

'CHANGE WILL COME' STRATEGIC PLAN 2020-23

Year Two (2021-22) Progress Report and Year Three (2022-23) Delivery Plan



Our ['Change Will Come' Strategy](#) (2020-23) identified **12 Key Changes** we want to see over three years, in addition to ongoing service improvements and developments.

Our **Year 1 Delivery Plan for 2020-21** identified 38 individual actions to be completed by 31 March 2021 to help deliver these. As at 31 March 2021:



Our **Year 2 Delivery Plan for 2021-22** identified 27 individual actions to be completed by 31 March 2022 to help deliver the Key Changes. As at 31 March 2022:



A narrative **Year 2 Progress Report** follows for each Key Change, along with our **Year 3 Delivery Plan**. The context for this is as follows:

- We have seen a significant **expansion in our staff team** in 2021-22, with 10 new staff joining us since 1 April 2022 to meet increased demand, and respond to emerging trends and new opportunities.
- We have developed a new strategic framework to guide our response to development opportunities and future growth, seeking to:
 - ❖ **SUSTAIN and STRENGTHEN** our current services, i.e. maintaining and growing our existing services to meet demand and/or
 - ❖ **TEST AND INFLUENCE**, i.e. testing out new models or approaches, and sharing our learning to shape practice elsewhere.
- We continued another year of delivery through the **ongoing COVID pandemic** in 2021-22, having originally anticipated a more stable year. The staff team have continued to respond with creativity, flexibility and resilience throughout another challenging and unpredictable year. We have embedded blended service delivery between virtual and in-person approaches across our local and national services, and anticipate this continuing into the future.
- We won a UK-wide **GSK Impact Award** this year in recognition of our excellence in health and social care. This is a 'whole organisation' award, rather than for a specific service or project, and our flexibility, responsiveness, reach and innovation were highlighted by the judges.
- We have **reached many more families** in 2021-22, with demand across all of our services increasing.
- Full information on our 2021-22 reach and achievements can be found in our **2021-22 Impact Report** (due June 2022).

When reporting on our Year 2 progress, we note whether actions are:

- ✓ **IN PROGRESS**
- ✓ **COMPLETED**
- **CARRIED FORWARD**
- **NO FURTHER ACTION.**

SCOTTISH FAMILIES AND KEEPING THE PROMISE

The Promise¹ is driving forward changes in policy, practice and culture in Scotland to ensure children and families can realise their full potential, following on from the Independent Care Review. At Scottish Families we support delivery of The Promise through our values and actions. This includes its five Foundations, and particular Commitments and Principles around Family Support and Alcohol & Drugs. In this year's Scottish Families Delivery Plan, we have highlighted four of our twelve Strategic Plan Key Changes which have the strongest alignment with The Promise. These are identified by the #KeepThePromise logo.

