

‘Meet the Family!’ Our Impact 2022/23



**Scottish
Families**
Affected by Alcohol & Drugs



From Our Chair, Andrina

Welcome to the 2022/23 Impact Report from Scottish Families Affected by Alcohol and Drugs. It is my pleasure as the newly appointed Chair to introduce this report which will highlight all the amazing work Scottish Families has undertaken throughout 2022/23.

I was delighted to join the Scottish Families Board in January 2022, as it is an organisation I have had the pleasure of working with through my public sector career. The passion, compassion, enthusiasm, and commitment that I have witnessed from all members of staff and the families they support is outstanding. Excellent collaboration and partnership with other key stakeholders are evident in the creativity and support provided across Scotland. I am therefore immensely proud to have taken over as Chair in June this year, however I am very aware I have big shoes to fill to follow Colin Hutcheon, the previous Chair!

I want to send my thanks, and the Board's thanks, to Colin as the previous Chair who many of you will know. Colin joined Scottish Families in 2017, initially as a Board member and latterly led the organisation over the last three years as Chair. Through Colin's role representing families on the Scottish Drug Deaths Taskforce, and as Scottish Families Chair, he has been instrumental in ensuring the voice of families is at the forefront of alcohol and drug agendas. We all wish him well in his retirement!

2022/23 has been a busy year with new investment, which has resulted in new posts and faces. A warm welcome is extended to all staff who have joined since April 2022: Angela Rushton-Clark, Charli Shand, Jess Goddard, Anna Littlejohn, Kelsey Craig and Emma Moir who joined our Routes Young Persons team; Maria Fernandez and Yvonne Lasic who expanded our Fife team; Rodrigo Reis and Brian Scott who joined in Forth Valley; Kerry Storey who leads our My Family My Rights project, Kiera Webster who has established our new Befriending and Volunteering programme; Marianna

Marquardt leading Policy and Research; Andrew McAinsh in Business Support; Katie Summers who has expanded our Aberdeenshire team; and Rachel Taylor who joined in Inverclyde. Since April 2022 we sadly said goodbye to Laurie Lee Whitton (South Lanarkshire), Callum Shipcott (Routes), Nicole Darroch (Virtual Support), Candice Napier (Inverclyde), Rebecca McColl (Policy and Research), Jade Harley (Forth Valley) and Suzanne Gallagher (Helpline Development/Click and Deliver). We wish them all well in their future careers.

In early Spring 2022 we were delighted to be named as one of the ten winners of the UK-wide 2022 GSK Impact Awards, and we were even more delighted to welcome the announcement from the Scottish Government's Minister for Drugs Policy in January 2023 of a £3.87 million investment over the next four years to grow our Routes Young Persons' Project across Scotland. Both achievements have been on top of our current service delivery which has continued to grow at a pace.

A new logo and branding was introduced in 2023 which leads Scottish Families into the next stage of our journey. Our family members have told us how much they love the story the logo tells. Look out for new tee shirts, water bottles etc popping up everywhere!

This impact report illustrates that through our range of programmes we made a real difference to thousands of lives in 2022-2023, and that is down to the resilience and dedication of our staff and families. I hope you enjoy reading it and I hope to meet many of you in the coming year.



Andrina Watson
Chair of Scottish
Families

Meet the Family! Reflections on 2022/23 by our CEO, Justina

Our Impact Report for 2022/23 is inviting everyone to Meet the Family! The cover image of some of the #TeamSFAD crew at our 20th birthday party says it all about what our own family is like – noisy, lively, chaotic, and always up for a laugh (and of course a group photo). This report firstly invites you to meet our Scottish Families family in more detail, not least because we have had an incredible year and we can't wait to tell you about everything we have done.

But Meet the Family! is really about the families we support every day, right across Scotland. We may have just marked two decades of work this year, but we are a long way off from everyone who is concerned about someone else's alcohol or drug use in Scotland getting the support they need.

From our ['Ask the Family'](#) project, we know that an average of 11 people are harmed for every person using alcohol or drugs, covering every possible family relationship or social network (such as friends, work colleagues, neighbours). Ask the Family also found that family members were harmed by alcohol or drugs for an average of 16 years, but it took an average of 8 years for them to reach family support for the first time.

