you to be specific and clear in the conversation. Looking up information on alcohol and drugs may make you feel more able to have the conversation.

Choose the moment. If you try to talk to them when other family members or friends are there it may cause embarrassment. Choose the right moment. Bring the subject up when you or your loved one are most relaxed and in a place where they are most likely to listen.

Be prepared to listen. Listening is as important as talking. By being open to what your loved one is saying and the thoughts and feelings behind the words, you may understand their point of view better. Even if you don't agree with it. Using open questions and allowing/encouraging them to talk will avoid the conversation coming across as a lecture or an attack.

Try to acknowledge how your loved one is feeling and let them know how you are feeling too. Pay attention to your loved one's tone and body language as this can help you understand the feelings behind their words. Also be willing to listen to what is being said without interrupting, even if it is painful to hear.

To continue reading, head on over to our website and you can download the full publication there - <https://www.sfad.org.uk/publications/information-leaflets>

Our Services

Our services are free and are available across Scotland. To find out more visit our website or contact our helpline 08080 10 10 11 / helpline@sfad.org.uk



Call our helpline

If you need to speak to someone about what is going on, our helpline advisers are here to listen. If appropriate, our advisers will find local support groups and organisations to meet the needs of your family.

Our helpline is open Monday-Friday from 9am-11pm and at the weekends we run a call-back service and aim to respond to any messages within 48 hours.

It can be difficult to speak to someone over the phone. If you are more comfortable writing stuff down you can contact us by email helpline@sfad.org.uk or through the webchat over on our website www.sfad.org.uk.

We support **anyone** affected by someone else's alcohol or drug use in Scotland.



Bereavement support

In our bereavement service we give listening support and advice. There is also the option to speak to a professional counsellor in your local area which we can arrange for you.

Anybody who lives in Scotland and is over the age of 16 is eligible for our free service. If you are under 16 we can find appropriate bereavement services for you.



Telehealth

Telehealth is a more in-depth support service, with a series of free one-to-one sessions over the phone. For the sessions, we use a method called CRAFT which stands for Community Reinforcement and Family Training. Telehealth is usually a phone call per week for 4-6 weeks but this is not set in stone and we tailor the service to individual needs.



Family support services

We run local support services across Forth Valley and East Dunbartonshire. There are a number of groups across both areas - phone our helpline for more information on group times and locations.

We also have one-to-one sessions in these areas and can be arranged by contacting our helpline.

Training

We offer training on working with families affected by alcohol and drugs, families in recovery, bereavement through drug-related or alcohol-related death, asset-based community development – and other issues.



Course: Family Inclusive Practice

This course focuses on defining and highlighting the benefits of family inclusive practice. It aims to help workers identify ways in which family inclusive practice can be enhanced in their own work environment.

By completing this training you will be able to:

- Define family inclusive practice.
- Recognise the value of lived experience of family members and their support needs.
- Develop an understanding of the required qualities and skills to effectively engage with families.
- Identify opportunities to include families to support whole family recovery.

£400 for half-day



Introduction to supporting families

This course will provide workers who come into contact with families with the knowledge and skills to recognise and engage with all family members who are impacted by someone else's alcohol or drug use. You will learn to discuss family member's experiences and needs, and how family members can support recovery, and much more.

£400 for half-day



Bereavement Training

This course focuses on bereavement through drugs or alcohol and the impact it has on bereaved families. It also covers specific issues around drug-related death. Through this training you will define a drug or alcohol-related death. Identify key overdose risks. Recognise stigma and isolation in relation to a drug or alcohol related death, and much more.

£400 for half-day



Adult Learning and Empowering Communities (ALEC)

This course explores asset-based community development approaches. These can create opportunities to reduce the impact of alcohol or drug related harms and isolation, whilst improving health and wellbeing through participation and increased social connection.

£700 for full-day

How to Book

Interested in one of our courses? If you would like some further information contact us at training@sfad.org.uk / 0141 465 7523. In 2019 we are also running a number of these courses at our office in Glasgow.



Scottish Families Affected by Alcohol and Drugs

Main Office: Edward House, 199 Sauchiehall Street, Glasgow, G2 3EX

Helpline: 08080 10 10 11

helpline@sfad.org.uk

webchat available at: www.sfad.org.uk

Twitter: @ScotFamADrugs

Facebook: @ScottishFamiliesAffectedByDrugs

Instagram: @ScotFamADrugs

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email: info@sfad.org.uk

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**Scottish
Families**

Affected by Alcohol & Drugs

Registered Scottish charity: SC034737