<p>Scottish Families supports the 5 FOUNDATIONS of The Promise...</p>  <p>Voice: Children must be listened to and meaningfully and appropriately involved in decision-making about their care, with all those involved properly listening and responding to what children want and need. There must be a compassionate, caring, decision-making culture focussed on children and those they trust.</p>  <p>Family: Where children are safe in their families and feel loved they must stay – and families must be given support together to nurture that love and overcome the difficulties which get in the way.</p>  <p>Care: Where living with their family is not possible, children must stay with their brothers and sisters where safe to do so and belong to a loving home, staying there for as long as needed.</p>  <p>People: The children that Scotland cares for must be actively supported to develop relationships with people in supported to listen and be compassionate in their decision-making and care.</p>  <p>Scaffolding: Children, families and the workforce must be supported by a system that is there when it is needed. The scaffolding of help, support and accountability must be ready and responsive when it is required.</p>	<p>... Its FAMILY SUPPORT Commitments & Principles:</p> <p>Commitments:</p> <ul style="list-style-type: none"> ➤ Scotland must do all it can to keep children with their families. ➤ There must be more support for families, based in the communities where they live. ➤ There must be significant, ongoing and persistent commitment to ending poverty and mitigating its impacts for Scotland's children, families and communities. <p>Whatever issues families face, Scotland must ensure that intensive family support is available, proactive and characterised by the 10 family support principles:</p> <ul style="list-style-type: none"> ○ Community Based ○ Responsive and Timely ○ Work with Family Assets ○ Empowerment and Agency ○ Flexible ○ Holistic and Relational ○ Therapeutic ○ Non-Stigmatising: ○ Patient and Persistent ○ Underpinned by Children's Rights 	<p>... And its ALCOHOL & DRUGS Commitments:</p> <ul style="list-style-type: none"> ➤ Scotland must take a more flexible, whole family approach to supporting children living with parents with problematic substance use. ➤ There must be more universal and intensive support for families who are struggling, whatever issues they face. There must be access to that support in the communities where they live. ➤ There must be a significant, ongoing and persistent commitment to ending poverty and mitigating its impacts for Scotland's children, families and communities. ➤ The importance of relationships cannot be overstated- every effort must be made to nurture and sustain positive and important relationships for care experienced children. ➤ Transitions must be limited, relational, planned and informed. Parenting does not stop at 18. Scotland must continue to consider how to create greater equity and opportunity for care experienced young adults, including how to increase opportunity for care experienced people to access employment, training, stable housing and support. ➤ Scotland must ensure that the way support is delivered does not stigmatise people-the 'Language of Care' must also change to be easily understood, be positive and not create or compound stigma.
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¹ <https://thepromise.scot/>

KEY CHANGES WE WANT TO SEE, 2020-23	HOW WE WILL DO THIS, 2020-23	PROGRESS AGAINST OUR YEAR 2 PLANS (2021-22)	IN YEAR 3 (2022-23) WE WILL ...
FAMILIES ARE SUPPORTED			
<p>Ensure there is VISIBLE FAMILY SUPPORT in every local area, through developing and promoting an evidence base and business case for family support across all ages, and inclusive of anyone affected by someone else's substance use.</p> 	<p>We will develop and promote a robust evidence base to illustrate the benefits of family support, along with a compelling business case to encourage investment in quality and choice.</p>	<ul style="list-style-type: none"> ✓ COMPLETED: We launched our ‘Ask the Family’ report and virtual exhibition in June 2021, based on our family engagement project with Action for Children, Circle & All in the Family. This was commissioned by the Scottish Govt and helped shape the national Whole Family Approach/Family Inclusive Practice Framework launched in December 2021. <ul style="list-style-type: none"> ○ We shared our ‘Ask the Family’ findings via an online launch event, media release, media interviews and ongoing input to national and international conferences and webinars. ✓ IN PROGRESS: Our national survey report on family group leaders and members (supported by Information Services Division (ISD) Scotland) reached the final editing stage (publication delayed due to other priorities). <ul style="list-style-type: none"> ○ We completed scoping studies of family support in Highland, Renfrewshire and Forth Valley to inform future service development and investment plans. ○ We completed a ‘Deep Dive’ of Family Support in Scotland, to better understand the reach and capacity of family support. ○ We have also taken steps to embed evaluation more firmly in our everyday work, to strengthen our internal evidence base. • CARRIED FORWARD: We planned to design and implement national improvement plans for Family Support and Family Inclusive Practice. <ul style="list-style-type: none"> ○ We have now decided to pilot smaller-scale improvement projects on a locality basis in the first instance, better reflecting our available capacity/ resources. 	<ol style="list-style-type: none"> a) Publish our ISD family group survey findings and recommendations (Year 1 & 2 action contd). b) Launch our Deep Dive of Family Support in Scotland through a report, media release and webinar. c) Support the implementation by ADPs of the new national Whole Family Approach/ Family Inclusive Practice Framework through engagement events, workforce development, sharing evidence and best practice. d) Pilot improvement projects for Family Support and Family Inclusive Practice on a locality basis in the first instance, to demonstrate the benefits of improved support and practice. e) Develop e-learning modules around the Whole Family Approach and Family Inclusive Practice, to improve workforce access to ‘bite size’ learning. f) Continue to develop our new national Family/Carer Support Collaborative in partnership with VOCAL Midlothian and other partners to share best practice, create a stronger voice, and achieve improved investment in family support. g) Extend our use of evidence-based interventions through launching a national SMART Family and Friends Group and exploring the use of 5-Step