Yet when people hear 'families affected by substance use', they quickly jump to thinking about young children affected by a parent's drinking or drug use, or about parents in recovery or struggling to support their own families due to their substance use. The 'Whole Family Approach' in practice is too often focused only on these groups (both of course needing support), not the 'whole family' at all – despite what is written down in national and local commitments. And where the family is considered, this is often from the perspective of the individual using alcohol or drugs, for example as a positive resource to support their treatment or recovery, or in terms of child risk and neglect.

If we accept that the Whole Family needs support, that means of course that everyone in that Whole Family should get the support they need, in their own right, in a way which suits their needs. We have been talking (and sometimes shouting) about this for the past 20 years, and we will not skip a beat in continuing to do so.

This Impact Report shows what happens when families are seen and heard, when they are supported and included, when they connect together and when they create change. We hear every day from families that engaging with us has been life-changing and transformational for them – whether or not their loved one has reduced their substance use, or engaged in treatment, or indeed where they have lost a loved one.

From learning about their rights and how to access these; sharing their experiences through story-telling with other families, with the media and at events; researching the impact of substance use in their communities; connecting with other family members in safe, creative and supportive spaces; ordering a naloxone kit to save a life; campaigning for changes in policy and practice; and making friends for life - every day families supported by Scottish Families are creating change for themselves, their loved ones and their wider communities.

Come on then, let's Meet the Family!



Justina Murray
Chief Executive Officer

Some highlights of our 2022/23!



- We were part of a partnership which organised and hosted the launch of the **Edinburgh Naloxone Branded Taxi**. This included going into the streets of Edinburgh to do naloxone training with the public and supply them with naloxone kits.
- We launched our **'My Family My Rights Advocacy Project'** and had an overwhelming response by people looking to be a course advisor. We had **6** family members help us shape the course and we then recruited one of these advisors, Kerry Storey, to join us as our My Family My Rights Development Officer later in the year.
- We toured **'This Fierce Love'** around Scotland, in partnership with Breeze Productions. This family member's story seeks to raise awareness of family experiences of alcohol and drug harm, with each event including facilitated conversations exploring themes such as stigma, hidden families, involving family members in their loved one's treatment and care, and hope for the future. Family members, professionals and others have attended these events, with incredible feedback about the power of the story.
- We were delighted to be named as one of the ten winners of the UK-wide **2022 GSK Impact Awards**. These awards recognise excellent in small and medium-sized charities across the UK. We had a very fun (and very rainy) filming day in Greenock, creating hours of footage for a [short film](#) that was shown at the Awards Ceremony in London in June.
- Our **team and family support services expanded** through the year as demand for our services continued to grow. Our Fife, Inverclyde, Forth Valley and Routes teams welcomed new members of staff, we welcomed a Policy and Research Assistant and an additional Business Support Assistant. And we also welcomed a new role of Befriending and Volunteering Assistant.
- Our Routes Young Persons' Programme hosted a community premiere of their **'I Am Not Alone' film and behind the scenes documentary** that was supported by Braw Talent. A squad of our young people took part in an open Q&A and offered insight into a day in their lives and how much Routes meant to them.

Some highlights of our 2022/23!



- We marked the release of the 2021 Scottish Drug Death Statistics in July by sharing three family member stories. All the family members are supported by our Holding On service. **'Hour by Hour with Holding On'** reflects the level of complexity that comes with supporting a loved ones and reveal the severe and debilitating consequences that family members face through every aspect of their lives.
- We published our **Reporting of Substance** UK media guidelines in partnership with Adfam, to support journalists and editors to report on alcohol and drugs with dignity and respect. This includes recommendations on imagery, language, use of case studies, support information, and education and stigma.
- Our **Alcohol Action Group** launched their first report '[Alcohol Everywhere](#)' and found "constant exposure" to alcohol, and that it is "all around" as "part of the fabric of daily life" in Scotland.
- We were more than excited to welcome the announcement from the Scottish Government Minister for Drugs Policy in January of a **£3.87 million investment** over the next four years to grow our Routes Young Persons' Project across Scotland.
- We brought in the start of 2023 with a **new logo** that we can't get enough of, and family members have told us how much they love the story the logo tells.
- We launched our new **'Breaking the Cycle' group** in Forth Valley, a safe space for adult children affected by someone else's alcohol or drug use. This is an area of support that is often overlooked or forgotten about, so we are thrilled to be able to offer this space.
- We finally launched our long-awaited **Befriending and Volunteering Programme**, thanks to funding from the Health and Social Care Alliance. This was a commitment in our last two strategic plans, but we are delighted to finally start this!



3,724 more people were supported by Scottish Families' services in 2022/23 as well as those we are already supporting.



'This group has been a lifesaver for me, as I was feeling exceptionally low. I can share my feelings without judgement in a safe and empathic space. Everyone has been so welcoming and understanding, particularly in my early days of daily 'breakdowns'.

I have been to the gym twice this week, I was not going out the front door prior to this group, I don't feel so alone so thank you all.'

– Family Member

'I don't know how I would have got through the last few months without your support. Speaking to you feels like a warm blanket, I always feel so much stronger.'

– Family member

National Helpline

Our Helpline team are Suzie Gallagher and Maureen Stewart. We also have Kim Walker who has been with us since 2020 and Kirsten Roberts who has been with us since 2016 as our Helpline volunteers.

- **2,793** contacts to our Helpline this was an **8.4%** rise from the previous year.
- **239** hours of volunteering was delivered on our Helpline.
- **Two thirds** of contacts to our Helpline are non-voice based which includes webchat, email, and our contact form on our website. This has been a continuing trend for several years.
- **Communicating by phone call** is still significant to people who contact our Helpline, and we are seeing an increase in professionals referring family members to our services through our online portal.
- **95%** of all Helpline contacts are handled by our lovely Helpline team with the remaining **5%** from our Helpline volunteers.
- **60%** of people who contact our Helpline each month are initially looking for support for their loved one.

Naloxone Click and Deliver

Our Naloxone Click and Deliver Service is led by Suzie Gallagher and supported by Maureen Stewart.

Our Naloxone Click and Deliver service has now been running for 3 years (celebrating its 3rd birthday in May 2023).

- **5,041** naloxone kits were issued by us in 2022/23.
- **42%** of kits were Prenoxad which is a pre-filled syringe and **58%** Nyxoid which is a nasal spray.
- **49.3%** (2,468) kits were sent to professionals who may encounter a person who uses drugs.
- **35.2%** (1,776) kits were sent to the public, meaning more people could save a life.
- **13%** (651) kits were sent to family members where their loved one is at risk of an overdose.
- **2.5%** (126) kits were sent to people at risk of overdose.

From **Public Health Scotland's** national naloxone programme bulletin, it was found that:

- **87%** (1,098) naloxone kits were supplied by us to non-drug treatment services in Scotland from April – June 2022.¹
- **84%** (1,329) naloxone kits were supplied by us to non-drug treatment services in Scotland from July – September 2022.²

¹ <https://publichealthscotland.scot/publications/national-naloxone-programme-scotland-quarterly-monitoring-bulletin/national-naloxone-programme-scotland-quarterly-monitoring-bulletin-april-to-june-q1-202223/>

² <https://publichealthscotland.scot/publications/national-naloxone-programme-scotland-quarterly-monitoring-bulletin/national-naloxone-programme-scotland-quarterly-monitoring-bulletin-july-to-september-q2-202223/>

National Bereavement Support Service

Our Bereavement Support Service is managed by our team member Martha Rae.

We have an online National Bereavement Group that means at the start of every month and we also have a WhatsApp group for people who have used the service, and a Facebook group too.

- **269** new referrals were made to our service for bereavement support and counselling.
- **53** new referrals were made to our general counselling – where people who are already linked into our service receive additional counselling sessions.
- **215** of those referrals came to us after a drug-related death in their family **54** of those were after an alcohol-related death.
- **70%** rise in referrals to our service in 2022/23.

National Telehealth Support Service

Our Telehealth and Holding On team are Gill Harmon, Alison Fleming, and Sarah O'Hare. Colin McIntosh and Kerry Storey also help deliver Telehealth sessions.