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		<ul style="list-style-type: none"> ○ We did (finally!) launch our CRAFT Community of Practice, to bring together all the practitioners and family members in Scotland who have completed CRAFT training. The CoP focuses on sharing and promoting best practice. ○ We fed into the development of the Medication Assisted Treatment (MAT) Standards in relation to Family Inclusive Practice, although we were unsuccessful (to date) in ensuring there is a dedicated Standard around including and supporting families. ○ We have strengthened our policy and research function, setting up a new Policy Network, launching a series of policy/research blogs, and engaging with families to respond to consultations on the National Care Service, Right to Recovery Bill, and alcohol labelling. ● NO FURTHER ACTION: We advocated to the Scottish Government and other bodies for a multi-year, funded national family support collaborative to maximise reach, return for investment and impact. <ul style="list-style-type: none"> ○ We did not secure Scottish Government support for this proposal, with a preference for funding allocations to ADPs and competitive national funding streams. ○ We did however establish an unfunded national Family/ Carer Support Collaborative together with VOCAL Midlothian, to bring together like-minded family support organisations with an interest in sharing evidence-based practice and growing investment in family/carers support. 	<p>as an additional intervention for family support services.</p> <ul style="list-style-type: none"> h) Continue to influence the roll-out of the MAT Standards to introduce a presumption of family involvement and support for families in their own right. i) Launch a new Helpline animation to increase the visibility of family support, and encourage families to reach out.

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<p>Champion and support the role of FAMILIES AS LIFESAVERS, to reduce the risk of alcohol and drug-related harm and deaths.</p>	<p>We will recognise and strengthen the role of family members as a protective factor in reducing the risk of harm and death, by offering intensive support and the development of understanding, skills, knowledge, coping and response strategies, connection and self-care. We will take care to ensure families do not feel responsible for their loved one's safety and survival, or for the harm caused through their alcohol or drug use. We will work with families in their own right, and support aspects within their control.</p>	<p>✓ COMPLETED: We carried out a Test of Change around intranasal naloxone (Nyxoid) for families via our Click and Deliver service, to offer an alternative to the injectable kit, thanks to additional Scottish Government funding.</p> <ul style="list-style-type: none"> ○ We have secured ongoing National Drugs Mission funding for our overall Click and Deliver service, and delivered 5645 kits from May 2020 - March 2022. ○ We were delighted to win the SCVO Pioneering Project Award in October 2021 for Click and Deliver. ○ We are the national naloxone provider for the ‘How to Save a Life’ campaign led by Scottish Drugs Forum. ○ Our Click and Deliver service is used by Police Scotland, Scottish Ambulance Service and Scottish Fire & Rescue Service for community referrals. ○ We worked with Police Scotland, as part of the national Drug Related Deaths Database review, to agree changes to the way families are involved and informed following a suspected drug-related death. <p>✓ COMPLETED: We expanded our ‘Holding On’ (formerly Families as Lifesavers) initiative to two full-time staff thanks to additional investment by the Drug Deaths Task Force.</p> <p>✓ COMPLETED: We shared our ‘Holding On’ test of change learning with the DDTF, Scottish Government and partners, with the support of evaluators, Axiom Consulting.</p> <ul style="list-style-type: none"> ○ This included ‘A Year with Holding On’ webinar (December 2021), a families focus at the September 2021 DDTF meeting and completion of our Interim Evaluation Report by Axiom Consulting. ○ The DDTF adopted our Family Reference Group as a formal sub-group in recognition of families’ engagement and contribution. ○ We also launched our national online Bereavement Group for anyone bereaved through alcohol or drugs. 	<p>a) Continue to deliver our Click and Deliver naloxone service as part of our core service offer.</p> <p>b) Share ongoing learning from our Holding On test of change as it completes its second year of operation, including through a short film, our final evaluation report, and presentations to conferences and webinars.</p> <p>c) Publish a ‘Families Report’ as part of the final reporting by the Drug Death Task Force in Summer 2022.</p>