Most Telehealth sessions are delivered by phone call, and we also have an online Telehealth support group that meets every month. This group sometimes has guest speakers and sessions for example, a person in recovery speaking to family members, arts and crafts, and mindfulness sessions. We also have a WhatsApp group where family members can join and chat with each other.

- There were **182** new referrals to our Telehealth service which is a **12%** increase from the previous year.
- There were **1,156** Telehealth sessions delivered in 2022/23 which includes individuals, couples, and groups.
- There was an average caseload of **21** family members per month in the service.

National Holding On Support Service

Our Holding On team are Gill Harmon, Alison Fleming, and Sarah O'Hare.

Much like Telehealth, most of our Holding On sessions are delivered by phone call and we have an online Holding On support group that meets every month along with a WhatsApp group.

Our Holding On service was extended to support families at high risk of alcohol-related harm in August 2022, having originally focused on drug-related harm and risk.

- **32** new referrals were made to our Holding On service in 2022/23.
- **617** one to one Holding On sessions were delivered in 2022/23 which includes individuals, couples, and groups.

'Having access to a wider network of people who are going through similar situations and can advise and motivate because of their experience is empowering.'

– Family Member

National Support Groups

- Our twice-monthly Men's Group now has **6** regular individuals attending.
- We saw **36** individuals attend our 8-week course 'Healthy Thinking, Healthy Behaviours'.
- Our National SMART Family & Friends group has **7** regular individuals attending.
- Our Book Group now has **24** members in our WhatsApp group. We provide the books for our group, delivering them straight to their homes for them to enjoy reading in their own time. We also meet online each month for a discussion on what we've read.

My Family My Rights

Led by Kerry Storey with the support of Gill Harmon, Alison Fleming, and Sarah O'Hare.

11 individuals attended our first rollout of our My Family My Rights course from November 2022 – February 2023.

The experiences from these participants will be used to structure our upcoming My Family My Rights Support Service which will help to support families to self-advocate.

'After recommendation from Fife Families Support Group, I joined this Book Group around 4 months ago; books were my passion but, due to personal issues and the lockdown I became very withdrawn and lost my enthusiasm for reading and socialization with other people.'

'I was very wary and nervous to begin with but Lena and the whole group welcomed me with open arms, and I have never looked back.'

'Everyone in the group are so keen and eager to discuss The Book of the Month and give all our opinions; what stands out for me is our connection with books in life and the positive confidence boost that the group has brought into my life.'

'To be honest, the impact that The Book Group has made on me in the past few months has been unbelievable. I feel such a good connection with everyone and can share my passion of reading. So much so that I sometimes think I talk too much during our zoom sessions, but this makes me feel happy and I hope it makes others feel happy too. All my thanks to my new friends.... Lena and The Book Group.'

- Family Member

Forth Valley Family Support Service

Our Forth Valley Family Support Service team are Lena McMillan, Gillian McHendry, Rodrigo Reis and Brian Scott.

Our service runs family support groups across Forth Valley and they also have other groups and projects including Creative Coping, Project Balance, Scottish Families Book Group, Breaking the Cycle, 'Oot and Aboot' and our CRAFT Support Group. We also have a WhatsApp group chat along with a WhatsApp noticeboard.

- **128** new referrals were made to the service in 2022/23 which is a **16%** increase from the previous year.
- **739** one to one sessions were delivered by our team.
- There was an average caseload of **133** family members per month in the service.

East Dunbartonshire Family Support Service

Our East Dunbartonshire Family Support Service is run by our team member Colin McIntosh.

Our service runs family support groups across East Dunbartonshire and has delivered different projects for family members to get involved in, such as writing sessions, mindfulness and meditation, in-depth discussions about stress and anxiety, and much more.

- **27** new referrals were made to the service in 2022/23.
- **426** one to one sessions were delivered by our team.
- There was an average caseload of **78** family members per month in the service.

Aberdeenshire Family Support Service

Our Aberdeenshire Family Support Service team are Carly Patterson and Katie Summers.

Our service runs family support groups across Aberdeenshire. Some groups and projects that happened through the year include an 8-week 'Healthy Thinking, Healthy Behaviours' online course that was part-funded by a donation made to our service from a family member. Family members also took part in creative writing sessions, arts and crafts, meditation sessions, and taking part in the national 'Stitch Away the Stigma' campaign.