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<p>Embed CONFLICT RESOLUTION AND FAMILY MEDIATION skills in our work with families, to help families in recovery reconnect and re-build damaged relationships.</p> 	<p>We will develop and enhance our own conflict resolution and mediation skills and knowledge, to embed this in our everyday work with families who wish to reconnect and re-build.</p>	<ul style="list-style-type: none"> • CARRIED FORWARD (<i>from Year 1</i>): Due to pressures of other work these actions from Year 1, carried forward into Year 2, are again carried forward into Year 3. 	<ol style="list-style-type: none"> a) Design and progress a bespoke staff learning and development programme on conflict resolution and mediation to enhance staff knowledge, skills and confidence – specifically around supporting families affected by substance use. (<i>Year 1 action</i>) b) Use this learning in our everyday work with families. (<i>Year 1 action</i>) c) Explore options for a dedicated initiative to offer a more intensive intervention. (<i>Year 1 action</i>)
FAMILIES ARE INCLUDED			
<p>Highlight the impact on families of the gap between MENTAL HEALTH AND SUBSTANCE USE care and treatment, and seek to close this gap.</p>	<p>We will collect and share evidence about the gap in support where individuals experience both mental health and substance use problems, and the impact this has on families. We will use creative tools, such as drama, to communicate families' experiences and campaign for change.</p>	<ul style="list-style-type: none"> ✓ COMPLETED: We launched our in-person workshop tour of 'This Fierce Love' in March 2022 (previously postponed due to COVID), with 10 dates scheduled between March-May 2022 as planned: <ul style="list-style-type: none"> ○ This Fierce Love tells the story of a family affected by substance use and mental health issues, and is based on extensive research with Scottish Families family members and staff. ✓ COMPLETED: We engaged with the Mental Welfare Commission's dual diagnosis inquiry. <ul style="list-style-type: none"> ○ This included running dedicated meetings for family members and staff to share their experiences with the MWC team. ○ We also supported the Reducing Harm, Improving Care programme (NHS Healthcare Improvement Scotland) exploring the interaction between substance use, homelessness and mental health services, including hosting conversations with family members and the project team. 	<ol style="list-style-type: none"> a) Complete and evaluate the 'This Fierce Love' workshop tour Phase 1. b) Plan and deliver 'This Fierce Love' Phase 2 (from Autumn 2022) c) Explore ways to use 'This Fierce Love' within workforce development. d) Explore new opportunities for collaboration and family inclusive practice, e.g. with community mental health teams, primary care mental health nurses (potential to pilot in specific localities). e) Work with families to capture experiences of co-occurring mental health and substance use via a creative research approach like 'Ask the Family'. f) Investigate an emerging trend around autism and families affected by substance use.