- **77** new referrals were made to the service in 2022/23 which is an **18%** increase from the previous year.
- **552** one to one sessions were delivered by our team.
- There was an average caseload of **89** family members per month in the service.

'Things here are better, took the plunge and said I had sought out help. It caused a bit of an explosion, it all calmed down and I think he understood the severity of the situation. Things are a little more positive than they were, still a long road to go. Thank you again for your understanding and your support.'

– Family Member

Inverclyde Family Support Service

Our Inverclyde Family Support Service team are Daryl McLeister (seconded to another role in our team in June 2023), Rachel Taylor and Eve Lyall.

Our service runs family support groups across Inverclyde and have hosted several activities and events through the year, including a visit to the Scottish Parliament to meet with the Minister for Drugs and Alcohol Policy, a new group called 'Time for Me' that is aimed at supporting family members to enjoy recreational activity just for themselves, a CRAFT group, lots of activities during recovery month in September, and a Christmas night out.

- **65** new referrals were made to the service in 2022/23.
- **849** one to one sessions were delivered by our team.
- There was an average caseload of **92** family members per month in the service.

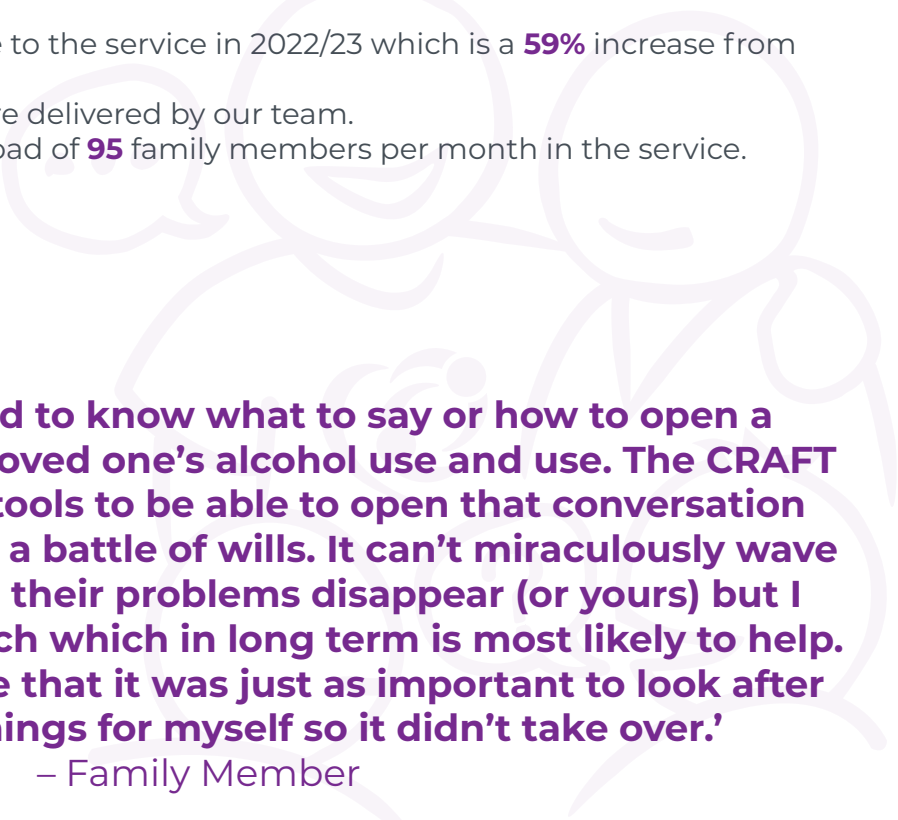
Fife Family Support Service

Our Fife Family Support Service team are Kirsten Holland, Yvonne Lasic and Maria Fernandez.

Our service runs family support groups across Fife. The groups are also drop-ins for family members and services and we have trainee addiction and mental health nurses, legal advice services and advocacy services to offer our family members additional support.

We co-developed a drop-in for people who use substances and their friends and family which turned into a Medication Assisted Treatment Standard 1 (MAT1) rapid access clinic with more than 80 people accessing same-day treatment. Because of this success, we are now developing the model in two other locations in Fife.

- **110** new referrals were made to the service in 2022/23 which is a **59%** increase from the previous year.
- **843** one to one sessions were delivered by our team.
- There was an average caseload of **95** family members per month in the service.



'Sometimes it's hard to know what to say or how to open a conversation about a loved one's alcohol use and use. The CRAFT course gave me the tools to be able to open that conversation without it turning into a battle of wills. It can't miraculously wave a wand and make all their problems disappear (or yours) but I think this is an approach which in long term is most likely to help. You also reminded me that it was just as important to look after myself and do things for myself so it didn't take over.'

– Family Member

Routes Young Persons' Project and Grow Your Own Routes

Our Routes Young Persons' Project and Grow Your Own Routes team are Claire Wadsworth, Pam Burns, Jess Goddard, Charli Shand, Anna Littlejohn, Kelsey Craig, and Emma Moir.

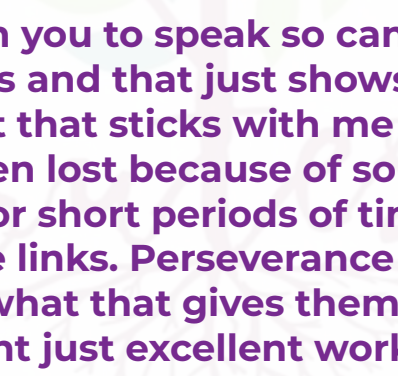
Our existing Routes Project supports young people in East and West Dunbartonshire. They provide one-to-one support, weekly groups, and trips. Over the past year they have also had football, cooking classes, arts classes, swimming lessons and snow sports.

- **41** new referrals were made to the Routes Young Person's Programme in 2022/23 which is an **128%** increase from the previous year.
- **1,356** hours of one-to-one sessions. Many of these are held in schools, going for a drive or walk, or in our new Routes room.
- **1,035** group sessions were delivered by our team. The groups often include art and craft activities or sport.
- There was a total of **363** events and activities arranged for the young people to engage with.
- Our team also spent **167** hours in professional meetings through the year. These include meetings with housing, education, and teaching professionals. We are there to ensure the young people's views are heard.
- **37** young people were supported towards a positive destination e.g., to further education, apprenticeship, job, etc.
- **14** young people were supported to return to school after refusing to attend.
- The average caseload each month is **95** young people.

Routes is growing across Scotland. The young people we have supported over the past 4 years are delighted to be part of that growth, and are paid to share their experience and expertise of Routes.

- Young people have been paid for **52** hours of Grow Your Own Routes work.
- **6** partners have committed to delivering Routes in their area.

Each partner is in the process of recruiting their Grow Your Own Routes team. We will provide Routes training along with our young people in August 2023.



'The group clearly feel very safe with you to speak so candidly about some of their own experiences and that just shows how important what you do is. The first bit that sticks with me is how for several of the group trust had been lost because of so many different people becoming involved for short periods of time and then the impact felt of losing those links. Perseverance was obviously key here and the results of what that gives them is clear to see. From a professional standpoint just excellent work here and an example of the direction we all need to go!'

- Professional

Learning and Development

Our Learning and Development programme is managed by Scott Clements.

2,886 workforce were trained by our team in 2022/23 which is an increase of **77%** from the previous year. This total also includes conferences and webinars we have delivered sessions to.

Training delivered includes:

- CRAFT (Community Reinforcement and Family Training) by George Charlton where **86** workforce in Scotland have now been trained in CRAFT intervention.
- Our Family Inclusive Practice training course was commissioned by Scottish Borders Alcohol and Drug Partnership, Renfrewshire Alcohol and Drug Partnership, East Dunbartonshire Health and Social Care Partnership, and the East Ayrshire Alcohol and Drug Partnership.
- Our Bereaved Through Substance Use course was commissioned by East Ayrshire Alcohol and Drug Partnership and Tayside Council on Alcohol.

Our Learning and Development programme reached individuals from all Alcohol and Drug areas in 2022/23 apart from Orkney and Moray.

Fundraising

Our Fundraising team are Sarah Campbell and Clare Morrison.