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<p>Share the learning from our ROUTES YOUNG PERSONS' PROJECT, including developing a strengths-based alternative to the Adverse Childhood Experiences (ACEs) model, and enhancing support and understanding in schools.</p> 	<p>We will continue to gather learning from our national young persons' demonstration project in East and West Dunbartonshire, and share this locally and nationally. We will use this learning about the strength of families, alongside other sources such as the Independent Care Review, to ensure young people shape how they and their families are supported.</p>	<ul style="list-style-type: none"> ✓ COMPLETED: We secured funding to sustain and grow our own Routes team in East and West Dunbartonshire, following the completion of the national demonstration project phase in March 2022. ✓ IN PROGRESS: Our national evaluation of Routes is underway, along with a draft scale up/ roll out plan. We want to use this to secure ongoing investment in Routes and an expansion of the model: <ul style="list-style-type: none"> ○ We commissioned a film and documentary about Routes to share with funders, commissioners and services. 'I Am Not Alone' was coproduced between the Routes young people and Braw Talent production company. ○ It had its national online premiere at the Scottish Families AGM (November 2021), with in person, local premieres following in East and West Dunbartonshire in January and March 2022. ● CARRIED FORWARD: Our work to share learning with schools will be carried forward again into Year 3. ● CARRIED FORWARD: Similarly our plan to develop materials for schools and parents will be carried forward again into Year 3: <ul style="list-style-type: none"> ○ When schools re-opened to external agencies following COVID restrictions, our priority has been delivering direct support for young people. ○ We have been at capacity for Routes for most of 2021-22 and unable to take on additional referrals. ○ The focus on direct support and meeting the immediate needs of the young people has reduced our capacity for more developmental work. 	<ul style="list-style-type: none"> a) Expand our Routes team with funding from the Corra Children and Families Fund to enable us to reach more young people in East/West Dunbartonshire. b) Embed Routes within our mainstream, core delivery, securing resources to meet ongoing operational needs in East and West Dunbartonshire. c) We will publish and share our national evaluation report on the initial three-year Routes demonstration project. d) We will run a national 'Routes roadshow' involving the Routes young people, and using the 'I Am Not Alone' film, our evaluation findings, and other materials to share our learning and encourage other areas to 'grow their own Routes'. e) Work with the Routes young people to share our learning with schools, to ensure young people affected by family substance use feel supported, included and respected. <i>(Year 1 action)</i> f) Work with the Routes young people and partner organisations to provide development sessions and materials for schools and parents, including drug and alcohol awareness, harm reduction, and communicating with young people. <i>(Year 1 action contd ...)</i> including via the national Early Intervention and Prevention group.

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<p>Grow and support a robust and sustainable VOLUNTEER BASE for Scottish Families, including families with lived experience.</p>	<p>We will seek funding for a volunteering and befriending coordinator to help us grow and support our volunteer base. This includes developing new options for family members to get involved in volunteering and befriending opportunities.</p>	<p>✓ CARRIED FORWARD (<i>from Year 1</i>): Due to limited staff capacity to date, this action will be carried forward into Year 3 but with amendments:</p> <ul style="list-style-type: none"> ○ Rather than securing funding for a new Volunteer and Befriending Coordinator, we have identified a member of staff within the team to lead a volunteer development programme for Scottish Families. ○ This work will start in early summer 2022. 	<p>a) Establish a volunteer development programme for Scottish Families, including scoping out our volunteering needs across the whole organisation, learning from other organisations, identifying any funding requirements, and progressing with implementation.</p>
FAMILIES ARE RECOGNISED			
<p>Shine a light on the impact on families of CRIME, CRIMINALITY AND THE JUSTICE SYSTEM linked to alcohol and drug use.</p>	<p>We will gather evidence from family members about the ways in which their loved ones' drug or alcohol use has brought the family into contact with crime, criminality and the justice system, and the impact this has had on them. We will use this information to increase awareness and understanding.</p>	<p>✓ IN PROGRESS (<i>amended</i>): We held a workshop in March 2021 on Drugs and the Law, hosted by the Family Reference Group.</p> <ul style="list-style-type: none"> ○ We subsequently made a written submission to the Scottish Govt/ Drug Deaths Task Force based on these discussions (April 2021). This was referred to and influenced their formal written report (Sept 2021). ○ We have drafted a new resource ('How alcohol and drugs affect families') which includes a section on the impact on families of crime on families. This will be published in 2022-23. 	<p>a) Explore creative methods to gather evidence from families about their experiences of crime, criminality and the justice system (e.g. photography, spoken word poetry). (<i>Year 1 action</i>)</p> <p>b) Work with family members and partner organisations to design this initiative for implementation in Year 3. (<i>Year 1 action, updated</i>)</p>