We rely on donations of all sizes from individuals, events, trusts and grants in order to be able to carry out our work. From everyone at Scottish Families, a sincere thank you to everyone who has supported our work and helped us reach more families in Scotland.

£493,345 is the total income raised in 2022/23 by our Fundraising team.

- Income through fundraising applications (trust and strategic) was £419,406
- Other income including community and events is £73,940
- **134** people participated in fundraising events in 2022/23 for us (a **79%** increase from the previous year) including **26** runners, **40** Kiltwalkers, and **6** amazing Ben Nevis climbers.
- We worked with businesses in the community raising **£10,423**.
- We also ran our own events such as Afternoon Tea, Lights of Hope, a Comedy Night, and the Firewalk.
- And we held our first ever 'Thank You Day' to say a personal thank you to as many of our supporters as possible.

Our funders of 2022/23:

East Dunbartonshire Council, Corra Foundation, Kintore Trust, W A Cargill Trust, Youthlink, W M Mann Foundation, Gordon Fraser Charitable Trust, Warburtons, Scottish Children's Lottery, Arnold Clark, Cash for Kids, SHINE Summer Fund, National Lottery Community Fund, STV Appeal, Falkirk Health and Social Care Partnership, Volant Charitable Trust, Health and Social Care Alliance Scotland, JSMMCN Charitable Trust, Shell, Morrisons Foundation, Souter Foundation, Aberdeenshire Voluntary Action, East Dunbartonshire Voluntary Action, CVS Falkirk, Bowie Charitable Trust.

Communications

Our Communications team are Rebecca Bradley and Shana Lord.

We have seen a remarkable rise in Facebook engagement this last year, and we're delighted to have so many of you following and engaging with our page.

- We welcomed **1,202** new followers to our social media channels in 2022/23.
- Our Twitter reach was **387,900**, Facebook reach **205,684** and Instagram reach **26,653**. That's **620,237** people seeing our content!
- We also had **17,956** engagements (likes, shares, comments, etc.) across all of our social media channels.
- We welcomed **477** new subscribers (a **38%** rise from the previous year) to our mailing list taking our total to **1,474** subscribers.
- There were **184,832** page views on our website and **72,226** users with **84%** of those being a new visitor. All our website views are reached organically.
- We achieved **47** media mentions throughout 2022/23.
- We also had **75** media enquiries, showing we are a trusted source of information for families affected by alcohol and drugs in Scotland.

A personal thank you goes to the volunteers on our Communications Advisory Group, Beverly, Marie, Allison, and Gavin, who support us in what content we share, our campaigning, and shaping what our communication looks like for families across Scotland. We also want to thank all the family members who we have supported to be interviewed by the media and shared their stories in 2022/23.

Connecting Families and the Family Recovery Initiative Fund (FRIF)

Our Connecting Families team are Susie McClue, Richard Watson and Debra Nelson.

We engaged with **2,361** individuals in our Connecting Families programme in 2022/23. Most of these contacts come through opportunities such as delivering workshops in a range of community and service settings, speaking at local and national events, awareness raising events and presentations to external partners.

- **1,021** people engaged in our projects directly such as our community work in local areas, Stigma and Kindness workshops, delivering our Family Recovery College course, Bound Together events, and This Fierce Love events, as well as our emerging work on cultural awareness, equity, diversity, and representation.
- We supported **6** family support groups across Scotland by attending their group, sharing resources and answering queries, including helping to establish some new peer-led family support groups.
- **30** people who support families in their local area accessed our training hosted by the Connecting Families team in partnership with our in-house trainer.
- We met with **51** family support group leaders (paid or voluntary) to support them in their role through one to ones and our Leaders Network meetings.
- **38** students participated in our Family Recovery College's course 'Understanding Substance Use and Holding Onto Hope' in Spring and Autumn of 2022.
- We launched the NEW Family Recovery Initiative Fund (FRIF) in September 2022 and by March 2023 there were **44** enquiries, **21** applications submitted, and **12** awards made by our lived experience panel. In total, **£41,460** was awarded to family support groups across Scotland.



**Scottish
Families**

Affected by Alcohol & Drugs

Scottish Families Affected by Alcohol and Drugs

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