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<p>Develop our MY FAMILY, MY RIGHTS programme to ensure the commitments in the national 'Rights, Respect and Recovery' alcohol and drugs strategy look and feel real for families on the ground.</p> 	<p>We will develop and deliver a programme of awareness-raising; learning and development for practitioners and family members; and advocacy support for families, to ensure everyone is aware of family rights and how these can be upheld.</p>	<p>✓ COMPLETED:</p> <ul style="list-style-type: none"> ○ We were unsuccessful in our application to the Equality and Human Rights Fund for a three year 'My Family, My Rights' programme, however we did secure funding from STV Appeal for the Family Advocacy College and Family Advocacy Service proposals. <p>● CARRIED FORWARD (amended):</p> <ul style="list-style-type: none"> ○ Our plans to develop a learning and development programme around 'Rights, Respect and Recovery' via e-learning platform will now be absorbed into the overall My Family, My Rights programme. 	<p>a) Launch our My Family, My Rights programme, including a co-produced Family Advocacy College and Family Advocacy Service.</p> <p>b) Engage with the Scottish Government's new human-rights based National Collaborative of Lived and Living Experience as part of the National Mission on Drugs, to ensure families are recognised and included.</p>
FAMILIES ARE CONNECTED TO COMMUNITIES			
<p>Facilitate structured COMMUNITY CONVERSATIONS AROUND ALCOHOL AND DRUGS, including workplaces, to increase awareness and understanding, and address judgement and stigma through education and social contact.</p>	<p>We will develop and roll out a community conversations toolkit to support community groups, workplaces and other settings to come together and talk through attitudes, issues and ideas around substance use and harm. This will include identifying the strengths and assets that each community can build on.</p>	<p>✓ COMPLETED: We launched our new podcast series, 'Life with Alcohol and Drugs', releasing 11 episodes by 31 March 2022.</p> <p>✓ IN PROGRESS: Our Reporting of Substance media guidelines initiative (a collaboration with ADFAM) and will be launched in June 2022:</p> <ul style="list-style-type: none"> ○ We have facilitated increased family involvement in media coverage of alcohol and drug harm. ○ We have increased opportunities for families to share their experiences via blogs, articles, podcasts. <p>✓ IN PROGRESS: There has been limited progress on the national Stigma Strategy due to changes in the S. Govt team:</p> <ul style="list-style-type: none"> ○ However we have progressed national and local stigma work, including running Stigma and the Power of Kindness workshops, contributing to the national stigma campaign and supporting local stigma discussions and plans. <p>● CARRIED FORWARD (from Year 1): Our Community conversations toolkit actions were not progressed due to other work priorities.</p>	<p>a) Launch our UK-wide Reporting of Substance initiative with Adfam. This includes the development of UK media guidelines and a photography project.</p> <p>b) Develop the community conversations toolkit for use by community groups, workplaces and other settings; identify test sites for the toolkit and begin to test out delivery. <i>(Year 1 action)</i></p> <p>c) Explore funding options to support community roll-out of the toolkit, including the use of small grants to support new conversations (learning from the 'Hard Edges' model). <i>(Year 1 action)</i></p> <p>d) Research and produce a new report about Families and Cocaine, to shine a light on hidden stories and experiences of this significant drug trend.</p>

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<p>Increase insight into SCOTLAND'S RELATIONSHIP WITH ALCOHOL, including the influences on our everyday culture around alcohol, and how these can be challenged and changed to reduce harm for families.</p>	<p>We will work with our partners in the Alcohol Advocacy Coalition to share evidence with families and communities on the causes and effects of Scotland's alcohol culture. We will continue to work together on the alcohol-free childhood and alcohol-free spaces initiatives, and on the impact of price, availability and marketing.</p>	<p>✓ COMPLETED: We have continued the work of our Alcohol Action Group (https://twitter.com/AlcSfad) to take forward themes and interests identified by the Group, to raise awareness and reduce harms from alcohol:</p> <ul style="list-style-type: none"> ○ This includes carrying out national surveys and engaging with partner organisations around issues such as alcohol availability, visibility, labelling and marketing. <p>✓ COMPLETED: We have continued to support calls for the Minimum Unit Price for alcohol to be increased from 50p to 65p.</p>	<p>a) Refocus our attention on alcohol harm and families, including the themes of #AlcoholEverywhere, #AlcoholFreeSpaces for families and harm reduction and alcohol.</p> <p>b) Publish our most recent national Alcohol Action Group survey as part of our response to alcohol-related deaths (Summer 2022).</p> <p>c) Host an Alcohol and Families Summit (or series of summits) to provide a platform for families' views and experiences.</p>
FAMILIES ARE A MOVEMENT FOR CHANGE			
<p>Launch our 'LOVE MAKES YOU FAMILY' campaign, to clearly and positively communicate that Scottish Families supports <u>anyone</u> affected by someone else's substance use, and to increase our engagement with diverse families.</p>	<p>We will develop this campaign to communicate that we embrace an expansive and inclusive definition of family, and to build new partnerships with communities and organisations to increase our engagement with (and support of) diverse families and</p>	<p>✓ COMPLETED: We have facilitated an ongoing programme of Love Makes You Family discussion events.</p> <ul style="list-style-type: none"> ○ We also held a webinar and launched our national online Men's Group (Family Support is for Men Too), recognising that men affected by a loved one's substance use were under-represented in our local and national family support services. <p>✓ COMPLETED: We have enhanced the equality and diversity skill set on our Board with the recruitment of two new trustees.</p>	<p>a) Develop and implement a equality and diversity plan for Scottish Families, with the support of our new trustees.</p> <p>b) Establish a Scottish Families Equality and Diversity Group to lead this work, including overseeing the delivery of staff training and partner engagement.</p>

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	<p>communities. This includes the production of a new animation supported by a discussion guide and a social media campaign.</p>		
<p>Find new and creative ways to CONNECT, LEARN AND SHARE with families, including through a book club, film club and expressive arts.</p>	<p>We will engage with families to shape the content and format of an ongoing programme to Connect, Learn and Share together. This will include the use of creative platforms such as books, film and expressive arts, and may include creating new content as well as using existing materials and resources. This will learn from our experience of the Family Recovery College and wellbeing activities.</p>	<p>✓ COMPLETED: We have continued to offer a varied and engaging programme of Connect, Learn and Share activities and events for family members, including wellbeing activities and ongoing delivery of our Family Recovery College:</p> <ul style="list-style-type: none"> ○ Wellbeing activities are now a routine offer across all of our national and local services, e.g. pilates, yoga, mindfulness, arts and crafts, writing, ‘oot and aboot’, cooking etc. This has created new ways of engaging with families, and has attracted more families. We deliver wellbeing packs to accompany these activities as appropriate, to ensure there are no barriers to participation. ○ We have launched a national online Book Group and our ‘Bound Together’ book event series. The latter focuses on books about alcohol and drug harm and families. ○ We are now running national online family support groups for Bereavement, Telehealth, Holding On as well as our national Men’s Group. ○ We have also increased our use of social media groups through Facebook and WhatsApp to create new ways for family members to connect with each other and offer peer support. 	<p>a) Secure dedicated funding to support and extend our ‘Connect, Learn and Share’ offer across all of our services.</p> <p>b) Publish an online national timetable to clearly share information about all of our family support groups and activities in one place.</p>